

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

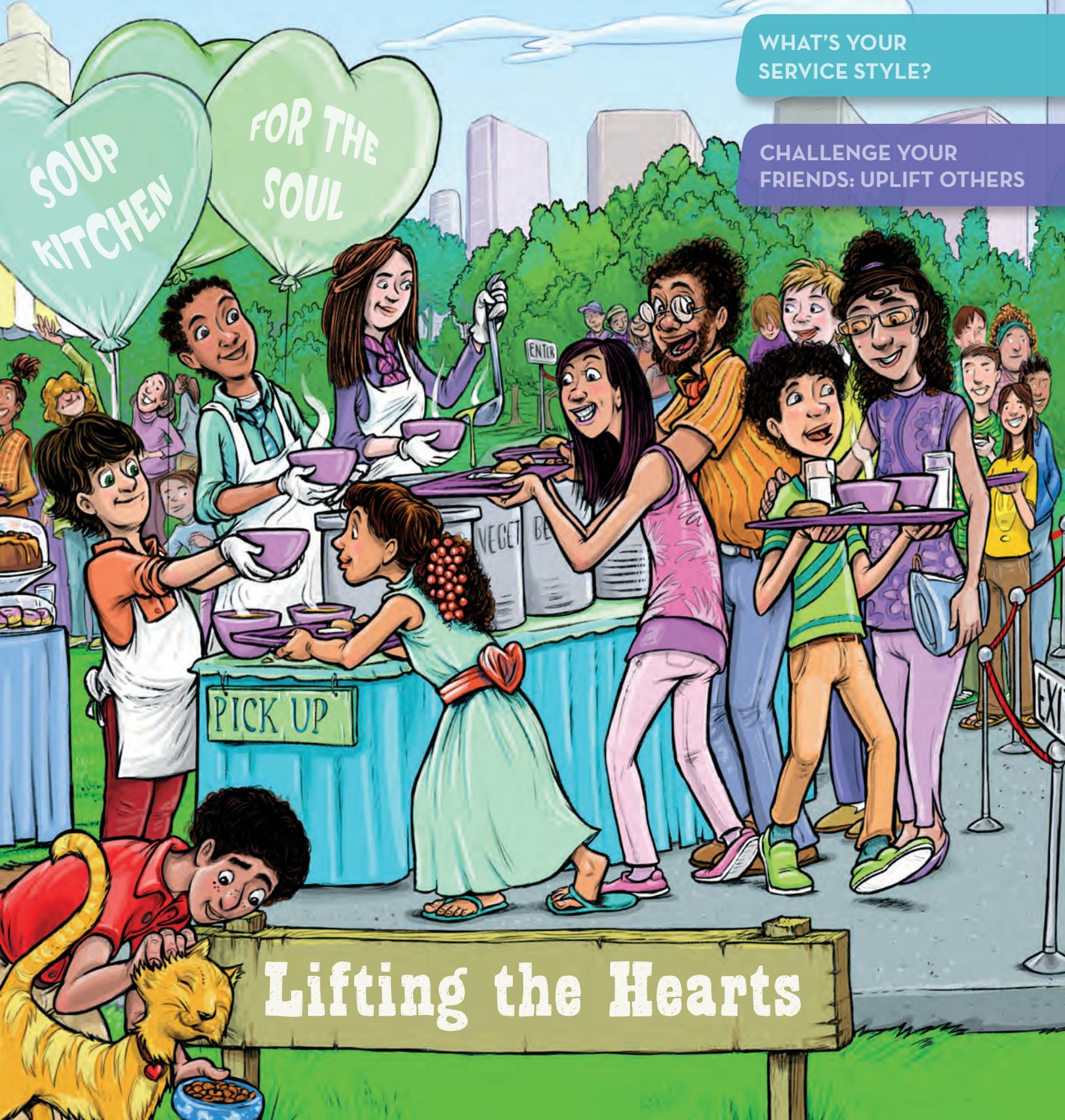
Brilliant Star

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VOL. 49 NO. 3

WHAT'S YOUR
SERVICE STYLE?

CHALLENGE YOUR
FRIENDS: UPLIFT OTHERS



Lifting the Hearts

Brilliant Star

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Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Today, Bahá'ís work to bring love and justice to the world, and end prejudice and discrimination of all kinds.

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Ponder an encouraging Bahá'í quote.

DEAR FRIENDS,

When someone you care about is feeling down, how do you lift their spirits? Chat with them to cheer them up? Play a game that makes them grin? Give a hug or a helping hand?

From your neighborhood to our global community, you can make the world a better place with caring actions. Maybe you donate part of your allowance to help fight hunger. Perhaps you collect supplies for a local shelter or offer to pet-sit for someone. Your skills and interests can guide your journey on a path of service.

In this issue, explore ways to help humanity. Quiz yourself on which style of service fits you best. Defeat your dragons of distraction when it's tough to turn off technology. Invite friends to be Uplifters with a checklist challenge. And get to know Justin Baldoni, an actor and activist who spends his birthday putting on a "carnival of love" for people in need.

When we share our resources and time with love, we discover the joy of lifting people's hearts.



LOVE, BRILLIANT STAR ☆



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Kindness Rocks

“A kindly tongue is the lodestone of the hearts of men.” - Bahá’u’lláh

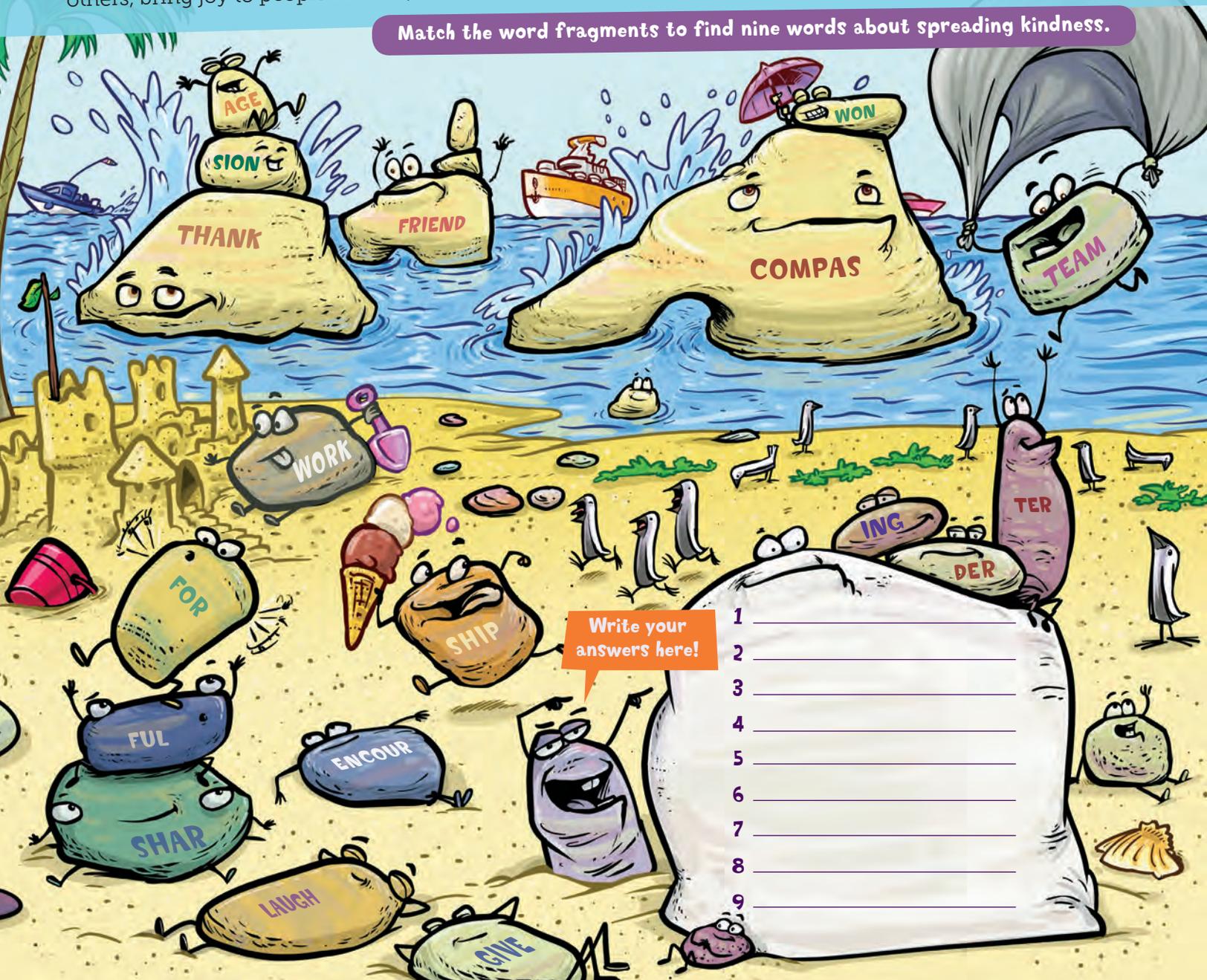
On an island beach in Hawaii, you might discover a newly formed rock created by a volcano’s lava. Across the ocean, you could spot a rock that’s *billions* of years old. Everywhere we go, we see the story of the Earth written in its stones.

Like rugged rocks, true kindness is enduring and reliable, too. It’s a solid way to connect with others, bring joy to people’s hearts, and strengthen

our communities. In words and actions, kindness makes a lasting impact.

Even when life gets rocky, you can still find ways to be kind. You could do yard work for an elderly neighbor, bake a treat for your teacher, or send a cheerful email to a friend who’s feeling down. When you look for ways to make life a little better for someone else, you’re writing the story of humanity—and making it a happier one.

Match the word fragments to find nine words about spreading kindness.



Uplift the World

Uplifters help the world using their superpowers and their awesome virtues. When they focus on helping others, they can fly, turn invisible, harness electricity, use super strength, and do other incredible things.

Just as the Uplifters have their own special powers, you can use your skills and talents to assist humanity. You improve your community and the world through any

action that helps people. You might befriend a lonely kid or pitch in with a group project like cleaning up a beach or park.

Your powers won't appear by magic. You can build your strengths through practice, learning, creative thinking, and determination. It may be hard work to be physically, mentally, and spiritually fit, but when you try, you uplift yourself and others.

These Uplifters are using their superpowers in training exercises at Headquarters. Find nine items named for virtues that help them triumph.

BRAVE BOOK



COURAGEOUS CAMERA



GIVING GOGGLES



HELPFUL HEADSET



LIGHT OF LEADERSHIP



METHODICAL MASK



MOTIVATED MC*



PERSEVERING POD



TABLET OF TEAMWORK



Bahá'u'lláh's Life: Mission of Peace

The Tablet of Ahmad

A Brief Timeline

The Life of Bahá'u'lláh

The highlighted area marks the time in which this story takes place.

1817 November 12

Birth of Bahá'u'lláh in Tihrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tihrán

1853–1863

Exile in Baghdád, Iraq. From 1854–1856, He goes into the mountains to pray in solitude.

1863 April

Declares Divine Mission as Prophet-Founder of the Bahá'í Faith

1863–1868

Exile in Constantinople (Istanbul), then Adrianople (Edirne), Turkey. Begins writing letters to kings and rulers in 1867, urging world unity

1868

Last exile, to prison-city of 'Akká, Israel

1877

Finally free to live in countryside homes of Mazra'ih and then Bahjí, outside 'Akká

1892 May 29

Bahá'u'lláh passes away at Bahjí.

What if a Messenger of God wrote a special prayer for you? That happened to a Bahá'í named Ahmad.

As a teen, Ahmad could often be found in his room, praying. He was a devout Muslim, and he asked God to guide him to the new Messenger of God that his faith foretold. At age 20, he left his home in Yazd, Persia (now Iran), to search for the Promised One.

Ahmad lived simply and spent much of his time in prayer and meditation. He traveled to India, but did not find the One he was seeking. Eventually, he returned to Persia and worked as a weaver in Káshán.

One day, Ahmad heard of the Báb, which means "the Gate" in Arabic. The Báb claimed to be the Promised One, and said another Messenger of God would appear soon after Him. Ahmad was determined to investigate. He walked about 646 miles (1,040 km) to meet a follower of the Báb. Soon Ahmad embraced the Bábí Faith, then returned to Káshán.

The Persian authorities, feeling threatened by the Báb's fast-growing faith, violently persecuted the Bábís. In 1850, the Báb was martyred by a firing squad.

Ahmad's home was attacked, the windows and doors broken, and his belongings stolen. He hid for 40 days in a ventilation shaft, an outlet for hot air to help keep the home cool. Friends brought him food and water in secret.

To escape the danger in Káshán, Ahmad moved to Baghdád, Iraq. There he met Bahá'u'lláh, a prominent Bábí



Ahmad was born into a wealthy family in the city of Yazd, Persia, where he lived during his early years, until he felt inspired to leave home on his spiritual quest.

leader. Ahmad stayed in Baghdád for six years. "During this period," he said, "my soul was bountifully nourished from His glorious presence and I had the great honor to live in the outer apartment of His blessed house . . . I was basking in the sunshine of Bahá'u'lláh's presence . . ."

Because of His growing influence, Bahá'u'lláh was banished in 1863 to Constantinople (now Istanbul, Turkey). Before He left, He announced that He was the Messenger of God that the Báb had foretold. After just four months, He was sent farther away, to Adrianople (now Edirne, Turkey).

Ahmad couldn't bear to be so far away from Bahá'u'lláh, so he also headed to Adrianople. But when Ahmad stopped in Constantinople, he received a tablet from Bahá'u'lláh. Upon reading it, Ahmad knew what Bahá'u'lláh wanted him to do. Rather than continue to Adrianople, he returned to Persia to share Bahá'u'lláh's teachings. He traveled and taught around the country, carrying the tablet with him at all times and chanting it frequently.

“For verily, God hath ordained for the one who chants it, the reward of a hundred martyrs and a service in both worlds.” —Bahá’u’lláh

The Bahá’í writings describe the Tablet of Ahmad as a prayer of “special potency and significance.” It urges us to be obedient to God and to remain steadfast, even in the face of adversity. Bahá’u’lláh promises, “Should one who is in affliction or grief read this Tablet with absolute sincerity, God will dispel his sadness, solve his difficulties and remove his afflictions.”

The strength and detachment Ahmad received from this tablet helped him through his long life. He lived to be about 100, as a devoted servant of the Bahá’í Faith.



Bahá’u’lláh revealed the Tablet of Ahmad during His exile to Adrianople, where He lived in this residence, among others, for a time.

Search for 19 words found in the Tablet of Ahmad.

Look up, down, forward, backward, and diagonally.

BEAUTY	D	U	C	H	Q	S	M	F	L	Z	H	E	H	M	E
BOUNTIES	Y	T	U	A	E	B	U	U	L	S	M	Q	E	T	Z
COMPASSIONATE	Y	T	E	K	P	P	F	O	E	A	B	L	A	A	Q
DIVINE	P	O	L	X	P	E	R	R	R	C	M	N	R	U	G
FLAME	S	A	P	D	T	E	V	O	J	E	O	E	T	I	W
GENEROUS	S	Z	R	A	N	I	G	H	T	I	N	G	A	L	E
GLORIOUS	I	W	R	A	C	M	U	U	S	E	S	E	T	Y	K
GRATEFUL	N	G	L	E	D	T	X	S	S	T	C	V	G	P	S
HEART	C	E	X	E	E	I	A	B	E	V	Z	T	H	E	U
MERCIFUL	E	I	T	L	O	P	S	A	T	L	B	V	O	E	O
NIGHTINGALE	R	N	B	L	M	W	D	E	F	A	B	T	T	R	I
PARADISE	I	A	I	O	D	F	M	E	R	C	I	F	U	L	R
PEERLESS	T	W	C	V	A	S	E	I	T	N	U	O	B	E	O
PROTECTOR	Y	D	H	S	I	W	I	S	D	O	M	W	C	S	L
SERVICE	Q	T	T	W	A	D	F	A	E	X	I	P	Y	S	G
SINCERITY															
STEADFAST															
TABLET															
WISDOM															

Build Connections and Make a Cool Paper Craft

“The supreme need of humanity is cooperation and reciprocity.” —Abdu’l-Bahá

It’s fun to combine paper cutouts into amazing new shapes and designs. By folding and twisting flat pieces of paper together, you can create a sturdy sculpture—even without glue or tape.

In a similar way, when we team up with others in unity, each person’s skills and talents combine to make a stronger service project. For example, if your

family is planning a community or holy day event, your siblings may be super at singing or sharing stories. Your parents might contribute delicious desserts. You can help by making this cool 3D party decoration. Each paper shape can represent a different talent or strength that someone brings to the group’s *well-built* event.

MY FAMILY AND MY DECORATIONS SHOW INCREDIBLE TEAMWORK!



You'll Need

- pattern (printed from PDF)*
- two sheets of 8½" x 11" (21.6 x 27.9 cm) thick paper in two different colors
- 12" (30.5 cm) string for hanging (optional)
- pencil
- scissors

- 1 Cut out the pattern. Take care to cut exactly along the solid line, especially at the hooked ends of the shape.



- 2 Trace pattern five times on each color of paper, so you have 10 shapes. Carefully cut out all shapes.



- 3 With all papers facing in the same direction, fold each hooked end upward. Use the dotted line on the pattern as a guide.





4a Flip papers over so they look similar to an "S" shape. Put one paper in front of you.



4b Place new paper of the other color on top, and rotate its tip so lower hooks are about 1½" (3.8 cm) apart. For upper hooks, the first hook should slightly overlap new hook.



5 Repeat Step 4b to continue adding papers while alternating colors. Hold papers together at linked hooks. When all papers are added, the linked hooks form a circle.



6 Hold papers together at center of circle. Rotate paper ends so they are evenly spaced apart to form wheel shape. Flip paper wheel over, keeping ends evenly spaced.



7a Bend tip of paper that's closest to you so it's about 3" (7.6 cm) above center of wheel.



7b Hold wheel down on table. Bend up the next paper in counterclockwise order, and slide its hooked end over the previous paper's hooked end. About ¼" (.6 cm) of the preceding color should be visible.



8 For remaining papers, repeat Step 7b while pushing inner top edge of each new paper under first paper's hook.



9 Push papers, if necessary, to space them evenly apart. Optional: Knot string's end. Use pencil tip to widen and carefully push knot inside central hole at top of decoration. Now it's ready to hang!





Explore Your Service Style

"A unity in diversity of actions is called for . . . because each person cannot do everything and all persons cannot do the same thing." —Bahá'í Writings

Are you ready to set off on a dynamic service adventure? When you volunteer to help your community, you're like an explorer. You're scouting out the needs around you and seeing how they fit with your skills and interests.

Opportunities to climb to the summit of service are everywhere. You may need to navigate some rough terrain along the way. There may be many

new things to learn, disagreements with fellow explorers, or worries about the best path to take. But if you're determined and resilient, your helpful expedition will be a success. It's a rewarding voyage that will steer the course of your life in exciting new directions.

Try out this quiz to get ideas about the next steps on your journey of service.

For each question, choose the answer that's closest to your interests.

1 My idea of a great career is . . .

- a. Being an actor, musician, or writer
- b. Joining a professional sports team
- c. Working with computers
- d. Teaching or counseling people

2 When I have free time, I like to . . .

- a. Draw or write in my journal
- b. Build or fix up things
- c. Do a science experiment
- d. Talk with my friends

3 At school, I have the most fun in . . .

- a. Art or music class
- b. Physical education class
- c. Math or science class
- d. Social studies class

4 If I started a club, it would focus on . . .

- a. Drama, art, or poetry
- b. Cleaning up parks
- c. Science or computers
- d. Giving great speeches

5 An achievement I'd be super proud of is . . .

- a. Winning an art or writing contest
- b. Helping my team win a championship game
- c. Creating a helpful computer program
- d. Planning an amazing party

6 If I started a business, it would be . . .

- a. An art supplies store or photography studio
- b. A fitness center or hardware store
- c. A computer-related business
- d. An event planning service



7 A book I'd love to write would be . . .

- a. A fantasy or mystery novel
- b. Tips for construction or remodeling
- c. A guide to new technology
- d. Tips for making friends

8 An awesome vacation would include . . .

- a. Visiting art museums and bookstores
- b. Seeing professional sporting events
- c. Checking out a robotics exhibit
- d. Going to a big family reunion

9 If I helped with the school play, I'd love to . . .

- a. Write the script or be an actor in the cast
- b. Help build the sets
- c. Handle lights and microphones
- d. Direct the performance



SCORING

Take a look at your answers, and see which letter you circled most often. If you answered . . .

Mostly A's = Your style is **Creative Contributions**

Mostly B's = Your style is **Hands-On Helping**

Mostly C's = Your style is **Technical Teamwork**

Mostly D's = Your style is **Social Support**

Navigate Your Journey

Once you have ideas about the direction your service will take, think about the details. Check out the ideas below, and circle ones that interest you. Write in your own ideas, too. These are just a start—the possibilities extend to new horizons. You might combine two or more types of service—or you may invent something entirely new!



Creative Contributions

- Act in a play
- Create homemade gifts
- Design posters or invitations
- Make decorations
- Play music or sing
- Paint a mural
- Take photos
- Write a blog or poem
- Or _____

Hands-On Helping

- Serve treats or a meal
- Build or do repairs
- Take care of animals
- Clean up outside
- Decorate a space
- Garden or plant flowers
- Paint a room
- Organize supplies
- Or _____

Technical Teamwork

- Make a video
- Help build a website
- Create a new board game
- Make an outdoor obstacle course
- Do research online
- Have a fundraising bake sale
- Help with computers
- Build a robot with friends
- Or _____

Social Support

- Give a talk
- Greet or invite people
- Help teach a class
- Plan party games
- Start a club
- Take care of younger kids
- Be helpful to neighbors
- Be the MC or host for an event
- Or _____



TICKET TO: MY SERVICE EXPEDITION



This voyage is led by _____, who has a passion
(your name)

for helping the community through _____
(subject or service activity you love)

On this journey, my goal is to _____
(your most ambitious goal)

One sign of success will be _____
(the most positive, exciting result of your efforts)

DRAGONS OF DISTRACTION

"Now is the time for service . . . Release yourselves from all distracting thoughts . . ." —'Abdu'l-Bahá

Have you ever gotten so caught up in a video game or a TV show that you forgot all about homework, chores, or plans with a friend?

The world is full of magical, awesome things to explore and do. But tablets, smartphones, and other devices can swoop in and snatch our focus, like powerful flying dragons. Without mindfulness and moderation, it's easy to burn up our energy on things that don't mean much to us.

Entertainment can be a tricky beast, so watch for signs of getting carried away. Do you automatically turn to screens when you have free time? Do you have a hard time stopping? Try to spend time in nature or have fun with art to give your brain a break.

When we're careful about how we use technology, we can tame those distractions instead of letting them run wild. Then we can build our skills, stretch our wings of creativity, and soar into service.

Dragons at this school need to study, but they're getting distracted. Match each one with the item that will help.



RILEY'S RAINFOREST



“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Find Your Balance

Being selfless and serving others is a noble goal. But does that mean that you should *never* think of yourself at all?

Being kind and giving doesn't mean neglecting your own needs. If you were to *only* tend to the needs of others, you wouldn't eat, sleep, or rest—and you wouldn't last long doing that!

“Moderation in all things” is urged in the Bahá'í writings. That means not doing too much or too little of something—even something that's really good. Giving up time, energy, and comfort to help people is wonderful. But if we sacrifice our health, we won't be able to serve anyone. Though it may sound backward, self-care can help us be *more* giving in the long run.



The key is finding a balance between caring for others and caring for ourselves. Pay attention to signals from your body and mind, and listen when it's time for self-care. Are you extra tired or feeling run-down?

Maybe you need more sleep, better nutrition, or more exercise. Do you feel stressed out, sad, or anxious? It may help to take time to do something creative, relax, pray, or meditate. Talk to friends and family about how you feel. They may have helpful ideas about how you can regain energy and enthusiasm.

Taking care of yourself isn't selfish—it's a vital part of helping others. When we nurture our bodies, minds, and spirits, we feel better, have more energy, and are better able to make a difference in the world.

Explore & Soar: Simple Tips for Self-Care

Keeep your mind, body, and spirit healthy with these simple daily habits.

- ☐ Go outside. Being in nature can boost happiness.
- ☐ Pray and meditate. Nurturing your spirit is as important as taking care of your body.
- ☐ Stay hydrated. We need water to function well. Try to drink about seven or eight cups per day.
- ☐ Get moving. Exercise gives you energy and improves your mood. Aim for an hour of activity a day.
- ☐ Read more. Diving into a good story can help reduce stress and make relaxing easier.
- ☐ Spend time with loved ones. Friends and family can help us stay motivated and give us support when we need it.
- ☐ Count your blessings. Gratitude helps us stay positive and keeps us happier.

Curiosity Canopy



Did you know? Not getting enough water can make you feel tired and irritable. A Harvard University study of 4,000 kids and teens found that more than half of them were at least mildly dehydrated. And about one-fourth didn't drink *any* water at all. Drink up!



Get a Grip on Bullying

In a tennis game, “love” means zero. But in life, love means valuing others and treating them with great care and affection. If you were getting bullied, what would you want your friends to do? You might like to have an ally on your team—someone who speaks up and tries to help.

You can stand up for fair play by being an ally to others, too. Kids who are new to your school, team, or neighborhood may get bullied or excluded. Try reaching out to them. Get to know kids from different cultures or religions. When kindness rules, it’s more fun for everyone. The ball’s in *your* court!

Use the letter pairs on the tennis balls to complete tips about being an ally. Each pair can only be used once.

- 1 Don't spread **RU** _____, and ask others not to.
- 2 Look the bullying kid in the eye and tell them to _____.
- 3 Invite kids who are new or seem left out to _____ you and your friends.
- 4 Offer to go with kids who are bullied to _____ to a trusted adult.
- 5 Support kids who are bullied by _____ if they're okay and letting them know they're not alone.
- 6 Give kids a _____ space to talk about how they feel.
- 7 Speak up when you see hurtful things _____ or in text messages.
- 8 Let other people know you won't support them if they're being _____.
- 9 Ask friends to _____ by speaking up against bullying.
- 10 Find out if you can _____ a club to help build unity at school.





BAXTER AND BRIDGET

LIGHTNING & LUNA

OVER THE OCEAN

#76



AT THE UPLIFTERS' HEADQUARTERS ...



HI, NIMBUS!
HEY, SALE!

AWESOME JOB IN
THE MANSION OF
MIRRORS, YOU TWO!

THANKS!

MESSAGE FROM THE EURO HQ. MORE
UPLIFTERS HAVE GONE MISSING!



OK, WE'LL SEND
REINFORCEMENTS.

GREETINGS, UPLIFTERS!



SCHOOLS, LIBRARIES, AND
UNIVERSITIES IN EUROPE
ARE UNDER ATTACK.

WE
SUSPECT
A NEW
ERASER.

UPLIFTERS AT OUR HQS AROUND THE WORLD
HAVE BEEN WORKING TOGETHER TO
IDENTIFY A NEW ERASER. SOME OF YOU WILL
LEAVE FOR YOUR NEW MISSIONS TODAY...



LATER, IN POD BAY 9...



WOW, WE'RE
HEADING TO SPAIN.

GREAT! OUR SPANISH
WILL COME IN HANDY.

IN THE UPLIFTERS' TUNNEL SYSTEM ...



I LOVE FLYING IN THE TUNNELS.
AND WITH THE NAVIGATION
SYSTEM, WE CAN'T GET LOST.

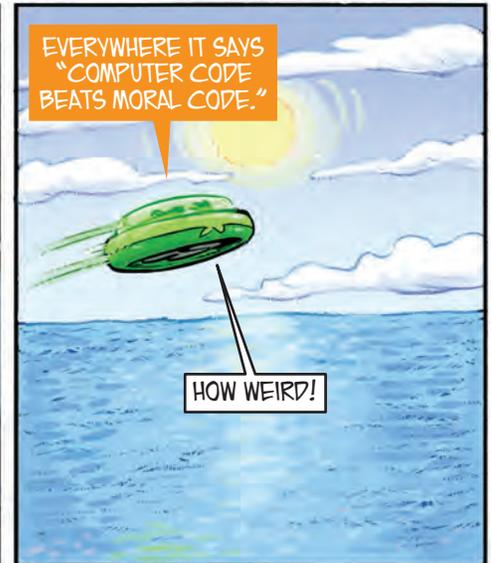
WE'RE ALMOST
AT THE COAST.

HEY, GUYS. SCHOOLS ALL
OVER CALIFORNIA ARE BEING
VANDALIZED WITH GRAFFITI.



IN EUROPE, TOO.

EVERYWHERE IT SAYS
"COMPUTER CODE
BEATS MORAL CODE."



HOW WEIRD!

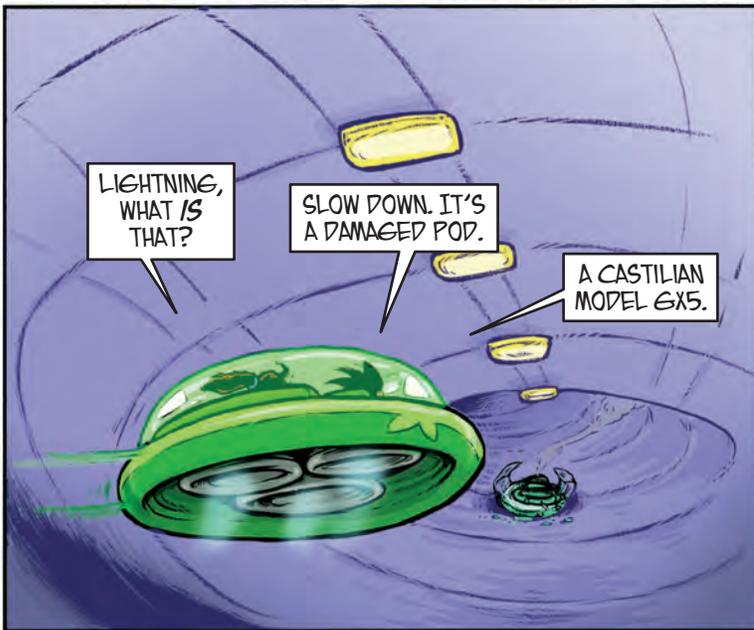


BE CAREFUL, COLIN! KEEP IN TOUCH. THESE COULD BE CLUES.

YOU TOO. GOOD LUCK!



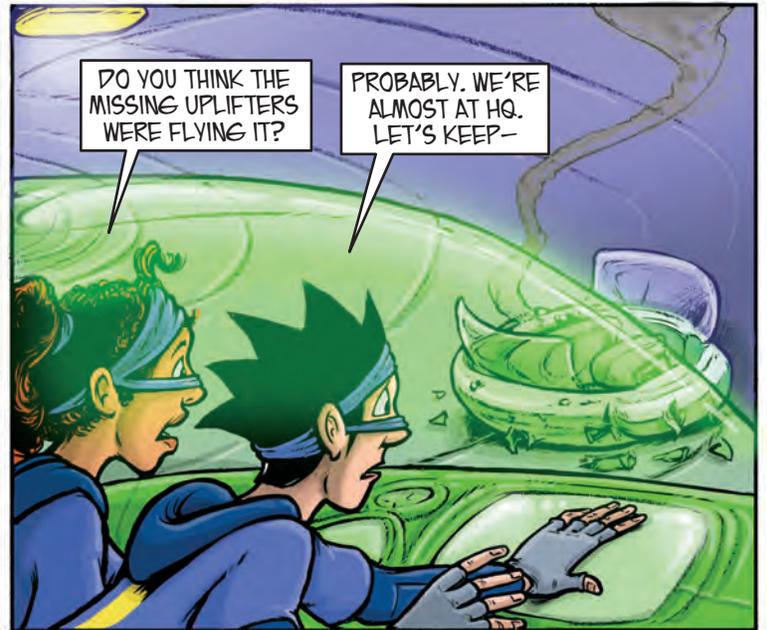
WE'RE HERE. ACTIVATING THE UPLIFTERS' TUNNEL ENTRANCE.



LIGHTNING, WHAT IS THAT?

SLOW DOWN. IT'S A DAMAGED POD.

A CASTILIAN MODEL GX5.



DO YOU THINK THE MISSING UPLIFTERS WERE FLYING IT?

PROBABLY. WE'RE ALMOST AT HQ. LET'S KEEP-



QUICK! TAKE THE NEXT EXIT!



ABOVE THE TUNNEL EXIT ...

¡AYUDA! PEOPLE ARE TRAPPED!

Enjoy every episode of *Lightning & Luna* in our new iPad app, available for free download in the Apple App Store!

Spanish: ¡Ayuda! = Help!

RADIANT STARS

Getting to know kids who shine

Connect with kids around the world!
How are they like you? How are they different? Each of us has a unique story to tell. What's yours?

SarahNur T.

Age: **13**

I live in: **Texas, U.S.**

I want to be: **Violinist**

This career interests me because:
I love music.

Virtue I admire most:
Loyalty

Hobbies or sports:
Swimming, bicycling, violin, piano, singing

My real-life superhero or role model is:
My mom, because she is wise and helps others

A favorite food:
Persian food



Favorite animal: **Horse**

Favorite Bahá'í activities:
Holy day celebrations, teaching Bahá'í children[']s] classes, and participating in junior youth groups

To solve a global problem, I'd invent:

An app that would train people how to get rid of ignorance and prejudice and instead practice kindness

If I could have any superpower, I'd choose:
The power of unity to create a better world by building friendship amongst people

A service project I did:
We planted trees during Arbor Day in our city in honor of the 200th . . . anniversary of the birth of Bahá'u'lláh.

Nika K.

Age: **14**

I live in: **Minnesota, U.S.**

I want to be:
An interior designer

This career interests me because:

I love to be creative and artistic.

Virtue I admire most:
When people are courageous

Hobbies or sports:
I like to draw, write, and play basketball.

Favorite Bahá'í activities:
I love to visit Green Acre Bahá'í School [in Maine, U.S.] and also [go to] my weekly Bahá'í class.

A service project I did:
Recently, my school friends and I raised money for a local hospital.



My real-life superhero or role model is:
My grandfather . . . he had a positive perspective on life, even if things weren't going as planned.

To solve a global problem, I'd invent:

Glasses that . . . would show everyone that no matter where you come from, we are equal and come from God

To make the world better, I can:

Teach the Faith to someone new every day



Lillian I.

Age: **10**

I live in: **California, U.S.**

I want to be:
A teacher or a pediatric nurse

This career interests me because:
I love helping people and work well with kids.

Favorite Bahá'í activities:
Children's classes and helping [with] . . . children's class for infants/toddlers, and Camp Virtues [Bahá'í summer day camp]

Virtues I admire most:
Caring and trustworthiness

My favorite way to uplift others is:
Inviting people over for a playdate and becoming their friend

My real-life superhero or role model is:
My sister, grandparents, Mom, and Dad, because they always help me and are on my team for any of my goals

To solve a global problem, I'd invent:
Someone who keeps people company when they are sad

A service project I did:
We helped raise money for Hurricane Harvey victims by making slime and selling it. We raised over \$150!

Tiernan C.

Age: 10

I live in: **Connecticut, U.S.**

I want to be:

An actor on Broadway

This career interests me because:

I love to sing, dance, and act.

Virtue I admire most: **Friendliness**

Favorite Bahá'í activities: **Helping out the homeless with my charity, Hartford Bags of Love**

My favorite way to uplift others is:

Make jokes and be funny

My real-life superhero or role model is:

'Abdu'l-Bahá, because he taught the Faith even though his life was threatened to do so

To solve a global problem, I'd invent:

A machine to stop global warming

If I could have any superpower, I'd choose: **The power to change anything in the world, so I could stop all problems, and make everyone happy**

A service project I did: **Hartford Bags of Love, a charity I started to make bags full [of] essentials for the homeless**



“God has crowned you with honor and in your hearts has He set a radiant star; verily the light thereof shall brighten the whole world!” — ‘Abdu'l-Bahá

Natalie H.

Age: 11

I live in: **Washington, U.S.**

I want to be: **Orthodontist**

This career interests me because:

I like helping people and making people laugh . . .

Virtue I admire most: **Kindness**

Favorite Bahá'í activities: **Junior youth classes**

Favorite animal: **Koalas**

Places I'd love to visit: **I love lighthouses and I would like to visit Maine. Sometime in my life, I want to see all the Bahá'í Houses of Worship . . .**

My favorite way to uplift others is:

To provide spiritual companionship to someone who may be alone or lonely



My real-life superhero or role model is:

My mom, because she works full time . . . and supports me in school, all of my activities, and junior youth group

To solve a global problem, I'd invent: **The “pollution-nater.” It would suck up all the pollution in the world and recycle it to make useful resources.**

If I could have any superpower, I'd choose: **To build houses for families. [I'd] . . . tap my index finger and say where I want the house and it would appear.**

Aneeka B.

Age: 11

I live in: **Arizona, U.S.**

I want to be: **An author**

This career interests me because:

I love creating fun, unique, different stories, and I want to share them. I also love to read . . . and I want people to share the same love I do . . .

Favorite Bahá'í activities:

Firesides,* children's classes, and Bahá'í camps/conferences

Favorite animal or pet:

I love all animals and organisms.

My favorite way to uplift others is:

To help my family do things and try to help resolve little arguments between my friends

Virtue I admire most: **Honesty**

My real-life superhero or role model is:

My mom, Rosa Parks, Bahiyyih Khánum, and everyone who has ever stood up for what is right

If I could have any superpower, I'd choose:

The ability to destroy pollution, because the only other problem we would have next is to unify everyone, and we should work together for that



How to be a Radiant Star:

1. If you're age 7-14, go to www.brilliantstarmagazine.org. From the top menu, choose “Discover.” Then click “Become a Radiant Star or Trailblazer,” and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed form, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

*Firesides are meetings for people to learn more about the Bahá'í Faith.

Badí-Núr A.

Age: 9

I live in: **Arizona, U.S.**

I want to be: **NASA scientist**

This career interests me because: **I love science.**

Virtue I admire most: **Happiness**

My favorite way to uplift others is: **When kids at my school do not have lunch, I like to share my lunch . . . All kids should always have something to eat.**

My real-life superhero or role model is: **My mom, because she helps me with my homework and . . . life. She teaches me Bahá'í prayers in Farsi. My dad because he motivates and encourages me . . .**

To solve a global problem, I'd invent: **A cheaper, better, and faster way to change salt water into fresh water so that people do not die . . . from thirst**

To make the world better, I can: **Clean up trash . . . and smile [at] other people**

A service project I did: **My sister and I prepared food packages to give out to homeless people during Christmas, and [we did] . . . a toy drive and a book drive . . .**



Shirin F.

Age: 10

I live in: **California, U.S.**

I want to be: **An actor**

This career interests me because: **I like that I can express my emotions in a different way.**

Favorite Bahá'í activity: **Bahá'í conferences**

Favorite animal: **Wolf**

My favorite way to uplift others is: **Tell jokes or do something funny to make someone laugh when they are sad**

My real-life superhero or role model is: **Justin Baldoni,* because he spreads the Bahá'í Faith through his work while doing what he loves**



To solve a global problem, I'd invent: **A machine that could give homeless people more food and water**

If I could have any superpower, I'd choose: **Teleporting, so I could quickly go where people need the most help**

A service project I did: **After Halloween, my friends and I collected leftover candy to send to troops stationed abroad . . . We also wrote them thank-you letters and wove an ornament to send them.**

Amira M.

Age: 10

I live in: **Virginia, U.S.**

I want to be: **A baker**

This career interests me because: **[Not] just . . . because I have a really big sweet tooth, but . . . because I love baking and serving to the world**

Favorite Bahá'í activity: **Children's classes**

My real-life superhero or role model is: **Rosanna Pansino . . . she is an amazing baker, very kind, and she makes me laugh**



Hobbies or sports: **Baking, dance**

Virtue I admire most: **Humor**

A favorite food: **Sushi**

My favorite way to uplift others is: **Telling jokes and making [people] laugh**

To solve a global problem, I'd invent: **A machine that creates food [in] under a second and delivers it all around the world to people that need it**

To make the world better, I can: **Make someone smile**

A service project I did: **Me and my friends made a lemonade stand to raise money to stop cancer. We got over \$90 . . .**

Samantha V.

Age: 10

I live in: **Georgia, U.S.**

I want to be: **Fashion designer or singer**

This career interests me because: **I love singing and writing [songs]**

Virtue I admire most: **Unity (unifying people)**

Hobbies or sports: **Krav Maga, Karate (I'm a Black Belt), singing**

Favorite Bahá'í activities: **Feasts, doing virtues and songs at Feast****

Favorite animal: **Panda**

A favorite song: **I wrote a song called "Faith in Me"**

My favorite way to uplift others is: **Sing for them**



My real-life superhero or role model is: **My family, because they are always there for me**

To solve a global problem, I'd invent: **Peace maker**

To make the world better, I can: **Relax more**

If I could have any superpower, I'd choose: **Flying to spread kindness to others**

A service project I did: **We go to [a] homeless shelter to feed [people] lunch . . .**

*Meet Justin on page 22!

**Feast is a Bahá'í community gathering with prayers, consultation, and fellowship.

LIGHTS, CAMERA, ADVENTURE!

“The world of humanity cannot advance through mere physical powers and intellectual attainments; nay, rather, the Holy Spirit is essential.” —‘Abdu’l-Bahá

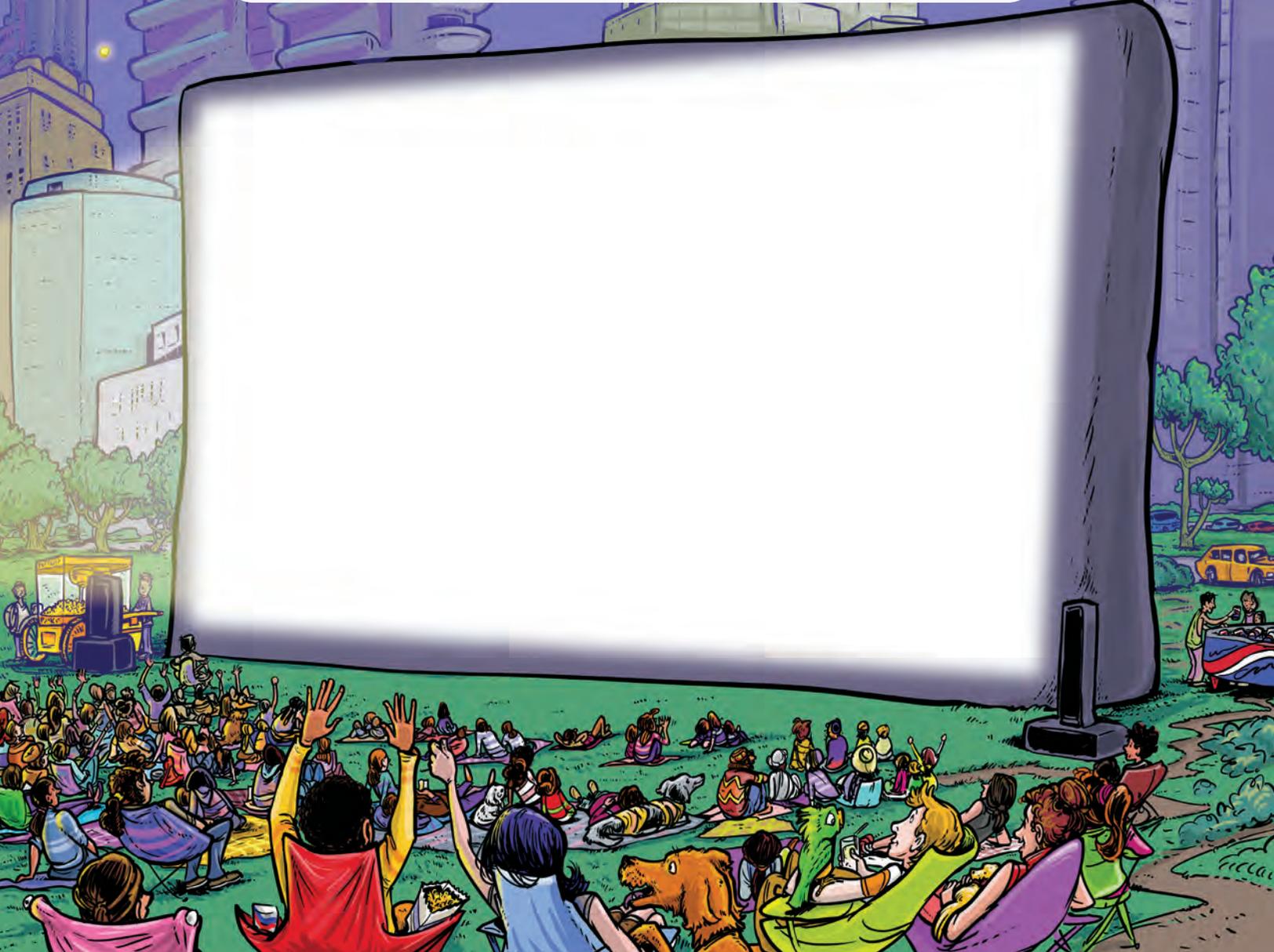
In movies and comics, it’s amazing to see superheroes use their stellar strengths to save a city or rescue the galaxy! With x-ray vision, lightning speed, or other superpowers, their incredible courage and unstoppable perseverance help them conquer huge dangers.

Your super skills *probably* don’t include leaping over skyscrapers and outrunning speeding trains, but you have many abilities. You may be great at math, science, or an

art. When you combine your skills with virtues such as love, justice, and cooperation, you’re a powerful force.

Your strengths can lead you to missions of valiant service that uplift you and others. If challenges get in the way, say prayers, ask friends and family for help, and find your favorite hero’s noble qualities within you. Visualize yourself succeeding. When you overcome your obstacles and fears, your heroism may inspire others, too!

Your real-life adventure is playing on the big screen. Draw yourself achieving an exciting goal. Include any people or virtues that help you triumph over adversity.





ASK A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids asked questions, and we sent them to two Bahá'í space scientists. Have questions about space? Send them to us at brilliant@usbnc.org (with your name and age).

Will pollution ever get so bad that our civilization will have to leave Earth? –Soraya, age 10

Hi, Soraya,

This is an important question, because we humans are responsible for the pollution that's damaging our environment. The Earth does so much for us that there's no better place in the known universe for us to live. It provides the exact level of gravity our bodies have evolved for. It holds on to a thick atmosphere, while plants and bacteria recycle carbon dioxide and pump the air full of oxygen for us to breathe. The Earth's magnetic field shields us from the Sun's harmful radiation and keeps the atmosphere from being blown away by the solar wind. Earth's oceans regulate the surface temperature and provide a refuge for all sea life, much of which we eat. The water cycle purifies water and rains it down on land where we live. Earth and its organisms generate the soil in which we grow our food. We depend upon Earth for every aspect of our material existence.

Currently, we can only send three humans into space at a time, and only into low orbit. We can't get to the moon right now, we've never sent a human to Mars, and there's no way either of those places could keep all of us alive. There is no backup planet. If we want our species to survive, we have no choice but to put an end to pollution and bring our civilization and technology into balance with the natural environment.

–George



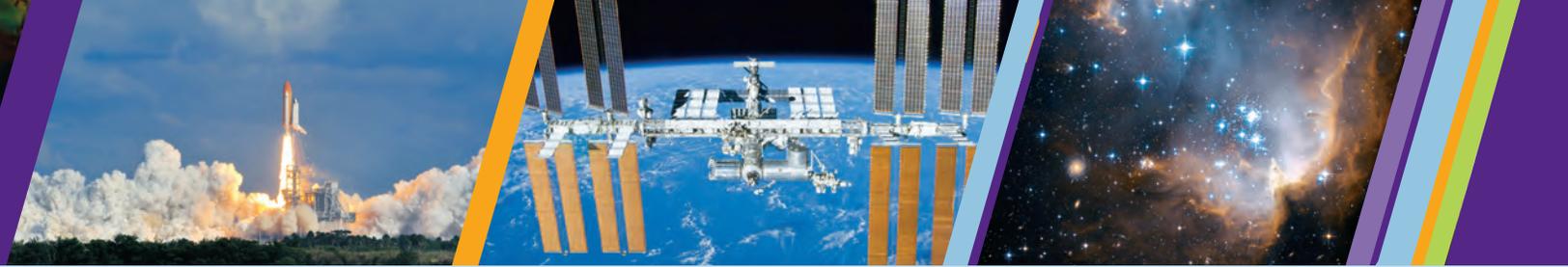
NASA's flying laboratory measures over 200 atmospheric gases and airborne particles.

BACH IN TIME

A NASA spacecraft named for Italian astronomer Giovanni Cassini (1625–1712) spent 13 years exploring Saturn and sending valuable data to Earth. Among other contributions, the astronomer is famous for discovering four of Saturn's moons and a gap in its rings known as the Cassini:

D V S O N





I've heard that there is a ninth planet. What is its name and location? –Olivia, age 11

Hi, Olivia,

At one time, Pluto was known as the ninth planet. But because it is so small (it's smaller than our moon), astronomers eventually decided that it should be considered only a dwarf planet.

However, astronomers have found evidence that there is a ninth true planet orbiting our Sun. They are calling it Planet Nine for now, since they haven't definitely proven that it exists. They estimate that it is about the size of Neptune (which is about four times larger than Earth). Neptune is currently the farthest known planet, but Planet Nine may be 20 times farther from the Sun than Neptune.

–Steve



This illustration depicts a view of Planet Nine, which is thought to consist mostly of gases, like Neptune and Uranus. It would take Planet Nine at least 10,000 years to orbit the Sun once!



STEVE SCOTTI is a research engineer at NASA Langley Research Center in Virginia, U.S. He works to develop lighter, stronger materials and structures for aircraft and spacecraft. Watching the first astronaut launched into space inspired his interest in space exploration. He enjoys sharing his enthusiasm about science and space with kids.



GEORGE HATCHER was an avionics engineer at the Kennedy Space Center in Florida, U.S., from 2004–2017. He worked on electrical systems of the space shuttle and uncrewed rockets. He also studied planetary science at the University of Central Florida. Working in avionics was a dream come true for George. He's aspired to be an astronaut since he was three. He's one of 100 finalists in the Mars One Project, which aims to create a human settlement on Mars.

COSMIC QUIZ

A burst of energy and particles from the Sun is called a:

- A) Sun tantrum
- B) Solar blast
- C) Solar flare
- D) Sun explosion
- E) Sun dazzle



Justin Baldoni



When Justin Baldoni was in seventh grade, he and his dad did something on Christmas Day that transformed Justin's life. They went out and helped feed homeless people. That kind act inspired him, and over the years, his passion for service grew. At 23, he started celebrating his birthday by serving food to those in need in Los Angeles, California. This evolved into an annual Skid Row Carnival of Love, which provides about 4,000 people with food, clothing, health services, and fellowship.

Justin also serves humanity with TV and online shows. He produced the series *My Last Days* about young people living positively with terminal illness. The show helps raise money for charity. Justin's audience has grown along with his popularity—he's costarred in the Golden Globe-nominated TV comedy *Jane the Virgin* since 2014. He recently launched the online series *Man Enough* about gender equality. Justin and his wife, Emily, live in California with their daughter, Maiya, and son, Maxwell.

Q: What's your favorite childhood memory?

A: Spending time with my *nonna*, my dad's mom . . . just being with her after school . . . Every time I would walk into her house, it would smell so good. She would always be baking something or cooking something.

Q: What was the most challenging experience for you as a kid?

A: I didn't really know how to make friends . . . I was always trying to fit in instead of being who God made me . . . I had a problem with . . . being okay with who I [was] and knowing that people would want to be friends with me for *me* . . .



Left: Justin, age 8, cuddles Dobie Dog, who was rescued by Justin's dad.

Right: At about age 16, Justin worked as a DJ at a radio station in Oregon, U.S.

Q: How did you get interested in acting and directing?

A: I was always interested in acting and directing . . . but I never had the confidence . . . In middle school, I did my first play . . . In high school, I started making music videos . . . I moved to [California] . . . and a guy who was a manager asked me if I was an actor or if I wanted to be. And that's how my acting career started . . . I had a lot of success, and then the success was all taken away . . . [Then] I went to Haifa and I re-fell in love with Bahá'u'lláh, and that's when I asked Him to use me and to allow me to be of service . . . That really changed my life and led me to . . . everything that I do.

Questions and
Answers with an
Inspirational Bahá'í



Above: After the 2018 Skid Row Carnival of Love, Justin and his family celebrate his birthday. He's with (left to right) his mom, Sharon, with Maxwell; his sister, Sara; his wife, Emily, with Maiya; and his dad, Sam.



Justin with *Jane the Virgin* costars (left to right): Jaime Camil, Ivonne Coll, Andrea Navedo, Yael Grobglas, and Gina Rodriguez.

Q: Tell us about your *Man Enough* online series. Why is it important for men to discuss gender equality?

A: I've always wrestled with what the idea of masculinity even is . . . *Man Enough* was born . . . to create conversation around what it means to be a man . . . And also to let men know that it's *okay* to talk, that it's okay to share your feelings, it's okay to talk about being insecure. It doesn't make you less of a man. In fact, it makes you more of a man. It makes you brave and . . . vulnerable and compassionate and powerful.

Q: If you had one wish for *Brilliant Star's* readers, what would it be?

A: To wake up every day and ask yourself what you can do to make someone else happy that day . . . I think . . . that's the beginning of how we change the world. Be kind. Make people happy.

Q: What's the mission of your media company, Wayfarer, and what's the concept of choccoli [chocolate-covered broccoli]?

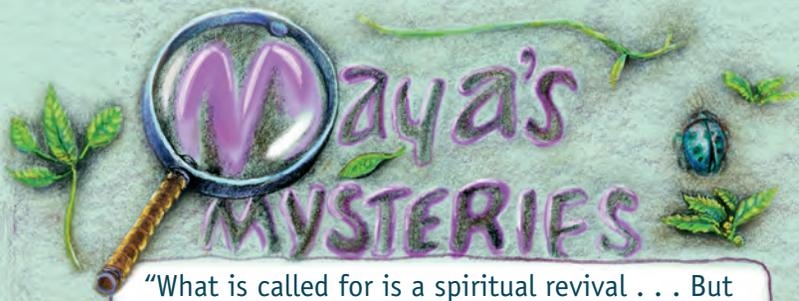
A: Wayfarer's mission is to ignite the spark in hearts all over the world and inspire people to see life develop . . . Choccoli is basically this idea of, you know, you have to create something good inherently for the world, and dip it in chocolate so that it tastes good as well.

Q: What's your advice for kids who want a career in entertainment?

A: To make sure that they want to do it out of service, and not just for themselves . . . The more you want something for yourself, the harder it is, and the less likely it is to happen. The more you want something for the world, then I believe the greater the chances of that dream coming true are, because it's not an easy business . . .

Q: What are three things kids can do to make the world a better place?

A: One is to listen . . . The first step to compassion is understanding and listening. The second thing . . . is to try. The world can seem really, really big, and there's so many problems happening everywhere, but you can try . . . Maybe there's a kid in school who is . . . sick and has to go to the hospital. Send that person a note . . . Third . . . step outside of your comfort zone and get to know people . . . Reach out and make friends that are a . . . different skin color than you . . .



"What is called for is a spiritual revival . . . But there is a need for a catalyst." —Bahá'í Writings

WE CAN MAKE INCREDIBLE CHANGES WITH CATALYSTS!



BE A CATALYST

One of my favorite things about science is seeing how different things work together to create change. Often, there's a **catalyst**, which speeds up a reaction or transformation. For example, enzyme molecules in yeast cause carbon dioxide to be released, so my bread dough rises.

In life, sacred writings can be catalysts that prompt us to act. My junior youth group studied

some Bahá'í quotes about service, and we felt inspired to hold a fun interfaith prayer party.

It's cool how combining prayer with our deeds can transform our spirits and our world. That means *we're* catalysts, too! When we welcome a new neighbor, donate to charity, or do other services, we can impact and activate others. Check out this fun experiment to see how one catalyst leads to amazing action.

CREATE A FUN FOAMY FOUNTAIN

YOU'LL NEED

Wear safety glasses and rubber gloves
 plastic table cover • bowl • clean 16 oz. (473 mL) plastic bottle • liquid measuring cup • 3% hydrogen peroxide solution • funnel • dish soap • food coloring • package active dry yeast (¼ oz. or 7g) • tablespoon • cup • water

- 1 With an adult's help, in a well-ventilated area, use funnel to pour ½ cup (118 mL) of hydrogen peroxide into bottle.



- 2 Add two squirts of dish soap and several drops of food coloring to bottle. Swirl to combine.



- 3 Pour yeast into clean cup. Add four tablespoons (59 mL) very warm water and stir until dissolved.



- 4 Add yeast mixture to bottle, remove funnel, and watch! Enzymes in yeast release oxygen from hydrogen peroxide, causing oxygen-filled bubbles to form.



BE AN UPLIFTER: CHECKLIST CHALLENGE

If you had superpowers like the Uplifters, what would you love to do to help others? Maybe you'd use your ultra-vision and compassion to spot kids getting bullied and rush to their aid. Or you could use your amazing strength and helpful hands to break ground for a community garden. With your super stretching ability and creativity, you could help kids in your city paint a huge mural about race unity.

Whatever your strongest virtues, when you do an act of kindness or make someone feel special, the benefits ripple beyond that person. Your good deeds may inspire others to take action, and *you'll* feel happier, too.

You don't have to stop an Eraser's devious plot to be an Uplifter. You can help change the world by bringing a beam of sunlight into someone's cloudy day. Where will you focus your positive powers today?

START DATE:

Challenge yourself and your friends to see how many ways you can uplift others in the next two weeks. Add some of your own ideas.

END DATE:

☁ Help a friend or sibling with homework.

☁ Contribute to a food drive at your school or place of worship.

☁ Put a loving note in a parent's lunch bag, purse, or briefcase.

☁ Write a thank-you note to a teacher or librarian.

☁ Volunteer at your local animal shelter.

☁ Help a neighbor do yard work.

☁ Do a chore to help a sibling or a parent.



☁ Put out birdseed for birds.

☁ Call or write to a relative who lives far away.

☁ Visit a retirement home and sing or play music for the residents.

☁ Visit an elderly neighbor.

☁ Welcome a new neighbor with a treat or a house plant.



☁ Bring books or craft supplies to kids in the hospital.



☁ Offer to walk a neighbor's dog.

☁ Collect personal care items to donate to a homeless shelter.

☁ Deliver a meal to someone who's ill.

☁ Share your garden vegetables.

☁ Read stories to younger kids.

☁ Offer to pray with a friend who's feeling sad.

☁ Smile and greet people you meet.

☁ _____

☁ _____

SHINING LAMP

A Bahá'í who served humanity with radiance

Dr. Rahmatu'lláh Muhájir (1923–1979)

By Gail Radley



Blood-sucking leeches and waist-deep muddy water didn't stop Dr. Rahmatu'lláh Muhájir from seeing his patients in the jungle villages of Indonesia.

Rahmat was born in Persia (now Iran) in 1923 and was one of eight children. His family had been Bahá'ís almost since the Faith's beginning. As he grew up, his home bubbled with Bahá'í activity. Guests often visited to learn about the Faith. Watching and listening, Rahmat discovered that being a Bahá'í meant serving others and creating a better world.

As an outgoing youth, he brought friends to hear these ideas. He often spent vacations visiting Iran's Bahá'í holy places. After high school, he taught classes for children and youth for two years. Then he began studying medicine.

But Rahmat believed that the Bahá'í teachings were the best medicine for a troubled world. He interrupted his studies several times for Bahá'í projects. He also encouraged others to be pioneers and move to places without Bahá'ís. In 1951, before graduating, he married Írán Furútan.

Passion to Serve

In 1953, they met with Shoghi Effendi, the Faith's leader, in Israel. The visit stirred Rahmat's passion to pioneer.

Soon, he learned that the Mentawai Islands, Indonesia, needed a doctor. The couple settled there, on the island of Siberut Selatan. There he discovered jungle living firsthand. He caught severe malaria, an often-deadly illness. Rahmat provided desperately needed medical care with few supplies. He joined in villagers' healing ceremonies

and wore traditional face paint when treating patients. He sat on the ground with them and slept on a mat. He showed respect for the islanders' culture, and he earned their trust.

During four years in the Mentawai Islands, Rahmat treated devastating illnesses and eliminated some. Villages used healthier practices. Many islanders learned to read and write, 4,000 became Bahá'ís, and 12 Bahá'í schools were created.

In 1957, Shoghi Effendi named Rahmat a Hand of the Cause of God, so he could guide Bahá'í work around the world.* That year, Shoghi Effendi died, and the Muhájirs returned to Israel.

Offering His All

Rahmat traveled to all national Bahá'í communities over his remaining years. He shared the Faith with large numbers of people. He aided teaching efforts in India, where some 64,500 people became Bahá'ís in two years. Rahmat helped start schools and Bahá'í centers, and he encouraged Bahá'ís to pioneer. When India's extreme dust and heat caused him asthma and rashes, he told his wife, "I might have had these problems anyway. At least now I can tell God that I got them in His path."

"I beseech God," he wrote, "to make me pure so that I may burn like a candle in His path." Like a candle, he "OFFERED HIS ALL" to humanity, wrote the Universal House of Justice, the Faith's global governing body. In 1979, though exhausted, he attended a conference in Ecuador. On the second day, he had a heart attack, praising God as he died. The House of Justice said that around the world, people would miss his "GENTLENESS" and "ENTHUSIASTIC APPROACH."

Well-Wishers of Humanity

When you think about the challenges facing our world, you probably wonder what you can do to make things better. It's a natural impulse to want to help our human family. But where do you begin?

Praying is a good place to start. But to be most effective, prayers must be paired with action. In fact, the Bahá'í writings

say that our prayers and actions can be one and the same. 'Abdu'l-Bahá said, "Service is prayer."

Asking for God's assistance can help us find our unique path of service, and sacred writings can inspire us to act. Read or memorize this quote, and use it as a reminder that we can *all* help to transform the world.

READ THE QUOTE AND SEE HOW THE PURPLE WORDS ARE USED.

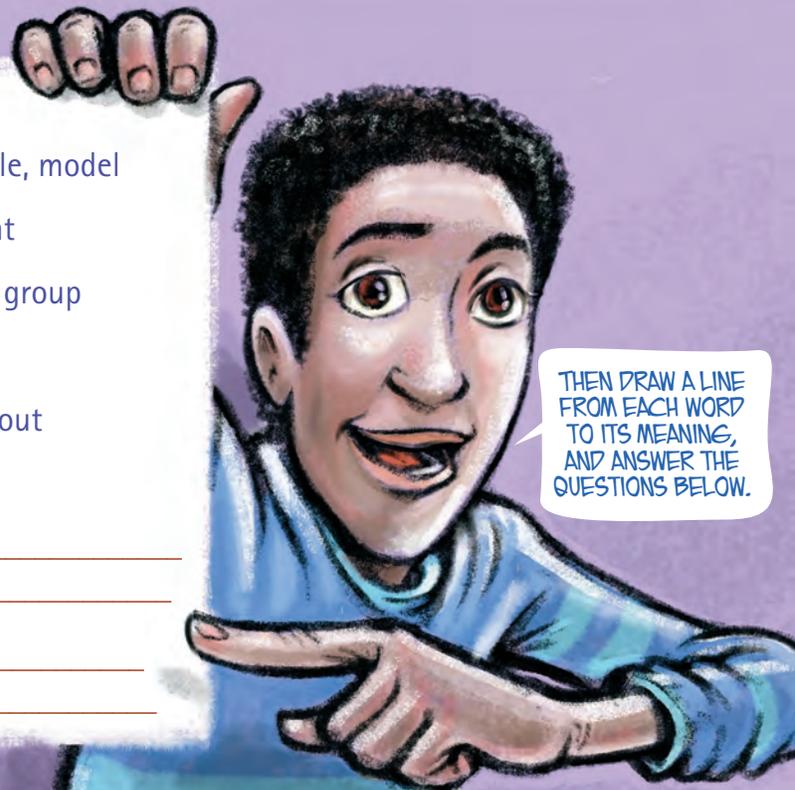


May you all be united, may you be agreed, may you serve the **solidarity** of mankind. May you be well-wishers of all humanity. May you be assistants of every poor one. May you be nurses for the sick. May you be sources of comfort to the broken in heart. May you be a **refuge** for the wanderer. May you be a source of courage to the **affrighted** one. Thus, through the favor and assistance of God may the **standard** of the happiness of humanity be held **aloft** in the center of the world and the **ensign** of universal agreement be **unfurled**. —'Abdu'l-Bahá

- | | |
|---------------|-----------------------------------|
| 1. Solidarity | A. A shelter or safe place |
| 2. Refuge | B. A banner; or an example, model |
| 3. Affrighted | C. Up high, at great height |
| 4. Standard | D. Unity and support in a group |
| 5. Aloft | E. Frightened, alarmed |
| 6. Ensign | F. Opened up and spread out |
| 7. Unfurled | G. Flag or emblem |

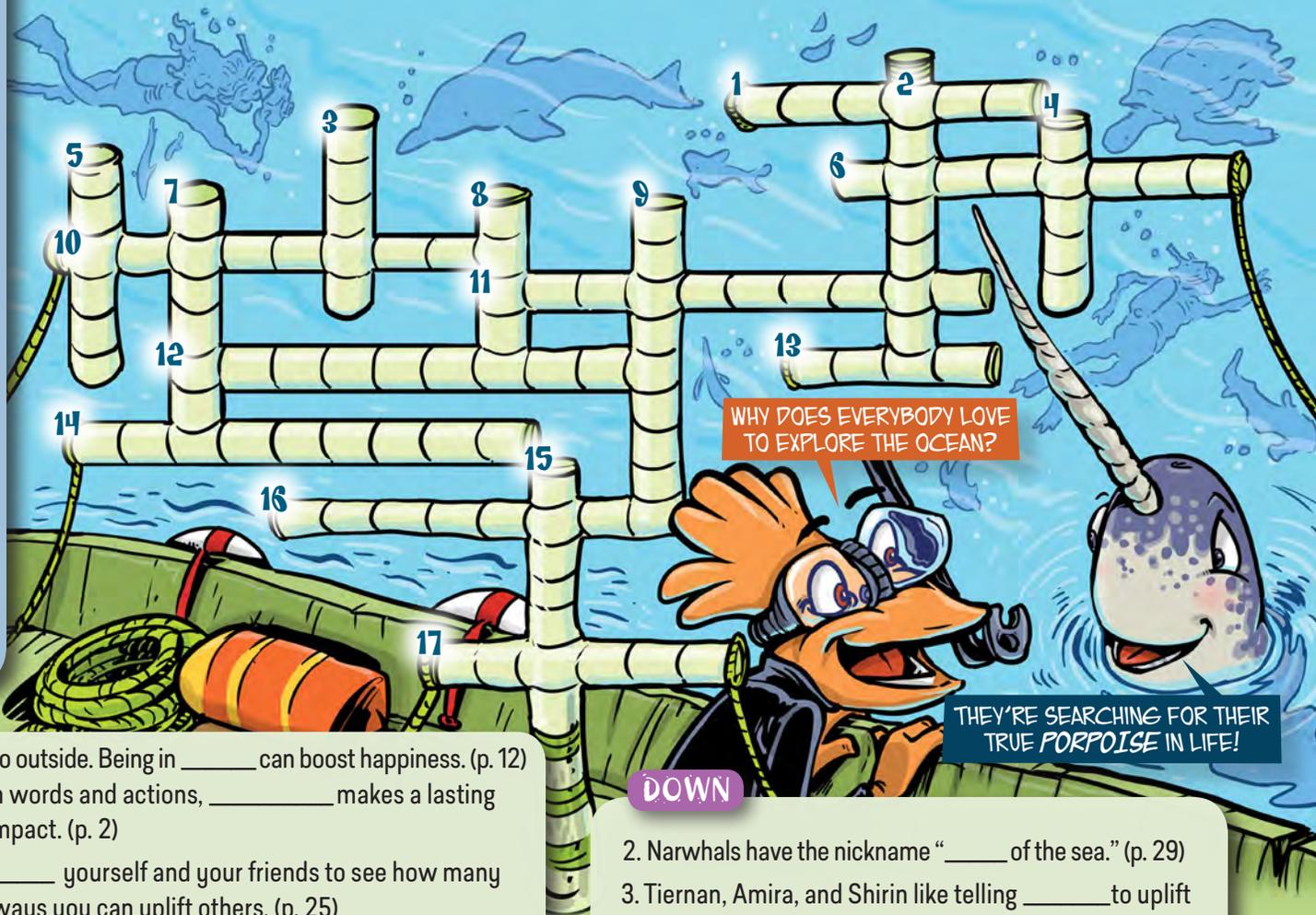
How do you feel after reading this quote? _____

How can you put 'Abdu'l-Bahá's words into action? _____



THEN DRAW A LINE FROM EACH WORD TO ITS MEANING, AND ANSWER THE QUESTIONS BELOW.

Look for clues throughout the magazine.



ACROSS

1. Go outside. Being in _____ can boost happiness. (p. 12)
6. In words and actions, _____ makes a lasting impact. (p. 2)
10. _____ yourself and your friends to see how many ways you can uplift others. (p. 25)
11. Opportunities to climb to the summit of service are _____. (p. 8)
12. Justin says the first step to _____ is understanding and listening. (p. 23)
13. By 2050, there may be more plastic in the ocean than _____. (p. 11)
14. They help the world using their superpowers and their awesome virtues. (p. 3)
16. Get to know kids from different _____ or religions. (p. 13)
17. To be most effective, prayers must be paired with _____. (p. 27)

DOWN

2. Narwhals have the nickname "_____ of the sea." (p. 29)
3. Tiernan, Amira, and Shirin like telling _____ to uplift others. (pp. 17-18)
4. When we team up with others in _____, each person's skills and talents combine to make a stronger service project. (p. 6)
5. Rahmat served as a _____ in Indonesia. (p. 26)
7. The world is full of _____, awesome things to explore and do. (p. 10)
8. It's cool how combining prayer with our _____ can transform our spirits and our world. (p. 24)
9. Your _____ can lead you to missions of valiant service that uplift you and others. (p. 19)
15. Earth provides the exact level of _____ our bodies have evolved for. (p. 20)

FROM OUR MAILBOX



[Brilliant Star] makes me feel happy! It's interesting. It's beautiful, and I like the idea of all the Radiant Stars! [If I could choose a theme], I think I would like "make the world a better place."

—Elsie D., age 9,
New York, U.S.

ANSWERS

KEY: T=Top, C=Center, B=Bottom, L=Left, R=Right

Page 2: Compassion, encourage, forgive, friendship, laughter, sharing, teamwork, thankful, wonder

Page 3: Book at BR, camera at CR, goggles at TR, headset at C, light at CR, mask at CL, MC at BR, pod at far TR, tablet at CR

Page 10: 1) Attentive Almanac, 2) Prompt Pencil, 3) Moderate Map, 4) Active Atlas, 5) Unplugged Ukulele, 6) Tidy Tape, 7) Rested Wristwatch, 8) Listening

Lunch Box, 9) Calm Calculator

Page 11: Quebec City, Asian small-clawed otters

Page 13: 1) rumors, 2) stop, 3) join, 4) talk, 5) asking, 6) safe, 7) online, 8) mean, 9) help, 10) create

Pages 20-21: Division, C) Solar flare

Page 27: 1) D, 2) A, 3) E, 4) B, 5) C, 6) G, 7) F

DIVE INTO DIFFERENCES

Narwhals are incredible, unusual creatures. They're such shy whales that a scientist can spend a month in the Arctic and never spot one. The distinctive spiral tusk (actually a tooth) on the males gave them the nickname "unicorns of the sea." They spend most of their lives in deep, freezing water.

Their bodies have blubber, or fat, to help them survive extreme cold. They can dive over a mile deep (up to 1,776 m), conserving oxygen so they can stay underwater for 20 minutes!

With these skills, they even help scientists. Some have carried instruments below the ice to help us learn about our changing climate.

Like narwhals, no matter where you are, or how shy you might be, you can develop strengths to help the world. If you're anxious about talking, you may be a terrific listener. If your friends don't share your culture or religion, you can help them learn. So dive into your differences—your unique skills can make you stand out with style.

In the frozen Arctic, help these narwhals find paths through the sea ice to reach their family.

END



START

“Lift the burden of others, striving to
be the source of comfort to souls . . .”
—‘Abdu’l-Bahá



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