



Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

NOVEMBER/DECEMBER 2013



PUT YOUR LOVE
INTO ACTION!

LIGHTNING & LUNA:
MYSTERIES REVEALED



LEAPING WITH LOVE

Brilliant Star

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We welcome submissions and ideas from contributors of all ages.

Contact us for editorial themes or submission guidelines.

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

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

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

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DEAR FRIENDS,

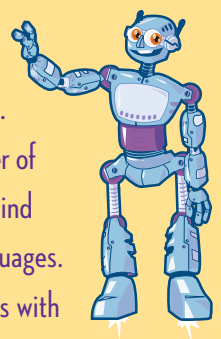
Your amazing heart beats about 100,000 times a day and pumps blood throughout your body. When your heart beats fast with excitement or joy or love, you may even feel like it's leaping!

The life-giving power of the heart may be why we connect it to love—one of the mightiest, most mysterious forces.

Love flows through our lives in many ways. We can love our family, friends, and even all humanity—billions of people we've never met. We can love God and the amazing planet God created. But it's not enough just to *say* we care for others—we *show* our feelings through our actions.

In this issue, explore the power of love. Create an origami heart. Find out how to say "love" in 16 languages. Take a quiz on handling conflicts with friends. Challenge yourself to show kindness in many different ways.

How will you put more love into our world today? Check out ideas with Hoshi the Robot on our new website, the **Mystic Explorer**, at www.brilliantstarmagazine.org.



With love, *amo*, and *hob* from **Brilliant Star**

Fox Families

"Reflect upon the favors and blessings which descend upon that family when unity exists among its various members." —'Abdu'l-Bahá

In the dim light of dawn, a red fox father darts through the forest. He's on the hunt to feed his family. The mother waits in the den, feeding their babies (called kits) and keeping them warm. He returns with food every four to six hours, so she can stay to keep the kits safe from harm.

As the kits grow, they learn hunting and survival skills from their parents. Soon, the kits are ready to stalk and

pounce. Working together, foxes thrive in the wilderness.

Human families also work in unity to grow and prosper. You and your parents may team up to make food or watch over younger siblings. Your parents might show you how to work in the garden. You might help them do Internet research about which fruits and vegetables grow best in your area. When you're open to learning from each other and sharing your skills, you're as smart as a fox!



The Life of Bahá'u'lláh

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

Bahá'u'lláh's Life: Mission of Peace Nobility of Navváb

When Bahá'u'lláh was growing up, a lively girl named Ásíyih Khánum lived nearby. She was noble and intelligent, with striking, dark blue eyes. Unlike most girls in Iran at the time, she had learned to read and write.

In 1835, when Bahá'u'lláh was about 18, they were married. They both came from wealthy families. A jeweler worked for six months before the wedding to prepare Ásíyih Khánum's magnificent jewelry. Even her gold buttons were set with gems. It took 40 mules to carry her possessions to her new home.

Bahá'u'lláh gave His wife the title "Navváb," meaning "Grace" or "Highness." Like other wealthy, noble families, they could have enjoyed a life of luxury. But they chose a different path. They spent their time helping people in need.

In 1852, their lives were suddenly filled with danger and hardship. Because of His religion, Bahá'u'lláh was thrown into a cold, filthy dungeon in Tíhrán called the "Black Pit." The family was forced from their home, and many of their possessions were stolen.

Navváb and her three children, who were all under nine years old, struggled to survive on their own. They worried about Bahá'u'lláh in the Black Pit. He had little to eat and was tortured by heavy chains, one weighing 112 pounds (51 kg).

After about four months, Bahá'u'lláh was released—but He was banished from Iran. Navváb sold gifts from her wedding to prepare for their travels through the mountains in the dead of winter to Baghdád, Iraq. She was pregnant with a baby, but she endured the rough journey without complaint. Only two of Bahá'u'lláh and Navváb's children



Bahá'u'lláh's exiles in the Middle East covered about 3,000 miles (4,828 km).

made the trip: 'Abdu'l-Bahá and Bahíyyih Khánum. Mírzá Mihdí, the youngest, wasn't well enough to go. About seven years later, he joined his family.

In the years that followed, Navváb continued to share in Bahá'u'lláh's sufferings during His exiles to what are now Turkey and Israel. She washed clothes and cooked food for her family. But more difficult than anything else for Navváb was the loss of Mírzá Mihdí, who died in 'Akká, Israel, after a fall at age 22.

In spite of many challenges, Bahíyyih Khánum said that her mother was "queenly in her dignity and loveliness, full of consideration for everybody . . . her very presence seemed to make an atmosphere of love and happiness . . ."

In 1886, Navváb died in 'Akká, surrounded by her children and her beloved husband, Bahá'u'lláh, to whom she had been married for about 51 years.

Bahá'u'lláh wrote of Navváb, "Thou didst attain unto all good, and . . . God hath so exalted thee, that all honor and glory circled around thee." Bahá'ís from around the world pray at her resting place on Mount Carmel in Haifa, Israel.

FRIENDSHIP: Joyful Journey or Tough Trip?

"Be thou of those who foster peace. Offer thy friendship, be worthy of trust." —'Abdu'l-Bahá

It's a sunny summer day. On your new, super fast bike, you're zooming down the road with your best friends. You're in the lead! Suddenly, they accidentally crash into you—yikes! You all smash to the ground.

If you're fighting with a friend, it can feel just as painful as wiping out on your bike. Messy misunderstandings can leave you feeling as flat as a blown-out tire. If a friend teases you unkindly or spreads a rumor about you, what do you do? What if your pal wants you to cheat on a test or do something else that you think is wrong?

Every friendship has a bumpy ride sometimes. But when you talk things over with patience and respect, you can get back on track.



How do you handle rough roads in a friendship? Take this quiz to find out.

- 1 I treat friends the way I would like to be treated.

Often = 3 • Sometimes = 2 • Rarely = 1

- 2 If I have a fight with a friend, I keep my cool and talk it over calmly and honestly, instead of getting upset.

Often = 3 • Sometimes = 2 • Rarely = 1

- 3 When a friend is sad or angry, I try to understand his or her feelings and point of view.

Often = 3 • Sometimes = 2 • Rarely = 1

- 4 If I do something unkind, I say why it was wrong, then apologize.

Often = 3 • Sometimes = 2 • Rarely = 1

- 5 When a friend sincerely asks me to forgive him or her, I do—without holding a grudge.

Often = 3 • Sometimes = 2 • Rarely = 1

- 6 I respect my friend's belongings. When I borrow something, I return it quickly and in good shape.

Often = 3 • Sometimes = 2 • Rarely = 1

- 7 I am dependable and do the things that I say I'll do.

Often = 3 • Sometimes = 2 • Rarely = 1



- 8 I learn about and respect my friend's culture, religion, or background.

Often = 3 • Sometimes = 2 • Rarely = 1

- 9 I strengthen my friendships by being a good listener and giving my full attention.

Often = 3 • Sometimes = 2 • Rarely = 1

- 10 If someone often treats me badly or leaves me out of the fun, I think about whether it's a good friendship for me.

Often = 3 • Sometimes = 2 • Rarely = 1

- 11 I'm courteous and share things with friends, such as games and snacks.

Often = 3 • Sometimes = 2 • Rarely = 1

- 12 If I can't figure out how to resolve a problem with a friend, I ask a parent or teacher for help.

Often = 3 • Sometimes = 2 • Rarely = 1

My Score

36–28 points No flat tires for you! You take a peaceful path and resolve conflicts with your friends. Keep up the good work.

27–19 points You've hit a few bumps on the road of friendship. Try one of the tips in the quiz for a smoother ride.

18–12 points You could use a map to avoid potholes. Look at the tips and pick some things to work on.

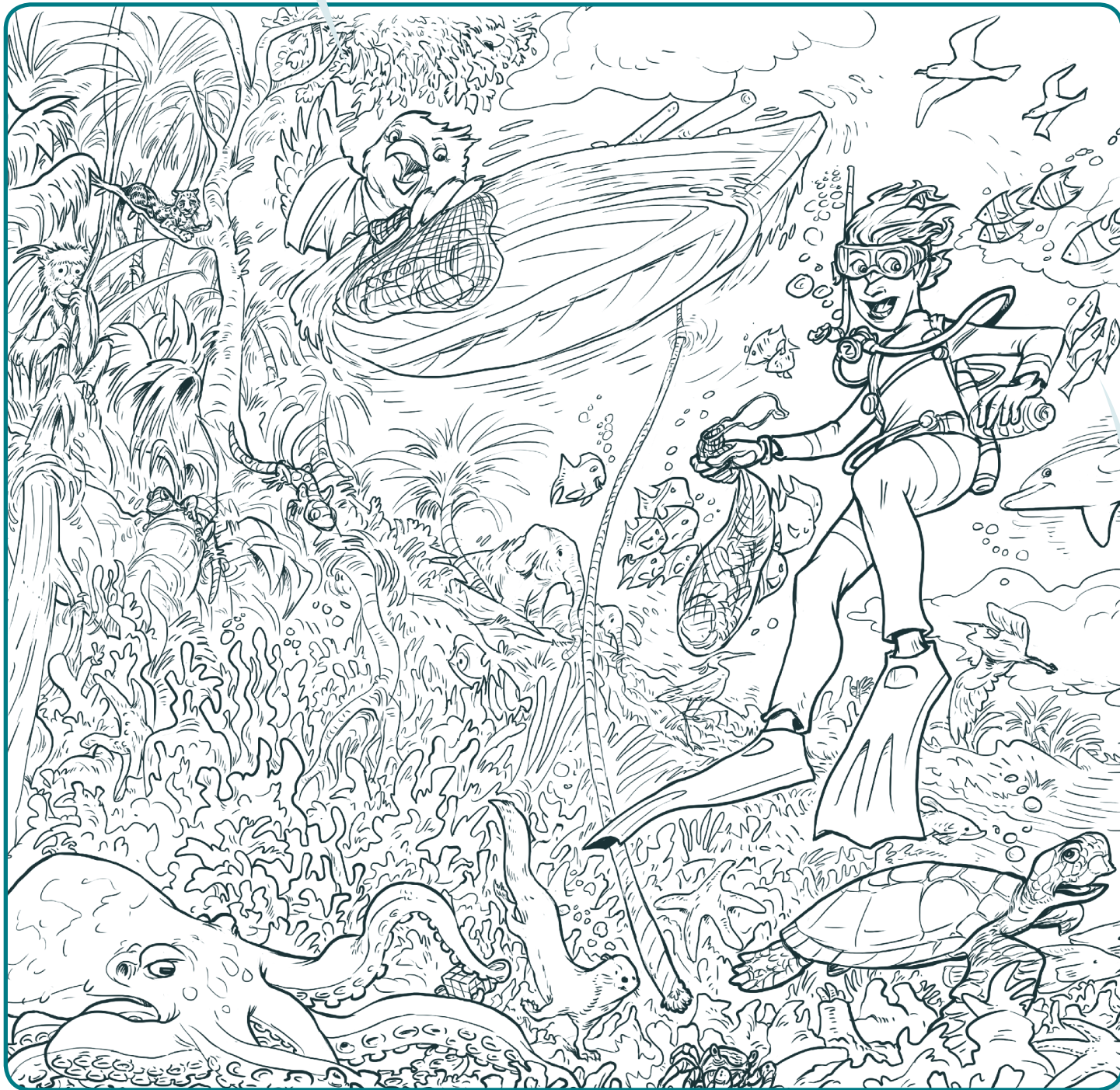


STUART & GABRIELLA'S CORAL REEF CLEAN-UP

COLOR
& FIND

HI! I'M GABRIELLA. HELP ME
AND STUART FIND OUR FRIENDS:

☐ CRAB ☐ 2 EGRETS ☐ 2 GECKOS ☐ LEOPARD ☐ MONKEY
☐ OCTOPUS ☐ OTTER ☐ SEA TURTLE ☐ 3 SEA STARS



WE LOVE CORAL REEFS!
SO WE VOLUNTEERED
WITH OTHERS TO CLEAN
THIS ONE IN THAILAND.

CORAL REEFS ARE *AMAZING* UNDERWATER ECOSYSTEMS!
THEY'RE HOME TO ABOUT 25% OF ALL MARINE LIFE.
THEY'RE KNOWN AS "RAINFORESTS OF THE SEA."
WHEN WE DIVE, WE DON'T TOUCH THE CORALS, SINCE
THEY'RE ALIVE AND CAN EASILY GET HURT.

SHOW YOUR LOVE FOR OUR PLANET
BY KEEPING WATERWAYS CLEAN –
TO HELP ANIMALS AND PEOPLE
SURVIVE. NO MATTER WHERE YOU
LIVE, WE'RE ALL CONNECTED!

Stand for Justice

On a hot day, a cool glass of lemonade hits the spot. Did you know it can also create powerful change in the world?

In 2012, Vivienne Harr, age eight, started a lemonade stand in California, U.S.—and dared to dream *big*. She set a goal of earning \$100,000 to help stop child slavery, which impacts over five million kids around the world.

When customers asked what to pay, Vivienne said, “Whatever’s in your heart.” One person paid \$1,000! In less than six months, Vivienne achieved her goal. She

gave the money to a charity that fights for the rights of kids and adults who are forced to work through violence or other injustices. She and her family later started a whole company to sell lemonade and donate some of the profits. She even wrote a book and appeared in a film about the issue.

When you’re inspired to help people, aim high! Imagine the best possible outcome. Share your ideas and invite others to help. Together, we can take a stand—and achieve *refreshing* results.

Search the lemons for words about finding bold ways to help others. Connect letters next to each other, going in any direction. Use the same lemon only once in each word. You can use a lemon again in a new word.



COLLABORATION
COMPASSION

CREATIVITY
DREAM

EMPATHY
GENEROSITY

HOPE
IMAGINATION

INITIATIVE
INNOVATION

INSPIRE
LEADERSHIP



I ♥ YOU

"We must associate with all humanity in gentleness and kindness.
We must love all with love of the heart." — 'Abdu'l-Bahá

Did you know that the ♥ shape is ancient? Some believe the earliest heart was drawn on a woolly mammoth on a cave wall in Spain around 10,000 BCE! The human heart was honored as a life force in ancient cultures, including Egyptian, Greek, and Chinese. Gradually, the heart became accepted as a universal symbol of love.

The heart symbol is so well known that one meaning of "heart" in the *Oxford English Dictionary* is "to love."

Have you ever found it difficult to say "I love you" to someone you care about? Symbols can help us express ourselves without using words. Have fun sharing your feelings with origami art. Make your own heart-shaped treat to give to someone sweet.

Make a Sweet Treat

You'll Need

6" (15.2 cm) square of origami or thin paper • ballpoint pen
1" (2.5 cm) round lollipop* • double-stick tape • markers

- 1 Fold paper in half. Open. Repeat fold in opposite direction. Open.



- 2 Fold bottom edge to center. Flip over.



- 3 Fold bottom corners to meet at center. Flip over.



- 4 Fold top corners to meet at center. With pen tip, punch hole in bottom corner of outer pocket. Don't pierce back layers.

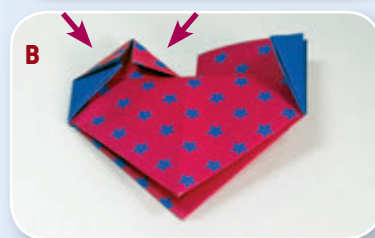


HERE'S A LOLLIPOP MADE WITH LOVE.

- 5 Fold top point to meet bottom point, without folding small side triangles. (Hold down corners of top flaps while folding.) Press triangles flat.



- 6 **A.** Fold side triangles in.
B. At left, fold upper corners so top edges meet. Repeat at right.



- 7 Fold top triangle tips down slightly. Lift large flap, push stick through hole, and seal flap with tape. Turn to other side and add a sweet message or designs.



*Tape candy wrapper to fit snugly around lollipop, if needed.



RILEY'S RAINFOREST

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

Surfing with Self-Respect

The Bahá'í teachings encourage us to love everyone. Does that include yourself?

That depends. Of course you should value yourself—you're one of God's amazing creations! But like a surfer riding a powerful wave, it's easy to slip into rough waters when it comes to self-love.

The Bahá'í writings say that we are all "noble, lofty and beloved by God . . ." We're unique individuals with diverse talents and abilities. A healthy way to love yourself is to be grateful for your blessings and use your skills to help others.

But another kind of self-love can be a problem. Each of us has an ego, or a sense of self-importance, that can swell up like a monster wave. Focusing too much on your own wants or accomplishments can cause you to wipe out with selfishness or pride.

So should you love yourself?



The trick is to be humble while recognizing your noble nature. You can do this by making positive choices that honor yourself and those around you. Take good care of your body, which gives you energy to do your best. Choose friends who treat people with respect. Find your talents and use them to help improve the world.

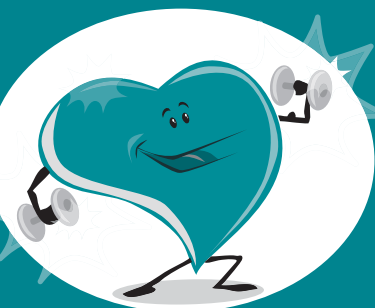
It takes steady footing to be confident, yet humble. To strive for excellence, yet help others be awesome, too. To feel good about yourself, but not let arrogance take over. The more you practice this balancing act, the better you'll be able to surf smoothly through life.

Explore & Soar: Caring for Yourself

Try out these healthy ways to care for yourself:

- ☐ Pray and meditate. It's like spiritual food for your soul.
- ☐ Have fun with friends and family. Bonds of love boost your spirit and help you through tough times.
- ☐ Explore your interests. They can give you clues about how you'd like to serve the world.
- ☐ Take care of your health. Your body can do awesome things! Give it nutritious food and plenty of activity.
- ☐ Set high goals. Strive for excellence and give all that you do your best effort.
- ☐ Try new things. Let your curiosity guide you to new adventures.

Curiosity Canopy



What's the hardest working muscle in the human body? Your heart! Even when you're resting, it works harder than the leg muscles of a person running. Keep your heart healthy and strong with at least 60 minutes of physical activity every day.



Have a Heart

How would you say “I love you” in a robot world? Robots are programmed to be stronger, faster, and even smarter than humans. But if you ask a robot how it feels, the idea doesn’t compute.

The amazing human heart is “wired” for feelings. Just think of how many different kinds of love there are! You love your parents, friends, and neighbors in different ways. You can even love pepperoni pizza or pistachios. And there are lots of ways to express emotions. You might write or draw about your feelings. Maybe you show love by dancing, singing, or playing awesome music.

Whether you’re made of metal or muscles, it feels good to let others know you care. So reach out and connect—you’ll get a charge out of it!

In Robotoland, the sentient robots have learned to care about each other. Find 19 hearts in the scene.



TWO-WAY STREET

If your friend is feeling down, you might cheer her up with a smile and a happy note. When you're studying for a big test, your sibling might help by being extra quiet. A good friendship is like a two-way street—the caring goes in both directions. True friends treat each other with respect and bring out the best in each other.

Sometimes a friendship can take a wrong turn. You might have a fight or accidentally hurt each other's feelings. If that happens, make a pit stop. Cool off, and then talk about it. With honesty and understanding, you can move in a positive direction.

On the journey of life, friends and family help you navigate rocky roads and have fun gliding over smooth streets. When you fill up on kindness, you'll have the fuel to reach any destination.

Nine vehicles have to tune up their friendship skills. Draw a line from each one to a road that helps.

1 Selfish Semi

2 Furious Fire Truck

3 Resentful Racecar

4 Criticizing Cab

5 Bossy Bus

6 Jealous Jeep

7 Bullying Bulldozer

8 Gloomy Garbage Truck

9 Dishonest Dump Truck

Road Signs:

- Giving Garden
- Peaceful Place
- Admiring Avenue
- Forgiving Frontage Rd.
- Encouraging Expressway
- Friendly Freeway
- Truthful Trail
- Positive Parkway
- No Trash Dumping
- Compromise Court
- Park
- Car Wash
- Slow Down

Vehicle Speeches:

- "GRRR! TRAFFIC!"
- "HONK! YOU'RE SOOO SLOW!"
- "WAAAAAAA OUTA MAWAY!"

10

Brilliant Star ★ NOVEMBER / DECEMBER 2013

SEE ANSWERS ON PAGE 28

On the journey of life, friends and family help you navigate rocky roads and have fun gliding over smooth streets. When you fill up on kindness, you'll have the fuel to reach any destination.

8 Gloomy Garbage Truck

EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

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

WE
ARE
ONE

EARTH-SAVING TIP

Energy Patrol

In the U.S., lighting can be 14% of home electricity use. Patrol the house every morning, making sure lights you don't need are off for the day.

WOW, REALLY?

It might seem odd to Earthlings, but **blue** stars are the hottest, and **red** stars are the coolest.

OUR CONNECTIONS



In the night sky, you can find Leo the Lion or Taurus the Bull. People told myths about these constellations thousands of years ago. Stars appear to change position with the seasons. Over the ages, they were used to guide planting and navigation. In 1929, astronomers divided the sky into 88 constellations. Star positions change slightly over thousands of years, but we see the same constellations as people of the distant past—and the future.

PROTECTING OUR PLANET

Chad Pregracke founded Living Lands and Waters in Illinois, U.S. Since 1998, 70,000 volunteers have pulled 7 million pounds (3.2 million kg) of trash out of rivers, including almost 1,000 refrigerators! Named the 2013 CNN Hero of the Year, Chad says, "Talking is great, but it doesn't do much at all. Action is what I'm about."



WHERE IN THE WORLD?



The volcanic rock of this plain eroded into spectacular shapes and pillars, some 130 feet (40 m) tall. Ancient people also dug into the soft rock, creating underground cities going as deep as several stories. It's south of the Black Sea.

Unscramble the letters to find its country:

REKYTU

AMAZING ANIMALS



This patient dog is from a breed of Swiss mountain rescue dogs who saved people from treacherous snow and ice. The modern dog is known for its calm personality. Fill in the blanks to find its name:

A I T E R A R

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?

Shameem P.

Age: **12**

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

I want to be:
An archaeologist

Virtue I admire most in people:
Caring

Hobbies or sports:
Soccer and swimming

Favorite Bahá'í activity:
Talking about 'Abdu'l-Bahá

Favorite animal or pet:
A chameleon

Place I'd love to visit:
Australia



I like to help people by:
Help[ing them] with their homework

I show my family I love them:
By telling them I love them and giving them hugs

What makes me feel loved:
When people say I am caring

The most caring thing someone has done for me:
My family helped me out when I broke my back, by bringing me whatever I needed, and driving me to [the] doctor...

Love is...
Important

What makes someone a great friend:
Someone who [is] nice and kind to me whenever I'm feeling sad [and] who will have my back no matter what

Lilli R.

Age: **11**

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

I want to be:
An orthopedic surgeon

Virtue I admire most in people:
Trustworthiness

Hobbies or sports:
Taekwondo, soccer, basketball

Favorite Bahá'í activities:
Going to children's classes and help[ing to] clean up around the community

Favorite animal or pet: **Dog**

Place I'd love to visit:
Haifa, Israel

I like to help people by:
Ma[king] a memorial flower garden... and help[ing] clean up the beaches

I show my family I love them:
By helping them when they are in need

What makes me feel loved:
Hugs

The most caring thing someone has done for me:
[When they] got up in the middle of the night to come see me at the hospital

Love is...
A special feeling you get when you like someone very much with a passion, and can never bear to lose them <3

What makes someone a great friend:
Trust, loyalty, caring, and being there... no matter what

Place I'd love to visit:
Disney World

I like to help people by:
Volunteering to help people with what they need

I show my family I love them:
By hanging out with them

What makes me feel loved:
When somebody spends time with me

The most caring thing someone has done for me:
When I have been new at something... people... have always helped me get through it and learn how to do it on my own.

What makes someone a great friend:
When something bad happens and they are there for you to help you get through it

Dexter O.

Age: **10**

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

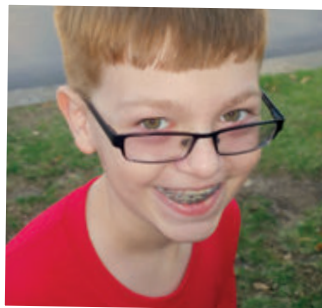
I want to be: **Scientist**

Virtue I admire most in people:
Justice

Hobbies or sports:
Video games, chess, cross country, archery

Favorite Bahá'í activity:
Celebrating Ayyám-i-Há*

Favorite animal or pet:
The komodo dragon



Solya K.

Age: 9

I live in: **Xiamen, China**

I want to be: **Math teacher, writer, or scientist**

Virtue I admire most in people: **Kindness, helpfulness, and unity**

Hobbies or sports: **Soccer, basketball, rock climbing, swimming, drawing, singing, playing ... instruments**

Favorite Bahá'í activities: **Children's classes, devotions, home visits ... Holy Day celebrations**

Favorite animal or pet: **Dogs, tigers, rabbits, and hamsters**

Places I'd love to visit: **Italy, Mexico, Brazil, and Hawaii**

What makes me feel loved? **My family**

I show my family I love them: **By being obedient, responsible, helpful, and loving**

The most caring thing someone has done for me: **My mom and dad are taking me and my sister for pilgrimage [in Israel] ...**

Love is ... **Unity, justice, helpfulness, service, and kindness**

What makes someone a great friend: **Someone who is kind, has a great sense of humor, and [is] happy**



“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

Yasmin M.

Age: 8

I live in: **United Arab Emirates**

I want to be: **A teacher and an author**

Virtue I admire most in people: **Friendliness**

Hobbies or sports: **Playing piano, dancing, acting, reading, and writing**

Favorite Bahá'í activities: **Naw-Rúz* celebrations and Ayyám-i-Há parties**

Favorite animal or pet: **I have a pet snake ... His name is Supersnake.**

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

I show my family I love them: **By being obedient, and by sharing my toys with my two younger brothers**

What makes me feel loved: **Mom tucks me in ... at night.**



I like to help people by: **Assisting in Bahá'í children's classes for younger kids. I very much enjoy helping them in their artwork.**

The most caring thing that someone has done for me: **When I was sick, my Mom stayed home with me and took care of me.**

Love is ... **An emotion that enkindles my heart and makes me feel happy**

What makes someone a great friend: **Someone who is trustworthy ... and someone who is kind and fun**

Kevin A.

Age: 9

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

I want to be: **Police officer**

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

Hobbies or sports: **Soccer, LEGO, video games**

Favorite Bahá'í activities: **Children's classes, Nineteen Day Feasts,** Ayyám-i-Há, and reading *Brilliant Star* ...**

Favorite animal or pet: **Dog**

Place I'd love to visit: **The Shrine of the Báb [in Haifa, Israel]**

I like to help people by: **Serving in a homeless shelter**

Love is ... **Everywhere**

I show my family I love them: **[By] hugging them and giving gifts to my little sister**

What makes me feel loved: **Getting gifts, kind words, and hugs from my family**

The most caring thing that someone has done for me: **My sister often prefers me before herself.**

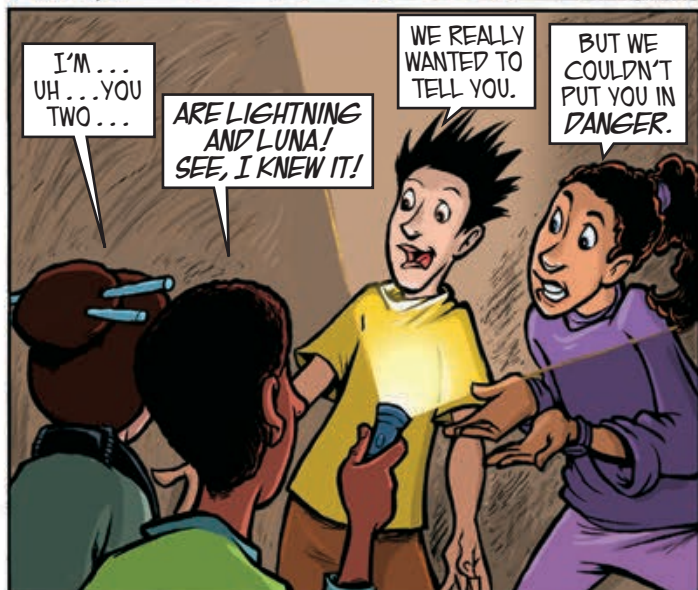
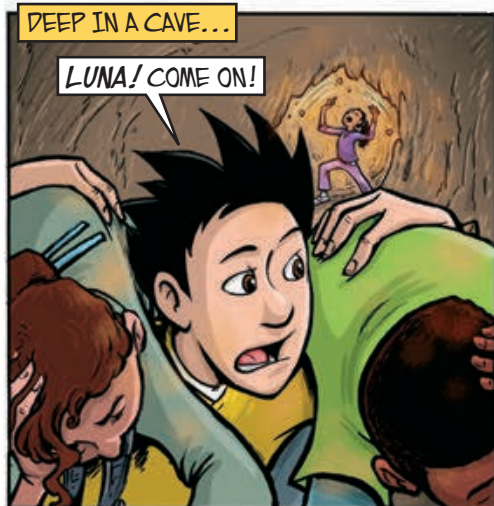
What makes someone a great friend: **When someone is kind and shares**

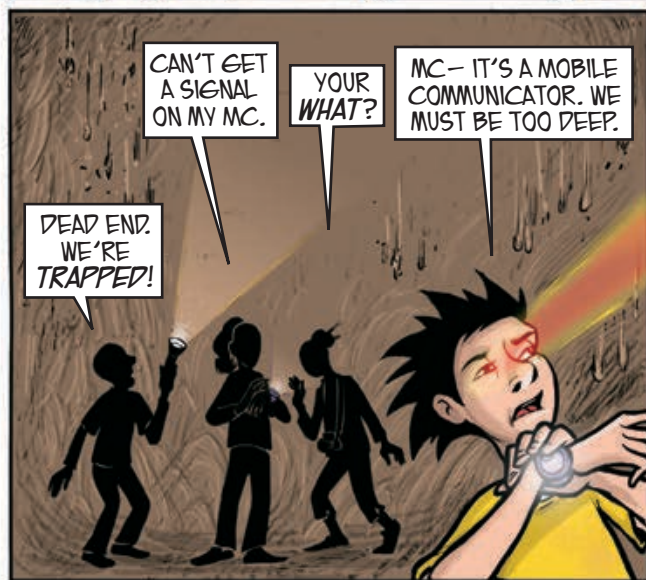
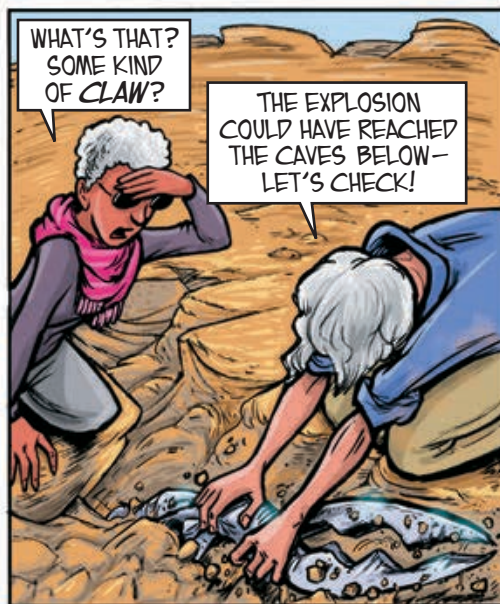


How to be a Radiant Star:

1. If you're age 7–14, go to www.brilliantstarmagazine.org and choose “Explore,” “Bahá'ís & Friends in Action,” then “Radiant Stars.” Click “Apply Now” and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed form, along with at least two 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).

**Nineteen Day Feasts are Bahá'í community gatherings with prayers, consultation, and fellowship.





Maya's MYSTERIES

"I am, O my God, but a tiny seed which Thou hast sown in the soil of Thy love, and caused to spring forth by the hand of Thy bounty." —Bahá'u'lláh

I LOVE MY GRASS HEAD GUY'S NEW HAIRSTYLE!



TINY SEEDS

What plant family has about 10,000 species and grows in nearly every habitat on Earth? If you guessed grass, you're right! Did you know that grass includes corn, rice, and bamboo? Most types of grass seeds need sunshine, water, and soil. But they may need different amounts to flourish.

In a similar way, people are diverse in what helps us grow. Every day, you tend to the garden of your body, mind, and spirit. We may like different

types of food and exercise to help our bodies and minds. Our spirits grow through things like our faith, sharing our virtues, and the love of our family and friends.

Pay attention to what brings you—and those around you—strength, peace, and joy. We can all reach for the sun and grow together in unity.

Explore the wonders of sprouting seeds and have fun with the activity below.

Make Grass Head Guys

You'll Need: 9" (23 cm) piece of nylon stocking • jar about 2½" (6.4 cm) wide scissors • wheatgrass or grass seeds • teaspoon • bowl • spoon • potting soil • thread felt • tacky glue • water • wiggle eyes • pipe cleaners • plate (optional)

1. Tie a knot at one opening of stocking. Trim excess fabric. Turn inside out, so knot is inside.



2. Add two teaspoons of seeds to stocking, spreading them evenly. Stretch stocking over jar so about 1" (2.5 cm) hangs over rim.



3. Fill stocking with soil.



4. Remove stocking and form into head shape. Tie stocking at base. For nose, pinch ½" (1.3 cm) of stocking with soil, and tie with thread.



5. Put head in jar. Decorate face and jar with felt, eyes, and pipe cleaners, using lots of glue. Let dry overnight.



6. Put jar on plate, as needed. Water head and place in sunny spot. Water as needed. Empty excess water in jar. Watch grass hair grow in 1–2 weeks!*





Cooking Up Fun



"When you love a member of your family or a compatriot,
let it be with a ray of the Infinite Love!" —'Abdu'l-Bahá

Does it ever feel like your family is flying in all directions at once, like a wildly tossed salad? School, sports, music, and other activities can keep everyone so busy that it's hard to connect.

Sharing meals is a tasty way to stir up family unity. You can pitch in and help with the planning and cooking. Experiment with foods and flavors from around the world. While you eat, talk about your day and share things that made you laugh. Keep the TV off and the

gadgets tucked away, so everyone can focus on each other. Then put on some music and dance while you clean up.

Fruits and veggies aren't the only healthy part of mealtime. If you often have dinner with your family, studies show that you may get better grades. Having family dinners regularly is even linked to less alcohol, tobacco, and drug use by kids and teens.

What are your favorite meals with your family? Dig in and dish up lots of warm, yummy memories.

Find nine items to help these kids cook up some good family fun.





Giving Around the Globe

For 2-6 players

Game time! Get your family together to learn where on Earth everyone would like to go. What kind of service would they like to do?

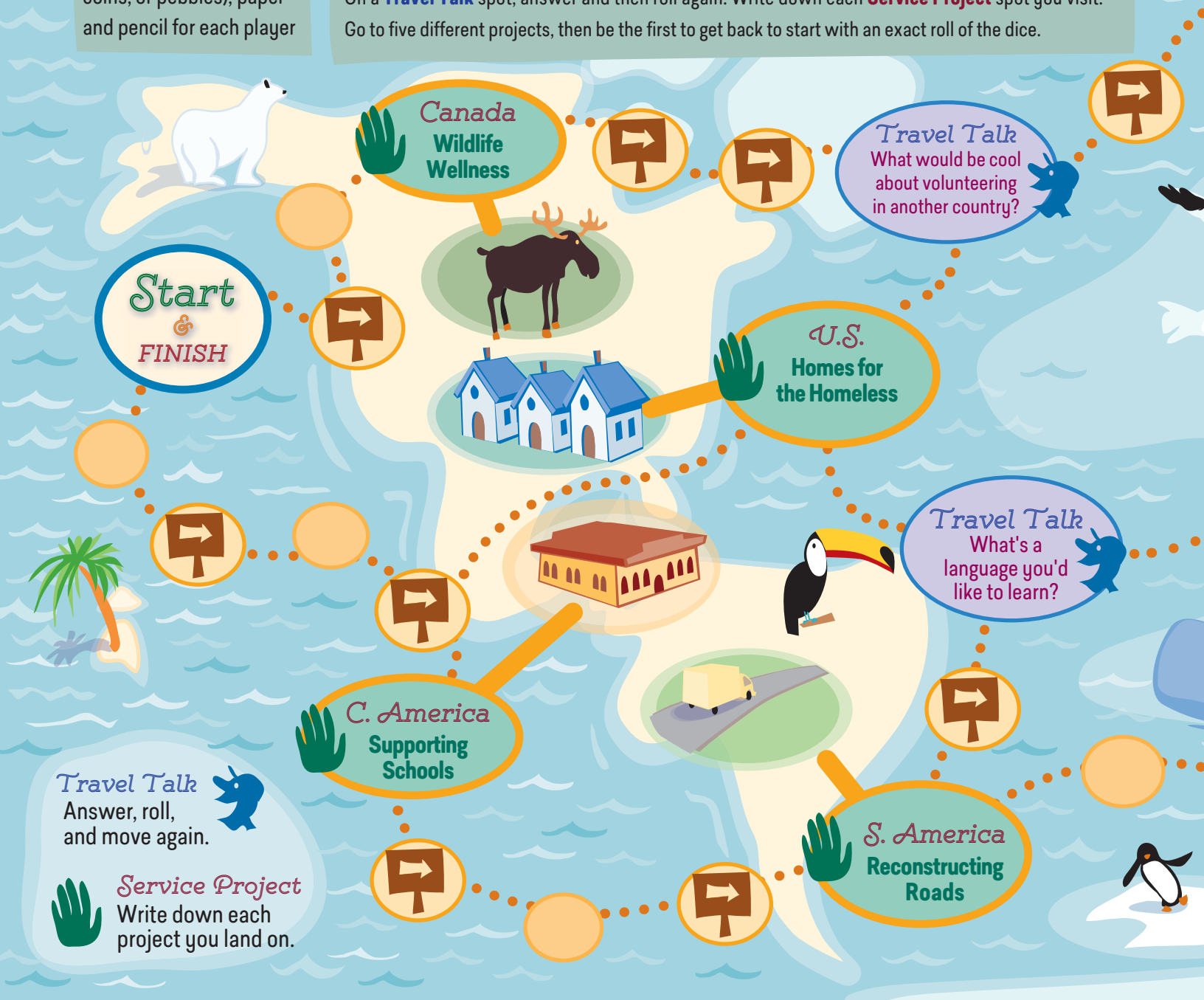
All around the world, people contribute their time and talents to helping our global family. Some spend a few months or a year as a volunteer. Others build a career of

service to those in need—in another country or close to home. Everywhere you go, there are lots of ways you can help out.

In this game, tour the world and lend a hand with service projects near and far—from planting trees to working at a medical clinic. Play the game with your friends or family, and explore a world of service.

YOU'LL NEED: Two 6-sided dice; movers (toy figures, coins, or pebbles); paper and pencil for each player

TO PLAY: Decide who goes first. On your turn, roll both dice and move forward or backward. You may use the same path more than once. See the extra actions to take at the **Rest Area** spots in the key at right. On a **Travel Talk** spot, answer and then roll again. Write down each **Service Project** spot you visit. Go to five different projects, then be the first to get back to start with an exact roll of the dice.





Rest Area Spots

When you land here, roll again and complete the action in the key that matches your new dice roll.

2 = Listen and learn from native people. Go to any spot.

3 = Refuse to try any new food. Lose a turn.

4 = Learn a game to play with area kids. Go to nearest project.

5 = Forget to filter the drinking water. Lose a turn.

6 = Drop litter along the road. Lose your latest project (if you have one).

7 = Learn to cook a native dish. Go to Healing for the Hungry.

8 = Help area kids learn to read. Go to Supporting Schools.

9 = Forget to learn local phrases. Lose a project (if you have one).

10 = Help with a building project. Go to Homes for the Homeless.

11 = Lose your passport. Lose a turn.

12 = Help out with first aid. Take another turn.





MUSIC CAFÉ

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

MY JUNIOR YOUTH GROUP CLEANS UP THE PARK EVERY SPRING. IN THE WINTER, WE SING AT HOSPITALS.

THERE ARE SO MANY WAYS WE CAN HELP PEOPLE AND MAKE OUR TOWN BETTER. ALONG WITH MY FRIENDS, I REALLY FEEL THAT . . .

I'M GONNA LIGHT UP THE WORLD

By Lloyd Miller

4 I'm gon - na light up the world with my song—
I'm gon - na light up the world with my smile—

7 Light up the world that's been dark— for too long Light up the world
Light up the world with my dan - cin' style Light up the world

11 Light up the world— I'm gon - na 1 Ev'-ry
Light up the world— 2 Ev'-ry

14 bo - dy look a - round What do you see? Who can you help— There's
bo - dy look a - round Take time to see Peo - ple by them - selves

17 some - one who needs a lit - tle light in their world It's ea - sy to be the one who
Peo - ple who need— Some - one to lis - ten— Just take a seat and spend some

shi - nes it I'm gon - na world Mmmm Mmmm
ti - me there I'm gon - na

ZEKE & RHOMBUS: DESTINATION FRIENDSHIP

Welcome to Zilizag! I'm Zeke, and this is Rhombus. We explore the universe looking for peaceful planets. We've seen amazing places. And guess what? When beings work together and keep open minds, their planets are more peaceful. Around the cosmos, people show friendliness in cool ways. On Octonasia, kids wave all eight tentacles to say "Thank you." On the low-gravity

moon of Vennzoop, super-tall kids give *really* high fives.

It's a blast making new friends. Even if they live light years away, we find ways to stay in touch. We love it when our pals pop by Zilizag to share stories, music, and treats. It's awesome that cookies *and* friendship are universal! When you're zipping around, come see us on Zilizag! Use my decoder to complete the friendship tips.



1. Smile, introduce yourself, and be



to kids who are new, alone, or seem shy.

2. Learn about other cultures and

_____. Even basic



phrases help you make new connections.

3. _____ diverse kids over to play



games, listen to music, or just hang out.

4. Ask others what they like to do for fun, and

_____ your favorite stuff.



5. Be the kindest person you can be. Look for ways to _____ others.



6. Join a club or do a _____



project to meet kids with the same interests.

7. Take _____ doing what you want



to do and what your friends want to do.

8. Be _____. It's no fun to



be around someone who's grumpy or complaining.

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

Walk with Me

"Walk with the same feet, eat with the same mouth and dwell in the same land, that . . . by your deeds and actions, the signs of oneness . . . may be made manifest." —Bahá'u'lláh

Boots, clogs, flip-flops—footwear around the world is shaped by weather, culture, history, and local materials. Similarly, *we* are shaped by our unique ways of life. Have you heard the saying "Do not judge your neighbor until you walk two moons in his moccasins"? You may not truly understand a person unless you've had similar experiences, but you can develop the skill of **empathy**, or sharing others' feelings.

Millions of kids around the world don't even own *one* pair of shoes. What would that be like? Imagine how you'd feel going barefoot *all* the time.

You can practice empathy everywhere—when you see a kid sitting by himself at school or when a sibling gets upset. It's a big part of love. When we put ourselves in other people's shoes, we realize that we're not so different—no matter where on Earth we roam.

Imagine walking in these shoes from around the world. Read each clue, then match the shoe to its home.

1 Kamiks UP WHERE THE ARCTIC BREEZES BLOW, THE INUITS USE ME IN THE SNOW.

2 Juttis WITH MY DESIGNS UPON YOUR FEET, IN CHARMING DELHI, WE WILL MEET.

3 Babouches IN MARRAKESH BAZAARS I'M FOUND WITH POINTED TOES, OR SOMETIMES ROUND.

4 Lakota Moccasins OVER PLAINS, LAKOTA RIDE AND FASHION ME FROM BEADS AND HIDE.

5 Rubber Sandals SWAHILI RINGS ACROSS THE LAND WHERE I AM MADE FROM TIRES BY HAND.

6 Soccer Cleats AT HOME NEAR PERU THEY LACE ME UP QUICK THEN RUN ON THE FIELD AND GET READY TO KICK!

7 Sombha Boots AT FESTIVALS IN ASIAN HEIGHTS, MY WOOL AND SILK ARE COMMON SIGHTS.

A Brazil **B Canada** **C India** **D Kenya** **E Morocco** **F Tibet** **G U.S.**

Unity in Diversity

PHOTO CONTEST

Do you love taking pictures? Take a shot at **Brilliant Star's** fun photo contest! How would you capture "Unity in Diversity"? Friends from many cultures playing music together? A deep-sea view of dolphins swimming with other ocean creatures? A garden blooming with a rainbow of plants and flowers in all shapes and sizes? When different people, creatures, or things exist together in peace, that's unity in diversity—and it's awesome! Explore the wonders of life. Capture examples of unity in diversity that inspire you. Then share your best photos with us!



Here's What You Do

1. Use a camera that has at least three megapixels. Use the highest resolution setting possible. Submit up to three of your best pictures.
2. In 125 words or less, tell us about each photo: when you took it and how it shows unity in diversity.
3. **ENTRIES ARE DUE BY JULY 25, 2014.**

Send your description and photos as high resolution digital images or as original photographic prints (no photocopies). Include your name, age, address, telephone number, and e-mail address. Entries can be sent:

- By e-mail to brilliant@usbnc.org
- At www.brilliantstarmagazine.org. Click the "Play" tab, and choose "Gallery." Click "Submit Your Art" and complete the form. Choose the photo contest gallery. (We'll only post your first name, last initial, and age online.)
- By mail to **Brilliant Star**, Unity in Diversity Photo Contest, 1233 Central Street, Evanston, IL 60201

A Few Rules

1. Photos must be original work done by kids ages 7–15.
2. If you're in the running for a prize, we'll send you 1) a permission form for you and your parent/guardian to sign, and 2) a request for a close-up photo of your smiling face.
3. Winning entries may be published in **Brilliant Star** magazine or on our website. Your written work may be edited for length. Questions? Contact us at 847.853.2354 or at brilliant@usbnc.org.

The Prizes



Compact digital point & shoot camera
(valued at about \$125-\$150 USD)



Brilliant Star's Super
Cosmic Creativity Kit



Brilliant Star's Incredible
Intergalactic Creativity Kit



For photo tips, go to: www.brilliantstarmagazine.org/uploads/play/pdf-play/Photo_TIPS.pdf

Sincerely Sorry

"They should be ever ready to overlook each other's mistakes, apologize for harsh words they have uttered, forgive and forget." – Bahá'í Writings

"You're mad because I told the team you and Josh are fighting? Well sorrrr-ry. But it's true, isn't it? Don't be so sensitive."

If a friend gossiped about you, would that apology help? In any friendship, there will be times when something goes wrong. A real apology can do a lot to fix the problem. When giving an apology, try these four steps to be sincere.

1) "I'm sorry for _____." Explain exactly what you did wrong.

2) "It was wrong because _____." Explain why it was wrong, to show you understand.

3) "Next time, I'll _____." Say what you'll do differently in the future.

4) "Will you forgive me?" If the person needs to cool down, ask to talk later.

Whether you're giving an apology or forgiving someone, a respectful tone of voice and eye contact will show you mean it. You'll repair hurt feelings and build an even stronger friendship.

How would you give a sincere apology in these two situations?

1



YOU **PROMISED** TO MEET ME HERE YESTERDAY TO PRACTICE FOR OUR TOURNAMENT. I WAITED FOR AN HOUR.

WHEN I WENT HOME, I SAW YOU RIDING BIKES WITH HANNAH. WHAT'S UP WITH THAT?

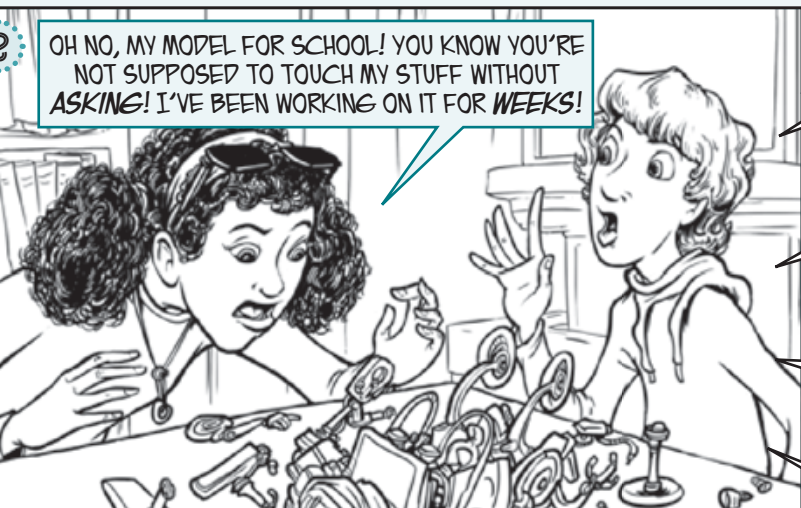
I'M SORRY FOR ...

IT WAS WRONG BECAUSE ...

NEXT TIME, I'LL ...

WILL YOU FORGIVE ME?

2



OH NO, MY MODEL FOR SCHOOL! YOU KNOW YOU'RE NOT SUPPOSED TO TOUCH MY STUFF WITHOUT **ASKING**! I'VE BEEN WORKING ON IT FOR **WEEKS**!

I'M SORRY FOR ...

IT WAS WRONG BECAUSE ...

NEXT TIME, I'LL ...

WILL YOU FORGIVE ME?



TAKE THE CHALLENGE

LOVE IN ACTION



Have you ever surprised someone with a gift that wasn't expected? Do you give people compliments? At community or school events, do you look around for ways to help those who need a hand?

Random acts of kindness can change someone's day from gloomy to glowing. Your deeds can have a powerful effect on your family, school, and community.

Kindness doesn't only help others—it also helps *you*. If you're feeling sad or discouraged and you do something for someone else, you'll often start to feel better. Research shows that people who do kind deeds are happier, and they may even live longer.

When you look for ways to brighten those around you with love, your world can really shine.

START DATE:

Challenge yourself to see how many loving actions you can do in the next two weeks. Add some ideas of your own.

END DATE:

☐ Write a poem for someone who is not feeling well.

☐ Bring a gift to your teacher.



☐ When you see a kid at school who seems lonely or sad, go say hello.

☐ If you have books or toys you no longer use, donate them to charity.

☐ Write a loving letter to an aunt, uncle, or grandparent, and mail it.

☐ Help a younger kid or sibling with his or her homework.

☐ Smile and thank the person who serves you in a restaurant or in the lunchroom at school.

☐ Make a snack or a cup of tea for someone in your family.

☐ Make a card to welcome a new kid at school or a new family in your neighborhood.

☐ Help a neighbor with yard work.

☐ Write down five things you're grateful for, and share them with your family.

☐ Read one of your favorite books to younger kids.



☐ Tell a joke to make someone laugh.

☐ Give three sincere compliments in one day.

☐ Let your sibling borrow your toy or game.



☐ Put a loving note in a parent's lunchbox, purse, or briefcase.

☐ Ask your parents: "How can I be helpful today?"

☐ Take a walk with your family. Smile and greet people you meet.

☐ Tell a teacher what you like best about being in his or her class.

☐ Be positive. When you feel the urge to say something negative, change your words to positive ones.

☐ _____

☐ _____

SHINING LAMP

A Bahá'í who served humanity with radiance

Dr. Zia Mabsoot Bagdadi (1882–1937) "The Happy One"



Can you imagine getting named by a Messenger of God? Zia Bagdadi was born in Beirut (now in Lebanon) in 1882. Bahá'u'lláh gave him his first name, meaning "light," and added "Effendi," a title of respect. Later, He gave Zia another joyful name.

As a child, Zia visited Bahá'u'lláh at Bahjí, His home near 'Akká, Israel. When Bahá'u'lláh asked about his health, Zia replied in Arabic, "Mabsoot," or "I am happy."

Bahá'u'lláh asked about his father. "Mabsoot," Zia said. "How is your mother?" Bahá'u'lláh asked.

"Mabsoot," Zia said again. Bahá'u'lláh laughed heartily, and from then on He called Zia "Mabsoot Effendi," or "The Happy One."

Zia said it was "the greatest honor and privilege to see Bahá'u'lláh and sit at his feet many days and nights . . ." He held Zia's hand as He chanted prayers "with the most charming and melodious voice . . ."

"My eyes would remain fixed on his majestic face," he wrote. "But whenever he glanced at me with his brown, piercing, yet most affectionate eyes, then I had to turn mine away and look down on the floor."

Always Helpful

In 1909, Zia moved to the U.S. to study medicine and soon began his work as a doctor. He also translated into English letters from 'Abdu'l-Bahá, the son of Bahá'u'lláh, who led the Bahá'í Faith after His passing.

When 'Abdu'l-Bahá traveled to the U.S. in 1912, Zia spent a lot of time with him, writing articles about the journey. Zia eagerly served 'Abdu'l-Bahá in any way.



In 1921, Zia Bagdadi dug the first shovel of earth to celebrate the start of construction for the Bahá'í House of Worship in North America.

At a peace conference in New York, 'Abdu'l-Bahá wanted to give a Persian rug to Mr. Smiley, his host. Zia volunteered to go to 'Abdu'l-Bahá's apartment in New York City to get it. It was at night, and no passenger train was available, so Zia hopped aboard a freight train. He arrived in the city at about 2:00 a.m., disheveled and dusty. He got the rug, then rode a train back in the early morning. He arrived just as 'Abdu'l-Bahá was saying goodbye

to Mr. Smiley, who was overjoyed by the gift.

"Unforgettable"

Zia was a strong supporter of race unity at a time before the U.S. had outlawed racial discrimination. When he invited an African American friend to his apartment in Chicago, his prejudiced landlord was so offended that he told Zia to move out!

Racial injustice led to violent riots in Chicago in 1919, causing 38 deaths and leaving 1,000 African American families homeless. Zia delivered food to people in these struggling neighborhoods. He also spoke about the need for race unity at Bahá'í conventions around the U.S.

In the 1930s, Zia moved with his wife, Zeenat, and their daughter, Parvene, to Augusta, Georgia. He continued to practice medicine and serve the Bahá'í Faith.

In April 1937, Zia passed away. Shoghi Effendi, who led the Faith after 'Abdu'l-Bahá's passing, praised Zia's "EXEMPLARY FAITH," his "AUDACITY," and his "INDEFATIGABLE EXERTION," calling these qualities "UNFORGETTABLE."

Love in Any Language

"The heart is like a box, and language is the key. Only by using the key can we open the box and observe the gems it contains." — 'Abdu'l-Bahá

Have you ever wanted to express your love or friendship to someone, but the right words seemed to be miles away? That could be a real challenge. And what if that person speaks a different language?

Diverse languages give us a fascinating world to explore, but they also make it difficult to communicate. The Bahá'í Faith says that we need a universal language, which we'd all learn in

addition to our native languages. That way, we can easily understand each other and make friends anywhere we travel.

Love is something people share all around the world. Even if you don't know the right words, you can express warm feelings by smiling, offering a handshake or a hug, or giving gifts. However you choose to show it, let your friends and family know you care. Love is a beautiful thing—in any language.

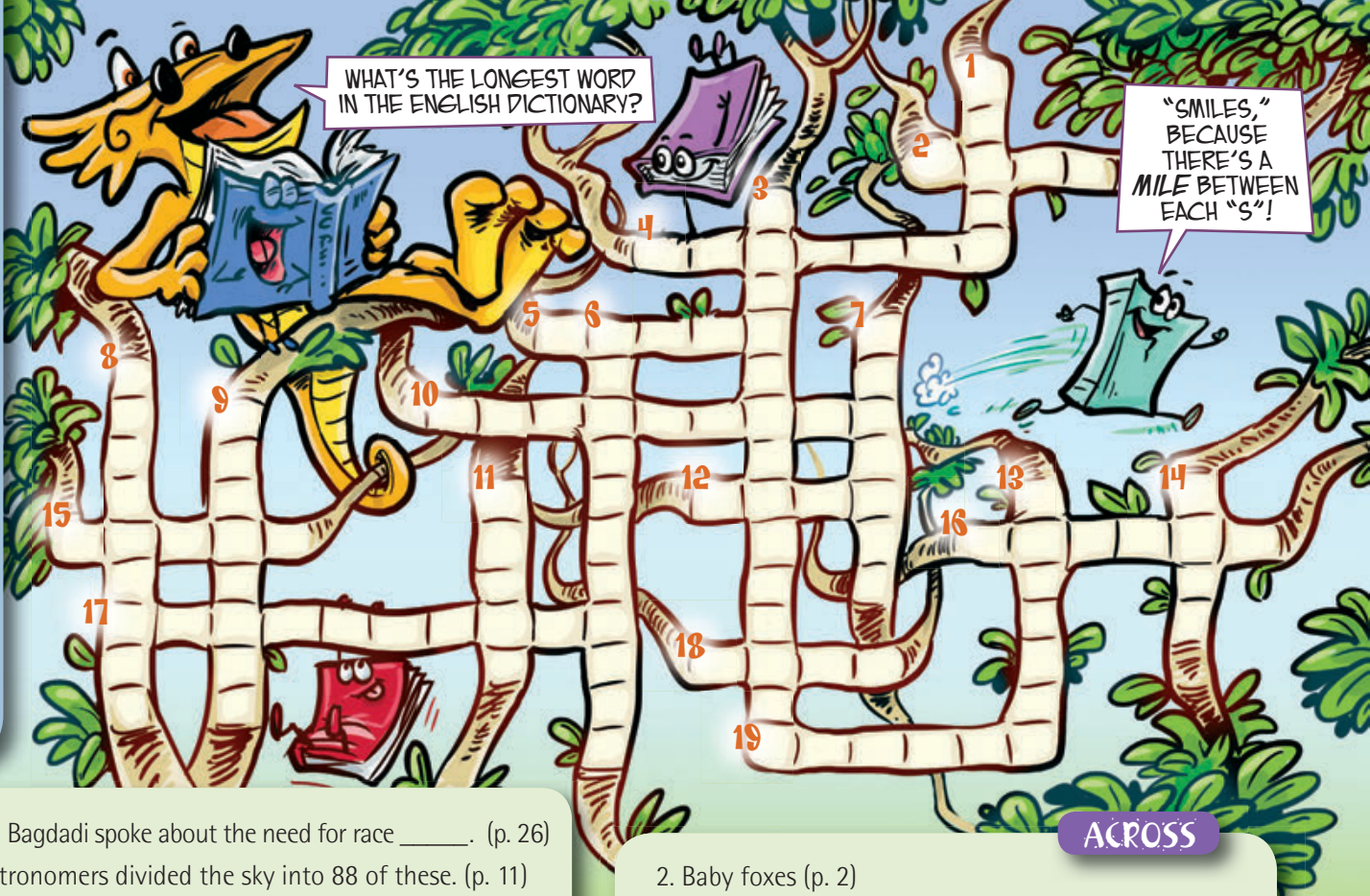
Find "love" in different languages. Look forward, backward, up, down, and diagonally for the 16 translations.

"LOVE"

AI	Mandarin
AMO	Esperanto
AMOR	Spanish
AMORE	Italian
AMOUR	French
ANÍÍNÍSHNÍ	Navajo
ESHGH	Persian
HOB	Arabic
IFE	Yoruba
LIEBE	German
LYUBOV	Russian
MAHAL	Tagalog
PREM	Hindi
RAKKAUS	Finnish
SALANG	Korean
TINH THUONG	Vietnamese

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





1. Zia Bagdadi spoke about the need for race _____. (p. 26)
3. Astronomers divided the sky into 88 of these. (p. 11)
6. Coral reefs are "_____ of the sea." (p. 5)
7. When you talk things over with patience and _____, you can get back on track. (p. 4)
8. It takes steady footing to be _____, yet humble. (p. 8)
9. When you fill up on _____, you'll have the fuel to reach any destination. (p. 10)
11. When we put ourselves in other people's _____, we realize we're not so different. (p. 22)
13. People who do kind deeds are _____. (p. 25)
14. It feels good to let others know you _____. (p. 9)

ACROSS

2. Baby foxes (p. 2)
4. A real _____ can do a lot to fix a problem. (p. 24)
5. Has about 10,000 species, and grows in nearly every habitat (p. 16)
10. Minnah and Colin discover that their friends are _____. (p. 14)
12. _____ stars are the hottest. (p. 11)
15. When beings work together and keep open _____, their planets are more peaceful. (p. 21)
16. Title meaning "Grace" or "Highness" in Arabic (p. 3)
17. _____ you go, there are lots of ways you can help out. (p. 18)
18. The heart is the universal symbol for _____. (p. 7)
19. Kevin, Shameem, and Solya all like this sport. (pp. 12-13)

FROM OUR MAILBOX



"I would [choose] love [for a theme], because lots of people don't really . . . know about how God loves us and cares for us. People also need to know that they are needed to make a difference in this world all around us."
—Jasmine A., age 13,
Tennessee, U.S.

Editors' Note: Jasmine, we hope you enjoy this issue. Your suggestion was part of why we focused on the theme of love!

ANSWERS

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

Page 2: 2 at TL, 2 at TC, 4 at TR, 1 at CR, 1 at BR, 3 at BL, 4 at C

Page 9: 3 at TC, 3 at TR, 4 at CR, 3 at BR, 2 at BC, 1 at BL, 3 at C

Page 10:

- 1) Semi – Giving Garden
- 2) Fire Truck – Peaceful Place
- 3) Racecar – Forgiving Frontage Rd.
- 4) Cab – Encouraging Expressway
- 5) Bus – Compromise Court
- 6) Jeep – Admiring Avenue
- 7) Bulldozer – Friendly Freeway
- 8) Garbage Truck – Positive Parkway
- 9) Dump Truck – Truthful Trail

Page 11: Turkey, Saint Bernard

Page 17: Colander at CL, eggbeater at C, funnel at TL, ladle at TC, rolling pin at BL, spatula at BC, toaster at TL, tongs at CL, whisk at TC

Page 21: 1) welcoming, 2) languages, 3) Invite, 4) share, 5) help, 6) service, 7) turns, 8) positive
Signs: Top left – Arrivals
Top right – Departures

Page 22: A) 6, B) 1, C) 2, D) 5, E) 3, F) 7, G) 4

Light a Flame

aMAZEing
ADVENTURE

"Love lights a flame in the heart that is cold."
—'Abdu'l-Bahá

END

GRATEFUL GARDEN

WARM WILLOWS

ICY ISLAND

BITTER BRIDGE

COLD CASTLE

FROSTY FJORD

START

Imagine that someone you don't know is trapped in an avalanche on an icy mountain. To help the person, you'd put your own life in danger. Why would anyone do such a thing?

One answer is love. It's an incredibly powerful force. Love for our human family warms hearts and inspires people to make daring rescues, build schools in remote villages, bring supplies to refugees, or care for those who are ill.

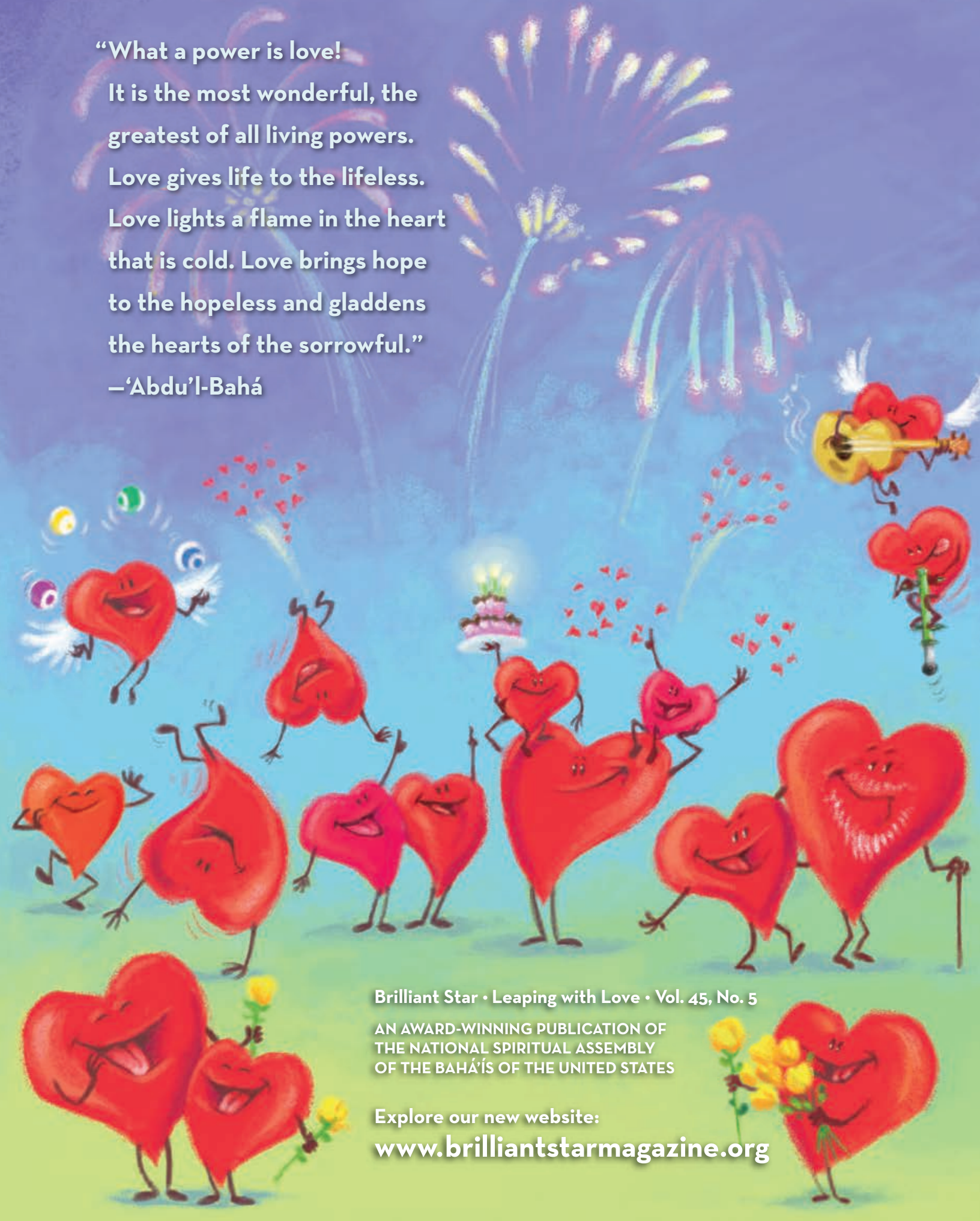
There are seven billion people on our planet, and each one was created as a noble being. Everyone deserves a warm refuge of safety, health, and happiness.

We can all help create a better world using our talents and virtues. Whether you discover life-saving medicine, write poems to build peace, or greet someone with a smile, you can put your love into action. You'll help transform the ice of injustice into tropical tranquility.

Help the explorers cross the frozen terrain and reach the Land of the Sun.

“What a power is love!

**It is the most wonderful, the
greatest of all living powers.
Love gives life to the lifeless.
Love lights a flame in the heart
that is cold. Love brings hope
to the hopeless and gladdens
the hearts of the sorrowful.”
—‘Abdu’l-Bahá**



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