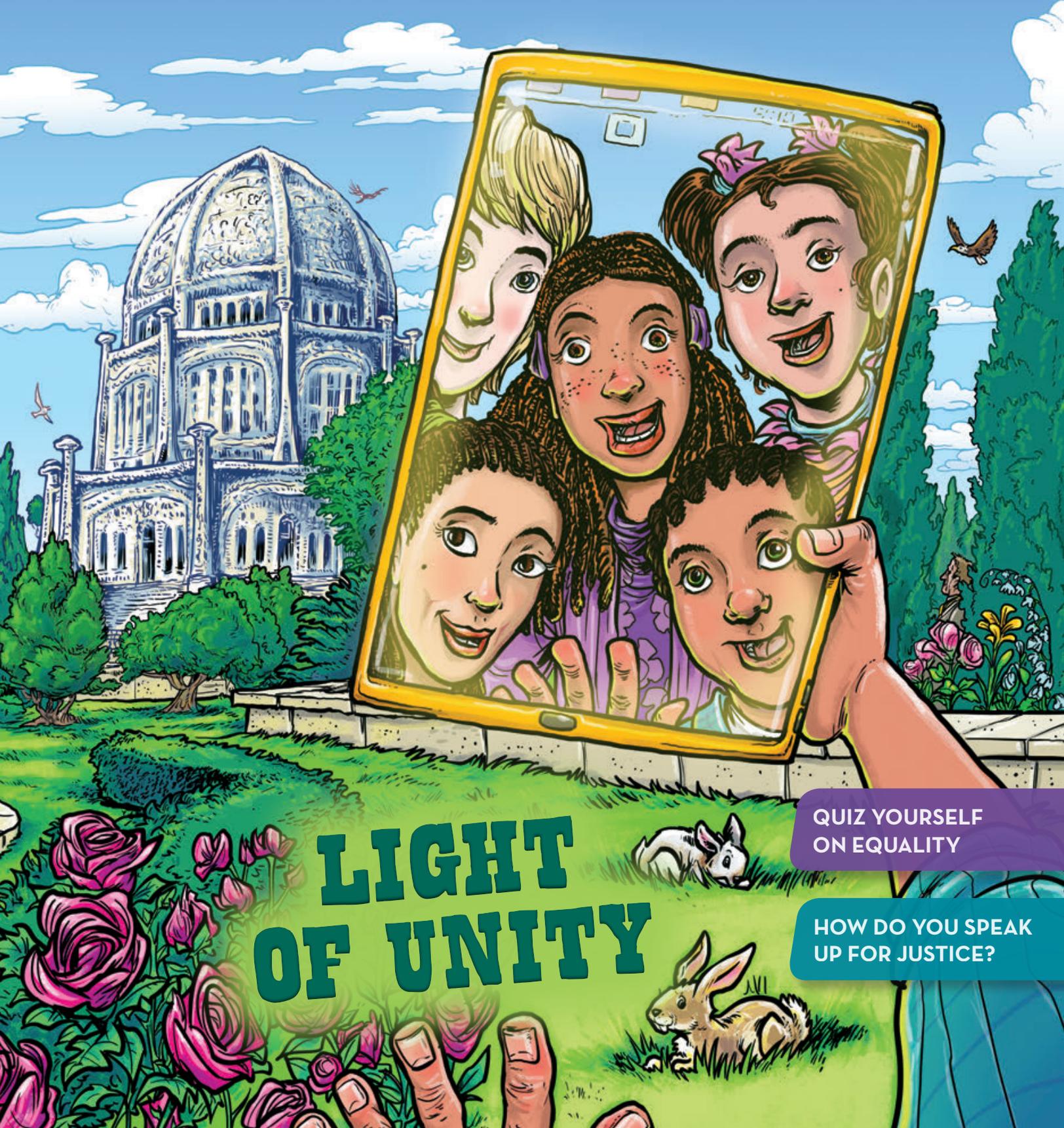


A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

www.brilliantstarmagazine.org

VOL. 48, NO. 2



LIGHT OF UNITY

QUIZ YOURSELF ON EQUALITY

HOW DO YOU SPEAK UP FOR JUSTICE?

Brilliant Star

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

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

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

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He uses music to serve humanity.



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Shining Lamp: Elsie Austin

She stood for truth and justice throughout her life.



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A crossword and more from our favorite chameleon



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Find your way to the Lighthouse of Hope.

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One Peaceful Home
A prayer to memorize for Earth

DEAR FRIENDS,

When you look at the people around you, what do you see? Of the billions of humans on Earth, no one is exactly like another. We have different cultures, appearances, beliefs, and experiences—yet we are all members of one human family.

Our diversity can sometimes lead to conflict, but it's also what makes Earth a vibrant place. When we look at each other through lenses of love, we can celebrate our differences and enjoy everyone's unique contributions to our global home.

In this issue of *Brilliant Star*, explore the power of unity. Quiz yourself on equality and discover the beauty of biodiversity. Stretch your taste buds with delicious flavors from around the world. Meet COD1, our new computer coding character. Create a string of stars to celebrate unity in diversity. Find out how Elsie Austin stood up for fairness as a youth. And get to know Jamey Heath, a musician with a passion for bringing people together.

When we focus on our oneness, our differences simply add color and joy to our human family portrait. So get closer, smile, and say, "UNITY!"



LOVE, BRILLIANT STAR ✨



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Clash at the Monster Bash

“The shining spark of truth cometh forth only after the clash of differing opinions.” —Abdu’l-Bahá

Making group decisions can be tricky. Sometimes it hums along smoothly. Other times, everyone’s angry opinions make a racket, and it turns into mayhem.

When we consult with others, “monsters” such as anger and fear can get in the way. So try to keep an open mind, and bring your best self to the stage. We

all have different ideas, and sometimes they may clash. That’s okay. But if we let negativity or selfishness rule the conversation, we only get clamor and disunity. If we all share our thoughts with courtesy and honesty, we can find a peaceful solution.

When we respect everyone and tame our inner monsters, our ideas can blend in harmony.

This eerie ensemble is deciding what to play at the Monster Bash. Match each one with the instrument that will help them consult in harmony.



Bahá'u'lláh's Life: Mission of Peace Champion of Oneness

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.

Throughout His life, Bahá'u'lláh endured prejudice and persecution. Still, He shared His vision for peace and unity on Earth.

As a young man in Tíhrán, Persia (now Iran), Bahá'u'lláh was a follower of the Báb, a Messenger of God who taught that another Messenger would appear to bring an age of peace. Bahá'u'lláh shared the Báb's message with others, and many became Bábís.

Thousands embraced the Bábí Faith across the land. But Muslim clergy and authorities felt threatened by the new faith. Many Bábís were fiercely attacked.

In northern Iran, 313 Bábís were forced to defend themselves from government soldiers at the shrine of Shaykh Tabarsí. Bahá'u'lláh and some companions attempted to bring supplies to the Bábís there in December 1848. The group was arrested by guards. When Bahá'u'lláh asked to be punished in place of those with Him, He was tortured by having the soles of His feet beaten with a rod.

Over eight months, the Bábís survived attacks by 12,000 soldiers. Finally, the army deviously proposed a truce. When the Bábís trustingly left the shrine, they were massacred.

The Báb Himself was martyred by a firing squad in Shíráz in 1850. In spite of danger, Bahá'u'lláh and others continued to support the Bábí Faith and its followers in both Iran and Iraq.

In 1852, Bahá'u'lláh was chained to other Bábís and imprisoned in a foul dungeon in Tíhrán known as the "Black Pit." Each day, a Bábí was taken out and executed. In the icy darkness and filth,



At this mosque in Amul, Iran, Bahá'u'lláh was arrested and beaten in 1848 for being a follower of the Báb.

Bahá'u'lláh taught others a prayer that they repeated through the night. One row would chant, "God is sufficient unto me; He verily is the All-sufficing!" The facing row would answer, "In Him let the trusting trust."

One night in a dream, Bahá'u'lláh heard these words: "Verily, We shall render Thee victorious by Thyself and by Thy Pen. Grieve Thou not for what hath befallen Thee, neither be Thou afraid, for Thou art in safety." After four long months, He was released, but He and His family were exiled from Iran to Baghdád, Iraq.

Bahá'u'lláh inspired the Bábí community in Baghdád and revealed sacred writings. In 1863, He announced the joyous news that He was the Messenger of God promised by the Báb. His followers became known as Bahá'ís.

Bahá'u'lláh and His family were banished to Turkey, then sent to the prison-city of 'Akká, in Israel. Though He faced injustice, Bahá'u'lláh focused on helping the world and promoting harmony.

“Dedicate the precious days of your lives to the betterment of the world . . .” — Bahá’u’lláh

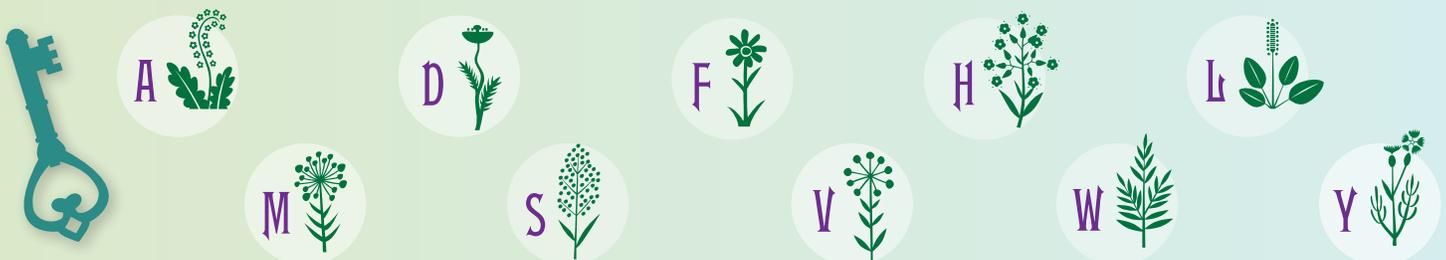
He wrote to kings and leaders, advising them to end war and treat people fairly. Toward the end of His life, Bahá’u’lláh met a British scholar, Edward G. Browne, the only Westerner known to have visited Him. Bahá’u’lláh told him, “These fruitless strifes, these ruinous wars shall pass away, and the ‘Most Great Peace’ shall come . . .”



The Shrine of Bahá’u’lláh, located near ‘Akká, Israel, is considered the holiest spot on Earth to Bahá’ís.

Use the key to decode Bahá’u’lláh’s words about unity.

“ e re t e ruit o one tree,
 n t e e e o one br nc .
 e e one it not er it
 t e ut o t o e n r on . . . ”



Create a String of Stars

“Ye must shine as stars radiating the light of love toward all mankind.” —Abdu’l-Bahá

Did you know that stars in the sky can appear to be almost any color of the rainbow? The star’s temperature gives it its color. Hotter stars appear blue, and cooler stars are red.

Like stars, our humanity shines in many ways. From our diverse skin tones, to how we dress, to our varied strengths, each of us is part of the vibrant spectrum of people. And just as water, air, and dust in the atmosphere

can influence how a star’s color appears on Earth, our cultural background can affect how we look, our interests, and how we express ourselves. By showing respect and appreciation for people who are different from us, we can illuminate the whole earth.

Create a string of stars to celebrate diversity in your community. Use it to decorate your celebrations and events.

You’ll Need

- five 3 ½" (8.9 cm) square sheets colorful paper
- five 3 ½" (8.9 cm) square sheets of thin cardboard from empty food boxes
- tacky glue
- 3 ¼" (8.3 cm) round cup for tracing
- pencil
- scissors
- ruler
- colorful yarn or string



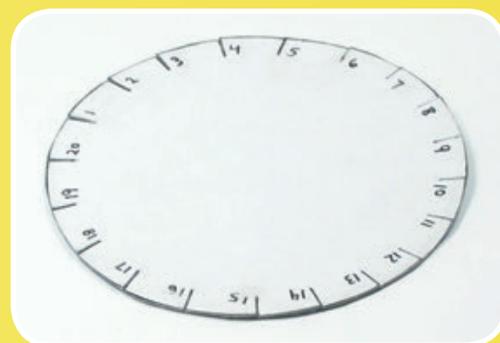
- 1 Glue one paper to a piece of cardboard. Place cup on board. Trace cup with pencil and cut circle out.



- 2 Draw 20 lines, each ¼" (.6 cm) long, spaced evenly, approximately ½" (1.3 cm) apart along circle’s edge. Cut along lines.

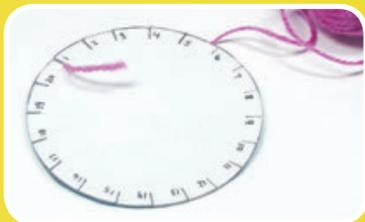


- 3 On back, number each cut, 1–20.

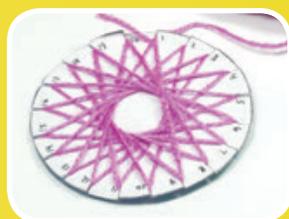




- 4 Put string in Cut 1, so its end is at back of circle.



- 5 To make star shape, pull string down front of circle and into Cut 10. Then pull it up along back and through Cut 2. Pull it down front through Cut 11 and up the back through Cut 3. Continue around circle twice.



- 6 Trim and secure yarn ends with glue.



- 7 Optional: Repeat steps 4-6, but start with string's end on the front side of Cut 1, and go along back side into Cut 10, then along front into Cut 2, etc.



- 8 Create four diverse stars by using one or two string layers, different paper and string colors, and by starting at the front or back of circle. Try a circle with 10 evenly spaced cuts about 1" (2.5 cm) apart, putting string into Cut 1 and Cut 5 first.



- 9 Knot a 6" (15.2 cm) piece of string to top of each star. Knot each string's end to 5 ft. (1.5 m) string, spacing stars evenly. Trim knotted ends and hang up your string of stars!



Hats Off to You

"Let us look ... at the beauty in diversity." – 'Abdu'l-Bahá

From our head to our feet, we are unique individuals with our own style. We're also part of different cultures with traditions and ways of life. This diversity makes the world fascinating and enjoyable.

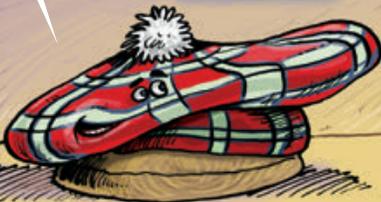
People share who they are in various ways, including

what they wear. Hats are a fun form of cultural expression. They can reveal a person's nationality, job, interests, religion, or family role.

Explore hats around the world. Read each hat's clue, then match it with the country where it can be found.

I COME FROM A COUNTRY KNOWN FOR BAGPIPE MUSIC.

1
TAM O' SHANTER



2
STRAW HAT

I'M WORN ON THE LARGEST ISLAND IN THE CARIBBEAN SEA.



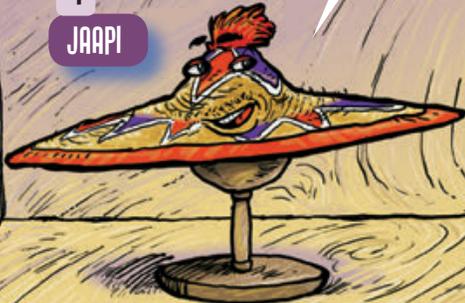
3
NON

I PROTECT PEOPLE FROM SUN AND RAIN IN MY COUNTRY ON THE SOUTH CHINA SEA.



I'M OFTEN WOVEN FROM BAMBOO AND PALM LEAVES IN MY COUNTRY, WHICH HAS THE WORLD'S SECOND-LARGEST POPULATION.

4
JAAPI



5
USHANKA

I COME FROM THE LARGEST COUNTRY ON EARTH.



6
CHULLO

FATHERS USUALLY KNIT A CHILD'S FIRST CHULLO IN MY COUNTRY, NEAR CHILE.



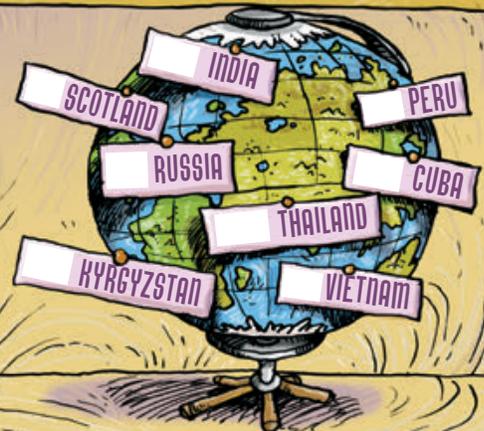
7
AKHA HEADDRESS

WOMEN IN THE MOUNTAINS WEAR ME EVERY DAY IN MY COUNTRY, WHERE THE CAPITAL IS BANGKOK.



I'M SHAPED LIKE ONE OF THE MANY MOUNTAINS IN MY LANDLOCKED COUNTRY NEAR CHINA.

8
KALPAK



CODING WITH COD1: PARTY TIME

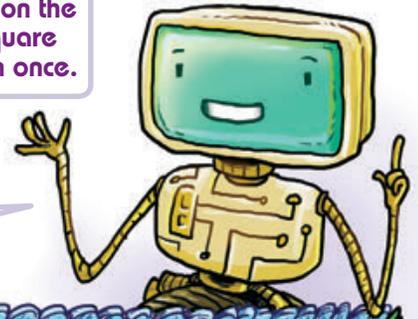
Hi, I'm COD1!
Write 4 programs below to guide me on the most efficient path. There's a blank for each step. Use these commands:

L = Turn left
R = Turn right
F_ = Move forward __ squares

Avoid bugs and obstacles!
Tables and the Recycle Bin are not obstacles.

I can't go on the same square more than once.

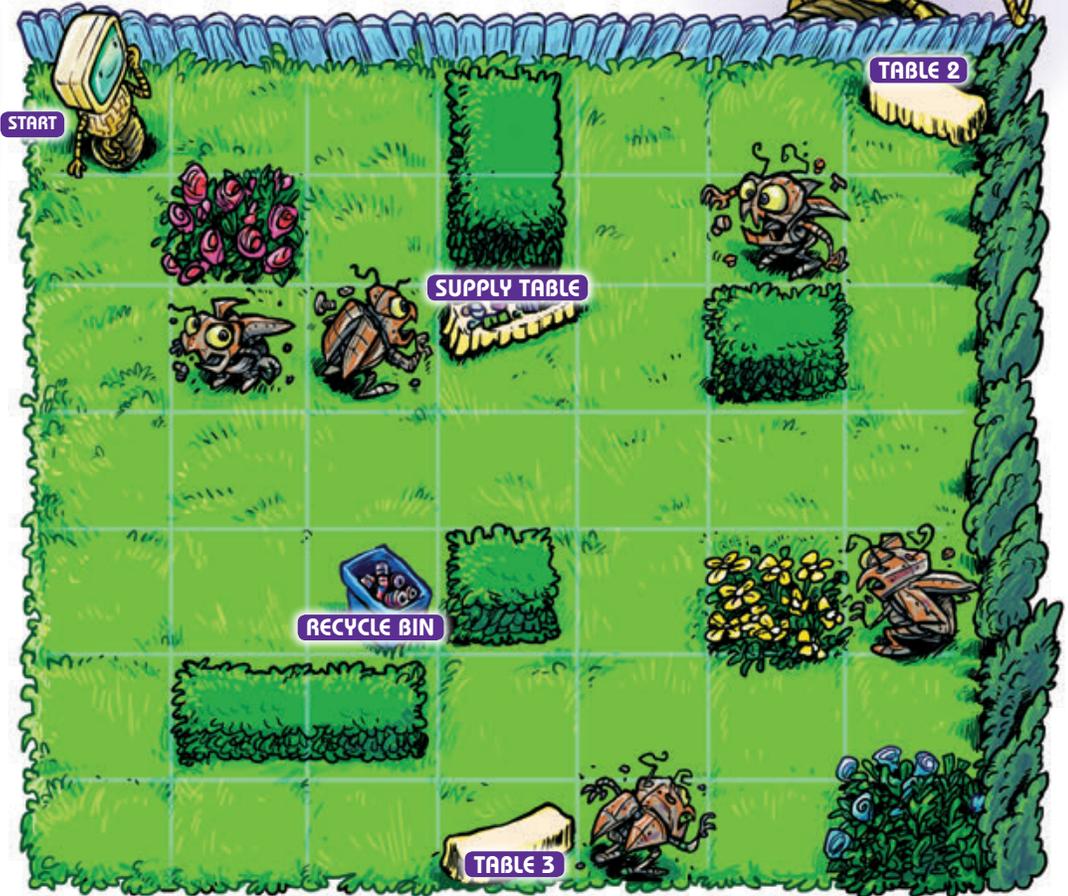
So to go from Start to the Recycle Bin, my program would be: R, F4, L, F2.



I love helping humans get more data about how computers work. There are tons of different kinds of computers all around us. They're in phones, watches, game consoles, music players, and cars. But they all work with programs: step-by-step lists of instructions.

The steps in a computer program are called code, like a secret code. Writing programs, or coding, is an awesome skill to learn. The goal is to list each small step a computer will take to do a job correctly.

At the Friendship Center, I'm about to put games and snacks on the tables for a party. You can help by writing my code. Try it out, and have fun!



PLAY IT LIVE!

Play the coding game in person. Write a code for a friend to get around your yard or a park while avoiding obstacles. Instead of squares, count long strides. Have a friend read the code aloud as the first person follows it (e.g., F3, R, F2). Did you get the code right?

1 Start to Supply Table:

2 Supply Table to Table 2:

3 Table 2 to Table 3:

4 Table 3 to Recycle Bin:

Maya's MYSTERIES

DIVERSITY IS GOOD FOR PEOPLE—AND THE PLANET.

"Every created thing in the whole universe is but a door leading into His knowledge..." —Bahá'u'lláh

WILD FOR NATURE'S DIVERSITY

Science is like a treasure hunt. There are so many awesome things to discover! Scientists have listed about 1.5 million species of plants and animals on Earth. But we really have no idea how many there are. There could be 100 million!

I'm doing a science project about **biodiversity**—the variety of life—in different parts of the world.

Some places have an *amazing* number of species. But many of their habitats are threatened by climate change and other problems. The more we find out about species and ecosystems, the better chance we have of protecting animals and plants from going extinct.

I'd love to visit all of these places around the world and find even more species.



BIO MATCH

Check out these clues about biodiversity, and match them to their locations.

- About 90% of the plants and animals on this African island are found nowhere else—including the critically endangered silky sifaka lemur.
- The world's largest rainforest, home to at least 10% of all species, is mostly in this South American country.
- This island is 85% ice-covered, but it has the world's largest national park, with walruses and snowy owls.
- This state is home to about 20% of the world's bald eagles and three kinds of bears: black, brown, and polar.
- This land, east of Africa, is 95% desert, but has 2,250 species of flowering plants. Hundreds are used for medicine or food.
- Over 80% of the plants, mammals, reptiles, and frogs on this island nation are found nowhere else, including the koala and the platypus.
- This island chain west of Ecuador is home to penguins *and* tropical animals, including 11 species of giant tortoise, which live 100–150 years.
- Forests cover over half of this country on the South China Sea, which has sun bears, wild pigs, tigers, and orangutans.

Alaska, U.S.

Brazil

Greenland

Galapagos Islands

Australia

Malaysia

Madagascar

Saudi Arabia

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

Gaze at the stars from your home. Pitch a tent in your yard, have a cookout, tell stories, and read **Brilliant Star** with a flashlight.



WOW, REALLY?

Gondwana Rainforest, in Eastern Australia, contains plants that have been mostly unchanged for over **100 million years.**

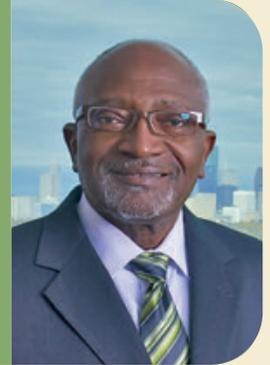
OUR CONNECTIONS



Did you know that 25% of marine species can be found on coral reefs? Corals are living creatures that are mostly in tropical waters. Hundreds of millions of people rely on coral reefs for their food supply, livelihood, or protection from strong ocean waves. Scientists have also discovered coral organisms that can be used to treat serious illnesses. Coral reefs are threatened by pollution, climate change, and overfishing. These magnificent resources need our protection.

PROTECTING OUR PLANET

Dr. Robert Bullard is known as the "father of environmental justice." He's stood up against racism in environmental policies that cause more pollution and other problems in poor communities. He says, "Environmental justice is a civil rights and a human rights issue."



WHERE IN THE WORLD?



This European capital, named after a dam on the Amstel River, has more than 160 human-made canals. It's one of the most bicycle-friendly cities, with more bikes than people. It's known for its art and history, with over 50 museums. *Unscramble the letters to find its name:*

STEMAMDRA

AMAZING ANIMALS



Adult kangaroos hop across the Australian outback in 30-foot (9 m) leaps. A young joey stays in the pouch for 7–11 months. Kangaroos, wallabies, and koalas all develop in pouches. *Fill in the blanks to find a word that describes these animals.*

A R U A L

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?

Amia A.

Age: **12**

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

I want to be:
An artist or art teacher

This career interests me because:

I love doing art and I love to teach people!

Virtue I admire most:
Love

Hobbies or sports:
Drawing, writing stories, and making little videos

A hero or role model:
Malala [Yousafzai]

I like to help people by:
Help[ing] them get through troubles or worries ...

I handle bullying or prejudice by:
Respond[ing] to them, not by being mean, but just having strong words.

What I liked best in my travels:
Seeing how people learn different things in other cultures, or ... how people have different foods, or handle the different plants that grow ...

Humanity as one family means:
To have your love spread to everyone around you ...

As a world leader, I would stop prejudice by:
Making a speech ... Everyone is full of light, love, and courage.



Lyla K.

Age: **11**

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

I want to be:
Broadway performer

This career interests me because:

I love to sing, dance, and act.

Virtue I admire most:
Integrity

Favorite Bahá'í activities:
Children's class, Green Acre [Bahá'í School], prayers

Places I'd love to visit:
Haifa [Israel], Iceland

Favorite animal or pet:
Humpback whales, Olive (my boxer dog), falcons, Onyx (my cat)

I like to help people by:
Inspir[ing] women to think better of themselves



Humanity as one family means:
That we are all equal, and no one thinks more of themselves than anyone else.

I handle bullying or prejudice by:
Tell someone who you trust to help and try to stop it, and find out why [the] person is doing it.

It's important to have diverse friends:
So you get the idea that there are different ways of belief other than your own.



Nadia K.

Age: **11**

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

I want to be:
A chemist, a paleontologist, or a geologist

This career interests me because:

I love science, dinosaurs, and gemstones.

Virtue I admire most:
Kindness

Place I'd love to visit:
Paris, France

A favorite food:
Pasta

Favorite Bahá'í activities:
Ayyám-i-Há* celebrations and jr. youth groups

A hero or role model:
Mary Anning, because she found an entire ichthyosaurus on a cliff during a time when it was not proper for ladies to hunt for dinosaurs or fossils.

As a world leader, I would stop prejudice by:
Stop[ping] segregation between different cultures and races and would try to promote world peace ...

It's important to have diverse friends:
So you can open your mind to other cultures and experience a world unlike your own, as well as learning more about people around the globe.

Haley-Grace W.

Age: 10

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

I want to be:
Probably a horse trainer

Virtues I admire most:
Honesty and kindness

I like to help people by:
Helping them get a task done . . .

Favorite Bahá'í activities:
Bahá'í summer school

Humanity as one family means:
Then there's no more wars, and everyone [is] happy. And even if there's disagreement, we'll come back together. We're already one family, just most of us don't realize it yet.

As a world leader, I would stop prejudice by:
Make it against the law

Hobbies or sports:
Horseback riding, art, kung fu, and swimming

Place I'd love to visit:
The Bahamas

A hero or role model:
Mom and Daddy

What I liked best in my travels:
I lived in Australia for a while. I like the people there and how different it was from America. It [is] nice to have a Bahá'í community that [is] across the world.



“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

Jhian M.

Age: 10

I live in: **British Columbia, Canada**

I want to be: **Biologist**

This career interests me because:
I'm interested in animals and plants.

Virtue I admire most:
Kindness

Hobbies or sports:
Taekwondo, golf, soccer, reading

Favorite Bahá'í activity:
Ayyám-i-Há

What I liked best in my travels:
I went to a Bahá'í Conference in Arizona, and what I liked the most about it is that I made new friends.

It's important to have diverse friends:
To learn about their culture and backgrounds



Place I'd love to visit:
The Arctic. I'd like to see different species and animals [and] to observe their habitats.

A favorite book:
Gulliver's Travels

A hero or role model:
My dad

I handle bullying or prejudice by:
I'll try to stop them by talking to them and cooling them down.

Humanity as one family means:
If this happens, it means that humanity achieved world peace.

Arshan Y.

Age: 9

I live in:
Western Australia

I want to be: **Zoologist**

This career interests me because:
I love animals.

Virtue I admire most:
Respect

Hobbies or sports:
Drawing, writing, soccer, and Australian football

Favorite Bahá'í activities:
Studying about the Bahá'í Faith and virtues in children's class

Places I'd love to visit:
Iran and China

I like to help people by:
Making them happy

A hero or role model:
My grandparents

A favorite food:
Fish curry with flatbread

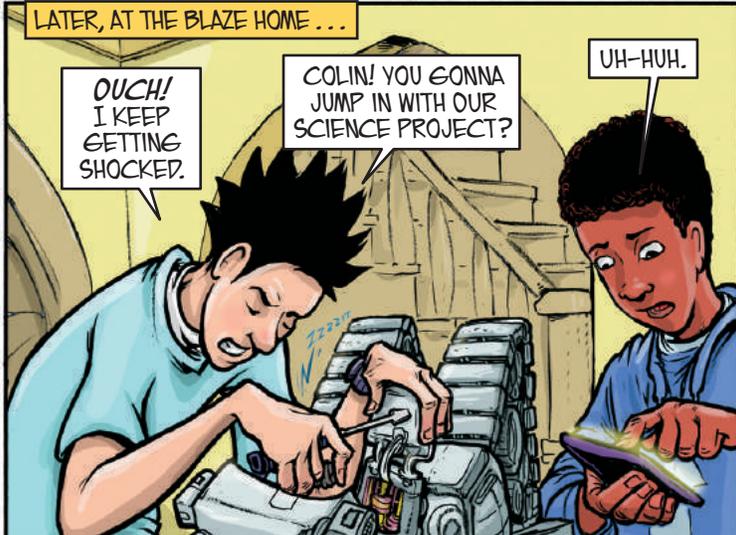
Humanity as one family means:
Everyone loves and respects one another, no matter [what their] race, beliefs, and culture.

What I liked best in my travels:
I have visited Malaysia many times, as my grandparents live there, and I enjoy the diversity of people . . . [and] the amazing . . . food . . .



How to be a Radiant Star:

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



AFTER SCHOOL ...

YIKES! ARE THEY OK?

CRAASH

THEY'RE FINE. BRIDGET, YOU DIDN'T SAY IF YOU LIKE MY NEW OUTFIT.

I THOUGHT YOU GOT NEW CLOTHES ON MONDAY ... AND WEDNESDAY.

I DID, BUT YOU CAN'T ADVANCE IN THE NEW MIRROR ME GAME UNLESS YOU POST PICS OF FAB NEW OUTFITS. I GOT 640 LIKES!

ZOOOOOOOM

MINNAH, LOOK OUT!

THANKS, BRIDGET. YOU SAVED ME! AND I ALMOST LOST A LEVEL IN THE GAME!

IT'S REALLY DISTRACTING, BUT IT TAKES MY MIND OFF OF MY NIGHTMARES.*

WHAT'S SO GREAT ABOUT THIS GAME THAT YOU SPEND SO MUCH TIME AND MONEY ON IT?

IT'S FAB! YOU SHOULD TRY IT.

LATER, AT THE BLAZE HOME ...

OUCH! I KEEP GETTING SHOCKED.

COLIN! YOU GONNA JUMP IN WITH OUR SCIENCE PROJECT?

UH-HUH.

YOU'RE IN THE MANSION OF MIRRORS! WOW, HOW DID YOU GET PAST THE MOAT?



YOU HAVE TO SHOW ME!

UEH! YOU'RE ADDICTED TO THAT APP, TOO?



CRAAASSH!

OH NO!



COLIN, CALL AN AMBULANCE!

NEVER MIND. I'LL CALL.



WE NEED AN AMBULANCE AT NINTH AND UNITY AVENUE.



SIR, HELP IS ON THE WAY.

MUST GET... TO... NEXT LEVEL.

WHOA! THIS IS NO ORDINARY APP...



IN A SECRET LAIR ...

NOW, MAKE SURE MY NEW MERCHANDISE IS FULLY STOCKED AND READY TO GO. AND GET DELIVERY DRONES READY!

MY FANS WILL PAY DEARLY TO LOOK AS FAB AS I DO.



HELLO? I'M SO BUSY RIGHT NOW. WHAT DO YOU WANT?



ELKA EGO, WE NEED AN UPDATE. TO DESTROY THE UPLIFTERS, YOU NEED TO DO MUCH MORE THAN JUST SELL CLOTHES AND—STUFF.



MY DEAR ERASERS, DON'T WORRY. SOON THE UPLIFTERS—

AND MILLIONS MORE AROUND THE WORLD— WILL BE AT MY MERCY!

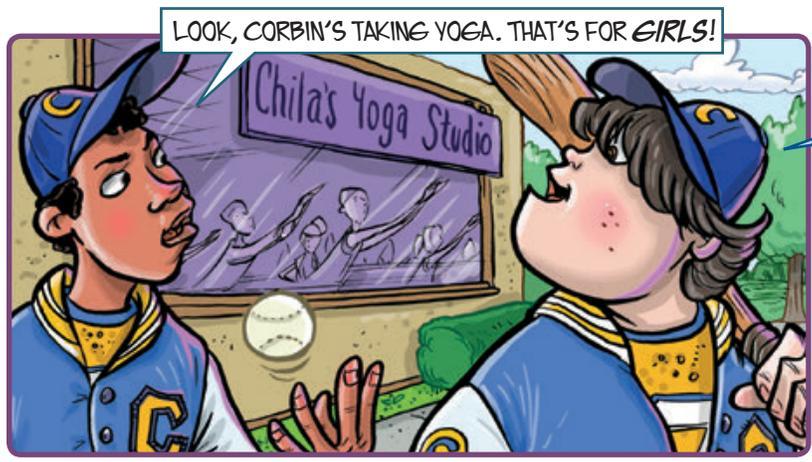
WHAT DO YOU SAY?

When someone speaks unkindly, it can be hard to know what to say. How do you stand up for justice without being mean? What words might help the person become more open-minded instead of angry?

If people make judgments about others based on their

looks or culture, without getting to know them, that's prejudice. Sometimes it even leads to conflicts, violence, or war.

It takes courage to speak up. But if you stay silent, unfair ideas can spread. Check out these situations. How would you respond to prejudice?



GUYS AND GIRLS CAN **BOTH** LEARN YOGA. IT TAKES STRENGTH AND FLEXIBILITY.

GUYS AND GIRLS CAN LIKE THE SAME STUFF. LOTS OF MALE ATHLETES DO YOGA.

OR

WRITE WHAT YOU WOULD SAY:

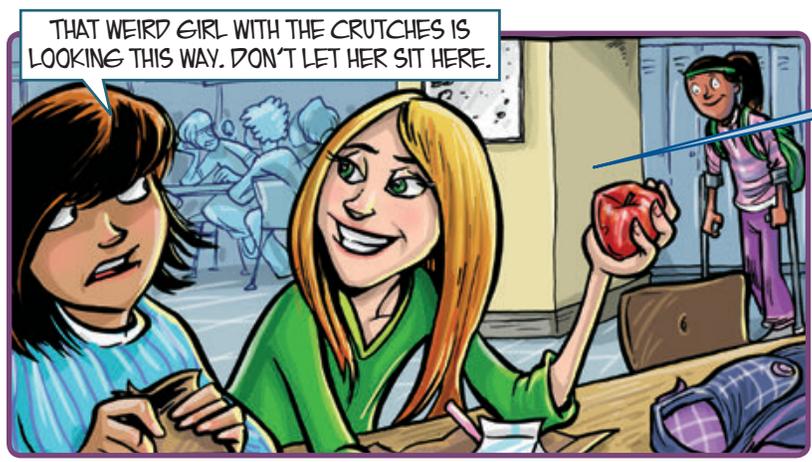


GOD DOESN'T CAUSE WAR AND FIGHTING. **PEOPLE** DO. PREJUDICE LEADS TO LOTS OF PROBLEMS. RELIGION CAN HELP US GET ALONG.

THERE'S A LOT OF SUFFERING IN THE WORLD, BUT PRAYING AND KINDNESS CAN HELP PEOPLE LIVE IN PEACE.

OR

WRITE WHAT YOU WOULD SAY:



SHE'S IN MY ART CLASS. SHE'S COOL. SHE CAN SIT HERE IF SHE WANTS.

LET'S GET TO KNOW HER. SHE SEEMS NICE.

OR

WRITE WHAT YOU WOULD SAY:

Silent Storytellers



When you think of your family, what images come to mind? Your favorite trips together? Your holiday traditions? Your family pets?

American Indians in the U.S. and First Nations cultures in Canada tell family stories with totem poles. Cedar logs carved with animals and people represent tribes, families, or legends.

In the past, artists used handmade tools and natural paints made from things such as minerals, shells, and

salmon eggs. The figures on a pole have meanings that vary with different tribes. An animal may represent a family's clan. A person with outstretched hands can be a sign of welcome and peace. A raven might symbolize the Creator, while a wolf may stand for family unity.

Today, modern carvers continue to create these majestic, colorful works of art. Many stand in parks, villages, and museums, honored as symbols of a rich heritage.

What stories would you tell on your totem pole? Think about symbols that represent your family, and create your own family totem pole here.



Do You Believe in Equality for All?

“Women and men have been and will always be equal in the sight of God.” –Bahá’u’lláh

Have you ever been teased or bullied for being a certain way, because you’re a girl or a boy? For example, girls may be expected to enjoy dancing or cooking more than sports or robots. Boys might be expected to like science more than sewing.

The idea that girls should act one way and boys another is a **stereotype** – an unfair assumption about a group of

people. The truth is that there are lots of wonderful ways to express yourself, whether you’re a girl or a boy.

Sadly, many girls and women are denied the same chances that boys and men have to go to school, get a job, earn fair pay, and other basic rights. But the Bahá’í Faith teaches that women and men are equal. Both genders need strength and respect to help create a peaceful world.

Do you stand up for equality? Choose your answers, then add up your points.

1 I compliment friends about their accomplishments and virtues, not just how they look or what they wear.

Often = 3 • Sometimes = 2 • Rarely = 1

2 I support friends in their goals and hobbies, even if they like to do things that are unusual for their gender.

Often = 3 • Sometimes = 2 • Rarely = 1

3 I avoid making comments that put down either girls or boys as a group.

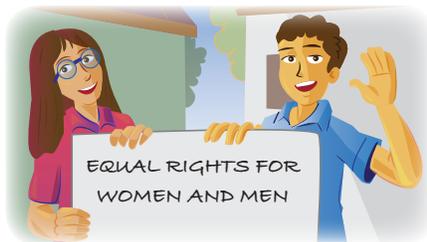
Often = 3 • Sometimes = 2 • Rarely = 1

4 I’m open to learning skills that aren’t expected for my gender (such as building for girls or knitting for boys).

Often = 3 • Sometimes = 2 • Rarely = 1

5 When I hear about an issue of gender equality in the world today, or in history, I try to learn more about it.

Often = 3 • Sometimes = 2 • Rarely = 1



6 I notice gender stereotypes in the media, and I think about them.

Often = 3 • Sometimes = 2 • Rarely = 1

7 I admire role models based on their virtues and strengths, whether they’re female or male.

Often = 3 • Sometimes = 2 • Rarely = 1

8 I speak up when I notice any group of people being treated unfairly.

Often = 3 • Sometimes = 2 • Rarely = 1

9 I have a mix of friends from both genders.

Often = 3 • Sometimes = 2 • Rarely = 1

10 I keep an open mind and don’t judge people based on their looks, speech, clothing, or gender.

Often = 3 • Sometimes = 2 • Rarely = 1

11 I choose books, clothes, and games that I like, even if they’re not what’s expected for my gender.

Often = 3 • Sometimes = 2 • Rarely = 1

12 I like books and movies with heroic, strong, interesting characters—it doesn’t matter if they’re female or male.

Often = 3 • Sometimes = 2 • Rarely = 1



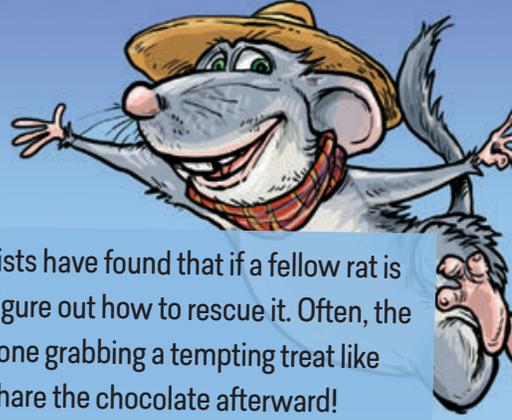
MY TOTAL SCORE:

36–29 points: You’re a champ at focusing on fairness and equality for both girls and boys. Keep up the good work!

28–21 points: You’re doing a good job of promoting equality. Look for ways you can speak up even more.

20–12 points: You’re learning about equality, but you could focus on it more. Choose a tip from the quiz to work on.

AW, RATS!



When you think of rats, what comes to mind? Sneaky, creepy pests? “You dirty rat!” is a well-known insult. But while wild rats can carry diseases that are harmful to humans, we can’t assume that *all* are dangerous. Many rats are actually clean, intelligent, and social animals.

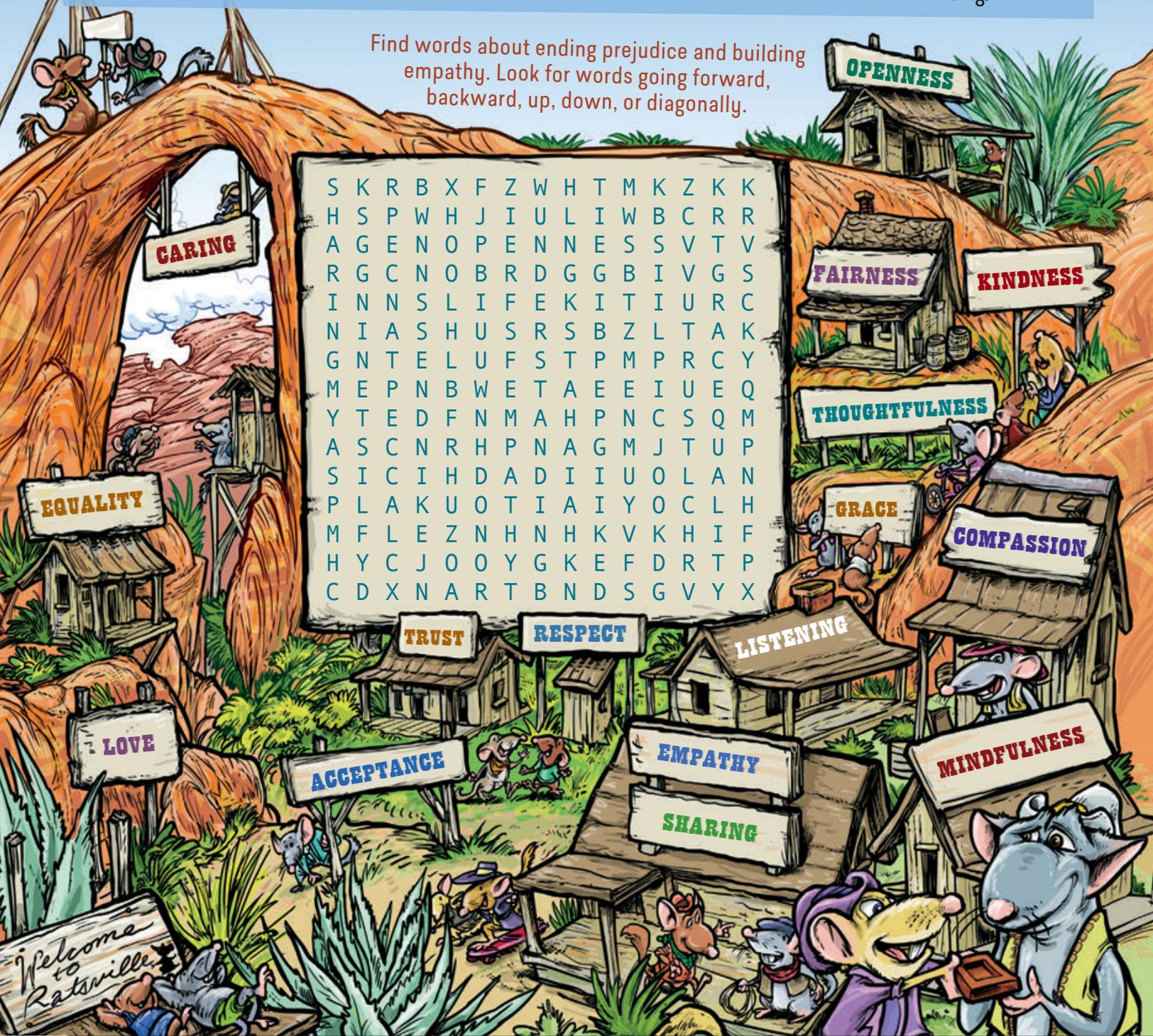
how others feel. Scientists have found that if a fellow rat is trapped, a free rat will figure out how to rescue it. Often, the rescuer will even postpone grabbing a tempting treat like chocolate. And they’ll share the chocolate afterward!

Rats show us that prejudices can color our judgment. We need to be fair and sniff out the truth. Empathy opens the door to true connection and understanding.

Rats even seem to show **empathy**—understanding

Find words about ending prejudice and building empathy. Look for words going forward, backward, up, down, or diagonally.

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



RILEY'S RAINFOREST



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

—Bahá'u'lláh

Eat Locally, Taste Globally

Have you ever eaten *injera* from Ethiopia or *nacatamales* from Nicaragua? Our global home is full of unique, delicious foods. There are hundreds of different cuisines we can explore!

Why do foods around the world taste so different? One big reason is that most traditional dishes are made from ingredients that are locally available. For example, rice grows well in the soil and climate of Eastern Asia. Corn and tomatoes are popular crops in Central America. Fish and olives are natural foods from the Mediterranean. Each region also uses blends of herbs and spices that create distinct flavors.

Some ingredients are widespread. Cilantro (called coriander in some countries) is a leafy green herb commonly found in European,

Latin American, Middle Eastern, North African, and Asian dishes. Garlic and onion are used around the world. And salt is universal.

It's fun—and healthy—to try new foods from different cultures. Many traditional meals use whole grains, lean meats, and fresh fruits and veggies, which are more nutritious than highly processed convenience foods. Ask a friend from another culture if they'll share their favorite recipes. Get cookbooks at the library, or find recipes online. Learn about where each dish comes from. Experiment with different herbs and spices.

It's better for the environment and our communities to eat food grown locally as much as possible, so try combining local harvests with global flavors to create your own fusion of food. *Bon Appétit!*

Explore & Soar:

Yummy Almond Butter and Apple Wraps

By Andrea Hope

Most people think of almonds as nuts, but they're really seeds from a fruit related to a peach. They're also a tasty treat packed with protein and other nutrients. Check out this



great recipe using an alternative to peanut butter—almond butter!

You'll need:

- 1 whole wheat tortilla
- 1 sliced apple
- 2 tbsp. almond butter
- Spoon or butter knife



Spread almond butter in middle of a whole wheat tortilla. Add apple slices,

then roll up the tortilla. Add almond butter at the edge of the tortilla to make it stick. Tuck in ends on both sides and cut the wrap in half. Enjoy!

Curiosity Canopy



Did you know? Centuries ago, explorers ate almonds while traveling the Silk Road, a network of trading routes between Asia and the Mediterranean used from about 130 BCE to 1453 CE. Almond trees flourished in the Mediterranean, especially in Spain and Italy. Today, more than 80% of the world's almonds are grown in California, U.S.

Bridges of Kindness

What if you couldn't go to school because a flooding river blocked your path? Or sick people in your town couldn't get to the hospital? In many places around the world, bridges are desperately needed for people to live fully and safely.

Sometimes we need to build bridges between people, too. When different cultures interact, there may be

confusion about customs, language, or gestures. With kind words, a smile, or a helping hand, we can connect with others, work together, and make new friends.

Reaching out to people can be scary and difficult at times. You might feel shy or be afraid that others won't be kind in return. But keep trying! When we build bridges of kindness, we make connections that will lead us to a more united world.

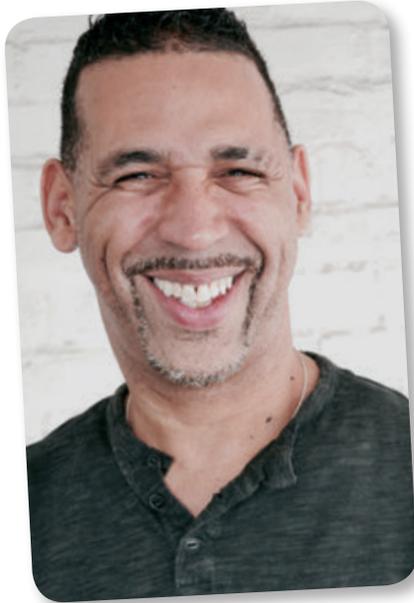
Find nine hidden letters in the scene. Use them to complete the quote below.



Hidden Letters:

“D__ n__t __e c__ntent wit__ s__ __win__ __riends__i__ in w__rds
 a__ __ne, __et __ __ur __eart __urn wit__ __ __vin__ __indness __ __r
 a__ __ w__ __ ma__ cr__ss __ __ur __at__.” —‘Abdu’l-Bahá

Jamey Heath



Wouldn't it be cool if you and your cousins sang on an award-winning music album together? That's what happened to Jamey Heath at age 10. Since his dad is a musician, Jamey often spent time in a recording studio. With his family and friends, he recorded the album *Happy Ayyám-i-Há*.

At 13, Jamey started playing in bands, and by 14 he was earning money. Since then, he's built a successful career as a composer and studio producer. He's supported the work of artists such as Gladys Knight and companies such as Disney and SoulPancake.

In 2013, Jamey released a Bahá'í-inspired album called *I Have Returned to Thee*. He loves being of service, so you may meet him at Bahá'í conferences in California, Wisconsin, and anywhere he's asked to share his talents. Jamey and his family currently live in Los Angeles, California.

Q: What's your favorite childhood memory?

A: One of my . . . memories . . . is traveling with the [Bahá'í Youth] workshop. We went all around the country and to Canada as well . . . and I got to build some amazing friendships . . . and got to learn the value of service . . . [Those were] some good, good, amazing times in my life, for sure.

Q: What was your most challenging experience as a kid, and how did you handle it?

A: School . . . I was so distracted with music, and so I made a deal with my parents that if I could get . . . into this music college . . . in 10th grade instead of going to school, I would go to this music college. And you had to be 18 to get in, [but] I got accepted . . . I left school and went straight to music college.



Left: Jamey (back row, fifth from left), age 15, was part of the Bahá'í Youth Workshop from Los Angeles, California, that traveled to Kansas to perform in 1985. **Right:** Every summer, the L.A. workshop "was like my full-time life — being of service . . ." says Jamey.

Q: What inspired you to choose a career in music?

A: I was raised in a musical family . . . The studio that my family owned also had living quarters, and school was right there, so I spent all my time in the studio. And I just kind of always knew how to do it. I always had an instrument in my hand . . . It was playing piano, guitar, but really it was producing. I always had a knack for technology and recording and arranging. I was always interested in accessing music and taking it apart, trying to put it back together with some new elements.

Questions and
Answers with an
Inspirational Bahá'í



Left: Jamey performed at the Los Angeles Bahá'í Center in 2013. He starts his Bahá'í performances with singing a prayer. **Right:** Jamey married Natasha in 2013 in California. With them are Jamey's children, Nakhjavani and Jazmin (right).

Q: What qualities do you think are most important for a successful musician?

A: Being prolific. Really, really writing a lot of things . . . Just keep grinding away and not have one or two . . . songs, but have many, many pieces of music . . . You don't take one dart at a time and try to hit the bullseye. You grab 10 darts . . . and you throw all of them at the dart board . . . It's a much better chance of getting one to stick . . .

Use your music to be of service . . . Learn how to collaborate and work with people, because everyone is connected to something, and there's so much to learn from other people. And learning from other people also opens doors for yourself when that wouldn't otherwise maybe happen.

Q: What can kids do to help build unity in their communities?

A: Being involved in junior youth programs for sure . . . Not just hanging out . . . doing something with purpose. [And] . . . I think [doing] sports . . . I've noticed that when my son is involved . . . he makes friends in so many different . . . areas outside of our own because of sports—the camaraderie that [it] brings.

Q: Do you ever feel nervous before you perform? If so, what do you do?

A: No . . . Maybe it's because most of it is service-oriented, so it's like . . . I'm with God at the moment . . . Some of the conferences I do—what I always do when I go up is . . . do a short prayer . . . So I can just humble myself and stay connected. So maybe that's part of why the nerves aren't really there . . . I'm always starting with a prayer.

Q: What are virtues that you admire in other people?

A: When . . . people express themselves, express love for other people. I admire when I hear other people say "I love you" instead of "love you," when they use the word "I." You know, just that they are able to be vulnerable . . . And honesty. When I was a kid, honesty was something that I had to . . . work hard on.

Q: From your experience, do you have advice for kids who want to be professional musicians someday?

A: One of the things that I tell a lot of people that I work with . . . is to absolutely learn how to . . . connect . . . People hire people that they like . . . It just goes back to being good to people, and actually be invested in who they are . . . It really requires knowing people and, you know, knowing how to get along with people.



AMISTAD

By Francisco Cotto and Danny Lapidus

A E B E A E B E A E A E

8 1. Ain't it good to know That I got you and you got me And now we have each o - ther Now we have each o - ther like sis -

B E A E B E A E B F E A Chorus E

14 ters and bro - thers When you're blue... I will see you through Just call my na - me I'll come run - nin' in the rain A - mi - stad, la a -

B C#m A E B C#m A E B C#m 1. A E B E To Verse 2 | 2. B

24 - mi - stad. Siem - pre, siem - pre se - rá A - mi - stad, la a - mi - stad Siem - pre, siem - pre se - rá (pre)

C#m B A E C#m B

30 When you need a help - ing hand I'll ne - ver let you down When - e - ver trou - ble comes, we'll stand

A E C#m B C#m A B A F B E

Right here on our ground No mat - ter where I go I will al - ways be with you To Chorus

Verse 2

When you're down and out
 When you're down and out, there is no doubt
 I'll be right there when you need me
 No matter the reason or the season

Yes it's true as the oceans are blue
 And dark skies and the lows and highs

Chorus

Break

Chorus

ZEKE & RHOMBUS: PLANETS AT PEACE

Hi! It's Zeke and Rhombus, from Planet Zilizag. We love to travel the universe to find planets that have learned to live in peace.

A huge step to peace is ending prejudice. Zilizag was once at war. The Zil and the Zag groups hated each other. But our planet was endangered by a changing climate, so we worked together.

It was amazing—we saved our planet, and the two groups became one. We built homes, ships, and spacecrafts. War stopped. Poverty was erased. Prisons closed. Cities became safe and friendly.

We help other beings build unity, too. We can't wait for Earthlings to end prejudice and join the galactic family as our *distant* cousins.

USE MY DECODER TO COMPLETE FACTS AND TIPS ABOUT UNITY.

1 _____ across the galaxies have

 awesome wisdom and stories. Honor them with respect.

2 _____ is a pigment that darkens

 skin and protects humans from the sun. Inside, Earthlings are all the same.

3 In the U.S., it's expected that no _____

 group will be a majority by the year 2043.

4 Working in teams with diverse people can be tough, but it can lead to more _____


5 On Earth, women in all countries earn less than men. No matter what the _____,

 everyone deserves fair pay.

6 Racial discrimination causes _____

 that can lead to depression and chronic illness. Justice is healthy!

7 Nearly 75% of Earth's people deal with limits or hostility toward their _____


8 Last year, over 65 million people had to leave their _____ due to persecution and war.


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	■

SHINING LAMP

A Bahá'í who served humanity with radiance

Dr. Elsie Austin (1908–2004)



Elsie Austin was one of only two black students in her high school class in Ohio, U.S. One day, her teacher read from a textbook that Africans had played no important role in history and were inferior to other races. Everyone stared at the black students.

Elsie spoke up. She said that Africans had worked with iron and bronze long before Europeans, and they crafted beautiful ivory sculptures. "There was an electric silence," Elsie recalled. But her teacher agreed with her and shared other contributions by African Americans.

Elsie learned gumption from her family. Once, the racist group, the Ku Klux Klan, broke into her great-grandmother's house. They pointed guns at her and demanded to know where her husband was. She looked them in the eye and said, "Go ahead and kill me, because I will never tell you where he is." They eventually gave up and left.

"I was awed and inspired by that story," Elsie said, "by her courage, a lone woman in a hostile, dangerous environment—and her determination not to give in to injustice and oppression, even at the risk of death."

Education and Leadership

Elsie carried that courageous spirit into her adult life. She was the first black female graduate of the University of Cincinnati Law School in 1930. She later became the first black female Assistant Attorney General for Ohio.

Elsie was frustrated by religions that fought with each other and acted with prejudice. She told her father that she was giving up on religion. He had

heard of the local Bahá'ís and their mission of unity, and he encouraged Elsie to talk to them.

For two years, Elsie studied the Faith. She found African-American speakers and musicians for a race amity conference in 1935. Afterward, she became a Bahá'í. She wrote that the Faith "begins with that essential spiritual regeneration of the human being which creates a heart for brotherhood and impels action for the unity of mankind."

In 1946, Elsie was elected to the National Spiritual Assembly, the governing council of the U.S. Bahá'ís. She served for seven years.

Service Around the World

In 1953, Elsie moved to Morocco to help establish the Bahá'í community in that part of Africa. She said that through such an experience, "You begin to understand how much oneness there is with humanity and how much people in other parts of the world are going through the same experiences that you go through in your homeland."

In 1960, Elsie became a Foreign Service Officer, working with cultural and educational programs of the U.S. Information Agency in Nigeria and Kenya. She started the agency's first women's activities programs in Africa.

Elsie continued to speak and write about the Faith until her passing in 2004 at age 96. The U.S. National Spiritual Assembly praised her "natural, unaffected dignity, and a sincere, loving interest in the doings of her fellow humans . . ." The Universal House of Justice wrote that her "shining example . . . will remain a source of inspiration to her fellow believers for generations to come."



ONE PEACEFUL HOME

One of the first times a person saw Earth from outer space was in 1968. Until then, many people imagined countries with solid borders, like walls.

But when images of sections of Earth from the Apollo 8 spacecraft appeared on TV, everyone saw a new perspective. The view of our planet as one home for all of us grew clearer.

In 1972, the Apollo 17 crew took the famous "Blue

Marble" photo of the planet, and it was printed on the front page of nearly every newspaper. As Bahá'u'lláh had said, "The earth is but one country, and mankind its citizens."

We're living in a special time. Bahá'u'lláh says that peace on Earth will come. Prayer can help. Envision our diverse planet at peace as you say this prayer. Writing it out a few times can help you memorize it.

READ THIS PRAYER,
THEN CHECK OUT
THE **HIGHLIGHTED**
WORDS BELOW.

FIND EACH WORD IN THE LIST
AND SEE HOW IT'S USED.

O Thou kind Lord! Unite all. Let the religions agree and make the nations one, so that they may see each other as one family and the whole earth as one home. May they all live together in perfect **harmony**. O God! Raise **aloft** the banner of the oneness of mankind. O God! **Establish** the Most Great Peace. **Cement** Thou, O God, the hearts together. O Thou kind Father, God! Gladden our hearts through the fragrance of Thy love. Brighten our eyes through the Light of Thy Guidance. **Delight** our ears with the melody of Thy Word, and shelter us all in the **Stronghold** of Thy **Providence**. Thou art the Mighty and Powerful, Thou art the Forgiving and Thou art the One Who **overlooketh** the **shortcomings** of all mankind. —'Abdu'l-Bahá

- | | |
|-----------------|-------------------------------------|
| 1. Harmony | A. Set up on a firm basis |
| 2. Aloft | B. Agreeableness or unity |
| 3. Establish | C. Bond or link |
| 4. Cement | D. In the air or high above |
| 5. Delight | E. Fortress or safe place |
| 6. Stronghold | F. Weaknesses or flaws |
| 7. Providence | G. Cheer, appeal to |
| 8. Overlooketh | H. Divine care or protection |
| 9. Shortcomings | I. Disregards, pays no attention to |

THEN DRAW A
LINE TO THE
MEANING ON
THE RIGHT.

Look for clues throughout the magazine.



ACROSS

DOWN

3. Elsie Austin stood up for truth and _____ from a young age. (p. 26)
7. With kind words, a smile, or a helping hand, we can _____ with others, work together, and make new friends. (p. 21)
10. When we respect everyone and tame our inner monsters, our ideas can blend in _____. (p. 3)
11. Jamey says learning from other people opens _____. (p. 22)
12. We are sisters and brothers on a spiritual _____ together. (p. 29)
13. It's better for the environment and our communities to eat food grown _____ as much as possible. (p. 20)
15. Nadia, Haley-Grace, and Jhian like this virtue. (pp. 12-13)
16. The Bahá'í Faith teaches that women and men are _____. (p. 18)

1. Hotter stars appear _____, and cooler stars are red. (p. 6)
2. A fun form of cultural expression (p. 8)
4. Understanding how others feel (p. 19)
5. Working in teams with diverse people can be tough, but it can lead to more _____. (p. 25)
6. It takes _____ to speak up against prejudice. (p. 16)
8. Living creatures that are mostly in tropical waters. (p. 11)
9. In 1972, the _____ 17 crew took the famous "Blue Marble" photo of the planet. (p. 27)
14. Steps in a computer program (p. 9)

FROM OUR MAILBOX



I always enjoy looking at all of the different people in the magazine. I love reading the magazines and can't wait to get the next one. I love being a Bahá'í. I love going to Sunday classes at my grandma and grandpa's house along with my neighbors . . . Me and my mom always read a Bahá'í story every night, and sometimes it is from **Brilliant Star!!!** We love reading the quotes . . . in there.
 —Eliana P., age 12, Wisconsin, U.S.

ANSWERS

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

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

Page 5: "Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony . . ."

Page 8: 1) Scotland, 2) Cuba, 3) Vietnam, 4) India, 5) Russia, 6) Peru, 7) Thailand, 8) Kyrgyzstan

Page 9: 1) R, F3, L, F3, L, F1; 2) R, F1, L, F2, R, F2; 3) R, F3, R, F2, L, F2, R, F1, L, F1; 4) R, F3, R, F2, R, F2

Page 10: 1) Madagascar, 2) Brazil, 3) Greenland, 4) Alaska, U.S., 5) Saudi Arabia, 6) Australia, 7) Galapagos Islands, 8) Malaysia

Page 11: Amsterdam, Marsupials

Page 21: B at TR, F at TC, G at CR, H and K at CL, L at BC, O at BL, P at CR, Y at BR; "Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path."

Page 25: Elders, Melanin, ethnic, creativity, currency, stress, religion, homes

Page 27: 1) B, 2) D, 3) A, 4) C, 5) G, 6) E, 7) H, 8) I, 9) F

ONE OCEAN

“Your souls are as waves on the sea of the spirit; although each individual is a distinct wave, the ocean is one, all are united in God.” —Abdu’l-Bahá

In the ocean, it’s impossible to see where one wave ends and the next begins. Waves flow in different sizes, but they are all part of one surging sea.

Our human family is like an ocean, too. It’s amazingly diverse, teeming with life, and constantly changing. But it’s also part of one unified whole. Like drops of water we mingle

together, reaching distant horizons and incredible depths.

As we navigate life, we each make waves in our own ways. We won’t always agree with everyone. But for humanity to find the calm of peace and justice, we need to remember we’re more alike than different. No matter what we do or where we come from, we are sisters and brothers on a spiritual voyage together.

Help the friends sail between the waves and creatures to reach the Lighthouse of Hope.



“Consort with all the peoples, kindreds and religions of the world with the utmost truthfulness, uprightness, faithfulness, kindness, good-will and friendliness . . . that ignorance, enmity, hate and rancor may vanish from the world and . . . give way to the Light of Unity.”

—‘Abdu’l-Bahá



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