

Brilliant Star

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

The Bahá'í Faith was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and that all religions come from one God. Bahá'ís work to bring peace and unity to the world, and end prejudice and discrimination of all kinds.

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

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

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

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



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



Lightning and Luna: Episode 47 As the Uplifters test new tools, Arctic mayhem brews.



Stargazer: Homa Sabet Tavangar Inspiring people to be true world citizens



Music Café A song about the fantastic quality of fairness



Nur's Nook Celebrate your family by making a photo tree.



Calendars



What's special about November and December?



Shining Lamp: Shirin Dálvand She gave her life to serve her community.



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



aMAZEing ADVENTURE Like a tree needs its roots, you rely on your family.

ONE FAMILY NOVEMBER/DECEMBER 2011

NEW DESTINATIONS



Growing Your Family

Discover a garden full of good companions.



What Do You Say?

Do you keep your cool when conflicts come up?



Rolling Out the Fun

You'll be on a roll with these friendship tips.



Breaking the Ice

Meeting someone new? What do you do?



YOUR NAME 's Magic Memories

Make a scrapbook of treasured times.



Monkeying Around

How do marmosets hang out and help out?



Diversity Down Under

Australia has animals found nowhere else on Earth.



Smooth Sailing with Siblings

Change a battleground into a playground.



My Alien Family

Are you living with beings from another planet?



Picture Day

Why is Abbey afraid to go to school?



Your Camera Is Your Friend

Experiment with the art of photography.





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PRIENDS,

When you're hanging out with friends or having fun with your family, the hours can fly by. Connecting with

others brings us joy, laughter, and great memories. But times can also get tough. It's a big challenge to have conflicts with the most important people in our lives.

From your loved ones at home to people around the globe, the Bahá'í writings urge us to "Be a friend to the whole human race." That requires lots of skills and virtues, including listening, patience, and respect. But the rewards are endless.

In this issue of **Brilliant Star**, check out tips for building family unity, getting along with the friends you have, and making new ones. Read a fiction story about a girl who's worried about being different.

Create a family photo
tree, draw your favorite
memories, and meet
Homa Sabet Tavangar,
who encourages us to
be a friend to all by
appreciating world cultures.

Enjoying good times with friends and family not only keeps you happy and healthy—it also helps create a more peaceful planet.

With love from Brilliant Star

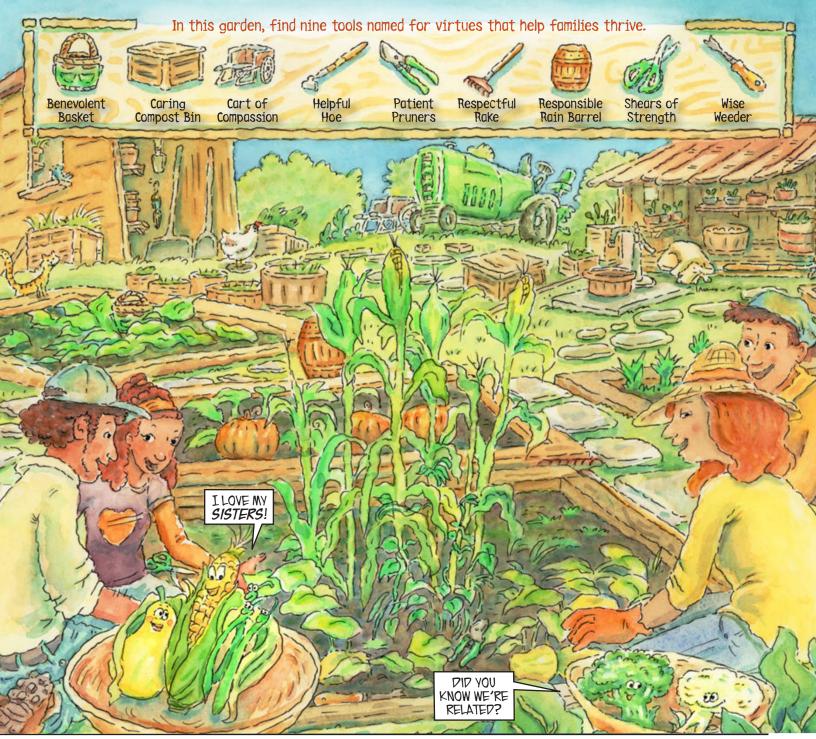
Growing Your Family

ave you ever seen three sisters in your garden?
Not your siblings or friends, but corn, beans, and squash! These three plants were named the "Three Sisters" by American Indians, because they help each other when planted together. The corn stalks support the bean vines. The beans add nitrogen to the soil. And the squash controls weeds and keeps the ground moist.

Many gardeners have found that various plants make good companions. They can work together to

attract helpful insects and other creatures, repel pests, nourish the soil, and provide shade.

Just as different plants can create a harmonious garden, you and your family support each other with different qualities and strengths. Maybe you love to garden and your brother likes to cook fresh veggies. Or your mom is good at planning trips, and your dad is a great navigator. When we all share our virtues, families will bloom all year round.



A Brief Timeline

The Life of Bahá'u'lláh

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

1817 November 12

Birth of Bahá'u'lláh in Tihrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tihrán

1853-1863

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

1863 April 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

1892 May 29

Bahá'u'lláh passes away at Bahjí.

Bahá'u'lláh's Life: Mission of Peace United in Love and Respect

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magine if your family were suddenly thrust into poverty and exiled from your homeland, never to return. When Bahá'u'lláh's family endured these and many other challenges, they supported one another with love and devotion.

Bahá'u'lláh was nearly 18 years old when He married Ásíyih Khánum in Tihrán, Iran, in 1835. They both came from wealthy families and could have chosen a life of ease. Instead.

they spent their time helping those in need. Bahá'u'lláh was called "Father of the Poor" and Ásíyih <u>Kh</u>ánum "Mother of Consolation."

Bahá'u'lláh honored Ásíyih <u>Kh</u>ánum with the title "Navváb," meaning "Highness" or "Grace." Women were usually not treated as equals in Persian society, but their relationship was one of mutual respect and love. They had three children. Their eldest son, 'Abbás Effendi, later took the name 'Abdu'l-Bahá, or "Servant of Bahá." They also had a daughter, Bahíyyih <u>Kh</u>ánum, and a younger son, Mírzá Mihdí.

The family's life changed dramatically in 1852, when Bahá'u'lláh was unjustly imprisoned because of His faith. Their home was ransacked, and most of their possessions were taken. Navváb and her children, who were all under nine, struggled to survive while they worried desperately about Bahá'u'lláh's safety. At one point, Navváb could only offer her children a handful of dry flour to eat.

After four long months, Bahá'u'lláh was released from prison and exiled to Baghdád, Iraq. This was the beginning of many years of banishment, imprisonment, and terrible





The children of Bahá'u'lláh and Navváb (left to right): Bahíyyih <u>Kh</u>ánum, Mírzá Midhí, and 'Abdu'l-Bahá. They dedicated their lives to their family and their faith's message of peace.

difficulties for the family. Yet through it all, they remained united and courageous.

Bahá'u'lláh's final exile led the family to 'Akká, Israel, in 1868. There, Mírzá Mihdí, at the age of 22, died tragically after a fall. Because they were prisoners, the family was not allowed to go to the cemetery for his burial.

In 1877, Bahá'u'lláh was finally allowed to move to a home in the countryside. 'Abdu'l-Bahá remained in 'Akká, where he met with officials on his Father's behalf and helped to lead the Bahá'í community. Bahá'u'lláh revealed His holy writings and met with Bahá'ís. Bahá'u'lláh praised His son, whom He called "the Master," saying, "For Us He has become a mighty stronghold, a mighty armour." *

Throughout her life, Bahíyyih <u>Kh</u>ánum also served her Father and the Bahá'í Faith with kindness, strength, and wisdom.

When Navváb passed away in 1886, Bahá'u'lláh, 'Abdu'l-Bahá, and Bahíyyih Khánum were at her side. Today, Bahá'ís from all over the globe pray at the resting places of Navváb and her three children on Mount Carmel in Haifa, Israel.



"Trustworthiness is the greatest portal leading unto the tranquility and security of the people." — Bahá'u'lláh



Safe Landings

f you're leaping from an airplane, your parachute is your trusted companion. Parachutes can save lives in emergencies, and they allow skydivers to make daring jumps. A parachute works because air fills the canopy's large surface area as you fall. This creates resistance that slows you down until you reach the ground safely.

Like a parachute, having family members and friends you trust helps you feel safe and secure. When you fall into difficult situations, you can slow down and ask them for help. If you're struggling with schoolwork or dealing with a bully, they can offer advice, encouragement, and prayers.

Who are the people you rely on and who rely on you? Trust is often something that builds over time. If your friends keep their promises, tell the truth, and don't gossip about others, those are clues that they're trustworthy. You can have confidence that they'll probably listen to you with respect and kindness if you have a problem. And that kind of support can help you make a smooth landing anywhere.

Make Your Own Parachute

You'll Need: Plastic grocery bag • 9" (22.9 cm) round paper plate • ruler • colorful permanent markers • scissors eight pieces of 13" (33 cm) string • clear tape • small paper clip or very lightweight action figure or toy

1 Cut open bag and lay flat on table. Place plate upside down on plastic. Trace plate with marker. Cut circle out.



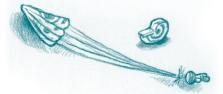
4 Decorate circle with markers. Tape string 1" (2.5 cm) from end of each line.



2 Fold circle in half, then fold in half again, to make a quarter circle. Then fold quarter circle in half. Press firmly along edges.



5 While keeping strings straight, gather them so the ends are even. Knot or tape ends of string to clip or action figure.



3 Open circle. The creases make eight equal sections. Use a ruler to trace each crease with marker.



6 Drop your parachute from a staircase or other high spot. Experiment indoors and outdoors, and try holding it different ways before letting go. How does it float best?

WHAT DO YOU SAY?

ou're friends with *him*?" "Why are you wearing *that*?" Sometimes friends and family can say or do things that hurt you or make you mad.

In almost every relationship, conflicts pop up. If you're having trouble, try to take time for both of you

to calm down. Then talk things over. Share your feelings with courtesy, and listen to the other person's point of view. If you're patient and don't get upset, you can clear up disagreements peacefully. How would you handle a problem with a family member or friend?



SOME OF MY FRIENDS HAVE THE SAME RULE. IT DOES HELP ME CONCENTRATE.

THEY'RE JUST TRYING TO HELP US FOCUS. WE'LL HAVE TIME FOR TV LATER.

WRITE WHAT YOU WOULD SAY:

OR

PLEASE DON'T GRAB. LET ME FINISH, AND YOU CAN HAVE YOUR TURN IN 10 MINUTES.

I JUST STARTED.
I'LL GO AROUND THE
BLOCK, AND THEN
IT'LL BE YOUR TURN.

WRITE WHAT YOU WOULD SAY:





YOU HAD A COOL IDEA FOR YOUR PROJECT. THE JUDGES SAID SOME REALLY NICE THINGS ABOUT IT.

I THINK WE BOTH DID GREAT PROJECTS. I KNOW WE BOTH WORKED HARD.

WRITE WHAT YOU WOULD SAY:

OR

Rolling Out the Fun



hat's your idea of a great friend? Someone who enjoys doing the same things as you? Or someone who urges you to explore and have fun with new activities, even if they aren't right up your alley?

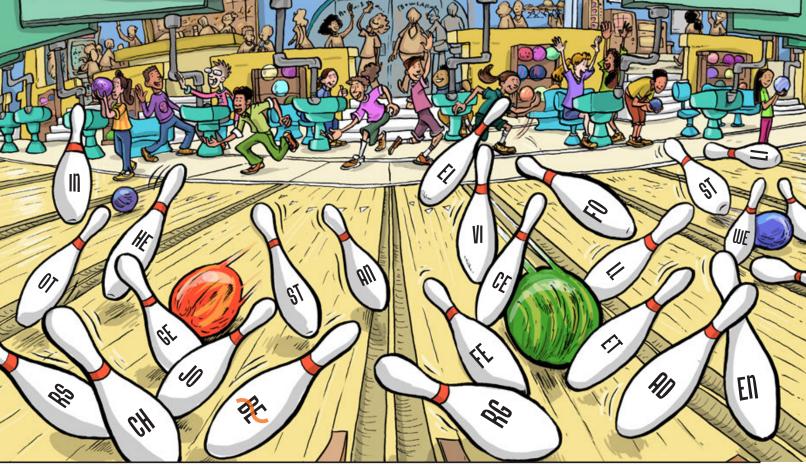
You'll share some interests with your friends, but you probably won't have everything in common. Maybe they love bowling, and you'd rather be skating. It's fun to open your eyes to new hobbies, ideas, or cultures. Good friends will help you learn

and grow—and they won't make you feel like a loser if you roll a gutter ball.

Like bowling a strike, being a true friend is a skill. Expressing your feelings, listening patiently, and sharing your stuff takes practice, and it may not always be easy. You might have disagreements, and feelings could get hurt. But solving conflicts is an important skill, too. Developing your abilities as a good friend will make any game more fun.

Use the letter pairs on the pins to complete tips about getting along with friends. Each pair can only be used once.

- 1. Have a diversity of friends, even if you have a few ____ Friends.
- 2. Accept that your friends' interests may
- 3. __ _ _ a club or team to meet new friends.
- 4. Stay focused on the friends you're with, instead of texting ___ __ __ __ __ __ .
- 5. Cheer when friends do ___ __ _, and encourage them when they don't.
- 6. If a friend feels down, ____ and be kind.
- 7. If friends upset you, let them know how you _____
- 8. Can't solve a conflict? Ask a parent for ___ _ _ _ _
- 9. When a friend apologizes, forgive and



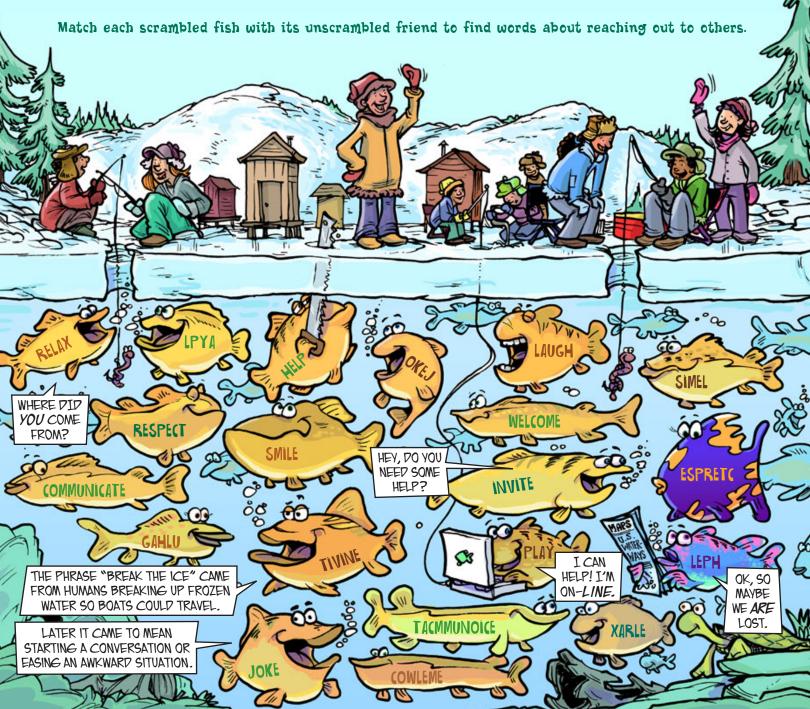
Breaking the İce

ave you heard that expression? It takes courage and determination to break the ice successfully—whether you're drilling a hole for ice fishing or striking up a conversation. When meeting someone new, do you ever feel nervous? How do you thaw things out and start a new friendship?

Even if you feel like a fish out of water, just take a deep breath, smile, and make eye contact. Give a sincere compliment or ask a question. When the person answers, listen closely instead of thinking about what you'll say next.

Get in the swim of things by talking to kids you don't usually hang out with. Maybe they're from other cultures or they have interesting hobbies. Everyone has cool stories, ideas, or activities to share.

You may not plunge into a great conversation every time. But keep practicing, and it will get easier to break the ice and make new friends.



RILEY'S RAINFOREST

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

MC

Friends for Health

hat do broccoli, yoga, and your best friend have in common?

They're all great for your health.

Yep, even your friend! Researchers find that friendships can help you fight off sickness and live longer.

Some scientists say that connections with friends and family can be as beneficial as not smoking!

One reason friends help us battle colds and other illnesses may be because they help us handle stress. Too much stress can weaken our immune systems—our bodies' natural defenses against germs and disease. Friends can boost our confidence and self-esteem, and they can also make us laugh, which is a great stress-reliever.

Research shows that support from friends and family is important in difficult times. In one study, kids who had their best friend nearby during an unpleasant experience felt less stress than those who didn't. In another study, girls who saw or talked to their moms after.



giving a speech or doing math problems in public had an immediate drop in stress levels.

Friends can also encourage us to develop healthy habits. Experts say that if those around you are active, eat well, and avoid unhealthy behaviors such as smoking or drinking alcohol, you may be more likely to make similar choices.

Good relationships with family and friends can improve your life in lots of ways. By taking care of them with kindness and respect, you're also taking care of yourself.

Canopy of Questions

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

66 My mom is starting a new job.
I'm feeling stressed about it because
I have to do a lot of things on my own
and I need help and I need to talk to
her. How can I release the stress?

-Luci, age 11

Dear Luci,

Growing up can be so confusing. We sometimes feel torn between the wish to be independent and the wish to be taken care of. Learning to take on new responsibilities can be stressful; it is natural to be uncertain. So we may need to ask for help.

The best way to handle stress is to talk it through. You might want to tell your mom, "Mom, I really want to be helpful now that you have a new job. But I am getting stressed over it, so I need you to tell me—What exactly should I do? Which tasks are most important? What can I leave undone if I have too much to do?"

Getting clear about the answers to these questions should help you be less stressed. It may also help if you and your mom can find some time to relax and have fun together. Good

luck with your new responsibilities!

Wishing you health and happiness,

Mary K. Radpour Licensed Family Counselor

Explore and Soar: Fast Friends

It can feel awkward when you haven't seen someone in a while, even if you used to be great friends. Try these tips to break the ice:

- Smile and tell your friend it's cool to see him or her.
- Talk about good times you've had.
- Tell your friend about your fun new hobby or game.
- Ask what your friend is into now.
- Ask about getting together again soon.



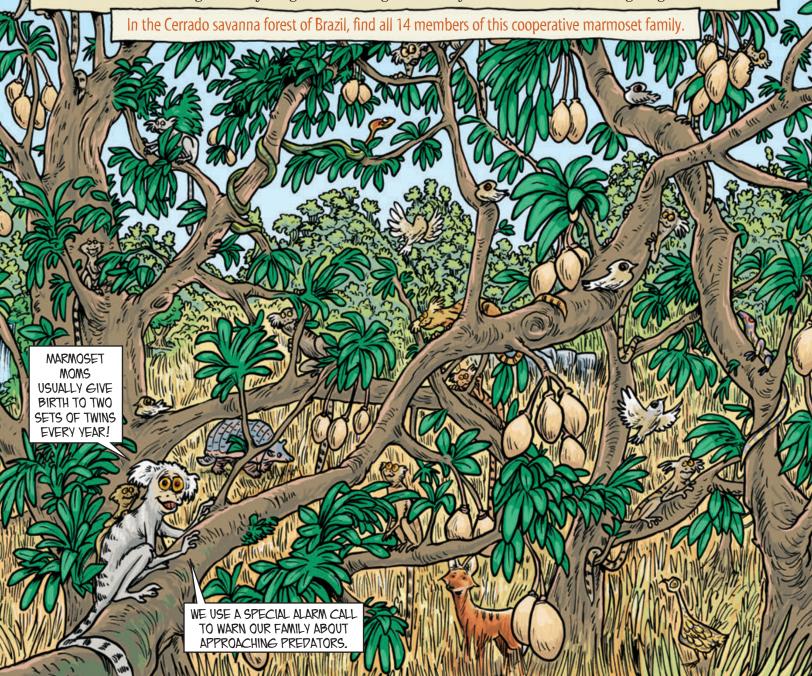
Monkeying Around

"Note ye how easily, where unity existeth in a given family, the affairs of that family are conducted; what progress the members of that family make, how they prosper in the world." — 'Abdu'l-Bahá

n the Brazilian savanna forests, small monkeys called marmosets live as amazingly helpful families. They need to! The mom almost always gives birth to twins—and for marmosets, they're big. It would be a huge challenge for her to care for them on her own. But the dad leaps in to assist, carrying the infants on his back. He's one of the few primate dads to focus on caring for the young. Older siblings

jump in and join him in babysitting, sharing food, and watching for danger. As siblings help, they pick up skills they'll someday use with their own families.

Like marmosets, your family needs cooperation, too. When you do your chores, follow the rules, and keep the peace with your siblings, you help your whole family prosper. Then you'll have more time to monkey around and do fun things together!





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

Wrap it creatively.

Use newspapers, reusable cloth, or old maps as gift wrap. At the end of each year, about one million tons of extra household waste are made from the holidays in the U.S. alone.*

WOW, REALLY?

An elephant's amazingly flexible trunk has about 100,000 muscles and tendons!

OUR CONNECTIONS

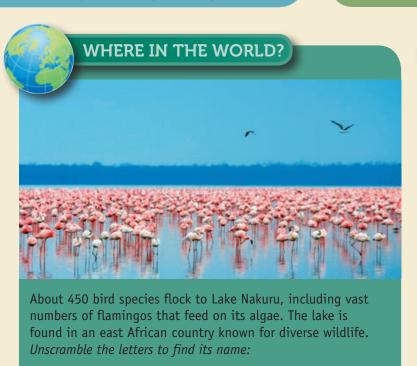
Did you know that many scientists consider us part of a family that includes chimpanzees and bonobos? It's called the Hominidae family. Amazingly, research shows that about

96% of humans' DNA, or hereditary material, is the same as that of chimps. Bahá'ís believe that humans are a distinct species. Still, studying such connections can help us discover clues about what makes us unique. We can explore how language, behavior, and human bodies may have changed through time.

PROTECTING OUR PLANET

Tuy Sereivathana, or "Uncle Elephant," shows Cambodian farmers how to protect crops without harming endangered elephants. He also helped start schools that teach wildlife conservation. He won a 2010 Goldman Environmental Prize. Tuy says, "We must never lose sight of the long-term consequences each decision will have on our wildlife, our people, and our future."





AMAZING ANIMALS



Mother elephants are pregnant for up to 22 months! That's the longest of any mammal. Aunts in the herd help protect and care for the babies. The oldest female leads the family. Fill in the blanks to find her name:

ARC

YANEK



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?

Ian W.

Age: 9

I live in: Idaho, U.S.

I want to be:

Mechanical engineer and inventor

Best quality or virtue: Compassion

Something I like about me that makes me unique: I like all animals, even those others consider to be vermin (rat and snake).



Hobbies or sports: Pokémon League Play, Webelos Scouts, Aikido...

Place I'd love to visit: **LEGOLAND**

I like to help people by: Doing services, like picking up trash and shoveling snow

What are the qualities that make a good friend? Compassion and helpfulness and friendship

How do you work out an argument with a sibling or friend?

Play rock, paper, scissors, or discuss what is . . . the best thing for everyone

My favorite family tradition: Snuggle Triangle – Mom, Cody (dog) and I snuggle, and Mom and I talk about what we wish for the good of humans and/or animals.

Andrew M.

Age: **14**

I live in: Georgia, U.S.

I want to be: Entrepreneur

Best quality or virtue: Kindness

Something I like about me that makes me unique: I like being different than other people and being creative. I am also a vegetarian.

Hobbies or sports: **Cross country**

Favorite Bahá'í activities: Junior youth group

Place I'd love to visit: Hawaii

I like to help people by: Doing service

What are the qualities that make a good friend? Trustworthiness, being nice and funny



How do you work out an argument with a sibling or friend? Try to settle the argument or go away for a minute

My favorite family tradition: Celebrating holidays like Halloween, Ayyám-i-Há,* and birthdays

How I show appreciation for my family: Giving hugs and being nice to them

Do you feel comfortable meeting new people? I like to meet new people, but I'm quiet until I get to know people.



Rhea S.

Age: 10

I live in: Washington, U.S.

I want to be: Pediatrician

Best quality or virtue: I'm a happy person.

Hobbies or sports: Reading, singing, playing the violin, and basketball

Favorite Bahá'í activities: Attending Feast,* summer school, and children's class

Favorite animal or pet: Pandas and tigers

Places I'd love to visit: Haifa [Israel] and Greece

I like to help people by: Cheering them up and having a positive attitude

How do you work out an argument with a sibling or friend?

I try to get a clear understanding of the issue and then fix it.

My favorite family tradition: Ayyám-i-Há is my favorite . . . because we do special service projects and have parties with friends and family. It's a lot of fun.

Do you feel comfortable meeting new people? Yes, I love to meet new people. It's fun to hear about other people's interests.

Delaney C.

Age: 12

I live in: Kansas, U.S.

I want to be: **Teacher**

Best quality or virtue: **Helpful to others**

Something I like about me that makes me unique: I am very funny.

Hobbies or sports:

Dance and cheerleading

Favorite religious activities: I am a Christian, and my favorite activity is going to youth group.

Place I'd love to visit: **Disney World**

I like to help people by:
Volunteer[ing] my time
... I find it very rewarding to work [with] young children in our children's ministry program at church.



How do you work out an argument with a sibling or friend?

I say I'm sorry, and we forgive each other.

My favorite family tradition: Watching movies as a family

How I show appreciation for my family:

Saying thank you and saying that I love them



Anabel T.

Age: 13

I live in: Humacao, Puerto Rico

the whole world!"

I want to be: **Veterinarian**

Best quality or virtue: **Enthusiasm**

Something I like about me that makes me unique:
That I'm bicultural
(Puerto Rican mom and American dad)

Hobbies or sports: **Horseback riding**

Favorite Bahá'í activities: **Feast!**

Doing house chores and walking my dog

What are the qualities that make a good friend?
What makes me a good friend is that I am everybody's friend, and I never gossip.

How do you work out an argument with a sibling or friend? I never fight with my friends. But with my twin sister and brother, I apologize when I lose my temper.

How I show appreciation for my family: I make sure I thank them for the things they do for me. I also try to be helpful...

My favorite family tradition: I love anything we do together as a family, and when we have nice family talks and laugh at all the funny things we have done as we grow up.

Musau L.

Age: **11**

I live in: Czech Republic

I want to be: **Lawyer or teacher**

Hobbies or sports: Singing, swimming, soccer, and reading

Favorite Bahá'í activities: Feasts, junior youth group

Place I'd love to visit: **India**

I like to help people by: **Using virtues**

What are the qualities that make a good friend?
Truthfulness, reliability, trust, patience, and many other virtues

How do you work out an argument with a sibling or friend? Consult about the problem with them and then see how we can fix [it].



How I show appreciation for my family:

By showing many good qualities, like obedience, truthfulness, and responsibility

Do you feel comfortable meeting new people?
Usually I am, because we could become good friends.
However, I am careful not to talk to strangers, and I always try to be polite.



You can be a Radiant'Star!

"God has crowned you with honor and in your hearts has He set a radiant star;

verily the light thereof shall brighten

Here's how:

- 1. If you're age 7–14, write us at brilliant@usbnc.org or Brilliant Star, 1233 Central Street, Evanston, IL 60201. Include your name, age, mailing and e-mail addresses, and phone number. Mention "Radiant Star" in the e-mail subject line or in your message.
- **2.** When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
- 3. Answer the questions and send them to us with the signed forms, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).



— 'Abdu'l-Bahá



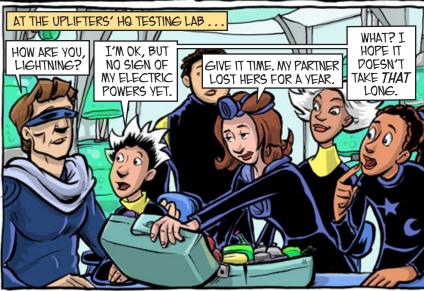














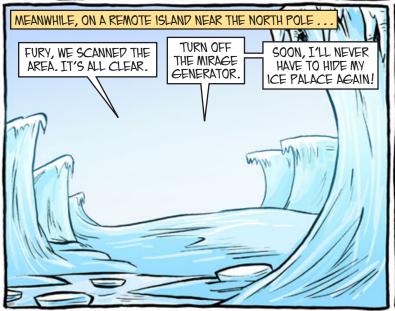


















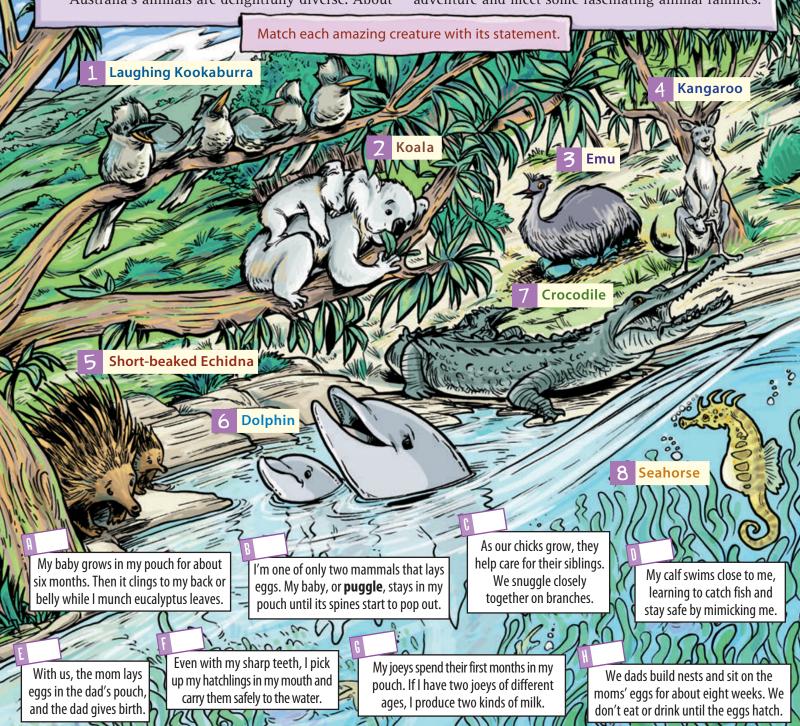
Diversity Down Under

hat do weebills, wombats, and wallabies have in common? They're all animals found only in and near Australia. The land "down under" is home to more than half a million plant and animal species. Many of them are endemic to the area—they are only found in Australia and its neighboring countries. Can you guess which of the animals below are endemic to this region?*

Australia's animals are delightfully diverse. About

half of the continent's mammals are marsupials, which often carry their young in pouches. Reptiles include a wide range of snakes and lizards, such as the thorny devil lizard—which can eat up to 45 ants per minute and drink water with its skin!

From tropical forests to deserts, grasslands, and oceans, Australia provides a wide range of habitats for its unique wildlife. Take a journey to this land of adventure and meet some fascinating animal families.



Smooth Sailing with Siblings

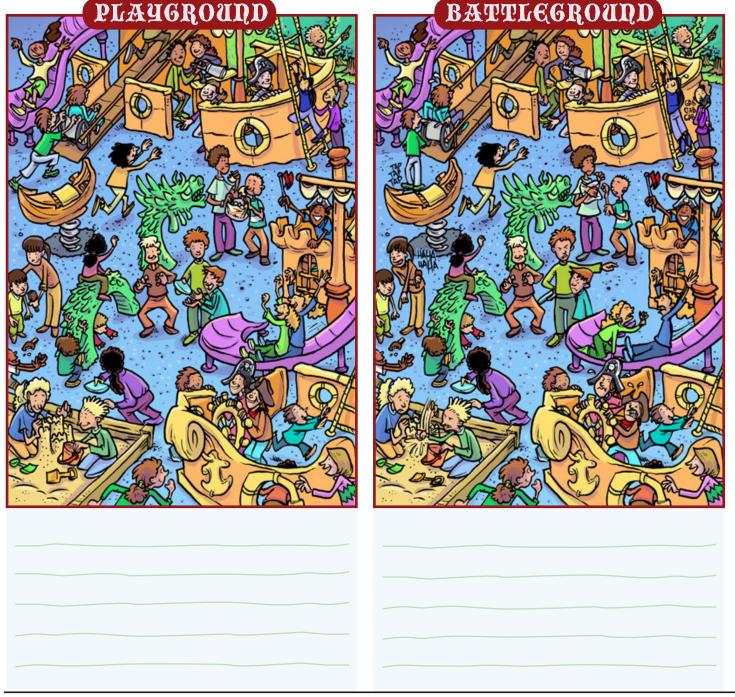
**It's mine!" "No, it's mine!" "No, you took it from me!" Does being with your brother or sister ever turn into a bickering match? Maybe your brother bosses you around, or your sister teases you constantly. That can make family time frustrating for everyone.

Battles are only fun in pirate movies. If you and your siblings fight a lot, try creating a Peace Pact. When you're calm and ready to consult, agree on

some ground rules, such as asking before using each other's stuff, taking turns with the computer, and no name-calling. You could have family meetings with your parents to work out any problems.

You can't control your siblings' actions, but you can choose to respond to them in a positive way. Focus on respecting one another, and you'll sail the high seas as lifelong friends.

Ahoy, me hearties! Are these siblings playing fairly and Kindly? Find nine differences between the scenes.





QUESTIONS *ANSWERS WITH







HOMA SABET TAVANGAR

oma Sabet Tavangar wanted to give her three daughters an experience they'd never forget. So in 2007, they packed up and flew from Pennsylvania to The Gambia, Africa, where they lived for three months. Homa volunteered at a local school and wrote a popular blog about the family's experiences.

It wasn't the first time Homa had traveled across the globe. She was born in Iran, then grew up in the U.S. During college, Homa studied and traveled in South America and later worked in Kenya. In 1991, she earned a master's degree in International Development and Economics from Princeton University.

For about 20 years, Homa helped businesses and organizations work with various cultures. Then she published a book, Growing Up Global: Raising Children to Be At Home in the World. She now works to inspire parents, teachers, and kids. Homa writes that having "a global mind-set could be the biggest step you and your family take toward building a more peaceful world . . . "

Q. What was your favorite part about growing up in a Bahá'í family?

We always had really interesting people coming to our house. And my friends always noticed that, and our neighbors always noticed that . . . We always had a lot of very diverse friends . . . So I grew up with this diversity in my home as being pretty natural. Later I grew up to realize that was very special.

Q. In your book, you talked about being harassed by kids at school because of your Persian heritage. How did you deal with that?

I would talk about it with my parents, and they would kind of help me work through it . . . I was lucky that I had other friends that didn't harass me, so they were a comfort to me. I didn't feel completely alone. And usually it was just a few people who would be mean and bullying and harassing . . . So they really taught me to not focus on that . . . Sometimes when you think [times are] so bad when you're a kid and you're so different and people maybe make fun of you, but as the years go on, it just becomes so insignificant.





Left: Homa, age 3, and her family visited the Bahá'í Temple of North America in Wilmette, Illinois. Right: At about age 7, Homa rode in a Fourth of July parade in Fort Wayne, Indiana.

Q. What's your most exciting career experience so far?

The day I found out that Random House was going to publish my book, that I had a contract with the largest publisher in the world, and they cared about this . . . That was so exciting . . . that a big publisher was interested in my little idea. Well, I wouldn't say my little idea. It's a big idea, and it's not all mine.



Q. What are three things kids can start doing on their own to be more active world citizens?

One is just trying new things, like trying new foods ... Make friends with people you really don't usually talk to. And look around and see who you think needs a friend. And oftentimes it's the people who are maybe a little less understood by the majority group, so that's maybe someone who's come from another country, whose customs are different. And you can really learn from them . . . Get together with your friends. You can bring them along on your global journey and make it fun. You can, for example, rent a movie . . . that was made in another country . . . And finally, think about your service, how you can be of service . . . It doesn't have to be far away to be meaningful and to feel like a global citizen. The needs at home are also important . . .

Q. What tips do you have for kids who have a hard time making friends?

Sometimes it's less about looking around at the people [and thinking], What's wrong with them? . . . Why wouldn't they be my friend? . . . Think about your own radiance, the love that *you're* showing . . . Smile from the gut. Smile from deep inside your belly, and you bring this warmth and this radiance, and that's like a magnet. People are attracted to someone who has that joy . . . And I know that's not always easy when . . . it feels like you're being excluded . . . Sometimes there are a lot of overlooked people also, like you're not alone . . . Look around with a really open and loving mind and eye at the kids in your class.

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

That they really see themselves as shining stars and so their light can really make a big difference in the world ... And just to realize that if you fail at something, that's great! ... What you think of as failing, that's just part of learning. So it's not failing. And this perseverance, everywhere in the world, *anyone* that's done *anything* has had to persevere through really difficult challenges.



Top Left: At a TED (Technology, Entertainment, Design) event in March 2011, Homa talked about kids becoming world citizens. **Top Right:** In Washington, D.C., in October 2011, Homa supported the Million Moms Challenge, promoting health for children and mothers. **Bottom:** Homa's family hosted Lucie, a French exchange student, in their home for a year. From left, Layla, Homa, Lucie, Sophia, Behrouz, and Anisa.

O. Your family members in Iran have been persecuted, imprisoned, and even killed because they're Bahá'ís. How can others help stop this injustice?

One is to talk about it and remember it and share this story with your friends and with your elected officials. Write letters to those leaders so they know people remember. You can get your friends involved in writing those letters, too. It doesn't just have to be from Bahá'ís. Everybody cares about fairness and human rights and justice. I also even think praying, remembering one of those people in prison—their name, having their face [in your mind] so we remember what they look like, and remembering them in our prayers creates a connection.

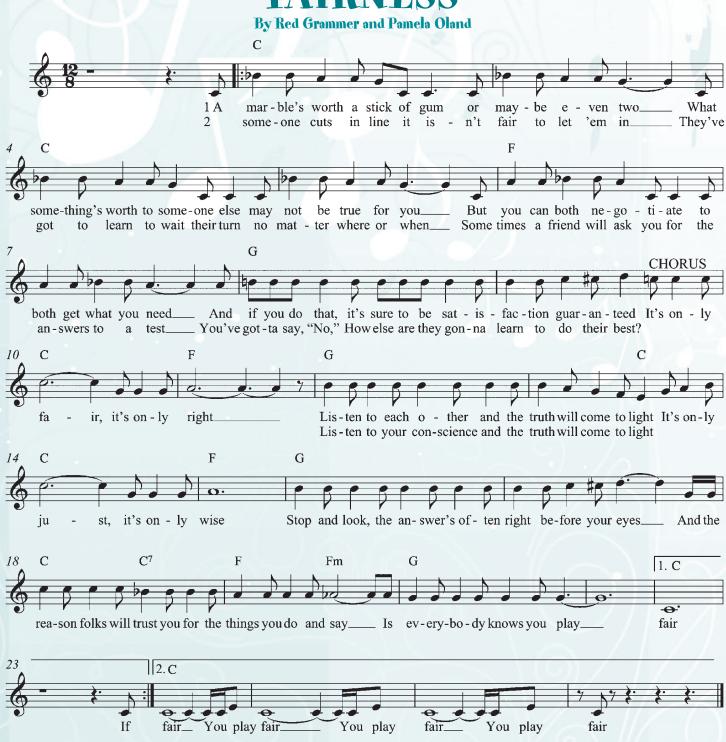


MUSIC CAFÉ

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

THEY RESPECT MUSIC OF ALL KINDS. THEY ALSO PATIENTLY WAIT IN LINE FOR MY DELICIOUS COOKIES! I'M THANKING THEM TODAY WITH THIS SONG ABOUT...

FAIRNESS





YOUR FAMILY TREE

"Ye are the fruits of one tree, and the leaves of one branch." —Bahá'u'lláh

ike a tree, each member of your family has fruits to share. Grandma may teach you a favorite family recipe, while your brother might be great at telling jokes. You have talents and virtues to contribute, too.

Families are more unified when we honor the gifts that each individual offers. Show your appreciation

by making a family tree. Include photos you already have, or have fun taking your own.*

Share your tree with your family, and ask them about the qualities they treasure most in each person. Exploring your family's roots can reveal

Three sheets thin cardboard $8^{1/2}$ " x 11" (216 mm x 279 mm) glue • two different sheets decorative paper • scissors pencil • ruler • nine 1½" (3.8 cm) round family photos 2" (5 cm) round cup • markers • scrap paper



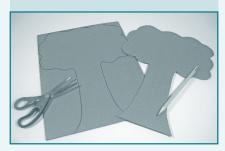
more about what keeps everyone

connected. Now, that sounds fruitful!



Create a Family Photo Tree

1 Draw a large tree on cardboard. Cut out. Trace tree on another sheet of cardboard and cut out.



Cut off trunk of one tree. Trace treetop on paper. Cut out and glue to cardboard.



Draw branches on complete tree. Make sure all are connected. Cut away excess.



Glue branches to separated treetop.



Trim corners off of trunk. From top, cut a 4" (10.2 cm) slit. Cut same slit from base of other trunk. Insert one slit into other so base is even and tree stands.



Glue photos onto fruits. Then glue fruits to branches. Decorate with scrap paper and markers.



Trace cup to make cardboard and paper circles for each photo. Cut out and glue paper to cardboard.





💢 My Alien Family 🚓

"So far as ye are able, ignite a candle of love in every meeting \ldots Show to alien souls the same loving kindness ye bestow upon your faithful friends." —'Abdu'l-Bahá

o you ever wonder if someone in your family is from another planet? When your brothers or sisters are acting wild, or you don't think your parents are being fair, it can feel that way. It's sometimes hard to get along when diverse people with different needs and personalities live in the same house. It may seem like family unity is light years away.

But conflicts don't have to turn into galactic battles. Talking things out calmly, instead of shouting

or slamming doors, can help make your home feel safe and loving. Building harmony in your family can also help you deal with difficulties at school or in your community. And a united community can lead to national, global, and someday even interplanetary unity!

So though it may seem like you're living with aliens, resist the urge to rocket them into space. With some unity-building tools, your family relationships can be more stellar than ever.





leven-year-old Abbey shuffled down the stairs. "Mom, I don't feel like going to school. Can I please stay home today?" she begged.

"Why? You usually want to get there early."

With worry in her voice, her mom said,

"Let me take your temperature."

As much as she loved school, Abbey had never hoped for a fever so much in all her life.

Looking at the thermometer, Abbey's mom said, "No fever, and your skin color looks normal. If you get sick, Mrs. Kemp, the nurse, will call me."

Tears poured down Abbey's face. Mrs.

Kemp was kind, but you had to have proof, such as a fever or vomiting, before she would call your parents.

"Why are you crying?" asked her mom.

"Today is class picture day, and I'll be the only bald kid in the picture," Abbey sobbed.

"You can wear your purple hat. It's your favorite," said her mom.

"Then I'll be the only one wearing a hat. Everyone will see it, and I'll feel stupid."

Walking to the car, Abbey's mom said, "You're a strong girl. You've overcome a lot of obstacles in life. Even if you don't have hair right now, you're still the kind, caring person you've always been. That's what others will remember."

When they got to school, Abbey's mom hugged her as she handed Abbey the hat. "You decide," her mom said with a smile.

As she entered the classroom, Abbey noticed some of the kids whispering and looking at her—even her best friend, Corina. Abbey was so tired of people

staring at her. She crammed the hat down in her backpack and sat down.

Later, Mrs. Briley asked everyone to get ready for pictures. As Abbey walked to the restroom, she

tried to decide whether to be the only one wearing a hat or the only bald kid in the

picture. She didn't like either choice.

Feeling sad and alone, Abbey headed to the nurse's office instead of back to class. "I'll tell her I'm about to throw up. She'll let me lie down, and I'll have to miss the picture," Abbey thought.

But the closer she got to the nurse's

door, the more she thought about how sad her mom would be if she weren't in the class picture.

"I'll do it for Mom," she decided. "She's been there for me through chemotherapy sessions. She always makes things better when I'm feeling down."

Walking into the classroom, Abbey's face lit up like the brightest star in the night. Everyone had on hats! Even the boys!

Corina dashed over to Abbey and gave her a hug. "You always look so cool in your hats, so I asked Mrs. Briley if we could all wear a hat with you for our class picture," Corina said.

Abbey squeezed her friend and admired her blue hat with yellow

lightning bolts. "Awesome hat," she said.

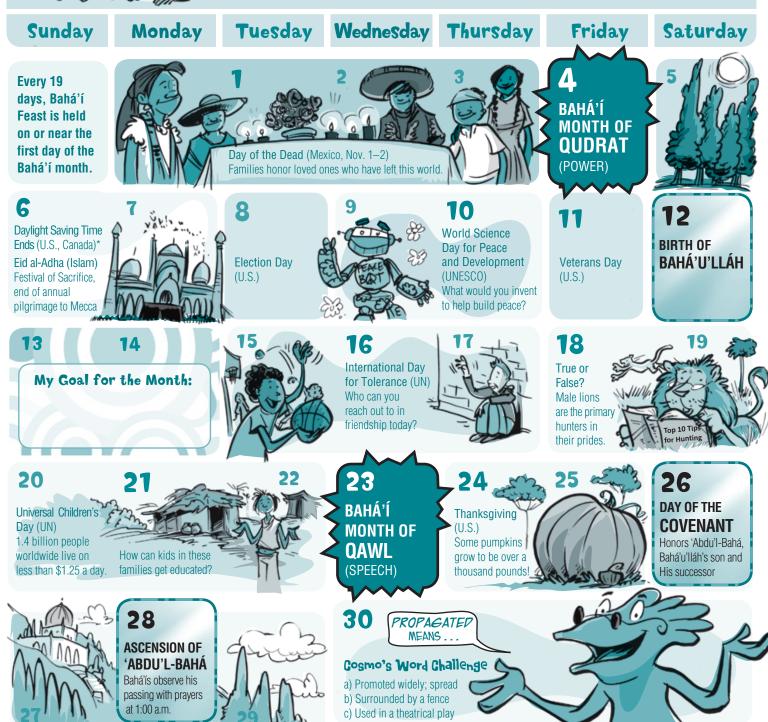
When Abbey's mom picked her up from school, she said, "I hope you smiled as much for your picture as you are right now."

"Oh, trust me. I did!" Abbey said, beaming.

NOVEMBER 2011 • 168 Bahá'í Era



t's time for joyous gatherings honoring the Birth of Bahá'u'lláh, the Founder of the Bahá'í Faith. On November 12, Bahá'ís around the world invite friends of all faiths to celebrate with prayers and fellowship. Bahá'u'lláh was born into a noble family in Tihrán, Persia (now Iran), in 1817. From His mid-30s, He suffered imprisonment and exile for sharing teachings of peace and oneness. Bahá'u'lláh wrote, "Consort with the followers of all religions in a spirit of friendliness and fellowship." Today, more than five million Bahá'is share His vision for humanity.



DECEMBER 2011 • 168 Bahá'í Era

rilliant lights shine during winter celebrations—from candles at Hanukkah and Kwanzaa to sparkling trees at Christmas. You can get to know your friends and family even better by sharing their religious and cultural events. Find out how to play the dreidel game at Hanukkah. Or see a Mexican Christmas play called a pastorela. Many people are happy to share their traditions—join them! Sing songs, play games, hear stories, or make special decorations. Try latkes, tamales dulces, sweet potato pie, leche flan, or sandbakkels. Explore and enjoy the season's festivities!



Sunday

Monday

TueSday

Wednesday

Thursday

Friday

Saturday

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



On this day in 1955. Rosa Parks got on a bus and helped start a movement for equality in the U.S. Do you know her story?

International Day of Persons with Disabilities (UN) To help a friend with a disability, first ask if the person wants help.



International Volunteer Day (UN) What's your family's favorite way to

My Goal for the Month:



10 Human Rights Day (UN) Essential human rights include the

right to practice

your faith.

International Mountain Day Mountains provide fresh water for over half of Earth's people. **MONTH OF** MASA'IL (QUESTIONS)

19



Las Posadas (Mexico, Dec. 16-24) Honors the journey of Jesus' parents to His birthplace.



CONSENSUS MEANS



Cosmo's Word Challenge

- a) Ability to know when someone is tricking you
- b) Letter that is not a vowel
- c) General agreement; harmony



Hanukkah (Judaism, Dec. 21-28) Festival of lights celebrates an ancient miracle



Christmas Day Celebrates the birth of Jesus Christ



WHAT ARE YOUR FAVORITE MEMORIES OF 2011? 30 Did vou know? In Antarctica, Emperor penguins stay warm by taking turns inside a giant huddle.

BAHÁ'Í SHARAF (HONOR)

*8-Some Buddhists celebrate this event on a different date.

SHINING LAMP

A Bahá'í who served humanity with radiance

SHÍRÍN DÁLVAND (1956–1983): "Sweetness" By Gail Radley

hen Shírín Dálvand and two others stepped through the heavy door into the prison cell, the Bahá'í women greeted them. They were eager to get news from outside and hear their stories. "I was completely ready for my arrest," Shírín, 25, told them.

Shírín explained that she had attended a meeting to help Bahá'í youth in their city, Shíráz, Iran. It was November 29, 1982. In recent years, life had grown more dangerous for Bahá'ís. By imprisoning, torturing, and killing active Bahá'ís, the government hoped to destroy the religion. Many Bahá'ís fled Iran. Shirin had gone to England with her parents, but returned for college. As things worsened, they begged her to return to England. "But I couldn't " Shírín said. "The Bahá'ís desp<mark>erately needed</mark> each other's support." She had asked her family, "How can I leave when so many of my friends' lives are in danger?"

"Although everyone thought there was a good chance of getting arrested even as we sat in that meeting," <u>Shirin</u> explained, "we decided to go ahead . . ."

Later that night, guards suddenly stormed into the house and arrested Bahá'ís, including <u>Sh</u>írín. She was known for visiting the families of Bahá'í prisoners and



While in prison, <u>Sh</u>írín told her friend and fellow prisoner, Olya Roohizadegan, "If you ever leave Iran and see my family, send my love to each and every one of them, and please, Olya, tell the world the whole story." PHOTO © BAHÁÍ INTERNATIONAL COMMUNITY

martyrs and for helping to plan activities for children and youth.

Throughout the long months in prison, Shírín made many friends, young and old, Bahá'í and Muslim. When Olya, another prisoner, cried because she missed her oldest son on his birthday, Shírín hugged her. "Never mind," she said, "tomorrow is my birthday as well . . . Now I feel you are my mother too."

At lunch the next day, <u>Sh</u>írín told her friends, "Last year my mother sent me a beautiful nightgown . . . This year, I am in prison for my beloved Bahá'u'lláh."

Because it was her birthday,

each prisoner gave some of her food to <u>Sh</u>írín.

Food was poor in prison, and there was not enough of it, although everyone shared. Soon Shírín looked worn and ill. Her grandmother's gifts of fresh fruit could have helped keep Shírín healthy. Still, she put them in a basket for everyone, as they all did. It disappeared before Shírín got any, but she didn't complain.

"I could never tell who among the prisoners was her closest friend," Olya wrote later, "because she talked to everyone in the same loving, sincere manner."

Finally, Shírín's trial began. Investigators demanded she report on other Bahá'ís. She refused. Every day, up to 14 hours at a time, they questioned her. If she and the other Bahá'ís simply became Muslim, they could walk out of prison. Although her life was in danger, Shírín refused to turn away from Bahá'u'lláh, the Founder of the Bahá'í Faith. She refused during her trial and again at the gallows. On June 18, 1983, Shírín and nine other Bahá'í women were all hanged.

Shírín's given name was Sháhín, but since childhood, family and friends called her Shírín, meaning "sweetness." No doubt the sweetness of her love touched her friends and helped keep them strong.





reat friends make life fun and adventurous. They help you see things differently. Your camera is another friend that can help you explore your amazing world. Like any good friend, first you have to become familiar with it. Take your camera everywhere, and get to know how it works. Try out all of its settings, and see how it reacts to different situations. After you've used these five basic tips, try breaking the rules.

Have fun experimenting with the art of photography.

Follow your creativity. Happy shooting!



LIGHT IS ALSO YOUR FRIEND

Use natural light as much as possible. Sunrise and sunset cast a soft, warm glow. Bright sunlight can wash out people's faces or give you harsh shadows. A cloudy day is a great time to shoot outside, since the clouds help diffuse (or spread out) the light, and you get better tones and colors. Indoors, a flash can create light that's also harsh. If you must use a flash, stay away from walls, because the flash may cast unwanted shadows.





CHOOSE SIMPLE BACKGROUNDS A busy, cluttered background can be distracting

and draw attention away from your subject. People can even look like they have objects growing out of their heads! Sometimes a slight shift in your angle can give you a cleaner background.









LOOK FOR MOMENTS

The best photos can happen when you least expect them. Rather than asking people to stand still and look at the camera, watch for casual, unexpected moments when they have more natural, relaxed smiles. Or take a shot when they're laughing, having fun, and being themselves.



EXPERIMENT WITH DIFFERENT ANGLES

Take close-ups and wide views. Squat down and look up, or climb up and look down. Move around your subject and try different angles. Have fun with your composition. Frame the person off-center rather than right in the middle of the shot.

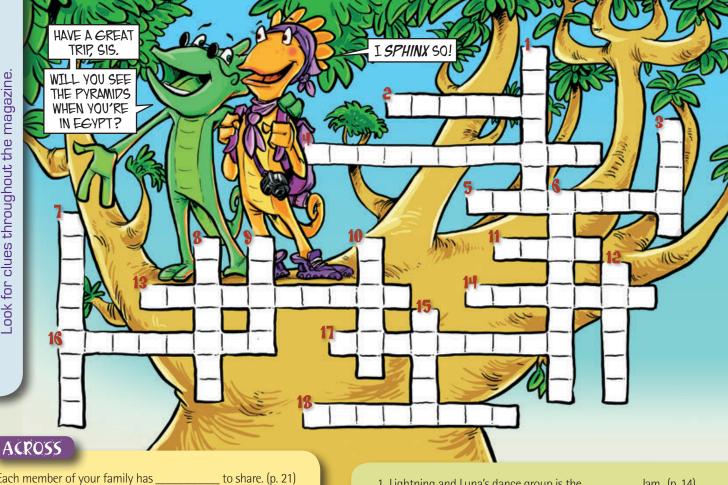


LET THE PERSON SHINE THROUGH

You're taking photos of unique and inspiring people. Think about what interests you most about them. What actions, expressions, and locations can you capture to reflect their special qualities?







2. Each member of your family hast	to share.	(p. 21)
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- 4. Like marmosets, your family needs ______. (p. 10)
- 5. One way to break the ice with new friends is to ask a . (p. 7)
- 11. When conflicts pop up, listen to the other person's point of _____. (p. 5)
- 13. lan's best quality or virtue. (p. 12)
- 14. The three ______ are corn, squash, and beans. (p. 2)
- 16. About making friends, Homa says, "Think about your own _____, the love that **you're** showing . . ." (p. 19)
- 17. Like a ______, having family members and friends you trust helps you feel safe and secure. (p. 4)
- 18. Its trunk has about 100,000 muscles and tendons! (p. 11)

FROM OUR MRILBOX



A theme for a whole issue that I would choose is friendship. It's one of the most important things in your childhood and can impact your whole life. The theme would include ways to be a good friend, ideas for becoming friends with new acquaintances, and ways to deal with tough situations in friendships . . .

- Council B., age 14, Connecticut, U.S.

Editors' Note: Thanks for your great ideas, Council. The theme for this very issue of **Brilliant Star** was a result of creative suggestions from you and other awesome readers. Keep the ideas coming!

- 1. Lightning and Luna's dance group is the _____ Jam. (p. 14)
- 3. Delaney and Anabel show appreciation to their parents and family by saying _____ you. (p. 13)
- 6. Shírín Dálvand's family and friends gave her a name that means this. (p. 26)
- 7. With these amazing creatures, the fathers give birth. (p. 16)
- 8. When taking pictures, look for unexpected . (p. 27)
- 9. If you and your siblings fight a lot, try creating a _____ Pact. (p. 17)
- 10. Homa says having "a _____ mind-set could be the biggest step . . . toward building a more peaceful world . . . " (p. 18)
- 12. Being a true ______ is a skill. (p. 6)
- 15. Friends can make us ______, which is a great stressreliever. (p. 8)

RNSWERS

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

PAGE 2: Basket at TL, compost bin and cart at TC, hoe at TR, pruners at BC, rake at CR, rain barrel at C, shears at BL, weeder at BC

PAGE 6: 1) best, 2) change, 3) Join, 4) others, 5) well, 6) listen, 7) feel, 8) advice, 9) forget

PAGE 10: Marmosets: one at far TR, two at TR, one at BR, one at BC, two at BL, one at CL, two at TL, one at TC, three at C

PAGE 11: Kenya, Matriarch

PAGE 16: A) 2, B) 5, C) 1, D) 6, E) 8,

F) 7, G) 4, H) 3. Animals that are endemic to Australia and its neighboring countries: laughing kookaburra, koala, emu, kangaroo, and short-beaked echidna

PAGE 17: Differences at left, clockwise from TL: Helping on ramp, sharing telescope, helping on rope ladder, sharing snack, sliding together, sharing wheel, playing peacefully in sand, sharing ice cream bar, inviting sibling to play

PAGE 22: 1) Show, 2) most, 3) consultation, 4) privacy, 5) solutions, 6) Apologize, 7) positive, 8) Share, 9) talk

The Great Tree



"All may be seen to be the parts of the same tree — the great tree of the human family.

For mankind may be likened to the branches, leaves, blossoms and fruit of that tree." — 'Abdu'l-Bahá-

rees are amazing natural treasures. They're vital to life on Earth. Around the world, thousands of tree species provide oxygen, food, and shelter to people and animals. Since ancient times, stories and traditions from many cultures and religions have honored the mystery of trees.

Any tree needs a strong trunk and healthy roots to support and nourish its branches and leaves. In a similar way, you rely on your family to give you strength and guidance.

And like trees, families can be diverse, with many branches. In some families, kids live with their parents, siblings, grandparents, or other relatives. Some kids have stepparents, stepsisters, or stepbrothers. Some kids are adopted. No matter who makes up a family, or where they come from, everyone helps each other grow.

You'll make lots of friends through the years, but you'll only have one family. Together you can all soak up the brilliant light of life and reach magnificent heights.

