

Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

MARCH/APRIL 2012

Communicating with Kindness



Brilliant Star

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Brilliant Star magazine invites all kids to explore the Bahá'í Faith. It is the second most widespread religion in the world, with more than five million Bahá'ís.

The Bahá'í Faith 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 that all religions come from one God. Bahá'ís work to bring peace and unity to the world, and end prejudice and discrimination of all kinds.

Bahá'u'lláh's eldest son, **'Abdu'l-Bahá**, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Brilliant Star encourages kids to bring their virtues and talents to light, and use them to make the world a better place. **Brilliant Star** is produced bimonthly by the National Spiritual Assembly of the Bahá'ís of the U.S.

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SUBMISSIONS

We welcome submissions and ideas from contributors of all ages. For editorial themes or submission guidelines, mail your request with a self-addressed stamped envelope, or e-mail us (above).

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We sometimes provide Internet resources to encourage readers to explore a topic, or to share our references. While we make every effort to choose reliable websites, **Brilliant Star** does not endorse or account for all content in referenced websites. Furthermore, we urge caution and parental guidance when using the Internet. For more information about Internet safety, visit www.wiredkids.org/wiredkids_org.html

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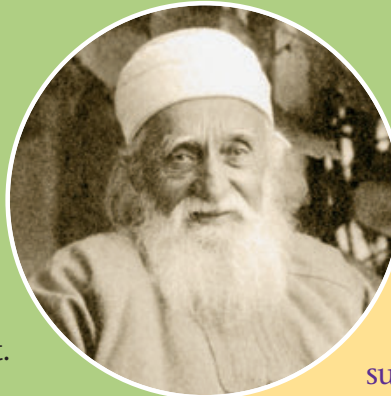
aMAZEing ADVENTURE

How is communication like an iceberg?

COMMUNICATING WITH KINDNESS

MARCH/APRIL 2012

NEW DESTINATIONS



DEAR FRIENDS,

When 'Abdu'l-Bahá made his journey across the Atlantic in 1912, some suggested that he join the first voyage of the *Titanic*. Later, they were deeply relieved that he chose another ship to reach North America.

For about eight months, 'Abdu'l-Bahá shared the Bahá'í teachings with compassion and conviction. He encouraged people to seek truth and work for global unity. His writings urged us to "speak out with great courage" and to "speak with each other with infinite amity and love."

In this issue, explore tools for building your communication and friendship skills. Follow a timeline of 'Abdu'l-Bahá's journeys, and discover key topics of his talks. Get tips for effective speaking and listening. Make a dragon puppet for sharing your own stories. Check out creative careers in multi-media. And meet Hartmut Grossmann, who served on the Universal House of Justice, the Bahá'í Faith's international governing body.

You have a unique point of view and original ideas that can change the world. Speak up!

With love from **Brilliant Star**



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FriendSHIP Adventures

"A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding." —Bahá'í'lláh

Imagine boarding a huge sailing ship to discover new lands. Adventure and mystery await as you brave the seas for weeks or months to explore the unknown.

Early explorers sought new ways to exchange goods and ideas with other people and cultures. They had only basic tools for navigation. By the 12th century, sailors in China, Europe, and beyond used lodestone, a naturally magnetic mineral, to create compasses. Because of their

expeditions, we learned about the rich diversity of our world, with its many languages, foods, arts, and traditions.

Today, modern technology links us to people around the globe in just an instant. But basic truths about friendship have stayed the same through the ages. Like a compass pointing us in the right direction, kindness and respect help us build strong connections—wherever we may wander.

Find nine items that help us build friendships.



Bell of Bravery



Curious Compass



Friendly Flag



Journal of Justice



Loving Lantern



Mindful Map



Octant of Openness



Supportive Sandglass



Trustworthy Telescope



HOW DOES THE OCEAN GREET THE LIGHTHOUSE?

HOW?

IT WAVES!

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 Tíhrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tíhrán

1853–1863

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

1863 April 22

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.

Bahá'u'lláh's Life: Mission of Peace Letters of Light

Imagine a lone prisoner writing to the world's leaders, urging them to rule justly and establish peace. Bahá'u'lláh did just that in 1867. He wrote from Adrianople (now Edirne, Turkey) and later from the prison-city of 'Akká, in what is now Israel. Though Bahá'u'lláh had done nothing wrong, He was exiled and imprisoned because He proclaimed a new faith.

But nothing could stop Bahá'u'lláh's message of peace and unity. He wrote to rulers including Queen Victoria of England, Napoleon III of France, Pope Pius IX, and Czar Alexander II of Russia. He even addressed the Persian king, Násiri'd-Dín Sháh, and the Turkish leader, Sultán 'Abdu'l-'Aziz, who were responsible for His imprisonments and exiles.

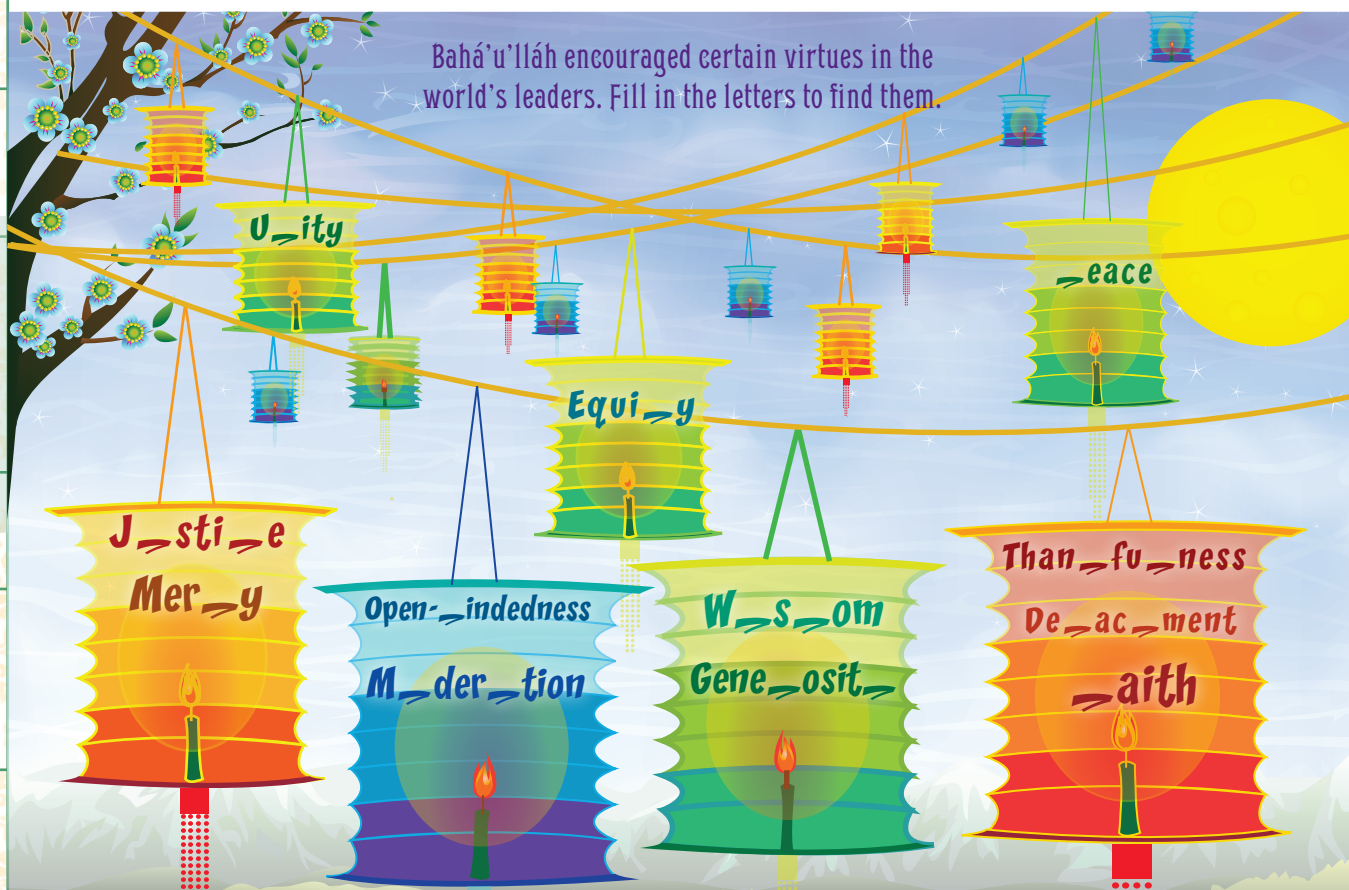


Outside the prison in 'Akká where Bahá'u'lláh was held

Bahá'u'lláh didn't ask to be released from prison or request any personal favors. Instead, He praised positive actions, such as ending slavery. He encouraged leaders to unite and reduce their weapons. Only by collectively acting against war, He said, could they establish lasting peace and justice.

Bahá'u'lláh's son, 'Abdu'l-Bahá, conveyed the courage and power of his father's actions in a talk delivered in New York in 1912. 'Abdu'l-Bahá said of the rulers who persecuted Bahá'u'lláh, "Although they were determined upon extinguishing the light in that most brilliant lantern . . . day by day His splendor became more radiant."

Today, more than five million Bahá'is around the globe continue to work toward world unity.



Bahá'u'lláh encouraged certain virtues in the world's leaders. Fill in the letters to find them.



TAKE A
TRIP INTO
HISTORY!



Travel Through Time

Wouldn't it be cool to travel back in time to meet 'Abdu'l-Bahá? You can, using the time machine of your imagination. With books and media, you can go back 100 years to follow 'Abdu'l-Bahá's journey in North America in 1912. There is even a voice and film recording of 'Abdu'l-Bahá.

But in those days, there were no computers, cell phones, or video games. Airplanes were just getting started. New Mexico and Arizona became the 47th and 48th states, completing the continental U.S.

Earth had not yet experienced a world war, but conflicts leading to World War I were brewing. New York City, where 'Abdu'l-Bahá spent much of his time, was crowded even then. With nearly five million people living there, it was, and still is, the largest city in the U.S.

Everyday life was very different. Girls and women usually wore dresses covering their knees—even while playing tennis. Fun things were being made—Oreo cookies were invented that year! Travel back to 1912 by taking the quiz below.

1912 Time Traveler Quiz

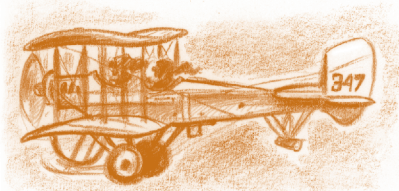
What was life like in 1912? Circle True or False to test your knowledge.

- 1 Only 20 U.S. states allowed women to vote.

True • False

- 2 A plane had not yet flown non-stop across the Atlantic Ocean.

True • False



- 3 Many states had laws to keep white and black people separated.

True • False

- 4 It was illegal for U.S. kids to have full-time jobs in factories.

True • False

- 5 A lively style of music called hip-hop was popular.

True • False

- 6 Blue jeans were not invented yet.

True • False

- 7 Kids were required to go to school in all 48 states.

True • False

- 8 A Ford Model T car could be purchased for \$590.

True • False



- 9 Women competed in Olympic swimming events for the first time.

True • False



- 10 The RMS *Titanic* sank tragically on April 15, on its very first voyage (to the U.S. from England).

True • False

- 11 Over half of the *Titanic's* passengers had basic third-class cabins and were not allowed to mingle with higher classes.

True • False

ZEKE & RHOMBUS: UNIVERSAL LANGUAGE

Zeke here, from the planet Zilizag, with my pet, Rhombus! We're on a mission to see if other planets live in peace, like we do on Zilizag. Today, we're visiting Earth for a language festival.

On Earth, like on Zilizag, people go all over the planet, sharing their languages and ways of life. It's cool to see the amazing diversity. I speak nine languages! Still,


sometimes it can be hard to communicate. On Zilizag, we all learn the Zilizag Code, along with our native language. No matter where we travel, we can connect with each other and make friends. The code is used on the planet Narfblatt, too.

If everyone on Earth spoke a common language, do you think it would help bring peace to your planet?

I DISCOVERED THESE FUN FACTS ABOUT EARTH LANGUAGES. USE MY DECODER TO CHECK THEM OUT.


1 There are almost 7,000 _____


 on Earth. Over 800 are from Papua New Guinea.


2 The five most widely-spoken _____

 languages are Chinese, Spanish, English, Arabic, and Hindi. Chinese has over a billion speakers.


3 The earliest _____ appeared about


 5,000 years ago in Egypt and the Middle East.

4 The _____

 uses six official languages: Arabic, Chinese, English, French, Russian, and Spanish.

5 During the _____ Games,

 announcements are usually made in French, English, and the language of the host country.

6 English is the main language used on the _____, closely followed

 by Chinese.

7 Some scientists say people who speak more than one language are better at handling


8 Different countries have their own versions of _____ language used by people who are deaf.


ZEKE'S ZILIZAG DECODER

A	!	C	⊠	E	⊡	G	⊢	I	⊣	K	⊤	M	⊥	O	⊦	Q	⊧	S	⊨	U	⊩	W	⊪	Y	⊫
B	⊬	D	⊭	F	⊮	H	⊯	J	⊰	L	⊱	N	⊲	P	⊳	R	⊴	T	⊵	V	⊶	X	⊷	Z	⊸

Two Ears, One Mouth

“We have two ears and one mouth for a reason—so we’ll listen twice as much as we talk!”

Have you heard that saying? Listening might seem like an easy thing to do. But there’s a big difference between *hearing* someone talk and *listening* to what they say. When you’re listening, you’re an active part of the conversation—even when you’re not saying a word.

Everyone can learn to be a better listener. And the rewards can be great. When you truly listen, it lets people know that you care about their thoughts and feelings. It can help you see where others are coming from, so you avoid misunderstandings. It can even help create closer relationships with your friends and family. Who would have thought ears could be so powerful?

This family is consulting about where to travel to have fun and do a service project.
Find words to complete the tips about being a good listener.

IF WE GO TO THE GALAPAGOS ISLANDS, WE COULD SEE THE PENGUINS AND GIANT TORTOISES AND HELP FIX TRAILS. THAT WOULD BE AWESOME!

LANGUAGE

1. Find a good _____ to talk so you won't feel rushed.

2. Limit _____ by turning off the TV and putting away cell phones, computers, and games.

3. Face the person you're talking with and give him or her your full _____.

4. Keep an _____ mind. Wait until the speaker is finished before forming your own opinion.

5. _____ totally on what the person is saying, rather than thinking of what you're going to say next.

6. Ask questions if you feel like you don't _____ what you heard.

7. If someone says something that upsets you, take a deep breath and let him or her finish, rather than _____.

8. Be _____ and kind. It's not always easy for people to talk about their feelings.

9. Use sincere body _____, such as positive facial expressions, nodding, and eye contact, to show that you're interested.

Chimpanzee Chatter

Which animals are most like humans? If chimpanzees are on your list, you're right! They're among the most intelligent creatures, and some of their communication is a lot like ours. When they play and tickle each other, they laugh, much like we do. They "talk" with sounds, facial expressions, and gestures. They scream when angry or scared and make crying sounds when upset.

Scientists have identified around 30 different chimp calls, including sounds that mean they're

excited, puzzled, or enjoying good food. Each chimp has a unique "pant-hoot" sound which they can use to identify each other. Chimpanzees also use gestures, sometimes putting several together in a sequence. Some are familiar, such as holding a hand out for a snack or beckoning someone to come over. Chimps also pat each other on the back and even hug.

Sadly, chimpanzees are endangered from threats such as loss of habitat, hunting, and disease. These great apes need our help to survive and thrive.

Find 19 chimpanzees in this African rainforest.

CHIMPANZEES CAN MAKE CALLS LOUD ENOUGH TO BE HEARD TWO MILES* AWAY.

ADULT CHIMPS CAN BE FIVE TIMES STRONGER THAN HUMANS!



RILEY'S RAINFOREST

"Send down ... from the clouds of Thy mercy the rains of Thy healing ..." —Bahá'u'lláh

Media Overload

Do u like 2 txt? Cell phones, the Internet, and other technology are important for communication, education, and entertainment. They're fun to use, but it's easy to get too attached to them.

In one survey, over 60% of kids ages 11–18 felt they were addicted to the Internet. More than half said they were addicted to their mobile phones. Another study of college students found that most couldn't go a full day without cell phones or computers. Some reported feeling sad, lonely, and anxious without access to media.

Texting, in particular, can be easy to overdo. According to one study, American teens send more than 3,000 texts per month on average! Some experts say that intense text use can lead to hand and wrist injuries. The pressure to be in constant contact with friends and respond instantly can also cause anxiety and lack of sleep.



While you can't avoid technology completely, using it in moderation is key. Chat with your parents about how much media is a reasonable amount. That could mean setting a timer when you're using the computer or TV. You could establish "off screen" times each day when you don't use any electronics. Make it a goal to spend time in nature every day. And look for hobbies and games that don't need batteries.

Turning off technology can be hard, but it may help you tune in to new ways to have fun and connect with friends and family in person.

Explore & Soar: Tech-Free Fun

Technology can be a cool way to stay in touch with others, but you don't always need gadgets. Try these tech-free ways to nurture your friendships.

- Write notes to tell friends three things you appreciate about them.

- Play or invent a fun board game or ball game.
- Start a book club to chat about favorite reads.
- Plan a group hiking trip or another nature adventure.



Canopy of Questions

What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to brilliant@usbnc.org. Responses are given by a health professional.

“What ways can I control my anger when I am in a difficult situation?”

—Mona, age 13

Dear Mona,

What a great question. So many people find anger a most difficult and challenging experience. Anger can feel like a powerful ocean wave, and if you aren't prepared, it can carry you away. It helps to know the early signs of anger, when you feel frustration or annoyance creeping in. At this stage, the force of the wave is manageable. When you see it coming, take a deep breath, smile, count to nine, and jump as high as you can—as if you were physically jumping over a big wave. Or imagine jumping high in the sky, as if to reach the center of a rainbow. You can also say a prayer, take a walk, listen to happy music, or dance to shake off anger.

Anger isn't always bad, if used the right way. You can use anger waves to do good, such as fighting injustice and poverty. Then it can be a positive force.

Wishing you joy,

*Keyvan Geula
Licensed Family Therapist*

Are You a Smart Cybercitizen?

"Mia. Mia? MI-A-A-A-A!"
"Just a second, Sara. I need to send this text."

"Can't you do that later? We really need to finish our science project." With cell phones, TV, digital tablets, iPods, and more, there can be a lot of screens to juggle. All of this technology is cool and helpful, but it can also be a distraction. It may be so absorbing that it pulls your attention



away from your schoolwork, family, and friends who are right in front of you. Too much screen time can even be bad for your health—it often keeps kids from being physically active.

Do you know when you're being a good cybercitizen with technology? Or is screen time getting out of control? Courtesy, caution, and moderation will help you handle the juggling act—and keep your world of tech tools in balance.

Take this quiz to see how wise you are about managing media and technology.

- 1** I am kind and honest when I text and e-mail. I remember not to write anything that I wouldn't say in person.
Often = 3 • Sometimes = 2 • Rarely = 1



- 9** When I use the Internet to research reports for school, I put the information in my own words instead of copying it.
Often = 3 • Sometimes = 2 • Rarely = 1

- 2** If I see cyberbullying online or in text messages, I tell an adult.
Often = 3 • Sometimes = 2 • Rarely = 1



- 5** When I'm with a friend, I pay attention to him or her instead of texting someone else.
Often = 3 • Sometimes = 2 • Rarely = 1

- 10** I follow my family's rules about when it's okay to use computers and cell phones and download things from the Internet.
Often = 3 • Sometimes = 2 • Rarely = 1

- 3** When someone says, "It's true! I saw it on the Internet," I research the truth myself.
Often = 3 • Sometimes = 2 • Rarely = 1

- 6** If I'm angry with someone, I give myself time to cool off before I text, e-mail, or call.
Often = 3 • Sometimes = 2 • Rarely = 1

- 11** I balance screen time with other activities, such as playing outside.
Often = 3 • Sometimes = 2 • Rarely = 1

- 4** I don't respond to e-mails, texts, or instant messages from people I don't know.
Often = 3 • Sometimes = 2 • Rarely = 1

- 7** I turn my cell phone off when I'm in class or doing homework.
Often = 3 • Sometimes = 2 • Rarely = 1



- 8** I keep personal information private—including my address, phone number, and passwords.
Often = 3 • Sometimes = 2 • Rarely = 1

My Score

33–26 points: Congratulations! You're mindful about using technology and the media. Keep up the good work.

25–18 points: You've made a good start in using technology responsibly. What new skills can you add?

17–11 points: Increase your mindfulness about media. Circle a few tips to try out.

Path to Oneness

"These meetings will be mentioned in the future and their results will be everlasting in all the divine worlds." —'Abdu'l-Bahá

Can you imagine visiting over 40 cities in eight months, in the days before airline travel? That's what 'Abdu'l-Bahá did when he visited North America in 1912. Crossing the U.S. by train, he shared the Bahá'í teachings. On one trip, his companion wrote, "For a long period of time the passengers gathered around His seat, some standing and some sitting, listening to His sweet voice and sublime words . . . as the train passed through the mountains, valleys, plains and rivers."

'Abdu'l-Bahá was frequently busy from early morning until late at night, giving two or three public talks a day. At a time when women fought for the right to vote and racism was commonplace, he championed equality. He spoke with kindness and love, and he challenged people to seek the truth. In churches and synagogues, he promoted respect for diverse faiths. Across thousands of miles, 'Abdu'l-Bahá urged people on a path toward establishing the oneness of humanity.

**'Abdu'l-Bahá gave inspiring talks during his journeys to share the Bahá'í Faith.
Fill in the blanks to discover the topics.**



EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

"All the members of this endless universe are linked one to another." —Bahá'í Writings

WE
ARE
ONE

EARTH-SAVING TIP

Switch to "off."

For Earth Hour on March 31, millions turn off their lights at 8:30 p.m. Ask your family to find more times to unplug, save energy, and have fun together.

WOW, REALLY?

Ocean corals may look like rocks or plants, but they are actually animals, related to jellyfish.

OUR CONNECTIONS

Do you ever try talking to plants to help them grow? Did you know that plants communicate with *each other*? Research shows that some plants send out chemical distress signals when attacked. Other plants pick up the messages and increase their own defenses. Another study found that some plants recognize those of the same family and share their resources. Planting cooperative crops together may lead to better harvests.

PROTECTING OUR PLANET

Dr. Joan Kleypas is passionate about saving coral reefs from devastation by climate change. A marine ecologist/geologist at the National Center for Atmosphere Research in Colorado, U.S., she won a 2011 Heinz Award for her innovative research and dedication. She says, "If we lose coral reefs we're really losing something that nature took millions of years to produce ..."



WHERE IN THE WORLD?



At this famous floating market, you can buy food and souvenirs. The canal, once a major means of transportation and trade, is near Bangkok, this Asian country's largest city. *Unscramble the letters to find the country:*

ILADNATH

AMAZING ANIMALS



Found on the Galapagos Islands and in other Pacific areas, parents in this species use their webbed blue feet to keep their eggs warm. They can dive for fish from 80 feet (24.4 m) in the air. *Fill in the blanks to find their name:*

LUE - OOTED OO IES

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?

Gideon G.

Age: **11**

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

I want to be:
An engineer

Hobbies or sports:
Letterboxing, hiking, whittling, scuba diving

Favorite Bahá'í activities:
Devotions

Favorite animal or pet:
My pet cat, Maizie

Place I'd love to visit:
The Philippines

Favorite way to keep in touch with friends:
We recently moved to Texas from Wisconsin, and e-mail helps me keep in touch with my friends.

If you could make a movie about what's most important to you, what would it be?
Having a brother or a sister with cancer. People don't understand how difficult it is ... and my movie would help ...

When you're upset or worried, how do you express it?
I spend time alone in my room. I also talk to my parents about it.

Do you get nervous about speaking in public?
I do ... It's just overwhelming. To cope, I rub my hands together and just try to do the best job that I can.



Taylor T.

Age: **14**

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

I want to:
Start ... an orphanage near the Bahá'í Temple in Wilmette [and] the other Bahá'í Temples in the world!

Best quality or virtue:
Compassion

Something I like about me that makes me unique:
My love for being and working with children, and my pink birthmark on my forehead

I like to help people by:
Giving them advice, helping them look onto the positive side, making them laugh, and telling them to follow their gut

What makes a good listener?
Trustworthiness, patience, compassion, helpfulness, and being able to relate ...

What do you do when someone is gossiping or backbiting?
I defend the person, or I change the subject.

When you're upset or worried, how do you express it?
I try to act positive, and I tell myself that things will get better. I talk to my mom and my closest friends ...

Do you get nervous about speaking in public?
Sometimes, because it is scary to talk in front of complete strangers, but I try telling myself that everything will be okay.



Tahirih E.

Age: **11**

I live in: **Saskatchewan, Canada**

I want to be:
Environmentalist

Something I like about me that makes me unique:
I really care about the environment.

Hobbies or sports:
I'm in three dances, I'm a sprinter ... I love to draw.

Place I'd love to visit:
Afghanistan, so I could help people ...

What makes a good listener?
Someone that looks at the person and reacts to what the person is saying ...

What do you do when someone is gossiping or backbiting?
Change the subject and tell that person ... I think it's mean to backbite.

When you're upset or worried, how do you express it?
I let [it] sit for a day. I talk to whoever made me upset ... Sometimes we talk about it later, and we work things out.

Do you get nervous about speaking in public?
I get afraid that I might mess up. To cope, I just say what I have to as confident and loud as I can ...

Shawn L.

Age: 12

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

I want to be:
Orthodontist

Best quality or virtue:
Patience

Something I like about me that makes me unique:
I am easy to get along with and a hard worker.

Hobbies or sports:
Baseball, football, hockey, fishing

Favorite Bahá'í activities:
Junior youth summits

Favorite animal or pet:
Rhino and zebra

I like to help people by:
Doing the chores for older people if they need help

Favorite way to keep in touch with friends:
E-mail, because I can send pictures also.

If you could make a movie about what's most important to you, what would it be?
It would be about the treatment of the Bahá'ís in Iran.

When you're upset or worried, how do you express it?
I just think positive or talk to my parents.

Do you get nervous about speaking in public?
I don't get nervous, because I usually know everyone, and they are friends.



“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

Ella C.

Age: 9

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

I want to be:
An artist

Something I like about me that makes me unique:
I can make friends easily.

Hobbies or sports:
Art; Tae Kwon Do; playing soccer with my best friend, Linsey

Favorite Bahá'í activities:
Neighborhood children's classes and Great Plains Bahá'í Summer School

Favorite animal or pet:
An elephant, and my favorite pets are my dogs, Willis and Tawwny.

Place I'd love to visit:
Haifa, Israel. My family is trying to go there for pilgrimage.

I like to help people by:
Helping a girl from Burma, who is in my class, with her schoolwork



If you could make a movie about what's most important to you, what would it be?
Friends and family

What do you do when someone is gossiping or backbiting?
I ignore them and don't talk with them.

When you're upset or worried, how do you express it?
I talk to my mom and dad.

Do you get nervous about speaking in public?
A little. I am only nervous before, but once I start speaking, I'm not nervous.

Bahiyyih G.

Age: 7

I live in: **Addis Ababa, Ethiopia**

I want to be:
A teacher

Something I like about me that makes me unique:
My special name that many tell me they love...

Favorite animal or pet:
Horses and Bengal tigers

I like to help people by:
Cheering people up with humor

When you're upset or worried, how do you express it?
I go to a quiet spot and calm myself down. I also talk with my mom and dad...

Favorite way to keep in touch with friends:
Skype, because I get to see my friends.

If you could make a movie about what's most important to you, what would it be?
The teachings of Bahá'u'lláh—for example, telling the truth

Do you get nervous about speaking in public?
I do not get nervous when I can just speak from my heart, like when I told my classmates about Ayyám-i-Há*... I do get nervous when I have lines to say, like... in a play. Practicing my lines makes me less nervous.



How to be a Radiant Star:

1. If you're age 7–14, write us at brilliant@usbnc.org or Brilliant Star, 1233 Central Street, Evanston, IL 60201. Include your name, age, mailing and e-mail addresses, and phone number. Mention “Radiant Star” in the e-mail subject line or in your message.
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 forms, 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).

*February 26–March 1, days of hospitality, charity, gift giving, and preparing for the Bahá'í Fast

'ABDU'L-BAHÁ'S GREAT VOYAGE

'Abdu'l-Bahá was finally free! After nearly a lifetime of exile and imprisonment for his faith, the eldest son of Bahá'u'lláh was released in 1908. In 1911, despite poor health at age 67, he embarked on an epic series of journeys to share the Bahá'í message of justice and unity. Over three years, he transformed the hearts of people in nine countries on three continents.

After about a year in Egypt, 'Abdu'l-Bahá went to Europe on the *SS Corsica*.



Visited Paris, site of the first Bahá'í community in Europe. Photographs were made of him, and they were given as gifts throughout his travels.

In New York City, 'Abdu'l-Bahá said, "I find a strong movement for universal peace emanating from America." In his 140 published talks in North America, "peace" appears over 200 times!



Dedicated the cornerstone for the Bahá'í Temple in Illinois. He invited diverse people to dig the earth around the stone, then declared, "The Temple is already built."



Aug. 11

Sept. 4–Oct. 3

Oct. 3–Dec. 2

Mar. 25

Apr. 14

Apr. 23

May 1

Aug. 16–23

1911

1912

Shared the Bahá'í teachings in London and Bristol. In his last talk, he said, "I . . . have met in this London of the West with extreme kindness, regard and love, and I am deeply thankful and happy."



Departed for the U.S. on the *SS Cedric* (above), arriving in New York on April 11. Some had urged him to sail on the *Titanic*, which tragically sank on April 15.

Spoke about race unity at Howard University in Washington, D.C. He challenged racism by inviting Louis Gregory, an African American Bahá'í, to an important luncheon. Then, at the home of Alexander Graham Bell (left), he impressed scientists with his wisdom.



Gave several talks at Green Acre Bahá'í School in Maine, which he said would one day be the site of a Bahá'í university and another Bahá'í Temple.

On the 100th anniversary of 'Abdu'l-Bahá's heroic travels, his initiative stands as a tribute to the power of sacrifice and devotion. He gave hundreds of talks in universities, churches, synagogues, halls, and homes. He met with scholars, officials, journalists, clerics, activists, and families. Today, over five million Bahá'ís around the world draw inspiration from his courageous example as they work to build global peace.



Visited Montreal, the first Canadian Bahá'í community. The home of May and William Sutherland Maxwell (above), where he stayed, is a Bahá'í shrine. Their daughter (right) later married 'Abdu'l-Bahá's grandson, Shoghi Effendi (right).



Departing from New York on the *SS Celtic*, 'Abdu'l-Bahá said, "Exert yourselves with heart and soul so that, perchance, through your efforts the light of universal peace may shine . . ."

Returned to Paris, where many Bahá'ís from the East and Iranian nobles came to meet him.

During a third visit to Paris, 'Abdu'l-Bahá's health was poor, but he met with many Bahá'ís and dignitaries. When he received flowers for his birthday on May 23, he urged Bahá'ís to instead celebrate the Declaration of the Báb, which occurred on the same day. The Báb was Bahá'u'lláh's forerunner.



Returned to Haifa, Israel, bringing his historic journeys to a close.



Aug. 30–Sept. 9

Oct. 8

Dec. 5

Dec. 13–Jan. 21

Jan. 21–Mar. 30

Apr. 1–May 1

May 1–June 12

June 13

Dec. 5

1913



Spoke at Stanford University in California. Later, a full issue of *The Palo Altan* newspaper was devoted to him.

Returning to England, he spoke at a homeless shelter on Christmas and paid for food and lodging for 500. He spent several days in Scotland at the home of Jane Whyte, probably the first native Scot to become a Bahá'í.



Traveled to Germany, Hungary, and Austria. His visitors included Baroness Bertha von Suttner, the first woman to win the Nobel Peace Prize.



Sailed from Marseilles, France, to Egypt on the *SS Himalaya*. In Ramleh, near Alexandria, he often walked in the rose garden as he dictated letters.





Powerful Puppets

Did you know that the art of puppetry is more than 4,000 years old? Puppets appeared in ancient cultures, including India, Egypt, Greece, and China. Today, people celebrate the Chinese New Year* with a giant, dancing dragon puppet representing good luck and prosperity.

With expressive voices and actions, puppets capture your imagination and bring stories to life. They're also a great way to communicate feelings and ideas. If you're

shy, it can be fun to share through puppetry. Puppets inspire audiences with empathy, joy, and wonder. They can even move us to take action for important causes.

Puppetry takes practice. Rehearse in front of the mirror. Use your puppet's body to show emotions. It can shake if it's scared and jump or wag its tail if it's happy.

You can create puppets from fabric, socks, and even items in your recycling bin. Check out this activity and express yourself with puppetry!

You'll Need

Cardboard egg carton • pencil • cardboard • scissors • stapler
packing tape • 18" x 18" (45.7 x 45.7 cm) colorful fabric
tacky glue • 10" (25.4 cm) wooden skewer • rubber band
poster or acrylic paint • paintbrush • cup of water • card stock

Make Your Own Dragon Puppet

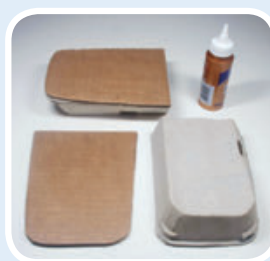
- 1 Cut apart lid, bottom, and latch flap of egg carton. Cut lid in half.



- 2 Trace around carton lid twice and cut out to create base and roof of mouth.



- 3 Glue cardboard onto each half of lid.



- 4 For eyes, cut two-cup section from carton. Staple to edge of lid and cover staples with tape. Paint eyes and face. Let dry.



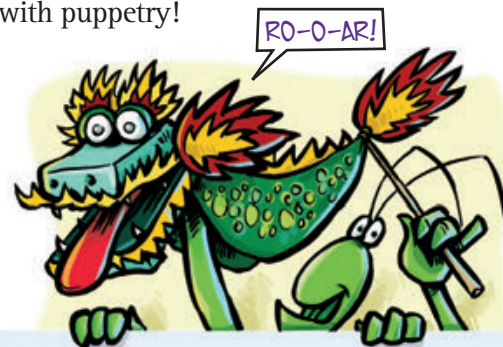
- 5 Place top mouth half on bottom half. Tape flat edges of boards to make a hinge. Open jaw and reinforce hinge with more tape.



- 6 Glue middle of fabric's edge around eyes and jaws. Make sure mouth can open wide. Secure tail end with rubber band. Carefully cut pointed tip off of skewer and insert in rubber band.



- 7 Use card stock for scales, tail, mouth, and facial features. Hold and move skewer to wag tail. Use your other hand to operate mouth. Now your dragon is ready to roar!



Mild as Milk

"One word may be likened unto fire, another unto light, and the influence which both exert is manifest in the world. Therefore an enlightened man of wisdom should primarily speak with words as mild as milk . . ." —Bahá'u'lláh

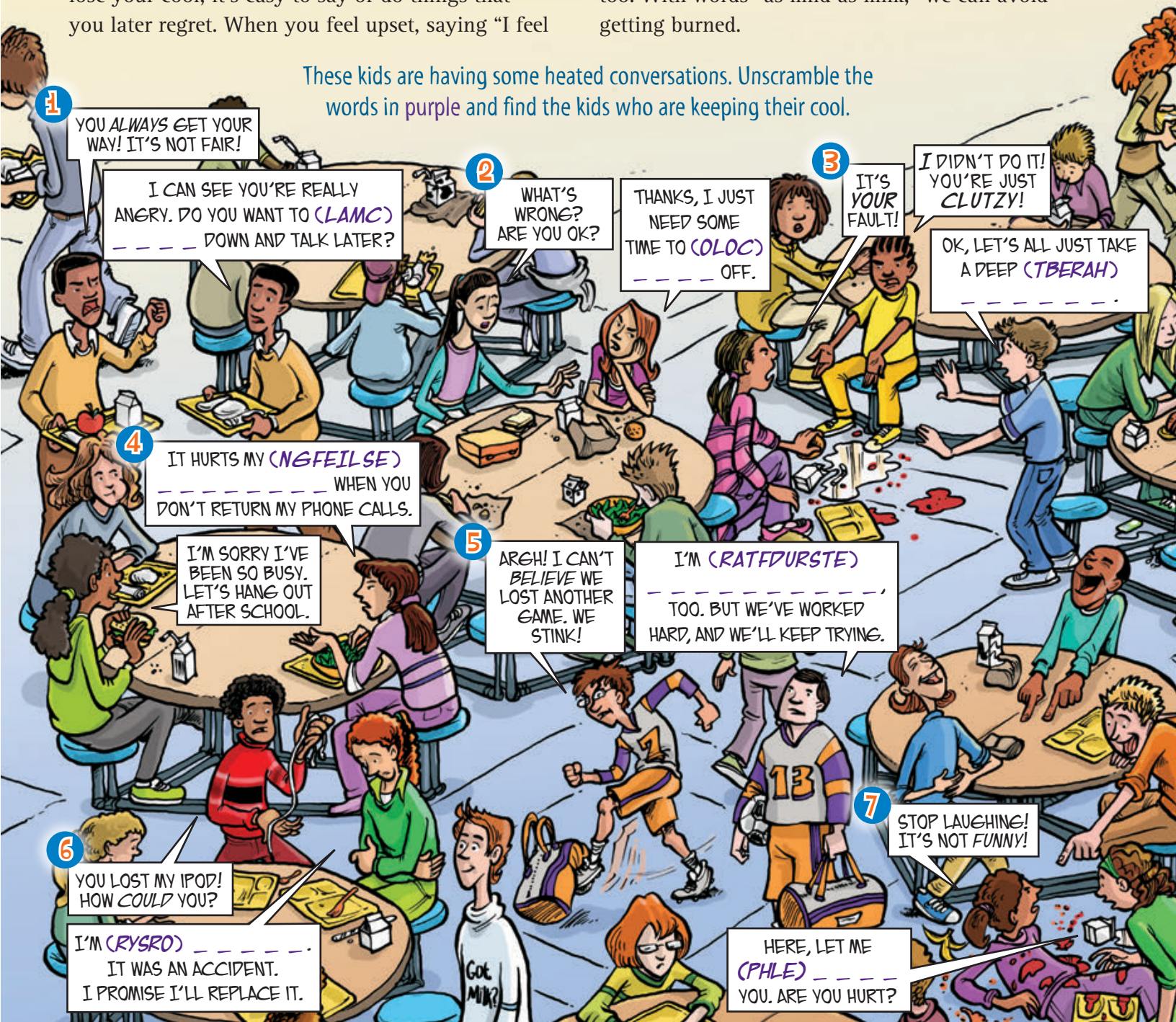
Did you know that if you eat something too spicy, a glass of milk can help cool your tongue? A protein in milk binds to the spicy oil and washes it away. Similarly, when a conversation gets heated, using mild words can calm things down and keep anger from burning out of control.

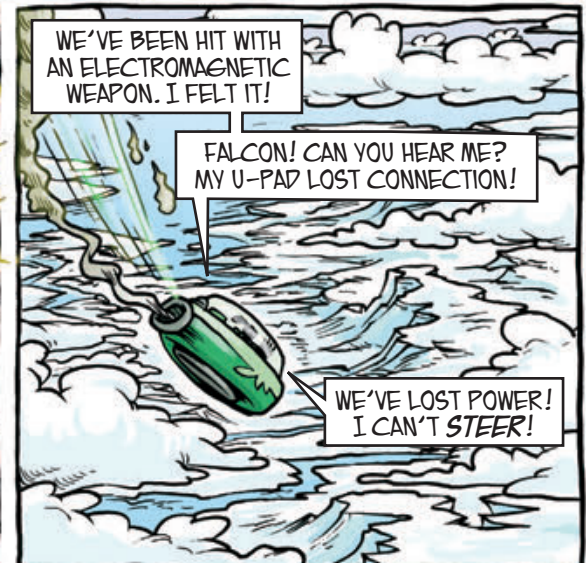
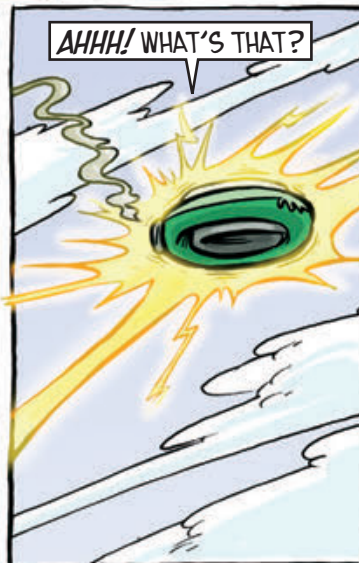
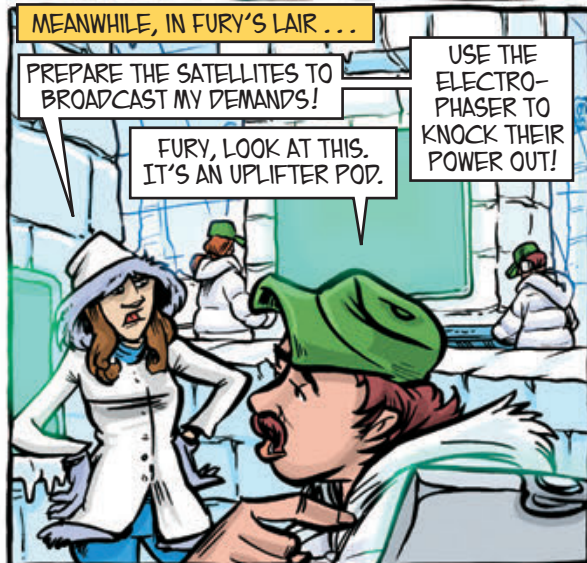
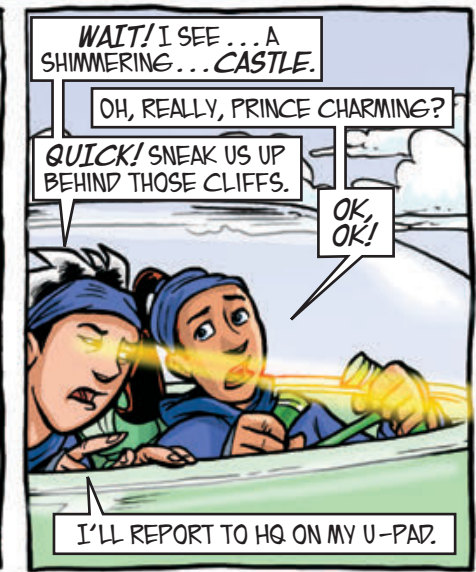
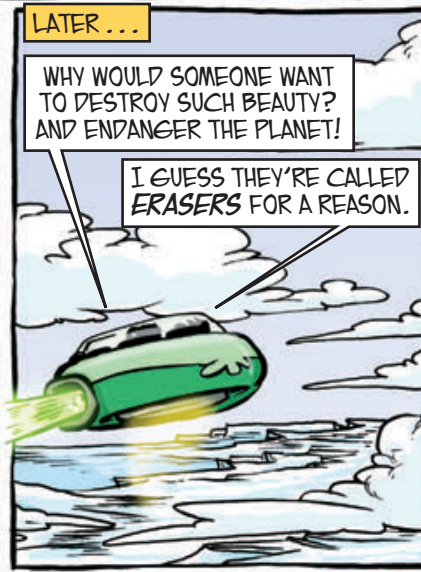
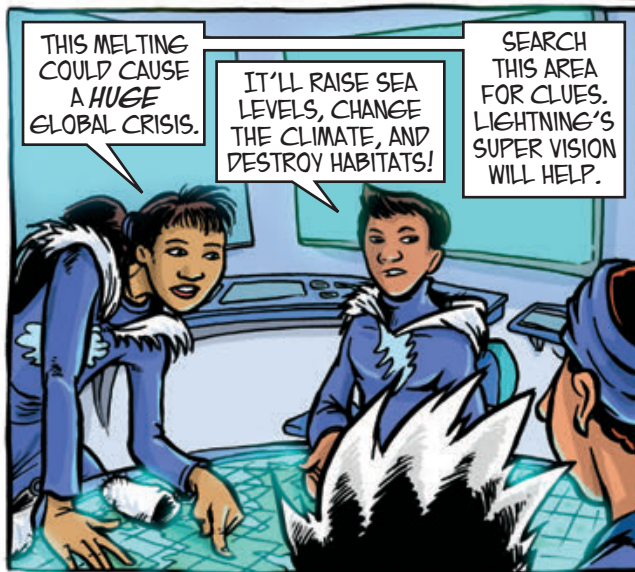
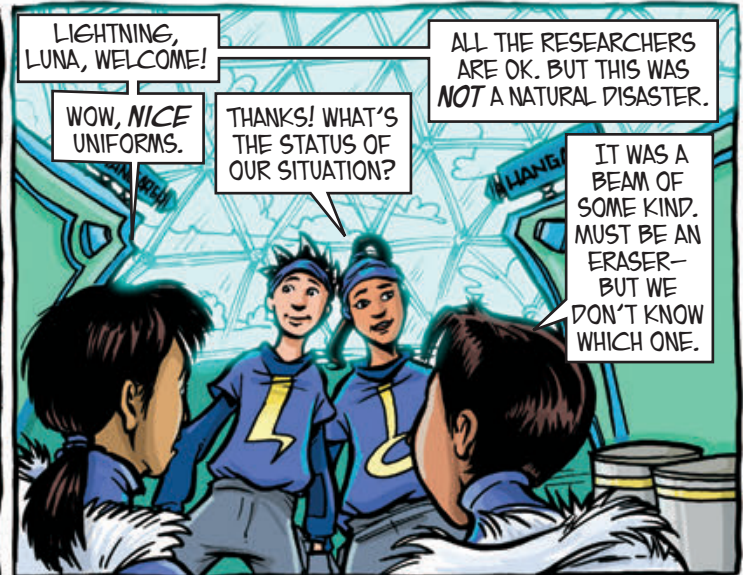
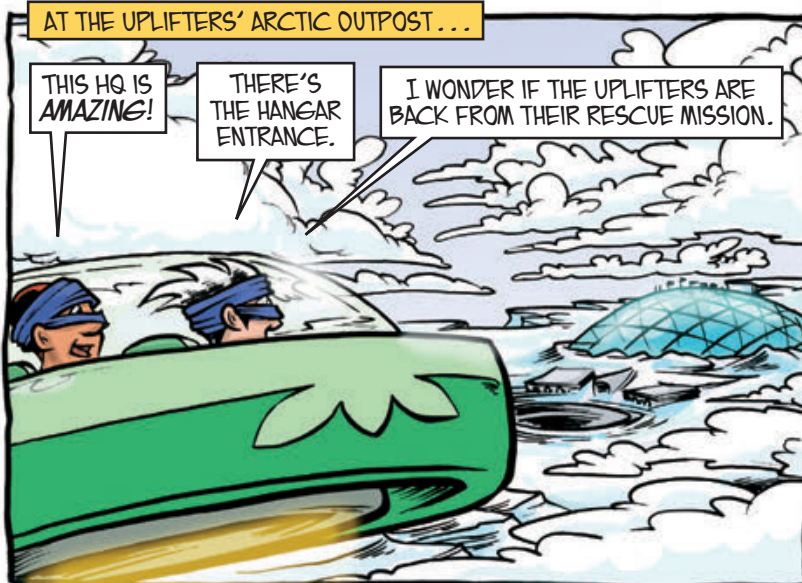
Everyone gets angry sometimes. But if you lose your cool, it's easy to say or do things that you later regret. When you feel upset, saying "I feel

frustrated" or "Give me a minute to calm down" can help. Try going for a walk to blow off steam. You can express yourself in a journal or an art project. When a friend or family member is angry, you can help by offering a listening ear or some quiet space.

What you say and how you say it can help you stay calm. You might help others tame their tempers, too. With words "as mild as milk," we can avoid getting burned.

These kids are having some heated conversations. Unscramble the words in purple and find the kids who are keeping their cool.



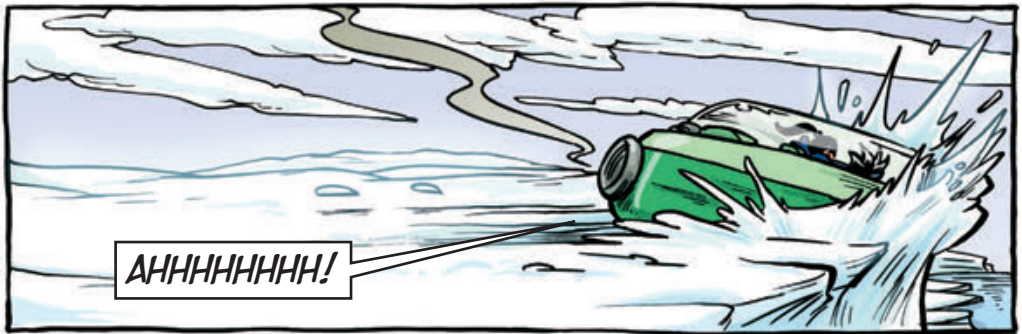




WE HAVE TO LAND ON THE ICE!
WE'D FREEZE IN THE OCEAN!

THE LANDING GEAR IS *STUCK!* GRRR!

HELP PULL IT!



AHHHHHHHHH!



LIGHTNING!
ARE YOU OK?

YEAH, HOW
ABOUT YOU?

I'M OK, BUT I'M *FREEZING!*



QUICK! GET OUR
SUITS INTO COLD
MODE. THE THERMAL
SYSTEM STILL WORKS.

IT'S GOING TO
GET DARK SOON.
WE SHOULD FIND
SHELTER.

IT'S TOO FAR TO FLY BACK.
AND WITHOUT THE POD OR
U-PADS, WE DON'T KNOW
WHERE WE ARE.



LOOK, AN *ICE CASTLE!* SO YOU
WERE *RIGHT*, PRINCE CHARMING!

FUNNY, SIS.

THE BEAM THAT
HIT US CAME
FROM THERE.

LET'S GET CLOSER AND
CHECK IT OUT. WE'LL
NEED TO STAY LOW.

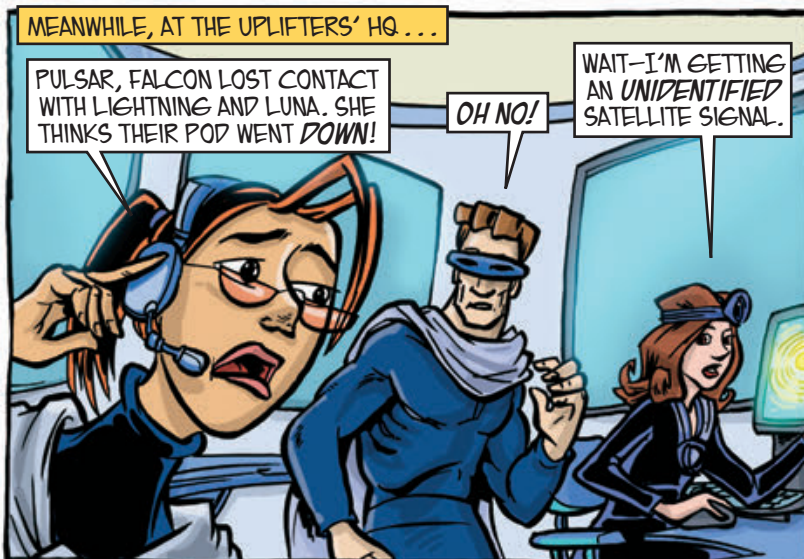


BACK IN FURY'S LAIR ...

GET THEIR POD. WE
CAN HACK THEIR
COMMUNICATION.

AND THE
UPLIFTERS?

IF THEY SURVIVED,
CAPTURE THEM!

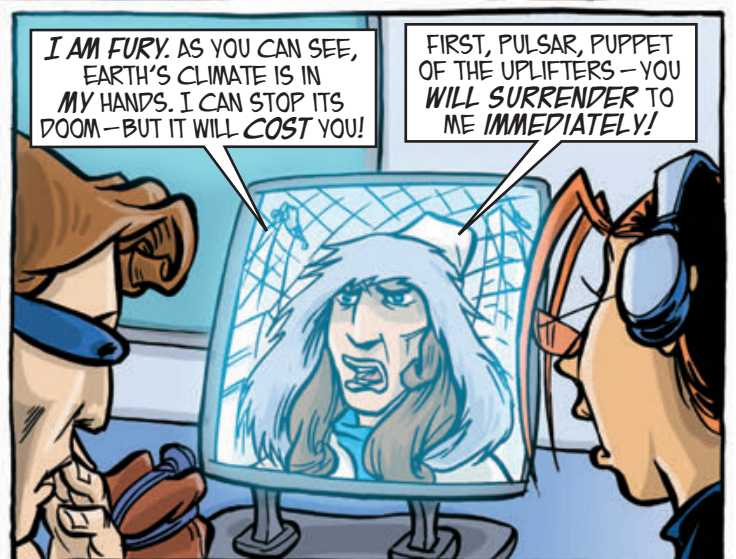


MEANWHILE, AT THE UPLIFTERS' HQ ...

PULSAR, FALCON LOST CONTACT
WITH LIGHTNING AND LUNA. SHE
THINKS THEIR POD WENT *DOWN!*

OH NO!

WAIT—I'M GETTING
AN *UNIDENTIFIED*
SATELLITE SIGNAL.



I AM FURY. AS YOU CAN SEE,
EARTH'S CLIMATE IS IN
MY HANDS. I CAN STOP ITS
DOOM—BUT IT WILL *COST* YOU!

FIRST, PULSAR, PUPPET
OF THE UPLIFTERS—YOU
WILL *SURRENDER* TO
ME *IMMEDIATELY!*

WHAT DOES FURY HAVE AGAINST PULSAR?



MUSIC CAFÉ

"Music, sung or played, is spiritual food for soul and heart." —Bahá'í Writings

THE MUSIC CAFÉ WAS BUSTLING WITH PEOPLE, AND I WAS FEELING STRESSED TODAY.

A FRIEND SAW ME AND SAID, "HEY, YOU LOOK SO BUSY. HOW CAN I HELP?" GUESS WHAT? I FELT BETTER RIGHT AWAY. SO TO THANK HER, I SANG ...

EMPATHY SONG

Music by Brett Dennen

Lyrics by Brett Dennen and Lara Mendel

Chorus G Em7 C G C Am G

I don't know what it's like to be you and I don't know what you have to go through but I can try to see the

6 Em7 C G C Am G Em7 C

world through your eyes. Put my-self in your shoes and em-pa-thize. (Emphasize?) No_ no no_____ em-pa-thize not

11 G C Am G Em7 C G C Am

em-pha size but em-pa-thize. (Entropy?) No_ no no_____ em-pa-thy not en-tro-py but em-pa-thy.

17 G C D C Am G C Verse G D

(Oh!) Talk- in' 'bout em-pa-thy. 1. Eve-ry sto-ry has more____than one side. It's not a-bout what's

24 G C G A D C

wrong or_ right. Who's to judge what's good or bad?...What makes me laugh might make you mad.____ Let's try to

30 G D G C

make a deal... We'll lis-ten to each o-ther and see how the o-ther feels. With em- pa- thy_ we can

34 G A D D To Chorus

un- der- stand... We can solve our prob-lems and make_ a- mends.____

VERSE 2

Everybody's got a different point of view.
How would I feel if I were you?
Some people think this, some people think that.
I'm telling you empathy is where it's at.
We can solve our problems by talking and listening.

Instead of judging we can look at things differently.
Write to Congress and get them to see.
Instead of fighting we can try to use empathy not entropy, but empathy. (To Chorus)

Speaking with Confidence

Earth Day is around the corner, and your head is spinning like our planet. You have to give a speech in front of your whole school about protecting Earth! Yikes! When you think of your speech, your stomach churns and you start to sweat with anxiety. What will you do?

A good way to deal with fear is to choose a topic you're passionate about. What concerns or interests excite you most? Think of an action you want your audience to take, such as saving endangered animals or planting trees.

When your speech reflects your true self, you'll feel more natural. You'll connect more with your listeners.

As you practice, think positively. Instead of focusing on what could go wrong, imagine giving a great speech, feeling confident and relaxed. Picture yourself being well prepared and calmly handling any challenge.

Public speaking is a skill that anyone can develop. With practice, you can speak up—and help change the world, one idea at a time.

Practice positive thinking by matching each negative thought with the positive thought that could replace it.

1. I WISH I WOULD HAVE PLANNED AHEAD AND PRACTICED MORE.

2. WHAT IF I FREEZE UP AND FORGET EVERYTHING I WANT TO SAY?

3. I JUST KNOW MY VOICE WILL CRACK WHEN I'M TALKING.

4. I'M NOT GOING TO BE AS GOOD OR AS FUNNY AS THE LAST KID.

5. WHAT IF SOMEONE ASKS A QUESTION I CAN'T ANSWER?

6. WHY AM I SPEAKING? I DON'T HAVE ANYTHING IMPORTANT TO SAY.

7. I FEEL SO NERVOUS! I'M SURE EVERYONE SEES IT.

8. I'LL DO SOMETHING STUPID, AND EVERYONE WILL LAUGH AT ME.

I CAN'T WAIT TO HEAR QUESTIONS FROM THE AUDIENCE.

EVEN PROFESSIONALS GET NERVOUS. I'LL TAKE DEEP BREATHS TO RELAX.

I REMEMBER ALL THE BIG POINTS I WANT TO MAKE. IF I NEED TO, I'LL IMPROVISE.

AFTER ALL MY PRACTICE AND PLANNING, I'M READY TO GO!

I'LL DO MY BEST AND BE MYSELF. I WON'T COMPARE MYSELF TO OTHERS.

THE MUSIC TEACHER SHOWED ME SOME GOOD WAYS TO WARM UP MY VOICE BEFORE I SPEAK.

WHAT I HAVE TO SAY ABOUT SAVING EARTH IS REALLY IMPORTANT!

IF I STUMBLE, I'LL STAY CALM AND CONTINUE.

I MAKE OXYGEN!

SAVE EARTH

Hartmut Grossmann



As a child during World War II, Hartmut Grossmann faced persecution and poverty in Germany. The Nazi government oppressed and killed people of many faiths—including Jews, Christians, and Bahá'ís. Even after the war, when Hartmut was in his teens, he went with his mother on daylong walks to trade their belongings for food.

Hartmut earned a master's degree in education from Heidelberg University. In 1969, he moved to Finland to teach German. He served the Bahá'í Faith on the national governing bodies of Germany and Finland. He then became a Counselor, educating European Bahá'ís. In 1988, he moved to Haifa, Israel, to help Bahá'ís globally as part of the International Teaching Center. He was later elected to the Universal House of Justice, the Faith's international governing body, for five years. In 2008, he retired to Finland with his wife, Ursula.

Q: What's your favorite childhood memory?

A: It was very much influenced . . . [by] the war . . . It was partly positive in this sense—that it strengthened . . . my belief in the Faith. On the other hand . . . it was not so easy, because the Bahá'í Faith was forbidden during that time . . . There was a law that not more than two Bahá'ís were allowed to meet . . . My mother . . . had difficulty, because she went with me (I was five years old) . . . to see another Bahá'í. So my mother was taken in by the Gestapo . . . the police under Hitler . . . and taken to court and punished . . .

On the other hand . . . it was a special opportunity, because my father was so well known [from] the National Assembly, and so people came to our home. So I got to know people who were quite famous in the Faith . . .



Left: Hartmut, about seven years old, during World War II. Right: Hartmut (left) and his father, Hermann (middle). The family offered a home to their friend Lina Benke (right) when she lost hers in the war.

Q: Your father was named a Hand of the Cause of God.* What was it like to have a father who was such a leader of the Faith?

A: I realized very soon that he was very special . . . that he was a great orator . . . After the talks, he'd analyze how he did it. It was extremely useful for me. I remember one day when he spoke, and they had given him . . . praise and respect, that he told me . . . "Look. Remember one thing in the Faith. The higher you get, the deeper you can fall." So things like this were very useful for me.

Q: What did you learn about public speaking from your father?

A: The way to address people. He said never be too sentimental. Don't appeal too much . . . to feelings, because feelings come and go. But appeal in a way . . . which is intellectual . . . The teachings of Bahá'u'lláh are very logical, especially to us in the West. But on the other hand, remember that the span of attention which we have is relatively short. So I talk to people and explain to them whatever the subject is, but always mixed with stories, with something that makes it easier for them to follow . . .

Questions and Answers with an Inspirational Bahá'í



The members of the Universal House of Justice, the international governing body of the Bahá'í Faith, during 2005. Hartmut Grossmann is seated second from the left.

Q: What's your advice for kids who are anxious about public speaking?

A: There is a little story about 'Abdu'l-Bahá when his father was in the Síyáh-Chál [the Black Pit], you know? 1851. And 'Abdu'l-Bahá was then seven years old . . . [his] mother, Navváb, she said to 'Abdu'l-Bahá each day to go [there] . . . But outside, each morning . . . there were bullies waiting for him . . . And they always threw stones at him. And 'Abdu'l-Bahá . . . ran each day . . .

And one day . . . he went up to the biggest bully and looked him straight into the eye . . . even though he was much weaker . . . So the bully ran for his life . . . When we . . . have a big task like talking to the public, facing a situation where we have to face a human who is angry with us or against us, or whatever it is that causes us anxiety, we should look into their eyes . . . This is how we . . . overcome our fear . . .

Q: How about advice for kids who are nervous about sharing the Bahá'í Faith?

A: Bahá'u'lláh says . . . we should teach them with the example of martyrs.

You know, in Iran, it was especially the last few years, our kids in primary school, when they started school at the age of six . . . each morning, they had to stand in front of the class and had to say, "I'm a Bahá'í." And then the other kids were supposed to come in and say, "Oh, yes, the Bahá'ís are bad people." . . . Our Bahá'í kids, they were proud to stand up in front of the class . . . The other kids who were told to say something negative about these other kids, they said, "How can we? This boy or girl, they are our friends. We know they are good." . . .

So this is an example of how they can learn what it is to be audacious and also to be proud of the Faith.



Hartmut and Ursula Grossmann's five children live around the world. Their daughter Barbara and her family, from Canada, visited Louhelen Bahá'í School in Michigan, in 2011.

Q: How did you discover that you wanted to study languages?

A: This was very easy, because it was a suggestion by Shoghi Effendi that I should study German, because this is my mother tongue, and it would be helpful in teaching; and English because it was the language of the Faith and he translated into English.



Q: What would you like to say to *Brilliant Star's* readers?

A: I remember that the Universal House of Justice said . . . our young people should know that we rely on them. They are our driving force, because . . . they are like the fresh water that comes down the mountain and drives the wheel of the mill . . . to get something done. Without this fresh water constantly driving the wheel of the Faith, we cannot make progress.

MARCH 2012 • 168/169 Bahá'í Era



“When the season of spring appears . . . the whole world is rejuvenated and finds new life,” said ‘Abdu’l-Bahá, speaking in New York in 1912. He also said, “The appearances of the Manifestations of God are the divine springtime.” In the Bahá'í calendar, spring also brings the new year. The holy day of Naw-Rúz on March 21 is welcomed with festive gatherings that can include music and other arts, delicious food, and lots of fun. Naw-Rúz, which means “new day” in Persian, has been celebrated in Iran since ancient times. Enjoy this season of new beginnings!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Every 19 days, Bahá'í Feast is held on or near the first day of the Bahá'í month.

WHAT'S THE BEST SEASON FOR A TRAMPOLINE?



1



Women's History Month (U.S.)

2

BAHÁ'Í MONTH OF 'ALÁ' (LOFTINESS)

3

“Racecar” is a **palindrome**. It reads the same backward and forward. Can you think of others?

4



Youth Art Month (U.S.) Create Earth-friendly art using your recyclables.

5

6

World Education Games (March 6–8)
Kids around the world compete online in spelling, math, and science.

7



8

Holi (Hinduism)
International Women's Day (UN)

9

10

My Goal for the Month:

11



Daylight Saving Time Begins (U.S., Canada)*

12



Brain Awareness Week (March 12–18)
Travel stimulates your brain.

13

14

It's Pi Day (3.14)!
A Chinese man recited over 67,000 digits of pi in 2005—a world record!

15



16

Breakfast + lunch = brunch
A blended word is a **portmanteau**. Can you think of one?

17

St. Patrick's Day



18



19

National Wildlife Week (U.S., March 19–25)
When honeybees find nectar, their dance guides other bees to the food.

20



Spring Equinox
Spring starts in the Northern Hemisphere.

21

BAHÁ'Í MONTH OF BAHÁ (SPLENDOR)

NAW-RÚZ
Bahá'í New Year

22

World Water Day (UN)
About 900 million people lack safe, clean drinking water.

23

World Meteorological Day (UN)
2000–2009 was Earth's warmest decade on record.

24



25

ELOQUENT MEANS . . .

Gosmo's Word Challenge

- a) Wildly happy
- b) Effective or fluent in language
- c) A prehistoric elephant

26



27

28

Did you know?
“Goodbye” is a shortened form of “God be with ye.”

29



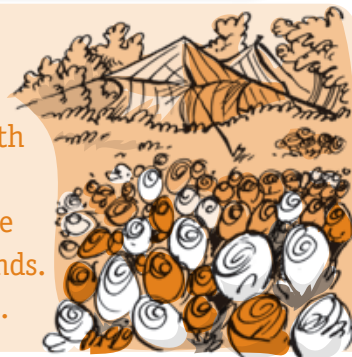
30

31

Earth Hour
Switch off your lights at 8:30 p.m. to show support for our planet.*

*11—Some areas do not observe Daylight Saving Time; 31—See www.earthhour.org

During Ridván, the “King of Festivals,” Bahá'u'lláh urged us to “Rejoice with exceeding gladness . . .” From April 21–May 2, Bahá'ís honor Bahá'u'lláh's declaration that He was a Messenger of God. In 1863, He shared His message with a small group of companions in the Garden of Ridván (or “Paradise”) outside Baghḏád, Iraq. Every day, gardeners picked roses and piled them so high that people couldn't see over them as they drank tea in Bahá'u'lláh's tent. He sent the roses as gifts to His friends. Today, Bahá'ís around the world celebrate Ridván with prayers, parties, and fellowship.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

April Fool's Day

2

National Poetry Month (U.S.)
Can you do
Your own haiku?

3



4

5

6



Did you know?
Elephants entwine their trunks when greeting each other.

7

Passover
(Judaism)

World Health Day
(UN)

8

Easter
(Christianity)

9

**BAHÁ'Í
MONTH OF
JALÁL
(GLORY)**

10

Prevention
of Cruelty
to Animals
Month (U.S.)

11



12

From Cosmo's Bookshelf

LOL, BY HUGH CRACKMEUP
Language Lessons, by Olive Toolern
Cool Consulting, by Frank Lee
Express Yourself, by Don B. Shy

13

14

Songkran
(Thai New Year,
April 13–15)
Festival with water
play linked to
Buddhism

15

16

My Goal for the Month:

17



Think of a sentence with every alphabet letter, like this one:
The quick brown fox jumps over a lazy dog.

18

19

20



Global Youth
Service Day
(April 20–22)

21

**FIRST DAY OF
RIDVÁN**

Commemorates
Bahá'u'lláh's arrival in
the Garden of Ridván

22

Earth Day
What's your
favorite way to
help our planet?

23

World Book and
Copyright Day
(UNESCO)
If you wrote a
book, what would
it be about?

24

25

26



Did you know?
Baby crocodiles call out from inside
their eggs when it's time to hatch!

27

Every 19
days, Bahá'í
Feast is held
on or near the
first day of the
Bahá'í month.

28

**BAHÁ'Í
MONTH OF
JAMÁL
(BEAUTY)**

29

**NINTH DAY OF
RIDVÁN**

Honors Bahá'u'lláh's
family joining Him in
the Garden of Ridván

30

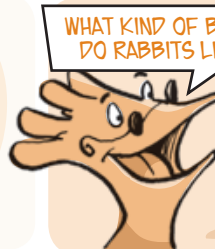
**EXPOUNDED
MEANS . . .**

Cosmo's Word Challenge

- a) Rolled out bread dough
- b) Made much larger
- c) Explained in detail



**WHAT KIND OF BOOKS
DO RABBITS LIKE?**



**BOOKS WITH
HOPPY ENDINGS!**

SHINING LAMP

A Bahá'í who served humanity with radiance

MARTHA ROOT (1872–1939): Roaring the Call By Gail Radley



Martha Root (above) traveled to share the Bahá'í Faith with many people, notably Queen Marie of Romania (left).

"Roar out the call of the Divine Kingdom," 'Abdu'l-Bahá wrote Martha Root in 1918. "Thou shalt witness great results and extraordinary confirmations."

In 1912, Martha Root had often attended talks by the Bahá'í leader as he traveled in North America. She arranged for him to speak in Pittsburgh, where she lived. She even met with him, and listening to him filled Martha with longing to spread his message of love and unity. She was so eager that she wrote to him in 1918, suggesting she go on a world tour to share the Bahá'í Faith. His answer thrilled her. By 1919, at age 47, she was stuffing her bags with books and pamphlets to set off for South America.



Treasured Message

Martha, an experienced journalist, went to the newspaper office after she landed in Brazil. Through news stories, she explained her purpose—as she would throughout her future travels. "If any one feels timid about asking opportunities to speak . . ." she once said, "remember that no day comes twice . . ." Martha found plenty of opportunities. She gathered

people into study classes and spoke to clubs, colleges, and community leaders. She once gave 25 talks in about a week!

Yet speaking to crowds wasn't always easy. Once she suddenly felt nervous before a talk and ducked into the ladies' room. "I get this way sometimes," Martha confessed to her companion. But no case of jitters could keep Martha from giving her message. She didn't try to

convince others that *she* was important.

She traveled and ate as cheaply as possible, spending little on herself. Martha spoke to crowds around the

world. Her talks were simple and given with love.

Her message went straight to listeners' hearts. They were touched by her warmth and the light in her eyes. At times, her talks ended with the audience surrounding her.

Royal Response

Even kings and queens were charmed by the woman who arrived bearing simple gifts—a sprig of flowers, a bit of candy—along with the greatest gift, the words of Bahá'u'lláh, the Bahá'í Faith's Founder. One of those was Queen Marie of Romania.

Determined to meet the queen, Martha sent her a letter and a book about the Faith. The queen read the book that night and invited Martha to visit the next day, January 30, 1926. "I believe these Teachings are the solution for the world's problems today!" she told Martha. Later, the queen urged all people to "search out" the teachings and let them stir their hearts as they had hers. Martha would meet eight times with the queen, the first monarch to become a Bahá'í.

Martha circled the globe four times, studying new languages and speaking before audiences more educated and powerful than herself.

She passed away in Hawaii on September 28, 1939, while planning yet more travels. Shoghi Effendi, 'Abdu'l-Bahá's grandson, named her a Hand of the Cause of God* and said that her efforts were "the nearest approach to the example set by 'Abdu'l-Bahá Himself . . . in the course of His journeys throughout the West."

ART IN ACTION

Video games, websites, animation, movies, TV—what's your favorite media? The work of multimedia artists is exciting and diverse. Using still and motion pictures, music, graphics, and words, artists take us to far-off galaxies. They reveal the wonders of Earth and its amazing animals. Or they share messages about issues like justice and unity.

Multimedia production is a fascinating field with technology that changes faster than a cheetah runs.

But timeless skills such as drawing, writing, and design are important, too. A key part of a movie or game is telling a good story.

If the dynamic world of multimedia stirs your imagination, explore its many cool careers. Take a class in creating animation, websites, or video games. Talk to professionals and read. Someday, you may share your unique vision with tools that haven't even been invented yet!

WHICH MULTIMEDIA CAREERS LOOK EXCITING TO YOU? FIND THEM FORWARD, BACKWARD, UP, DOWN, AND DIAGONALLY.

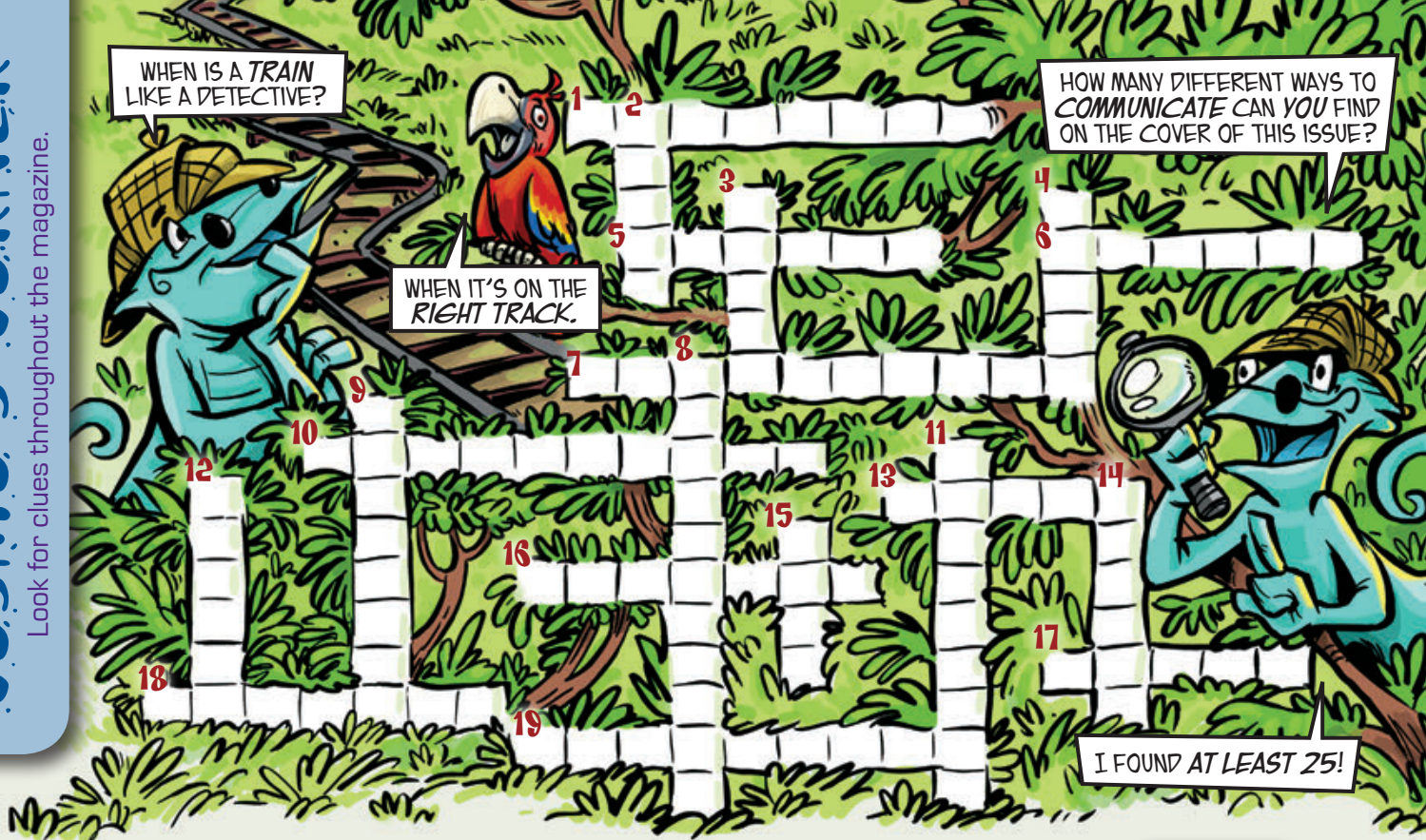
☐ ACTOR
☐ ANIMATOR
☐ ART DIRECTOR
☐ CHOREOGRAPHER
☐ CINEMATOGRAPHER

☐ COSTUME DESIGNER
☐ EDITOR
☐ FILM DIRECTOR
☐ GRAPHIC DESIGNER
☐ MAKEUP ARTIST

N	A	I	C	I	S	U	M	A	K	E	U	P	A	R	T	I	S	T	R
T	S	I	T	R	A	R	E	V	O	E	C	I	O	V	O	P	O	O	E
R	E	P	O	L	E	V	E	D	B	E	W	S	J	H	C	A	U	I	H
R	O	T	C	E	R	I	D	T	R	A	R	O	T	A	M	I	N	A	P
F	C	E	D	I	T	O	R	E	K	A	M	P	O	R	P	N	D	R	A
A	L	W	R	I	T	E	R	O	T	A	R	O	C	E	D	T	E	S	R
A	E	Z	W	Y	P	U	P	P	E	T	E	E	R	D	D	E	N	Q	G
G	R	A	P	H	I	C	D	E	S	I	G	N	E	R	Y	R	G	G	O
U	X	O	I	U	H	S	R	O	T	C	E	R	I	D	M	L	I	F	E
T	S	I	T	R	A	D	R	A	O	B	Y	R	O	T	S	J	N	R	R
B	I	V	I	D	E	O	G	A	M	E	D	E	S	I	G	N	E	R	O
R	E	H	P	A	R	G	O	T	A	M	E	N	I	C	Z	T	E	M	H
C	O	S	T	U	M	E	D	E	S	I	G	N	E	R	M	O	R	B	C

☐ MUSICIAN
☐ PAINTER
☐ PROP MAKER
☐ PUPPETEER
☐ SET DECORATOR

☐ SOUND ENGINEER
☐ STORYBOARD ARTIST
☐ VIDEO GAME DESIGNER
☐ VOICEOVER ARTIST
☐ WEB DEVELOPER
☐ WRITER



DOWN

2. In 'Abdu'l-Bahá's 140 published talks in North America, this word appears over 200 times! (p. 14)
3. One idea that 'Abdu'l-Bahá spoke of in 1912 is the independent search for _____. (p. 10)
4. A key part of a movie or game is telling a good _____. (p. 27)
8. Endangered creatures that communicate with sounds, facial expressions, and gestures, similar to humans (p. 7)
9. When Shawn is worried, he says, "I just think _____..." (p.13)
11. There are almost 7,000 _____ on Earth. (p. 5)
12. Lightning and Luna travel to the Uplifters' _____ outpost. (p. 18)
14. "King of Festivals" in the Bahá'í Faith (p. 25)
15. Words "as mild as _____" can calm a heated conversation and keep anger from burning out of control. (p. 17)

ACROSS

1. A good way to deal with fear of public _____ is to choose a topic you're passionate about. (p. 21)
5. They may look like rocks or plants, but they're actually animals related to jellyfish. (p. 11)
6. _____ stimulates your brain. (p. 24)
7. Using this in moderation is key. (p. 8)
10. Taylor says a good listener has _____. (p. 12)
13. Hartmut Grossmann says young people are the driving force, like fresh _____. (p. 23)
16. Ship that sank tragically in 1912 (p. 4)
17. Martha Root shared the Bahá'í Faith with Queen _____ of Romania. (p. 26)
18. Up to 90% of an _____ is underwater. (p. 29)
19. A naturally magnetic mineral once used to create compasses (p. 2)

FROM OUR MAILBOX



I was wondering if I can do anything for Trailblazers* or something ... I want to help with the magazine or the website ... I am working on a play or script. It is called *The Last Battle of Mullá Husayn*. I have finished my first rough draft of the script and it is going quite well!

—Ayana D., age 13, Ghana

Editors' Note: We'd love to have your help, Ayana—thanks for offering! We wish you the best with your play about Mullá Husayn, a great hero. We hope you'll share it with us.

ANSWERS

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

Page 3 (T to B, L to R): Unity, Peace, Equity, Justice, Mercy, Open-Mindedness, Moderation, Wisdom, Generosity, Thankfulness, Detachment, Faith

Page 4: 1) False. Only nine states gave women full voting rights. 2) True; 3) True; 4) False. It was 1938 before child labor was outlawed in the U.S. 5) False. Ragtime music was popular.

6) False. Jeans were developed during the California Gold Rush in the 1800s. 7) False. Education was not required in all states until 1918. 8) True; 9) True; 10) True; 11) True

Page 5: 1) languages, 2) native, 3) writing, 4) United Nations, 5) Olympic, 6) Internet, 7) distractions, 8) sign

Page 6: 1) time, 2) distractions, 3) attention, 4) open, 5) Focus, 6) understand, 7) interrupting, 8) patient, 9) language

Page 7: 1 at TL, 1 at TC, 3 at TR, 4 at CR, 1 at BR, 4 at BC, 1 at BL, 3 at CL, 1 at C

Page 10 (T to B): World Peace, Equality of Women and Men, Race Unity, Ending Prejudice, Education for All, Independent Search for Truth, Harmony of Science and Religion, Oneness of Religion, Economic Fairness, Universal Language

Page 11: Thailand, Blue-Footed Boobies

Page 17: 1) calm, 2) cool, 3) breath, 4) feelings, 5) frustrated, 6) sorry, 7) help

Page 21: A) 5, B) 7, C) 2, D) 1, E) 4, F) 3, G) 6, H) 8

Tip of the Iceberg

If you sail past an iceberg, you may never guess that up to 90% of it is underwater. Ships must navigate carefully near icebergs to avoid unseen dangers.

Like an iceberg, what's under the surface plays an important part in communication. Sometimes people's true feelings are hidden under their words. A friend may say, "I'm fine," but his or her drooping shoulders and sad voice tell you otherwise. You may gently ask

questions to see if you can help. By listening and watching for unspoken messages, you can steer conversations through murky waters and build stronger friendships.

Similarly, you can make sure your words match your body language. When you interact with others, the words you use are just the tip of the iceberg. By showing your true self and exploring the depths of others' feelings, your communication can be smooth sailing.

*Much of this iceberg hides in the waters of the Arctic Ocean.
Find your way from Expressive Edge to the Truthful Tip.*

TRUTHFUL
TIP

EXPRESSIVE
EDGE

Summit of
Sincerity

ICEBERGS ARE
CHUNKS OF ICE
OVER 16.4 FEET*
ABOVE SEA LEVEL.

SOME BODY
LANGUAGE,
SUCH AS EYE
CONTACT AND
SMILING, CAN
HAVE DIFFERENT
MEANINGS
AROUND THE
WORLD.


Path of
Perplexity

Ice Floe of
Emotions

Formation
of Feelings

Abyss of
Uncertainty

*16.4 feet = 5 m



“Means of communication have multiplied,
and the . . . continents of the earth have
virtually merged into one . . . In like manner all the
members of the human family . . . have become
increasingly interdependent . . . Hence the unity
of all mankind can in this day be achieved.”

— ‘Abdu’l-Bahá

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