## A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS **Brilliantstarmagazine.org** VOL. 46 / NO. 1

QUIZ YOURSELF ON LEADERSHIP SKILLS

LIGHTNING & LUNA: RACE AGAINST TIME

## **Brilliant Star**

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#### SUBMISSIONS

We welcome submissions and ideas from contributors of all ages. Contact us for editorial themes or submission guidelines.

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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.



## **FAVORITE FEATURES**



Bahá'u'lláh's Life: Mission of Peace Transforming enemies into friends



Nur's Nook Create a gift for superheroes in your life.



Riley's Rainforest Why is being helpful healthy for you?



We Are One Explore and care for the place we all call home.



Radiant Stars Get to know kids who shine, like you.



Lightning & Luna: Episode 61 The Uplifters rush to stop the scorpion robots.



Maya's Mysteries Sow seeds of service and watch them grow.



Stargazer: Dr. Mahnaz Aflatooni Javid Dedicated to serving the world's kids



**Treble Chef's Music Café** After a dark storm, the sun always shines.



Shining Lamp: Dr. Susan I. Moody She risked her life to help others.



**Cosmo's Corner** A crossword and more from our favorite chameleon



**aMAZEing ADVENTURE** Follow how small "change" makes a big difference.

## **NEW DESTINATIONS**

Tree House of Teamwork



824



What helps most when you face a crisis?

Knighting of Sir 'Abdu'l-Bahá 'Abbás Helping others during a time of war

What Type of Leader Are You? How do you bring out the best in others?



Surprises in Elfland Add a little magic to your world.

Agent of Service Your mission: come to the rescue with a helping hand.



Cuckoo for Crows It's not cuckoo to cooperate.



Garden Goodness Dig in and help the planet!

**Clues to Your Career** Your future is an exciting mystery to explore.



**Observe to Serve** How do you see with the eyes of service?



Happy to Serve Unlock the meaning of a powerful prayer.

Be a Superhero Draw yourself as a champion of change.

Building on Consultation Winning teams use this powerful tool.



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### DEAR FRIENDS

On our incredible journey through life, there are so many choices to explore! Some of the most exciting are about which career will make you happy. Your voyage will be even more rewarding if you're helping others along the way.

No matter what job you choose — whether it's in the arts, medicine, education, sports, or something else — when you work with a spirit of service, you'll spread love and joy. But don't wait. You can make a difference now!

In this issue, discover lots of ideas for using your talents in helpful ways. Create a cool gift to thank superheroes in your life. Find tips for consulting about group decisions. Quiz yourself on

your leadership abilities. And meet Dr. Mahnaz Aflatooni Javid, who helped start a foundation that empowers kids around the globe.

Bon voyage on your path of service!

LOVE, BRILLIANT STAR

**Tree House of Teamwork** 

our family is sailing smoothly on a calm sea. Suddenly, a hurricane strikes! You're shipwrecked on a remote island. How will you signal for help? Where will you live until you're rescued? What will you eat?

As you scramble to create a shelter and find food, you'll want to stay calm and loving. Arguing about what to do will just add chaos and disunity to your list of problems. Misunderstandings may flare up, but instead of flaming into a bonfire, they'll fizzle out if you keep your cool. When you focus on getting along, listening, and cooperating, your family's journey will be easier.

Having a positive attitude is a great way to help out in a crisis—or any time. Whether you need to serve a meal or stay safe in a storm, with patience and flexibility, your family can build solutions to face any challenge.

Stranded on an island! As they build a home, find supplies that can help this family survive with unity.



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#### A Brief <u>Timeline</u> 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 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 prisoncity of 'Akká, Israel

#### 1877

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

<u>1892 May 29</u>

Bahá'u'lláh passes away at Bahjí.

## Bahá'u'lláh's Life: Mission of Peace Changing Enemies to Friends

f you heard that over 100 people were coming to harm you because of your faith, what would you do?

Bahá'u'lláh faced such threats and persecution throughout His life. When He was 27, He became a follower of the Báb, a Messenger of God who taught that a Promised One would soon appear to unite the world. Trying to stop Bahá'u'lláh's influence as a Bábí leader, government authorities imprisoned Him in 1852. They later exiled Him from Persia (now Iran) to Baghdád, Iraq.

In Baghdád, Bahá'u'lláh often met with townspeople in coffee houses and shared the Báb's teachings. He was admired by many, but some influential leaders opposed Him. They tried to turn people against Him by spreading vicious rumors. A religious leader accused Him of trying to destroy the Muslim faith. A government official even plotted to have Him killed.

The Bábís feared for Bahá'u'lláh's life and watched His house at night. But Bahá'u'lláh showed no fear. He continued to go out at all hours. When He met His enemies, He talked and joked with them. A concerned friend suggested that He hide at home, but He wrote, "We have lighted the fire of love. We shall not run awa

love . . . We shall not run away . . ."

One day, a Turkish man named Ridá aimed a pistol at Bahá'u'lláh from a distance. But when Bahá'u'lláh appeared, Ridá became so confused that he dropped his gun and froze. Bahá'u'lláh said to His brother, who was with Him, "Pick up his pistol and give it to him, and show him the way to his



Bahá'u'lláh lived in this house during much of His time in Baghdád. It's a sacred place to Bahá'ís. It was confiscated in the 1900s and illegally destroyed in 2013.

house; he seems to have lost his way."

A friend warned Bahá'u'lláh that a group of more than 100 was planning an assault on His house. The Bábís gathered to defend Him, but Bahá'u'lláh said there was no need for action.

When the fierce mob arrived, rather than hide or flee, Bahá'u'lláh invited

them into His home! "They are our guests," He said.

> He had rosewater sherbet and tea served to them. They arrived as enemies, but after experiencing Bahá'u'lláh's kindness, they left as friends.

The prejudiced authorities, however, continued to plot against Bahá'u'lláh and push for Him to leave

An angry mob went to Bahá'u'lláh's house.

Ba<u>gh</u>dád. In 1863, He was invited by the Turkish government to go to Constantinople (now Istanbul), and He agreed.

Before He left, Bahá'u'lláh announced that He was the Promised One that the Báb had foretold. More adversaries challenged Him throughout His life, but He continued to face them all with love and courage.

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## Knighting of Sir Abdu'l-Baha Abbas





A grand car was sent to carry 'Abdu'l-Bahá to his knighting ceremony, but he chose to travel in a simple wagon.

n a hot summer day in 1868, 'Abdu'l-Bahá, age 24, arrived in the filthy prison-city of 'Akká, Israel. He was with his father, Bahá'u'lláh, who had been exiled by government officials because of His Bahá'í teachings of peace. Bahá'u'lláh had done nothing wrong, yet He and His family were forced to live as prisoners. The citizens of 'Akká had been told that the Bahá'ís were criminals, and they treated them with hostility.

As time passed, however, the people grew to respect Bahá'ís. 'Abdu'l-Bahá, who led the Bahá'í Faith after his father's passing in 1892, was well known for his generosity. He gave money, food, and clothing to those in need. If someone was sick, he called a doctor and paid the bill.

After about 40 years of imprisonment, 'Abdu'l-Bahá was finally freed. From 1910–1913, he traveled to Egypt, Europe, and North America, speaking about the Bahá'í Faith. In the U.S., he said, "Service to humanity is service to God." He also noted, "The most momentous question of this day is international peace..."

In 1914, soon after he returned to Israel, World War I began. The Turkish government ruled Israel and fought against Britain and other countries. The people of 'Akká and nearby Haifa feared for their lives. Would their homes be bombed? Would they be able to get enough food and fresh water? Meanwhile, the Turkish commander threatened to kill 'Abdu'l-Bahá and destroy Bahá'u'lláh's tomb.

In spite of danger, 'Abdu'l-Bahá stayed calm. He helped families move to the safety of the countryside. He encouraged farmers to grow extra grain on land he owned. Some of the harvest was hidden in ancient Roman storage pits so the Turkish army wouldn't seize it. The grain helped feed the hungry people of 'Akká and Haifa when warships prevented food from reaching them.

Just before the end of the war in 1918, British troops forced the Turkish army out of Haifa. British General Allenby soon wrote to London, "Notify the world that 'Abdu'l-Bahá is safe." 'Abdu'l-Bahá helped feed the troops, along with the surviving citizens.

The British government was impressed with 'Abdu'l-Bahá's heroic actions during the war. On April 27, 1920, leaders gathered in Haifa to honor him. They sent a magnificent car for 'Abdu'l-Bahá, but he chose to ride in a simple wagon to the ceremony. There, at age 75, so near the city whose citizens had once rejected him, he was named Sir 'Abdu'l-Bahá 'Abbás, Knight of the British Empire. WHAT TYPE OF **LEADER** ARE YOU?

hen you walk into the school cafeteria, can you spot a leader? Is it the kid who speaks the loudest? The one who talks to the most people? The kid who bosses friends around?

Leaders on TV and in movies are often bossy or unkind. But in real life, the most effective leaders will cooperate and bring out the best in others. That's **servant leadership** – when someone focuses on serving and empowering a group. It's encouraging people to use their skills, express their ideas, and feel good about their efforts.

For example, if you're the soccer team captain, do you decide on every play without talking to the coach and other players? If you're a servant leader, you listen carefully and combine everyone's best abilities and ideas. Your leadership helps your team work together—and that's the best kind of win!

#### ARE YOU A SERVANT LEADER?

Circle your answer under each statement, then add up your points.

- I believe that having fun together is an important goal for any group.
   Always=3 • Sometimes=2 • Never=1
- I keep an open mind and encourage people to share their opinions.
   Always=3 • Sometimes=2 • Never=1
- I consider what's best for the group and its goals, not just what I want for myself.

Always = 3 • Sometimes = 2 • Never = 1



 I'm courteous to the team, such as by saying please and thank you.
 Always=3 • Sometimes=2 • Never=1

**36–28 points:** You're doing a great

job as a servant leader! Keep

encouraging and helping others.

5 When opinions are different, I look for things we agree about, rather than choosing sides. Always=3 • Sometimes=2 • Never=1



- I realize mistakes will happen, and I try to learn from them.
   Always = 3 • Sometimes = 2 • Never = 1
- I get others involved in making important decisions. Always=3 • Sometimes=2 • Never=1
- When there's a problem, I focus on finding a positive solution, rather than complaining or blaming others. Always=3 • Sometimes=2 • Never=1

### SCORING

**27–20 points:** You have lots of positive leadership skills. Keep up the good work as you learn more.

- I listen carefully, and I urge my team to respect everyone's ideas.
   Always=3 • Sometimes=2 • Never=1
- I try to understand the feelings of each person on the team.
   Always=3 • Sometimes=2 • Never=1
- I stay flexible and calm when people disagree with me.
   Always=3 • Sometimes=2 • Never=1
- I give others praise for their great work and ideas.
   Always=3 • Sometimes=2 • Never=1



### MY TOTAL:

**19–12 points:** With practice, you can grow as a leader. Look at the quiz for ideas to work on.



## Superhero Gifts

"Show honor to your parents and pay homage to them. This will cause blessings to descend upon you..." – Bahá'u'lláh

rom fantastic flight to stupendous speed, superheroes use their amazing powers to protect others. In a similar way, you have superheroes in your life, such as exceptional grandparents, aunts, uncles, teachers—and especially parents. They don't have incredible uniforms or gadgets, but they share super strengths of love and support. They may teleport you to sports practice and music lessons,

share clues for solving homework setbacks, tune in to your ideas, and give smart advice. They encourage you to develop your own mighty powers and virtues.

What do you love most about your heroes? Express your appreciation with the homemade gift below. Showing gratitude can make you feel happier and more unified. Honor your superheroes—and lift your spirits into the stratosphere!

## Super Present

1 Fold circles in half so images are inside. Fold in half again. Open circles and repeat folds with images outside. Open circles, comic sides up.



2 With ruler, draw pencil lines on creases to use as guides.



3 Lay two circles side by side, so edges touch. Lay two other circles on top to form a large "plus sign" shape.



#### Neeq Aõn.ll

Four 4 ¾" (12.1 cm) circles cut from copies of "Lightning & Luna" or other comic (trace a bowl as guide) • pencil • scissors • ruler • double-sided tape • ten 4 ½" (11.4 cm) colorful paper stars • one 2 ¾" (7 cm) star • marker • 27" (68.6 cm) piece thin ribbon • hole punch • small, shiny stickers

4 Tuck bottom circle's top right section under right circle. Tuck top circle's lower left section under left circle. Secure all overlapping areas with tape.



5 On small star, punch hole and write "Mom's Amazing Superpowers" (or similar message). On other stars, write what you love about that person. Decorate stars.



Flip paper over and place large stars in center.





7 Fold left and right flaps in. Fold top and bottom flaps over. Tuck bottom flap's right section under right flap. Tuck top flap's left section under left flap. Secure with sticker and ribbon. Tie on small star.



Share a photo of your finished gift, and we may post it on **Brilliant Star**'s website: www.brilliantstarmagazine.org/play/gallery/

## Surprises in Elfland

magine waking up to find that little elves had done your chores while you slept. In the story "The Elves and the Shoemaker," elves secretly craft shoes for a poor shoemaker late in the night. With their help, he saves his business and feeds his family. Many cultures have stories about magical little helpers. They can inspire us to surprise our own family and friends with kind, helpful deeds. Maybe you'd like to help your parents, cheer up a friend who's down, or play music for a community gathering. When you add creativity and enthusiasm, being of service to others can be truly magical.

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In Elfland, friends are planning a surprise party for a new family. Find the magical words hidden in the tree.

F

CARING COMMUNITY FRIENDLY GENEROUS GRATITUDE HELPFUL JOY LOVE MAGICAL SELFLESS TEAMWORK

WELCOMING 2 WHIMSY

ZZX

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## **RILEY'S RAINFOREST**

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

## Are You Altruistic?

Tagine you're eating lunch with your friends when you notice a lonely kid looking for somewhere to sit. Your table is full, but you quickly grab a chair and invite him to squeeze in beside you.

When you do something kind without expecting anything in return, that's **altruism**. You might give up time, comfort, or money to help someone. Some scientists say it's part of human nature to be altruistic. One study showed that kids two and younger can see when someone needs help and offer it. If an adult drops an object and struggles to retrieve it, a toddler will pick it up and hand it over. Other studies find that most people's first impulse is to cooperate.

That's good news for our health, since people who help others tend to be happier and healthier. Volunteering time on a regular basis may increase our sense of purpose and connection to others.



Altruism can also be contagious. When we witness other people doing kind acts, we're likely to be kinder ourselves.

It's not always easy to choose altruism. We can be selfish, too. Making service a daily goal can help. Whether you give up free time on a Saturday to serve the homeless or give your little sister the bigger scoop of ice cream after dinner, sacrificing for others can benefit both you *and* them.

So when you see the chance to grab a chair and invite a new friend to join you, do it! When you spread kindness, everyone at the table wins.

## Explore & Soar: Helping Games

Can the games you play inspire you to be altruistic? They just might! Some studies show that when people play video games in which the goal is to work together or help others, they're more likely to be helpful in real life. When you're looking for new games, try to find ones that:

- Have goals that include saving people, animals, or other characters
- Present challenges that you cooperate with others to overcome
- Encourage positive interactions with other players
- Don't include strong violence, which can make people act aggressively



#### **Curiosity Canopy**



rue or False? People who volunteer may actually live longer.

*True*. Studies show that people who participate in volunteer service for an hour or more per month may live longer than those who don't. That means more time for fun, family, friends—and helping others!

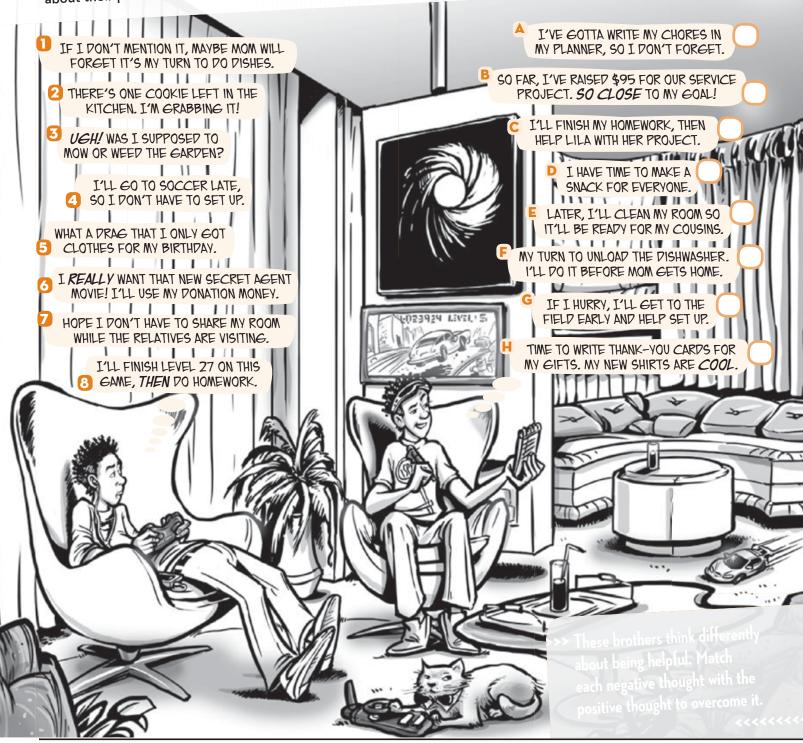
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## AGENT OF SERVICE

## "Think ye at all times of rendering some service to every member of the human race." — 'Abdu'l-Bahá

ake a look around your house. Is your sibling struggling with homework? Are your parents juggling 25 tasks at once? These are clues about how you could lend a helpful hand. Search for ways to serve others. Listen to what your family and friends say about their plans and activities. Uncover tips about how you can help. Your secret tools are kindness, generosity, and a cheerful attitude.

Try coming to the rescue by getting ready for a big event—or just getting dinner organized. Don't slouch on the couch. Focus your powers, and discover your inner agent of service.



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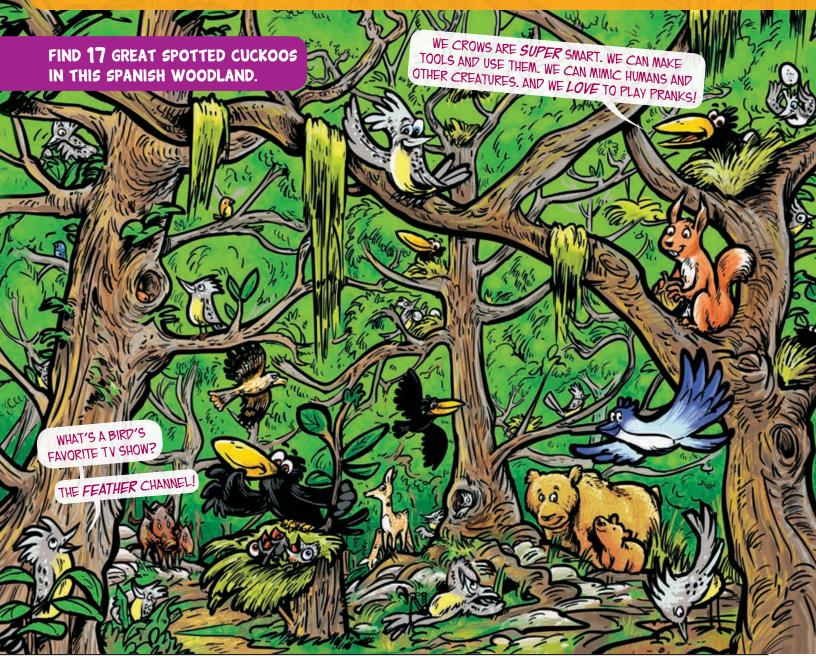
# CUCKOO FOR CROWS

"Mutual helpfulness and cooperation are the two necessary principles underlying human welfare." – Abdu'l-Bahá

f you peeked into a crow's nest, would you expect to find cuckoo bird eggs? No? It's really pretty common! Some cuckoo species lay their eggs in crows' nests and leave them for the crows to tend to.

That's not fair! Or is it? One species, the great spotted cuckoo, actually helps the crows by crowding into their home. When threatened, cuckoo chicks expel a disgustingsmelling substance that wards off predators. That protects the whole nest. Some scientists have found that crow chicks are more likely to survive if they share a nest with these cuckoos. Both species win.

Working together and sharing strengths helps humans, too. If you're good at math and your friend is good at grammar, studying together can help you *both* learn more. By pooling our talents and resources, we find solutions that benefit everyone. And that's something to crow about!





#### EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

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

#### EARTH-SAVING TIP

#### **Cardboard** Creations

Be creative with cardboard! Build a castle? A ship? A cool Halloween costume? Let your imagination soar!



#### WOW, REALLY?

Honeybees visit two *million* flowers to make one pound of honey!

#### PROTECTING OUR PLANET

**Dr. Richard Jackson**, a California physician, works with city planners to create healthier communities. His books and TV series emphasize the roles cities play in reducing illness. He won the 2012 Heinz Award and says, "We ought to be building places that make it easy to walk, easy to exercise, easy to get healthy food."





**OUR CONNECTIONS** 

From owls to penguins, there

are over 10,000 bird species. Some scientists think birdsong may have helped humans

develop language! In parks and

gardens, birds inspire curiosity and wonder.

help keep ecosystems in balance, pollinating

flowers and plants. But they also signal Earth's

changing climate. About 13% are threatened

with extinction. We can help them thrive by

reducing pollution and preserving habitats.

As they migrate across continents, they

Europe's most powerful waterfall, Dettifoss, pours over 51,000 gallons (193 cubic meters) of water every second, down 148 feet (45 m)! About 85% of this country's energy is from water and geothermal sources. *Unscramble the letters to find its name*.



#### AMAZING ANIMALS

Earth's largest birds can be 9 feet (2.7 m) tall! They can't fly, but they run 31 mph (50 kph), with faster sprints. They also lay the largest eggs. Month-old chicks can run with the herd. *Fill in the blanks to find their name*.



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Images: Bird by egilshay, castle by Babich Alexander, Dr. Jackson by Reed Hutchinson, waterfall by Justin Black, animals by Sergei25

## <u>Getting to know kids who shine</u>

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?

#### Isabella R.

#### Age: 13

I live in: New Jersey, U.S.

I want to be: **Doctor**, architect, or lawyer

Virtue I admire most in people: **Kindness and honesty** 

Favorite Bahá'í activities: **Talking with friends** about helping the world and making better communities

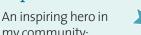
Places I'd love to visit: Antelope Canyon [Navajo Nation, U.S.], New Zealand



A service project I'd design: Clean up nature or plant trees ... We have to do all we can to help [Earth].

If I could volunteer anywhere in the world, I'd: Go to Haifa, [Israel] ... [or] Green Acre Bahá'í School [Maine, U.S.], which I love to go to every year ...

I'm inspired to help others because: There is good in everyone, and . . . everyone can make a positive impact on the world ...



my community: The youth . . . [are] all amazing role models, and ... amazing friends ...

A time when someone helped me: My parents have helped me a lot through my life ... and I'm grateful ...

#### Evan T.

Age: 14

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I live in: California, U.S.

I want to be: **Opera singer** 

Virtue I admire most in people: Trustworthiness

Favorite Bahá'í activities: **Evening prayers** 

Favorite animal or pet: My cat, Simbad

Place I'd love to visit: Teatro alla Scala in Milan, Italy

A service project I'd design: I'm already working with ... kids that got our city council to approve a new skate park ...

I'm inspired to help others because: It creates a more sustainable and healthy environment, and because I just love doing it.



If I could volunteer anywhere in the world, I'd: Like to go around the world forming children's youth choirs

An inspiring hero in my community: My music director, Mr. Wedge. He cares about ... his students ...



A time when someone helped me:

When I was doing a sports fitness test, a friend ... ran along with me to help me keep up my speed and was telling me, "You can do it." I passed!



#### Mateen K.

#### Age: 14

I live in: Virginia, U.S.

I want to be: **Professional** basketball coach

Virtue I admire most in people: Patience

Hobbies or sports: Basketball, soccer, baseball. football

Favorite Bahá'í activities: Junior youth groups

Favorite animal or pet: **Dog** 

Place I'd love to visit: Australia



If I could volunteer anywhere in the world, I'd: Volunteer at Haifa [Israel, at the Bahá'í] World Center I'm inspired to help

I like to help people by:

Giving positive advice

A service project I'd design:

Feed the homeless, be-

cause they don't have

much good to live [on]

others because: It is the right thing to do, and ... it only brings you closer to the other person in a positive way.

An inspiring hero in my community: A family friend. She is always helping others with whatever they need, and she was my children's class teacher.

#### **Rizvan S.**

#### Age: 12

I live in: New York, U.S.

I want to be: **A singer** and actress

Virtue I admire most in people: Caring

Hobbies or sports: Writing, reading, dancing, climbing trees with my brother

Favorite Bahá'í activities: Junior youth group

I like to help people by: Listening to what they are feeling or thinking

A service project I'd design: Plant more flowers and trees. because .... nature is beautiful...

A new invention I'd create to solve a global problem: A free school taught by college students for people in poverty

#### Domani D.

#### Age: 10

I live in: Nairobi, Kenya

I want to be: A basketball player

Virtue I admire most in people: Compassion

Favorite Bahá'í activities: Special holy days

Favorite animal or pet: Cats, dogs, and cheetahs

Place I'd love to visit: Switzerland

#### I like to help people by: Learning math, because it's a very important subject for your life.

A service project I'd design: [Collect] trash . . . to keep the environment clean

I'm inspired to help others because:

I'm inspired to help others because: A lot of people have helped me in the past ... [I] want to return the favor to the world.

An inspiring hero in my community: My brother, because he is like a father to me...[and he] writes about ... profound and amazing things...

A time when someone helped me: Before my father died, he told me to "use my brain" in everything I do.



#### It feels good to do the right thing.

A new invention I'd create to solve a global problem: Something [to] make water instantly clean enough to use

If I could volunteer anywhere in the world, I'd: [Go to] South Africa ... and teach them the Bahá'í Faith.

An inspiring hero in my community: Aba (my father). He is very courageous and righteous.



"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

#### Tao L

#### Age: 9

I live in: Ouebec, Canada

I want to be: Architect,

LEGO designer, dancer Virtue I admire most in people: Creativity

Hobbies or sports: LEGOs, basketball, and Capoeira [a Brazilian martial art]

Favorite Bahá'í activities: The drama portion of the children's classes

Favorite animal or pet: My beta fish, Nebula and Sage Neptune, and my ... frogs, George and George

Places I'd love to visit: **Egypt and Greece** 

I like to help people by: Making [them] feel included

An inspiring hero in my community: Our friend Hossein. because of his friendliness to everyone



A service project I'd design: A dance troop that performs outside for free . . .

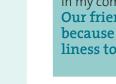
A new invention I'd create to solve a global problem: A machine that hovers over the seas and scoops up all the trash...

If I could volunteer anywhere in the world, I'd: **Build Earthship homes** (sustainable homes .... from recycled materials) in places ... [with] natural disasters

A time when someone helped me: An older dancer, Kate, consoled me after a conflict with my friends.

## How to be a Radiant Star:

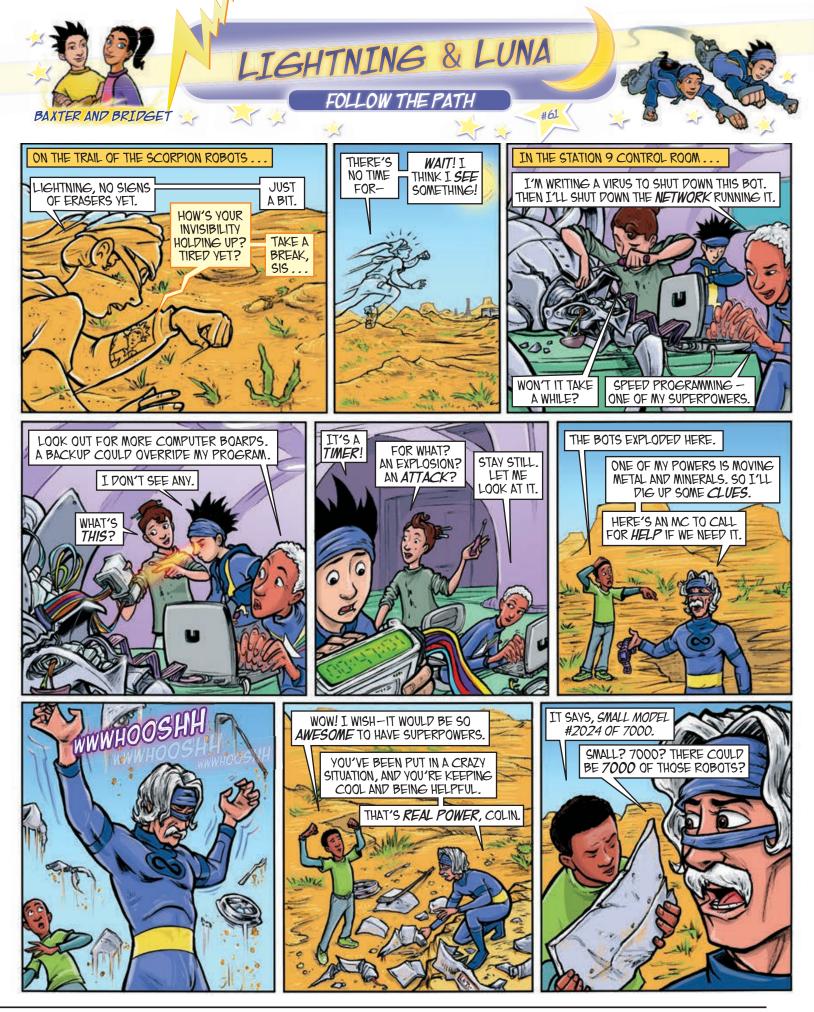
- **1.** If you're age 7-14, go to **www.brilliantstarmagazine.org** and choose "Explore," then "Bahá'ís & Friends in Action," then "Radiant Stars." Click "Apply Now" and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
- **2.** 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 goodquality, 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 copyrightprotected images (like school portraits).



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 $\sum$ 







CHECK OUT PAST EPISODES OF LIGHTNING & LUNA AT WWW.BRILLIANTSTARMAGAZINE.ORG



"In the garden of thy heart plant naught but the rose of love . . ." — Bahá'u'lláh

## Growing Love

MY FLOWERS AND MY SERVICE PROJECTS ARE BLOOMING!

rom apples to roses, it's fun to plant a garden, then experience different sights, scents, and tastes. Sowing seeds of service in your family and community also brings many fruits. When you help a sibling, clean a playground, or donate to charity, your actions can blossom into unity or joy. You'll help weed out

selfishness and conflict. Using tools of kindness and compassion, you'll feel happier and more connected to those around you. You may inspire others to tend the garden of giving, too.

Put your spirit of service into action with the fun challenge below. Check out ways you and your family and friends can grow more love in the world!

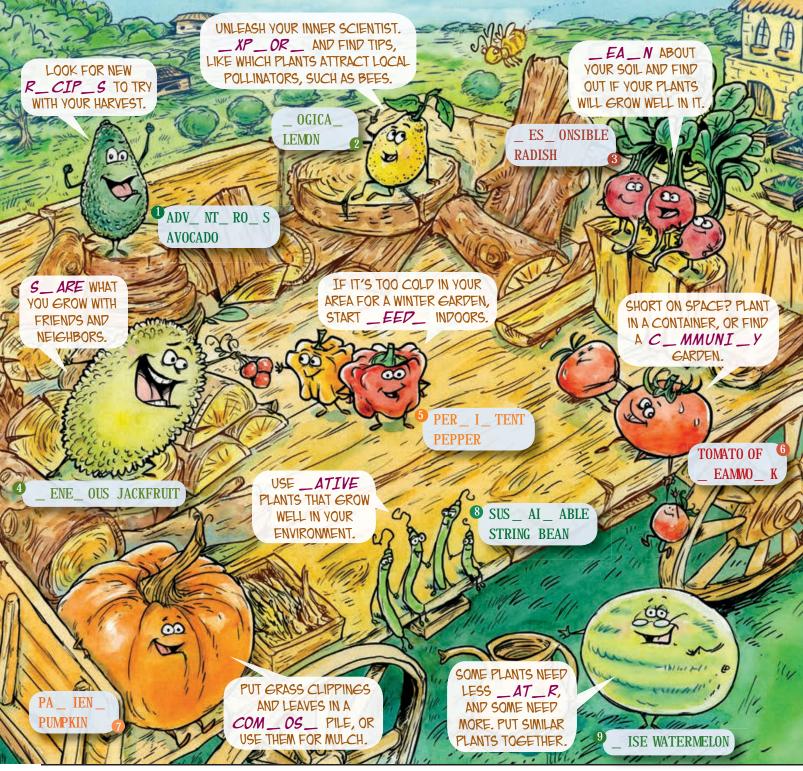
## Seeds of Service Challenge

	See how many seeds you and your family and friends can plant in the next two weeks. Add your own ideas.		Start by: Finish by:
0	Call or write a note to thank someone who has helped you.	<ul> <li>Praise someone for doing something kind.</li> </ul>	O Smile and say hi to the new kid.
0	Give your time or money to a charity that inspires you.	O Stand up for someone who is being bullied.	O Let your friend choose the game you play.
0	Help a sibling or friend with a project he or she is working on.	O Do something kind for some- one who is having a hard time.	O Spend time with someone who is lonely.
0	Tell a joke to make someone laugh.	O Ask your parents how you can be helpful at home.	O Help a parent or teacher clean up a mess.
0	Respectfully listen to a friend talk about something that's	O Pick up trash in the park or playground.	O Share a favorite treat with someone.
0	important to him or her. Contact someone just to hear	O Plant some flowers, vegetables, or a tree.	o
	about what's happening with him or her.	O Help care for a friend's pet.	0

## Garden Goodness

aking care of our planet can lead to some yummy results. When you plant fruits and veggies in your own garden, it's so satisfying to watch them grow, then harvest and eat them. Often, they're more delicious than food from the store. Picking your own produce reduces trips to the market, using less fossil fuel and cutting down on pollution. Digging, planting, weeding, and watering are fun ways to stay active, too. Get the whole family involved. Connect with nature in the fresh air and sunshine. Have fun taking care of our planet and your own health at the same time!

Check out this helpful harvest. Fill in the words to gather gardening virtues and tips.



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### In 1999, she and two friends started Mona Foundation, which helps educate kids as a way to end global poverty. It's named for Mona Mahmudnizhad, a 17-year-old Bahá'í who taught children in Iran, but was killed for her religious beliefs in 1983. The foundation has helped over 75,000 kids and families in 18 countries! college, Mahnaz moved to the U.S. at age 14.\* She studied computer science and later earned a doctorate degree in educational leadership from Seattle University. Along with being president of Mona Foundation, she works for Avanade, recruiting new talent for roles in technology. She lives in Washington, U.S., with her husband, Shannon.

#### Q: What's your favorite childhood memory?

- A: We visited my grandparents' house ... They had a big, old, old, old house in Iraq, and ... we would go there every summer ... We put these shows together for our family . . . Every night, we had a different thing going ... It was all about stories we were hearing on the radio and everything. We were all making it up.
- **Q:** This issue of Brilliant Star is about service. Why is it important to be of service to others?
- A: I think service defines who we are as human beings ... Development is not something you read in books ... Development only happens in service to others ... I don't think that we actually can become who we are meant to be without service to others.



Dr. Mahnaz Aflatooni Javid

Mahnaz (age two, front row left), with her brother, sisters. and parents around 1953. She says her mother and father set an excellent example of charity and service.

- Q: What was the most challenging experience for you when you were a kid, and how did you handle it?
- A: We were Bahá'ís, and . . . we were targeted and pointed out and everything. But, you know, it was a way to prove yourself, and I think it became the way that [my] character ... carried me through all the transitions later on ... In ... Iraq ... we would go to the [Bahá'í] Feast, and ... people would throw stones at us . . . We didn't let on, but it was pretty bad.

ahnaz Aflatooni Javid was 12 when she first saw malnourished kids living in huts of old cardboard and plastic in her city of Tihrán, Iran. She promised herself that she'd never forget them.

Because her parents feared she would be prevented from going to

#### Q: Why did you leave Iran and go to the U.S. as a teenager?

A: My parents were very intent that all of us would get ... our higher education. And there was no chance for the school ... In Iran, [during] those times, [young men] would . . . ask for your hand when you were ... in early high school ... My father really hated that. So he ... shipped us out . . . My father always wanted the girls to get the best education they could. And we did.



Questions and

Answers with an



- Q: What is Mona Foundation, and what led you to help start it?
- A: My parents were very, very charitable . . . My father used to take food off our plates and give it to whoever came to our door . . . We lived in this household that basically gave away everything . . . [Later], when I was getting my Ph.D. . . . I went to [a conference on] social [and] economic development in Florida, and ... I saw some of these projects, and ... [the] wonderful work they were doing with so very little ... I got together with a couple of friends ... It took us about a year to get our non-profit, and then we focused really on education ...
- Q: How does the Bahá'í Faith influence your work?
  A: The Bahá'í Faith is all I am and who I am. It defines who we are ... all the principles and our life values are centered around the Faith. It ... influences every decision I make ... And I won't compromise that for anything ...





Above: Mona Foundation helps schools around the world, including Badi School in Panama (left) and the Anis Zunuzi Bahá'í School in Haiti (right). PHOTOS BY MONA FOUNDATION Left: Mahnaz talks about education at a benefit held by actor Rainn Wilson in 2011. PHOTO BY DAVID CONGER

#### Q: Tell us about a Mona Foundation project.

- A: [There are] several schools in Haiti that we are supporting ... We visited ... after the major earthquake there, and ... while 80% of the infrastructure was crumbling and there was ... no water ... these Bahá'í schools stood ... They became the centers of community activity ... In some of these countries, the levels of poverty [are] just *unbelievable*. You know, you think about ... whether or not you eat every other day or every day ... whether or not you actually have shoes to wear ... [It's] very, very inspiring and moving to see the strength of [the] human spirit ...
- Q: You recently received an award from the University of Washington as one of the 2014 Women of Courage. What does courage mean to you?
- A: Courage means that you know that everything is possible. And that you go after it . . . In life, you can't give up. And I think that's a trait that I learned when I was a kid, as they were . . . throwing stones at us . . . You can't give up to your own fears . . . It's really a practice that means perseverance and confidence that you're doing the right thing . . .

Q: If you had one wish for *Brilliant Star* readers, what would it be?
A: Go serve. I think that we would not need Mona Foundation if service was . . . embedded in our culture and in our practice as a way of life.
And I think that my wish for everyone . . . is to be able to really think of service as the fundamental thing we do . . . And if you choose service, you will be happy across everything you do.

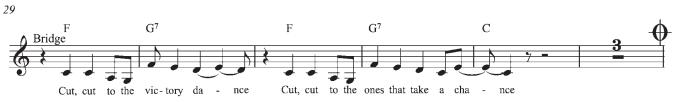
**MUSIC CAFÉ** 

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

MY JUNIOR YOUTH GROUP SET UP AN ART FAIR FUNDRAISER IN THE PARK. BUT RAIN STARTED **POURING**! WE WERE **BUMMED**, BECAUSE WE'D PLANNED IT FOR MONTHS. THEN-TA DA!-WE DECIDED TO MOVE EVERYTHING TO THE MUSIC CAFÉ. RACING AGAINST THE STORM WAS KIND OF FUN, AND WE KNEW THAT THE ...

## SUN WILL SHINE AGAIN

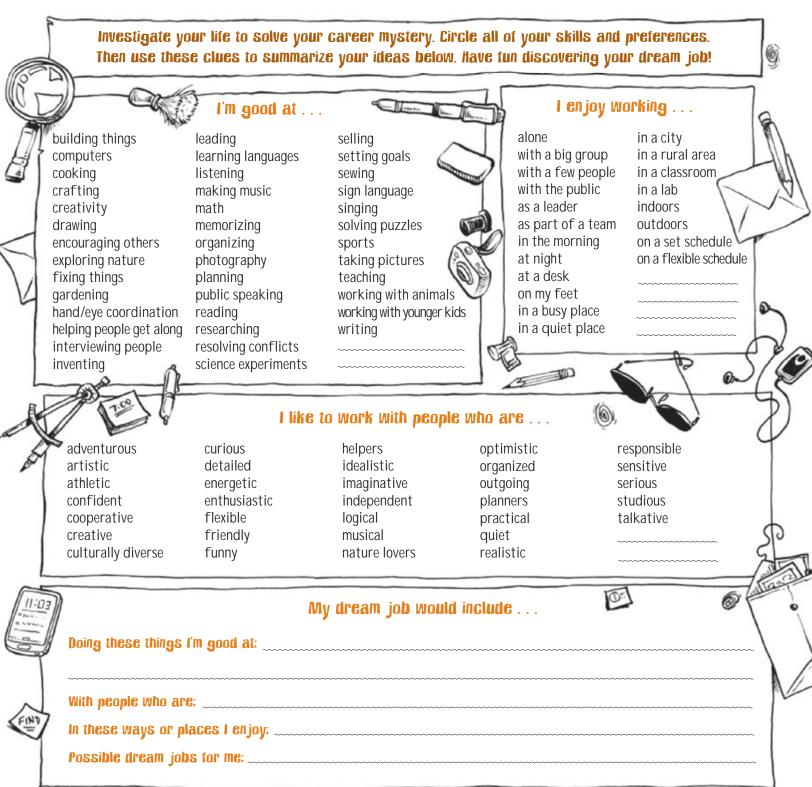




20

CLUES TO YOUR CAREER

**G** rab your magnifying glass, Sherlock Holmes. There may be a big mystery in your life: what do you want to be some day? Even if you have no idea, you can find clues. What do you do for fun? What are your favorite school subjects? What volunteer work do you enjoy? Your skills and interests may change over time, but you have some strengths that come naturally. Maybe you enjoy taking care of pets, learning about nature or science, or performing in front of crowds. These are important clues to finding a job you'll love.



Observe to Serve

our family and friends arrive at a bustling beach, and you check out the scene. Sand castles, splashing waves, and happy people are all around. But take a closer look. Does anyone need help? How can you spread some kindness? When you search for ways to be of service, chances are you'll find some. You might notice a kid who's been hurt or an elderly person who could use a hand.

Every act of kindness, large or small, sends positive waves everywhere. So let your service add more fun and sun for everyone.

Look around this picnic. Find and circle 13 situations where people are in need of help.



## HIGH-SEORING ESEAPADE

hirrr-zing, ka-plink, bee-bonk, DINGGG! The lights and sounds of a pinball machine with its zooming ball can make your heart race.

Like each day of life, no two games of pinball are ever the same. Every day brings its own excitement, with new opportunities to score high as a good citizen of Planet Earth.

You can travel far and wide with winning virtues like generosity and compassion. Or will you fly into barriers of selfishness or greed? When you hit an obstacle that spins you out of control, use smart moves and concentration to stay on a positive path.

Zip through the galaxy, and find the right path that adds up to 9000 points at the World of Wonder.



# Happy to Serve

f you made a list of the times you were happiest, what would it look like? You might remember birthdays, family vacations, or fun school events. Maybe there would be times when you cleaned a park, helped someone in need, or did an extra chore when no one was looking.

AFTER YOU READ THE PRAYER, CHECK OUT THE LIST OF WORDS BELOW. Being useful feels good, and it can brighten every day of your life. Your service also brings joy to others, even if they don't know it was you who helped out. This prayer can strengthen your service and make your happiness last longer and longer.

"O Lord! Make us useful in this world; free us from the condition of self and desire. O Lord! Make us brethren in Thy love, and cause us to be loving toward all Thy children. Confirm us in service to the world of humanity so that we may become the servants of Thy servants, that we may love all Thy creatures and become compassionate to all Thy people. O Lord, Thou art the Almighty. Thou art the Merciful." —'Abdu'I-Bahá

THEN PRAW A LINE TO CONNECT

EACH WORD TO ITS MEANING.

- 1. Condition
- 2. Self
- 3. Desire
- 4. Brethren
- 5. Confirm
- 6. Creatures
- 7. Compassionate
- 8. Almighty
- 9. Merciful

- A. All people, united like brothers
- B. State of being
- C. Strong feeling of wanting something; craving
- D. People, animals, or plants
  - E. One's own interest; selfishness
  - F. Having unlimited power
- G. Make stronger
  - H. Filled with sympathy, forgiving
  - I. Concerned for others, understanding

FOR CLUES,

SEE HOW THE WORDS ARE USED IN THE PRAYER.



Jightning, Luna, and other Uplifters use their superpowers and virtues to help protect the world. They battle the Erasers, who want to control humanity by erasing virtues that help people think for themselves and work together. Like a superhero, you have powers to help others. Maybe you swoop in with your super serving skills at a soup kitchen. Or your dynamic drawing ability shows up in anti-bullying posters at school. Look for ways to become a champion of change.

- THE TH

Sometimes it takes confidence to tell people about your vision for a better world—or a better school. Imagining yourself as a hero can help. With our capes of courage, we make a powerful planetary team.

613

Write your name and superport Write your name and superport the monitor, then draw your uniform. When did you realize a hero? How did you discover powers? Let your creativity f

## SHINING LAMP A Bahá'í who served humanity with radiance

### Susan I. Moody (1851-1934) By Gail Radley **Uniting Through Service**

usan Moody heard something outside and glanced through her window. Was it a patient coming to see her? No, it was another man on the street, shaking his fist and threatening her.

She turned away. Her female patients were glad she'd come to Tihrán, Ira<mark>n, to care</mark> f<mark>or them—</mark> it wasn't considered proper for male doctors to examine them. That's why male Bahá'í doctors asked for a female doctor from the U.S. to

work at their new hospital. Some Iranians were prejudiced against Bahá'ís and resented her presence. Some didn't think women should be doctors. But 'Abdu'l-Bahá, the Bahá'í leader then, said she'd been chosen for this service. She wouldn't let threats frighten her.

Susan was born in 1851 in New York. Her future career wasn't clear at first. She taught school and attended a medical college for a while. Then she studied art in the U.S. and Paris. Something, though, kept pulling her back to medicine. At 50, she returned to medical school in Chicago.

#### A New Vow

She also began studying the Bahá'í Faith, and she became a Bahá'í in 1903. "I hereby devote ... all that I am, and all that I have ... to Thee, O Divine Father ..." Susan vowed.

Susan told others about the Faith and led the first Bahá'í children's class in Chicago. She also helped find land for a future temple. In 1905, she took in a boarder— 'Abdu'l-Bahá's nephew, a medical student. Neither realized that by teaching her Iran's language and culture, he was preparing her for her greatest service.



Dr. Susan Moody (center) in Iran around 1910. She spent nearly 21 years in Iran, working as a doctor for women and helping the Bahá'ís.

In 1909, at 58, Susan answered the call for a doctor and headed for Tihrán. She stopped in Israel to see 'Abdu'l-Bahá. "Work only for the love of God and you will succeed." he said. "I will often pray for you—you are never separated from Me."

Soon Susan had a busy medical practice, but she knew more was needed. Tihran's schools were only for boys. Susan helped start a school for girls.

But the prejudice against

Bahá'ís worsened — so much that in 1923, Susan learned of plans to kill her! The danger intensified the next year, and she consulted an American official. He called for police protection. That night, police broke up an angry mob outside her home. The threats continued, and soon afterward, the American official was killed. In late 1924. Susan returned to the U.S., but she noted later, "I must return ... and help in the uplift of the land ..."

#### **Ceaseless Service**

Before long, the new Bahá'í leader, Shoghi Effendi, asked for American Bahá'ís to move to Tihrán. Despite her age — 77—Susan packed her bags in 1928 and went. Though weaker, she still saw patients and visited the girls' school.

Susan served in Tihrán until her death in 1934. Hundreds attended her funeral. Among them and carrying flowers were dozens of Iranian girls, healthy and educated because of Susan. Shoghi Effendi praised her "INDOMITABLE SPIRIT" and "CEASELESS SERVICES" and said she forged the "FIRST LINK IN CHAIN UNITING SPIRITUAL DESTINIES" of the U.S. and Iran.

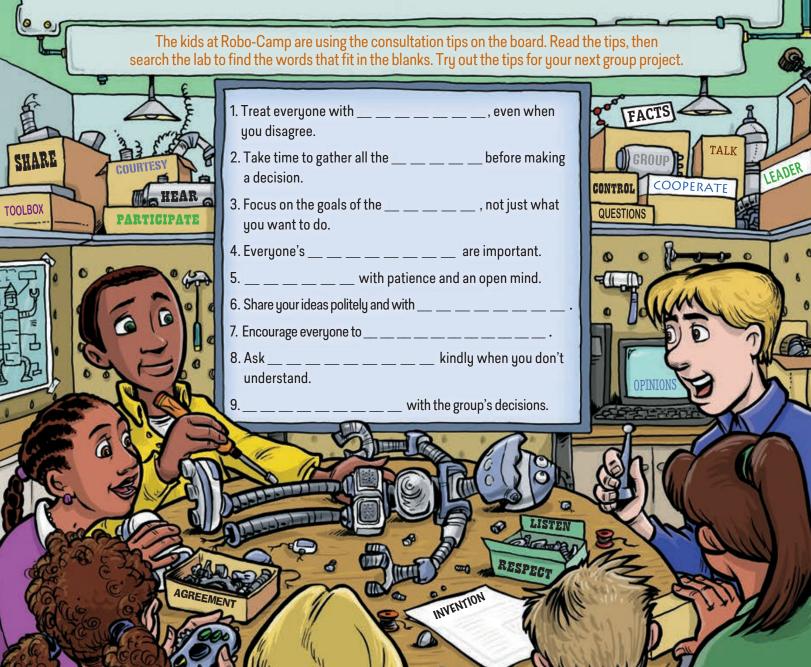
## BUILDING ON CONSULTATION

"Take ye counsel together in all matters, inasmuch as consultation is the lamp of guidance which leadeth the way, and is the bestower of understanding." —Bahá'u'lláh

ow cool is it to build your own robot? If you and your friends love designing, engineering, and programming, it can be awesome to team up. You can even enter competitions. Everyone's imagination and experience add excitement to the project.

But making decisions can be tough when groups don't agree. Sometimes the conversation leads to arguing, put-downs, and hurt feelings. How can we be creative, with different ideas and opinions, and still get along?

A powerful tool for team discussions is consultation. Share ideas in a peaceful, positive way. Take turns expressing your thoughts carefully and calmly. Be respectful and listen to each person patiently. It's good to have diverse ways of doing things. Winning teams work together to build something unique—like robots *and* friendships.



COSMO'S CORNE

the magazine

throughout

ook for cli

- 1. Doing something kind without expecting anything in return (p. 8)
- 4. Susan Moody risked her life to serve as a \_\_\_\_\_. (p. 26)
- 5. Some cuckoo species lay their eggs in the nests of \_\_\_\_\_ (p. 10)
- 7. With \_\_\_\_\_\_ and enthusiasm, being of service to others can be truly magical. (p. 7)
- 9. Sowing \_\_\_\_\_\_ of service in your family and community also brings many fruits. (p. 16)
- 10. Isabella and Mateen would like to volunteer in \_\_\_\_\_\_ Israel (p. 12)
- 11. Having a \_\_\_\_\_ attitude is a great way to help out in a crisis—or any time. (p. 2)
- 14. Dr. Mahnaz Aflatooni Javid helped start \_\_\_\_\_ Foundation as a way to end global poverty. (p. 18)

#### FROM OUR MRILBOX



"I like looking at the different puzzles and games that are included in the magazine . . . The [quiz] portion of the magazine . . . really helps me understand and recognize myself and my actions a lot better . . . If I chose a theme, it would probably be on consideration, kind of relating to selfless[ness] and selfishness . . ."

-Taraz T., age 13, Illinois, U.S.

- 2. During consultation, \_\_\_\_\_ with patience and an open mind. (p. 27)
- 3. Expressing \_\_\_\_\_ can make you feel happier. (p. 6)
- 6. Colin has the power of keeping \_\_\_\_\_ and being helpful. (p. 14)
- 8. Earth's largest birds (p. 11)

THE LETTUCE

IS A HEAD!

SO, WHO'S WINNING THE

RACE IN THE GARDEN?

- 12. Plant a garden and connect with \_\_\_\_\_ in the fresh air and sunshine. (p. 17)
- 13. Every act of \_\_\_\_\_ sends positive waves everywhere. (p. 22)
- 15. Being concerned for others, understanding (p. 24)
- Because 'Abdu'l-Bahá helped feed many people during World War I, he was made a \_\_\_\_\_ of the British Empire. (p. 4)
- 17. Focusing on serving and empowering a group is servant \_\_\_\_\_. (p. 5)
- 18. Rizvan's inspiring hero is her \_\_\_\_\_. (p. 13)

#### ANSWERS

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

Page 2: Banana leaf at BC, coconut at TL, clamshell at BL, fence at BL, hammock at CL, hammer at BR, ladder at CL, rope at CR, palm leaf at C

Page 9: A) 3, B) 6, C) 8, D) 2, E) 7, F) 1, G) 4, H) 5

Page 10: 1 at far TL, 1 at far TC, 1 at TL, 1 at TC, 2 at TR, 1 at CR, 1 at BR, 4 at BC, 2 at BL, 2 at CL, 1 at C Page 11: Iceland, Ostriches

Page 17: 1) Adventurous, recipes; 2) Logical, Explore; 3) Responsible, Learn; 4) Generous, Share; 5) Persistent, seeds; 6) Teamwork, community; 7) Patient, compost; 8) Sustainable, native; 9) Wise, water Page 22: Fisherman at far TL; man with trash, kid with kite at TL; man with boxes, woman with watermelon at TC; kids bullied in water, woman playing catch at TR; girls with umbrella, bike at CR; man in wheel-chair at BR; kid in high chair at BC; woman with banner at CL; kids with toy at C

ACROSS

AND

THE TOMATO

IS TRYING TO

KETCH-UP!

Page 24: 1) B, 2) E, 3) C, 4) A, 5) G, 6) D, 7) I, 8) F, 9) H

Page 27: 1) respect, 2) facts, 3) group, 4) opinions, 5) Listen, 6) courtesy, 7) participate, 8) questions, 9) Cooperate Page 29: A) 2, B) 3, C) 4, D) 1

## Change for Change

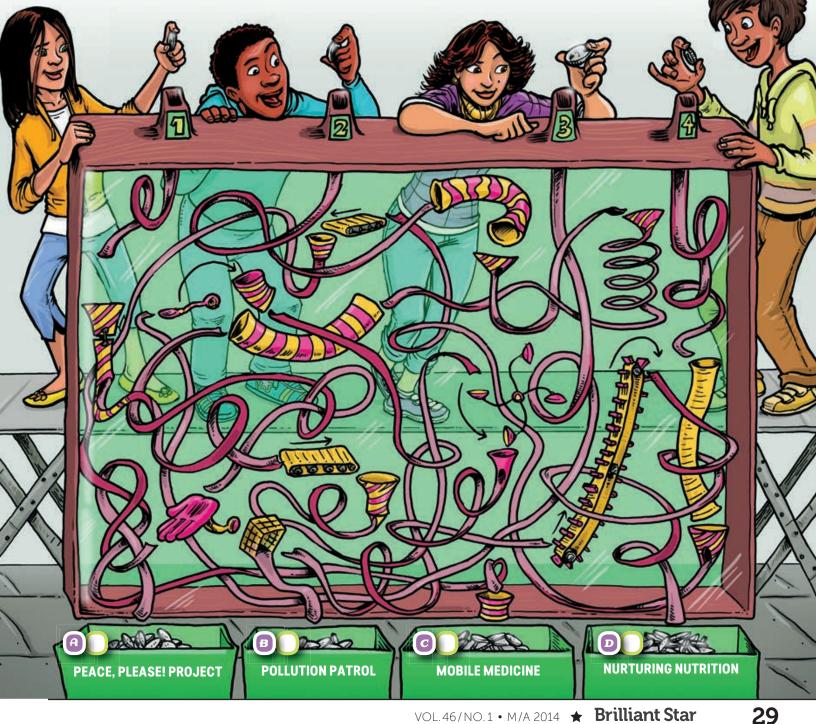
#### CMAZElog Adventure

a-chink, ca-chink, ca-chink." Whether you're collecting coins for a new phone, a trip, or college, the sound of saving money is cool! Saving money to share with others has a special ring to it.

Many people around the globe are in desperate need of basic things, such as food, shelter, health care, and education. Did you know that over a billion people *live* on less than \$1.25 a day?

Your generosity can start a chain reaction of change. Imagine if every person with money to spare gave some to people in need. Even small donations can add up and make a big difference. The more we step up the beat in sharing what we have, the closer we'll get to a more peaceful and prosperous planet.

#### These kids have raised money to help four global causes. Follow the paths to find out which cause each kid is supporting.



"To follow a path of service . . . requires faith and tenacity. In this connection, the benefit of walking that path in the company of others is immense. Loving fellowship, mutual encouragement, and willingness to learn together are natural properties of any group of youth sincerely striving for the same ends . . . "

–Bahá'í Writings

## **Brilliant Star**

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