

## SEPTEMBER/OCTOBER 2012





# Brilliant Star

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WWW.BRILLIANTSTARMAGAZINE.ORG

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OF THE BAHÁ'ÍS OF THE UNITED STATES

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Historical photos courtesy of National Bahá'í Archives, unless noted.

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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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Standard U.S. rates: \$18 (One year); \$32 (Two years)  
International airmail: \$38 (One year); \$68 (Two years)  
Canada and Mexico: \$28 (One year); \$48 (Two years)

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# LIFE'S BALANCING ACT

## SEPTEMBER/OCTOBER 2012

### NEW DESTINATIONS



### DEAR FRIENDS,

Yikes! Watching tightrope walkers teetering high in the air on a wobbly wire can take your breath away.

They use intense focus and control to keep their balance.

Sometimes life can feel like a tightrope act. How can you handle schoolwork and still have time for family, friends, and fun? Where do faith and being of service fit in? How do you decide which clothes, toys, and gadgets to buy? How much money should you save and share?

In this issue of **Brilliant Star**, explore ideas for balancing your priorities. Find out how humor, courage, and prayer can help. Amaze your friends with a balancing trick and a chocolaty math

formula. Take a quiz about managing money, and check out smart spending tips. And meet Dr. Philip Koomen, who built a career as a craftsman.

You might not be walking a tightrope, but your balancing act still takes courage and diligence. Using your virtues will give you a strong grip on any challenges you encounter.

With love from **Brilliant Star**

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# SEEKING TREASURE

"Regard man as a mine rich in gems of inestimable value." —Bahá'u'lláh

**E**arth is a gigantic treasure chest. Among its wonders are colorful gems hidden in rocks and soil. It's fun to search for these precious stones and make exciting discoveries along the way.

Gems can be hard to recognize at first. They may look muddy and dull in their rough, natural form. But if you spot their hint of color, you can polish them until they shine.

In a similar way, jewels of virtue are inside each of us. They can be hard to see sometimes. But when you face a challenge, dig deep within and polish one of your virtues. When you start a conversation with a new kid at school, the courage in your heart gets brighter. If you share time or money with a charity you care about, your jewel of generosity glows. With practice and prayer, your many gems will sparkle, and you'll fill your life with treasure.

This family is searching for treasure in a forest stream. Help them find more tools, then discover their gems of virtue.





## A Brief Timeline

### The Life of Bahá'u'lláh

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

#### 1817 November 12

Birth of Bahá'u'lláh in Tíhrán, Iran

#### 1844

Recognizes the Báb as a new Messenger of God

#### 1852

Imprisonment in the "Black Pit" of Tíhrán

#### 1853–1863

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

#### 1863 April 22

Declares Divine Mission as Prophet-Founder of the Bahá'í Faith

#### 1863–1868

Exile in Constantinople (Istanbul), then Adrianople (Edirne), Turkey. Begins writing letters to kings and rulers in 1867, urging world unity

#### 1868

Last exile, to prison-city of 'Akká, Israel

#### 1877

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

#### 1892 May 29

Bahá'u'lláh passes away at Bahjí.

# Bahá'u'lláh's Life: Mission of Peace Spiritual Riches

As the son of a Persian nobleman, Bahá'u'lláh was born into a life of wealth. But He wasn't attached to material things.

After marrying, He and His wife, Ásíyih Khánum, shared their riches with those in need. Bahá'u'lláh became known as "Father of the Poor."

In 1852, Bahá'u'lláh was arrested by officials who were prejudiced against His faith. They put Him in a terrible dungeon called the "Black Pit" for four long months. He and His family were stripped of their wealth and then banished from their homeland. For about 40 years, Bahá'u'lláh lived as a prisoner and an exile, with few comforts.

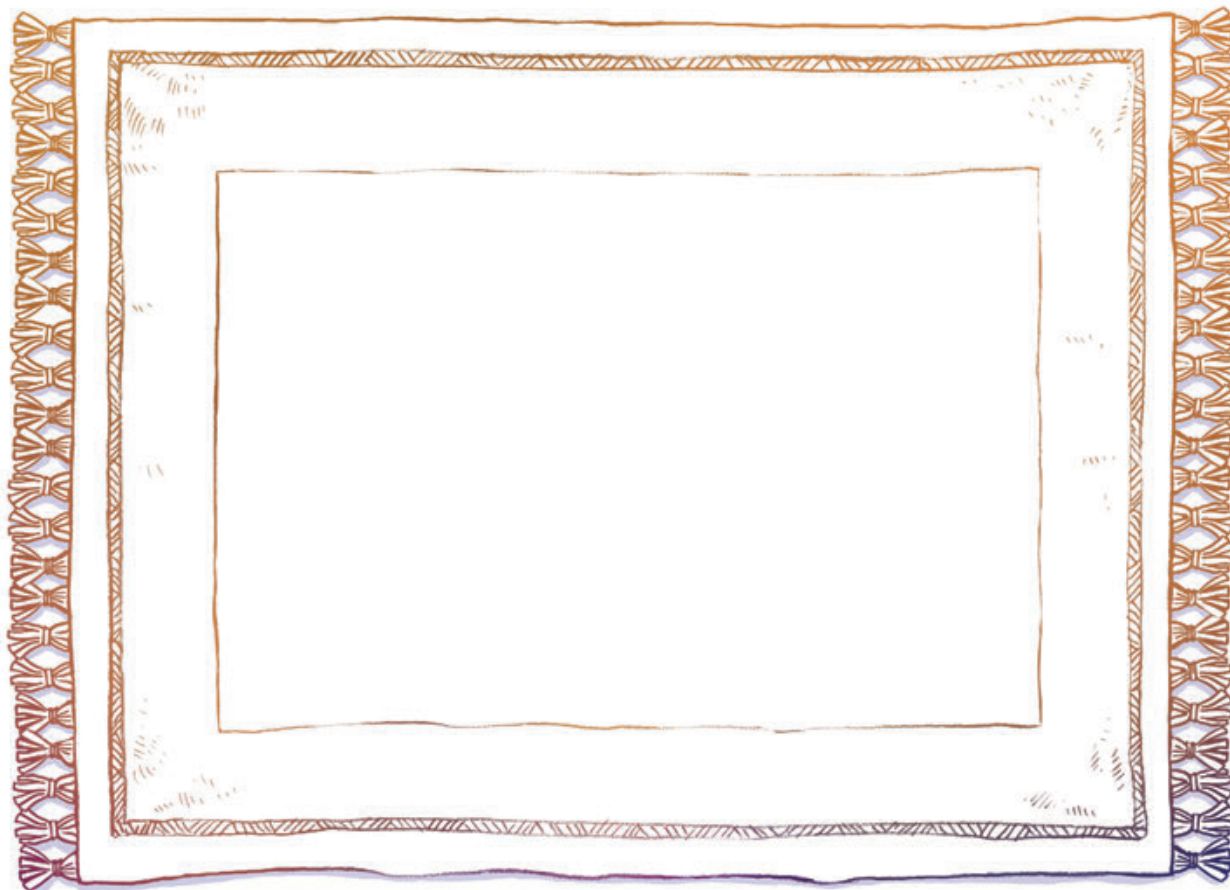
Yet He was rich with admirers. Sometimes they sent Him gifts, such as carpets or clothing. He graciously accepted such gifts, but then often gave them to the poor.

During His exile in Adrianople (now Edirne, Turkey), a Bahá'í named Muhammad-Báqir presented Bahá'u'lláh with a small silk rug. Bahá'u'lláh accepted the gift, wrote a Tablet, and thanked him. Then He told Muhammad-Báqir that He was returning the rug as a favor to him. He said He actually preferred to sit on the ground.

Though He experienced both wealth and poverty, Bahá'u'lláh was detached from both. Instead, He focused on spiritual riches, helping people live noble lives as one human family.



Carpet weaving is an art form in many cultures, including in Iran. Some carpets are used for prayer. Imagine you're giving a beautiful carpet as a gift. Create your own design with unique patterns and colors.







# RILEY'S RAINFOREST

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

## Can Money Buy Happiness?

**I**f you won a million dollars, would you be happier? It may depend on what you do with the money. Studies show that wealth can't buy happiness.

People often imagine that if they could have more stylish clothes, a better computer, or a bigger house, they'd be more satisfied. But research shows that after a comfortable level is reached, more money doesn't lead to greater happiness. One reason may be that people get used to having more money over time, so the joy doesn't last. Also, being able to afford more expensive things may make it harder to enjoy life's simple pleasures.

What *can* make a difference is *how* we spend money. Scientists find that sharing makes people happier. In one study, college students were given cash; some were asked to spend on themselves, and some were asked to spend on others. Those who helped others were happier. Also, using money



to travel or learn something new—instead of buying stuff—makes people feel more content.

Sometimes, a high-paying job is seen as a path to happiness. But a study showed that being treated with respect matters more. People who felt admired and valued by friends and coworkers were happier, even when they made less money than others. Also, many people are satisfied with lower salaries when their work is meaningful.

It can be fun to dream of riches, but true wealth comes from things like good relationships, uplifting experiences, and generosity. You can't buy happiness—but you *can* create it yourself.

## Canopy of Questions

**W**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](mailto:brilliant@usbnc.org). Responses are given by a health professional.

“How do you stop worrying about what others think of you? How do you accept the fact that not everyone will like you?”

—Taylor, age 14

Dear Taylor,

We all want to be liked and have many good friends. We also have a responsibility to be our own best friend and be proud of ourselves. You cannot make everyone happy, but real friends will appreciate you for being yourself.

Choose friends who care about others, tell the truth, and show respect for people. If any so-called friend asks you to disregard the good of others or do something that is against your principles, that person is not being a true friend. Be strong and firmly say no.

Each of us is like a candle shining with our own unique light. Try not to be concerned about the opinions of those who are negative and critical. Say prayers. Read stories of heroes and heroines from your faith for inspiration. Focus on the positive qualities in yourself and others, and let your light shine brightly.

Wishing you joy,

Keyvan Geula

Licensed Family Therapist



## Explore & Soar: Love Life Every Day

**H**appy people savor life's joys, large and small. Try these tips:

- Tell your mom, dad, or siblings what you love most about them.
- Go outside and draw a picture of something in nature.
- Put your hand on your heart. Feel the beat—it's what gives you life!
- Watch the sun set.
- Eat your favorite treats slowly to enjoy the flavors.



# Are You Cent-Sible?



**Y**ou open up your birthday card, and out falls crisp cash. Sweet! What will you do with it?

It's easy to let money slip through your fingers when you don't plan ahead. Wise spenders know that if you set aside certain amounts to save, share, and spend, you can build some savings *and* help others—and also buy things you'd like to have.

Sometimes it feels like you really *need* things that are actually *wants* you can

do without. Real needs are essential, such as food, basic clothing, and transportation. Video games, toys, designer fashions, and candy are wants.

It's fun to spend some money on things you want, but it's a good idea to use moderation and not get carried away.

Being smart with your money takes planning, patience, and self-control. When you use good sense with your cents, your money will stretch a lot further.



**How wise are you with your money? Take this quiz to find out.**

**1** I balance my money between saving, donating to charity, and spending.

Often = 3 • Sometimes = 2 • Rarely = 1

**5** I keep some money with me in case of an emergency.

Often = 3 • Sometimes = 2 • Rarely = 1

**9** I think about whether I really need or want something before I buy it.

Often = 3 • Sometimes = 2 • Rarely = 1



**6** I put my savings in a bank account or another safe place.

Often = 3 • Sometimes = 2 • Rarely = 1

**7** I'm careful not to waste my money on cheap toys, candy, and other stuff that doesn't last.

Often = 3 • Sometimes = 2 • Rarely = 1



**2** I know that many people live in poverty, and I'm grateful for any extra money I have.

Often = 3 • Sometimes = 2 • Rarely = 1

**8** I'm aware of how much things cost, such as clothes, toys, or food.

Often = 3 • Sometimes = 2 • Rarely = 1

**10** I keep track of how much I spend and what I spend it on.

Often = 3 • Sometimes = 2 • Rarely = 1

**3** I remember not to ask my parents to buy me things we can't afford.

Often = 3 • Sometimes = 2 • Rarely = 1



**4** I earn my own money doing chores or from a job, and I do my best work.

Often = 3 • Sometimes = 2 • Rarely = 1

**11** I try not to borrow money, but if I do borrow from someone, I make sure to pay it back promptly.

Often = 3 • Sometimes = 2 • Rarely = 1

**12** I don't compare myself to friends who have more or less than I do.

Often = 3 • Sometimes = 2 • Rarely = 1

**My Score:**

**36–28 points: Money Mastermind**

You're financially focused and brilliant with a budget. Keep it up! Those money smarts will always come in handy.

**27–19 points: Accounting Apprentice**

You're on your way to wallet wisdom. With a little more effort, managing your money well will become a habit.

**18–12 points: Finance Freshman**

You're just starting to get your cash under control. Try some tips from the quiz to sharpen your skills.





## TWO WINGS

"For man two wings are necessary. One wing is physical power and material civilization; the other is spiritual power and divine civilization." — 'Abdu'l-Bahá

**H**ow do you keep your body active and healthy? What about your spirit? Like two wings of a bird, when you keep your body and spirit in balance, it's easier to soar through life.

Riding your bike, playing sports, and doing other physical activities make your body strong. Eating healthy food and getting enough sleep are also important. Your spirit stays strong when you practice virtues like prayerfulness and

kindness. Helping others tones your spiritual "muscles."

With so many things to do, it's easy to take on too much. When you feel stressed or upset, check in with yourself so you don't crash. Maybe your body could use a relaxing walk. It might help your spirit to pray, meditate, or talk to your parents. When you care for both "wings" in your life, you can be your best self and enjoy your flight. Follow the steps below to make your own well-balanced bird.

### You'll Need

- Two craft sticks • tacky glue • clear tape
- one 10" (25.4 cm) piece of string
- beads: two,  $\frac{3}{4}$ " (1.9 cm) and thirty-four,  $\frac{1}{4}$ " (.6 cm)
- thread pieces: one, 15" (38.1 cm) and two, 10" (25.4 cm)
- about 1" (2.5 cm) bottle cap • pencil • construction paper
- scissors • feathers, wiggle eyes (optional)



## Make a Balanced Bird

- 1 Glue sticks together.



- 2 Tape end of longer thread to "head" of crossbar. Add 1 large bead, 10 small beads, then 1 large bead. Tape end to crossbar's "tail."



- 3 For legs, knot string's center between last tail beads.



- 4 Trace bottle cap for feet. Punch holes with pencil tip.



- 5 Fit 12 beads and foot snugly on each leg. Tape string to bottoms of feet.



- 6 Knot a shorter thread between 6th and 7th bead of each leg. Tape threads to open ends of crossbar, tight enough so knees are bent.



- 7 Adjust string so head is higher than tail. Glue on beak, feathers, and eyes.



MOVE THE CROSSBAR TO MAKE YOUR BIRD WALK AND SOAR!







# Fascinating Flamingos



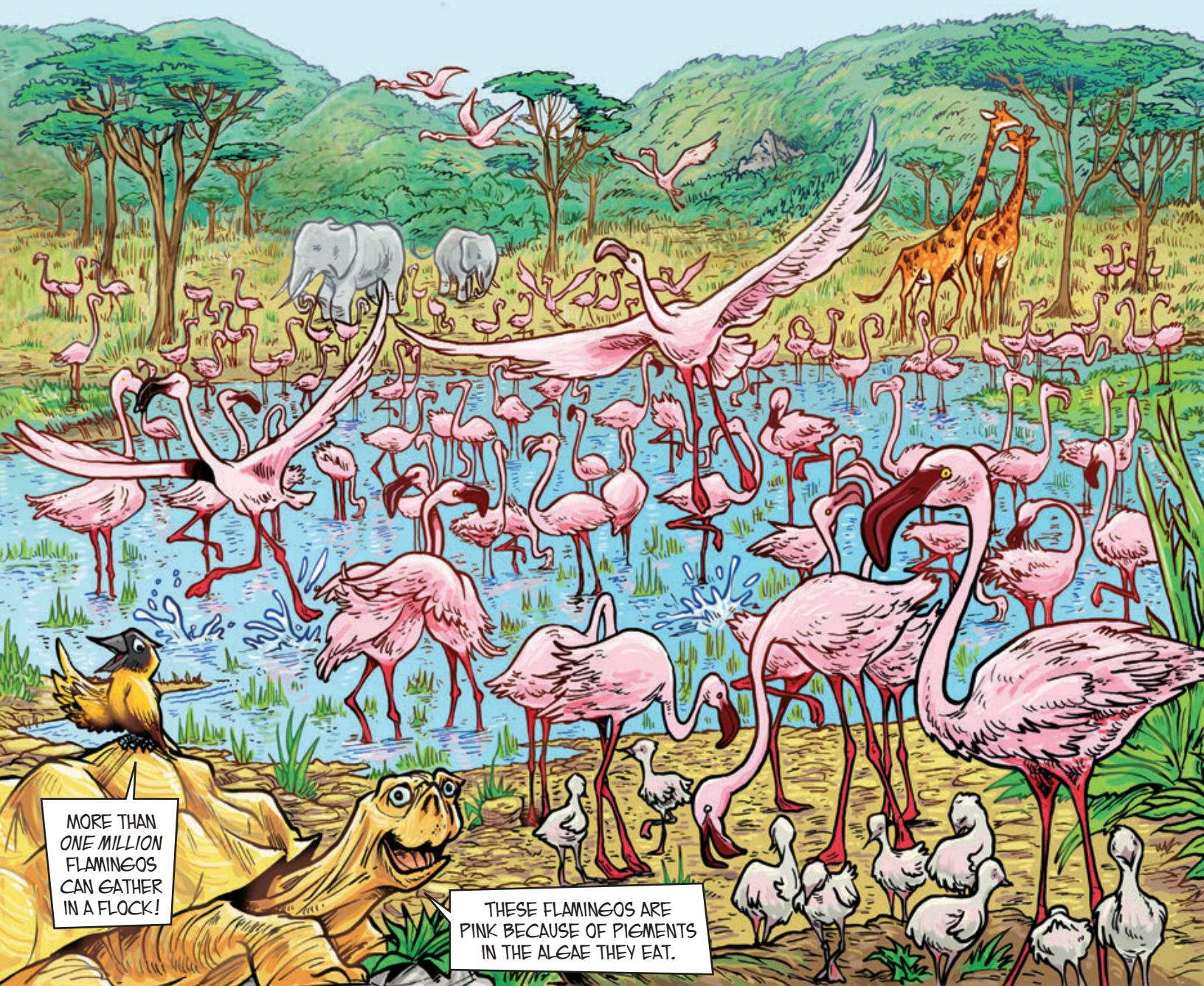
**H**ow long can you stand on one leg without toppling over? Flamingos can balance on one leg for hours at a time—even when they're asleep! Scientists aren't sure why they like to stand one-legged. One study found that it helps them retain body heat. It may also reduce their contact with tiny creatures in the water that can harm their health. Whatever the reason, it's an impressive feat.

Finding balance can be tricky for anyone—

especially humans with busy lives. Schoolwork, sports, service, and other things compete for attention. Too many activities may make you tumble out of control.

If you feel your balance slipping, think about letting something go to free up time and energy. Or add prayer or meditation to boost your spirit. Make a list of what's most important to help you focus your energy. It takes diligence and patience to stay balanced. But as the flamingos would tell you, it's worth the effort—and it helps you stand tall.

**In this lake in Kenya, find the 15 flamingos that are standing on one leg.**



MORE THAN  
ONE MILLION  
FLAMINGOS  
CAN GATHER  
IN A FLOCK!

THESE FLAMINGOS ARE  
PINK BECAUSE OF PIGMENTS  
IN THE ALGAE THEY EAT.





DO YOU THINK I CAN GET ALL OF THESE NAILS TO BALANCE ON *ONE* NAIL?

ANYTHING IS POSSIBLE!



## Find the Center

**H**ave you ever tried to balance a ruler on your finger? If you put one end on your fingertip, gravity takes hold, and—crash! The ruler falls. But if you place your finger directly under the center of the ruler, it balances. You're supporting its center of gravity—also called center of mass—or balance point.

Like that ruler, you can stay steady by finding *your* center when school and life get stressful. Every day, start with a list of your most important tasks.

Which ones do you absolutely need to do? Add some time for play and fun. Think about the time each task will take—can you fit it all in?

Set realistic goals. If a task requires a lot of time and energy, break it into small steps and do a little each day. Stay centered and focused by updating your list. If unexpected problems pop up, be calm. Take breaks to rest, reflect, and remain in balance. And check out this cool trick!

## Balance

**You'll Need:** Nine nails, about  $1\frac{1}{2}$ " (3.8 cm) long, with  $\frac{1}{4}$ " (.6 cm) heads  
a fist-sized piece of modeling clay • one 9 oz. (266 mL) disposable drinking cup • scissors • ruler

- 1 Cut off cup's bottom, leaving it  $\frac{1}{2}$ " (1.3 cm) tall. Press clay flat into cup.



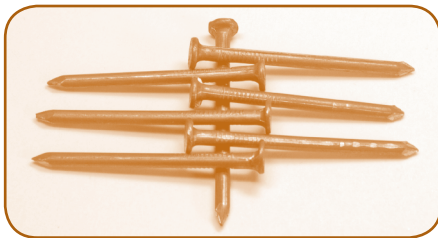
- 2 Press nail's tip straight into center of clay in cup.



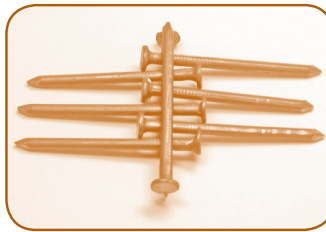
- 3 Place one nail on the table. Put another nail perpendicular to it, with heads about  $\frac{1}{4}$ " (.6 cm) apart.



- 4 Add five more nails so heads are about  $\frac{1}{4}$ " (.6 cm) from center nail's stem. Alternate the nail heads, so even and odd heads face opposite directions.



- 5 Lay last nail on top, parallel to bottom nail, but with head facing the opposite direction.



- 6 Pick up all eight nails by holding top and bottom nails' heads and tips. Center bottom nail on top of standing nail.



## How it Works

Cool, right? The center of gravity for the group of eight nails is below the point where they rest on the central nail, so they balance stably on it without falling off.





# WHAT DO YOU SAY?

**"W**hat do you mean you're not buying one?  
It's the latest thing!"

Do you and your friends think alike about money, clothes, and gadgets? It can be a challenge when others spend more than you—or a lot less. You may feel pressure to buy things you can't afford. Or it can be hard to go out

and have fun if your friends can't spend any money.

When money and things get in the way, focus on other interests that you share. Try not to compare yourself to other kids. How do you deal with conflicts about money or buying stuff? With friends or family, managing money can be tricky.

WHY ARE YOU GIVING YOUR MONEY AWAY? THAT LITTLE AMOUNT WON'T HELP. YOU COULD JUST BUY NEW STUFF INSTEAD.



I ALWAYS SET ASIDE SOME OF MY MONEY TO GIVE TO CHARITY. IT FEELS GOOD TO HELP OUT.

OR

IF *EVERYONE* GIVES A LITTLE, IT ADDS UP TO A LOT.

WRITE WHAT YOU WOULD SAY:

LOTS OF KIDS HAVE TO DO CHORES FOR THEIR ALLOWANCE. I DO, TOO.

OR

I RAKE THE YARD AND DO OTHER CHORES AT HOME. I LIKE HELPING MY FAMILY!



IT'S NOT FAIR! MY PARENTS WON'T GIVE ME MY ALLOWANCE UNLESS I RAKE THE YARD.

WRITE WHAT YOU WOULD SAY:

YOUR PANTS ARE *SO*... UNCOOL. WHERE DID YOU GET THEM?



IT DOESN'T MATTER WHERE I GOT THEM. I LOVE THESE PANTS!

OR

I LIKE THEM! AND I GOT THEM SECONDHAND. REUSING STUFF IS GOOD FOR THE ENVIRONMENT.

WRITE WHAT YOU WOULD SAY:



# Monster Makeover

**I**t's the coolest, latest, greatest gizmo. You've just *got* to have it! Now!

Or do you? Commercials urging you to buy stuff can be hard to resist. There are so many fun games, music players, clothes, and toys. But too much stuff can be a big distraction. You may get so absorbed in games or media that you forget about friends and family. You might find that hours have slipped by and you haven't gone outside, played your guitar, or done

your homework. And what if your room is so full, you can't find anything?

If you sometimes hear a little "more-more-more" monster whispering in your ear, it might be time for a makeover. Look at your things—maybe some of them could be donated to other kids in need. And think twice before you buy more. When your space is neat, it's easier to pay attention to what matters most. You can also be sure there are no monsters in your closet!

Reza's room has been invaded by nine monsters of materialism. Draw a line from each monster to the item that will make it more friendly.





# 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

### Remember to PREcycle!

Recycling is great, but it takes energy. *Precycling* is avoiding extra stuff in the first place. Skip disposable bags, look for products with little packaging, and buy stuff that lasts.

## WOW, REALLY?

Sunlight reaching Earth right now is estimated to be up to 170,000 years old! Light is released when atoms combine at the sun's core.

## OUR CONNECTIONS



Did you know Earth tilts on its axis? The north pole does not point upright—it actually lies at an angle. This creates our seasons. As Earth revolves around the sun, when the north pole tilts farther away from its light, we have winter in the Northern Hemisphere. When the north pole tilts toward the sun, we have summer. (In the Southern Hemisphere, seasons are reversed.) Scientists say that as global temperatures rise, seasons are shifting, affecting all life on Earth.

## PROTECTING OUR PLANET

**Dr. Ken Yeang** of Malaysia is an architect and writer known for pioneering innovative green design. His work includes skyscrapers that integrate gardens and vegetation into the structure of the building. He has lectured about ecodesign in over 30 countries. He says, "Nature is the biggest source of inspiration and invention."



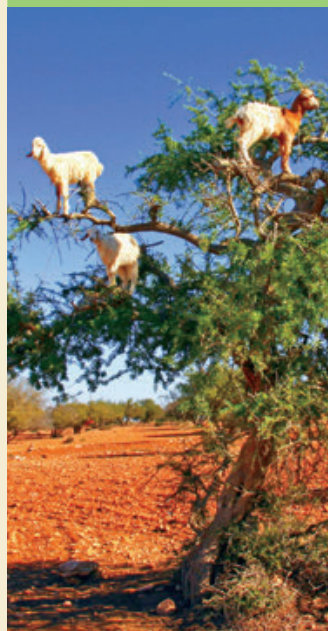
## WHERE IN THE WORLD?



This North American high desert was covered by a sea 300 million years ago. Over time, erosion created incredible rock formations of red sandstone. Balanced Rock (center) reaches 128 feet (39 m) in total height and weighs about 3,000 tons (2,722 metric tons). *Unscramble the letters to find its location:*

AHTU

## AMAZING ANIMALS



Goats go "out on a limb" for the leaves and fruit of the argan tree, which only grows in this North African country. The trees have been depleted by goats and humans, but efforts are being made to preserve them. *Fill in the blanks to find the country:*

M  R   C O



# 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?

### Leily M.

Age: 9

I live in: **Dormagen, Germany**

I want to be:  
**An artist**

Best quality or virtue:  
**I'm polite and try to be helpful.**

Something I like about me that makes me unique:  
**I am the big sister for my three siblings: Naim, Ava, and Shayan.**

Hobbies or sports:  
**I love to read, draw, play the German flute, or do track and field sports.**



Favorite Bahá'í activities:  
**Preparing for and celebrating Naw-Rúz [Bahá'í New Year]...**

Place I'd love to visit:  
**California, where I was born and we have many friends.**

If I could give everyone three gifts, they would be:  
**Books, someone who loves them, and music**

When I have money, how do I spend it?  
**I give a bit to the [Bahá'í] Fund and usually save money for something... that I would love to buy.**

My most important material possessions:  
**My books, bike, and flute**

My most important spiritual qualities:  
**Creativity... courtesy, modesty, orderliness**

### Novin N.

Age: 11

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

I want to be:  
**A scientist**

Something I like about me that makes me unique:  
**I like the diversity within me (born of an Indonesian mom and Persian dad).**

Hobbies or sports:  
**Basketball**

Favorite Bahá'í activities:  
**Junior youth group and Bahá'í camps**

Place I'd love to visit:  
**Tokyo, Japan**

I like to help people by:  
**Respecting them and making them laugh**

If I could give everyone three gifts, they would be:  
**Freedom, knowledge, and a computer**



When I have money, how do I spend it?

**Save for college and give to the [Bahá'í] Fund.\***

When I feel stressed:  
**I read a book between each activity.**

My most important material possessions:  
**My computer, candies, bed, and books**

My most important spiritual qualities:  
**I get along well with others, and I am very outgoing.**

### Tihut T.

Age: 11

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

I want to be:  
**An astronaut**

Something I like about me that makes me unique:  
**I am a straight A student.**

Favorite Bahá'í activities:  
**I like to go to my junior youth class every Tuesday.**

Favorite animal or pet:  
**Monkeys**

Place I'd love to visit:  
**Haifa, Israel**



I like to help people by:  
**Giving to the Bahá'í Fund**

If I could give everyone three gifts, they would be:  
**Prayer book, pencil, paper**

When I have money, how do I spend it?

**I will ask charit[ies] if they need any money, then I will give 19% to the National [Bahá'í] Fund, and... some to my parents, and then to me.**

How do I handle envy about cool stuff?  
**By asking if I can borrow it or if he wants to borrow it**

My most important material possessions:  
**My prayer book, my clarinet, and my green special and shiny rock**

My most important spiritual qualities:  
**Laughter, enthusiasm, and helpfulness**



## Hartley C.

Age: 12

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

I want to be:  
**A doctor**

Something I like about me that makes me unique:  
**I am adventurous, and I take a lot of risks.**

Hobbies or sports:  
**Tae Kwon Do, football, piano, trumpet, fishing, cooking**

Favorite Bahá'í activities:  
**Having fun with my junior youth group**

Favorite animal or pet:  
**My rat terrier, Rocket, and my pet catfish**

Places I'd love to visit:  
**Patagonia, Panama, Malaysia, Australia, the Yukon, Somalia**

If I could give everyone three gifts, they would be:

**A prayer book, somebody to care for, and somebody that cares for them**

When I have money, how do I spend it?

**Save it up to travel to different parts of the world**

How do I handle envy about cool stuff?

**I think of all the good things that I have instead of wanting more.**

My most important material possessions:

**My prayer book and a pencil and paper, because I love to draw...**



**“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

## Hannah R.

Age: 11

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

I want to be:  
**Soccer player/musician**

Hobbies or sports:  
**Soccer, volleyball, dance, guitar, piano, singing, taking pictures, hanging out with my friends, and eating watermelon**

Favorite Bahá'í activities:  
**Junior youth groups**

Place I'd love to visit:  
**The Caribbean**

If I could give everyone three gifts, they would be:  
**Love, joy, and laughter**

When I have money, how do I spend it?

**I would give part of it to the Bahá'í Funds or charity and use some to ... open a cupcake shop or start a sports club.**

When I feel stressed:  
**I...read, listen to music, or go outside for ... fresh air**

How do I handle envy about cool stuff?

**I ask myself whether it's necessary for me to have ... Maybe I'll ask for it as a gift ... or pay for it with ... money that I've saved.**

My most important material possessions:  
**My iPod, soccer ball, and guitar**

My most important spiritual quality:  
**Praying**



## Tuesday L.

Age: 9

I live in: **Quebec, Canada**

I want to be:  
**Ballerina**

Something I like about me that makes me unique:  
**I was born on Tuesday and my name is Tuesday.**

Hobbies or sports:  
**Ballet, capoeira [dance/martial art], collecting rocks and gems**

Favorite Bahá'í activities:  
**19-Day Feast\*\***

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

If I could give everyone three gifts, they would be:

**A possibility to speak their mind, freedom of religion, education**

When I feel stressed:  
**I do some reflexology on my feet, I breathe, I ask my mom for help.**

How do I handle envy about cool stuff?

**I just get excited for my friends when they have cool stuff.**

My most important material possessions:  
**My books and art materials**

My most important spiritual qualities:  
**Creativity and friendliness**



## How to be a Radiant Star:

1. If you're age 7–14, write us at [brilliant@usbnc.org](mailto:brilliant@usbnc.org) or Brilliant Star, 1233 Central Street, Evanston, IL 60201. Include your name, age, birth date, 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 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).

\*\*Feast is a Bahá'í community gathering with prayers, consultation, and fellowship.





**IN FURY'S ARCTIC LAIR...**

WELL DONE, NOVA!

LIGHTNING, TAKE A SNOWMOBILE TO FIND LUNA.

QUICK! FURY'S MINIONS ARE COMING!

HE GOT AWAY!

BACK TO THE DUNGEON!

YOUR DUNGEON IS NO MATCH FOR US. JUST TAKE US TO FURY.

WHY DIDN'T YOU ESCAPE WITH SUPERBOY?

I WANT YOU TO STOP THIS MADNESS!

NEVER! I DIDN'T START CLIMATE CHANGE. I'M JUST SPEEDING IT UP.

**DEEP IN THE ARCTIC...**

I'LL BURN CROPS. THEN CITIES. THE UPLIFTERS WILL BE HELPLESS. COUNTRIES WILL SURRENDER TO ME!

YOU'LL HURT INNOCENT PEOPLE!

I'LL STOP IF YOU JOIN ME.

U-PAD NOT WORKING.

TOO TIRED TO FLY.

SO COLD.

GOT TO KEEP GOING.

WHERE'S LIGHTNING?

HUH?

GASP!

AHHHHH!

LIGHTNING! DO YOU NEED HELP?

WHAT? I CAME TO RESCUE YOU.

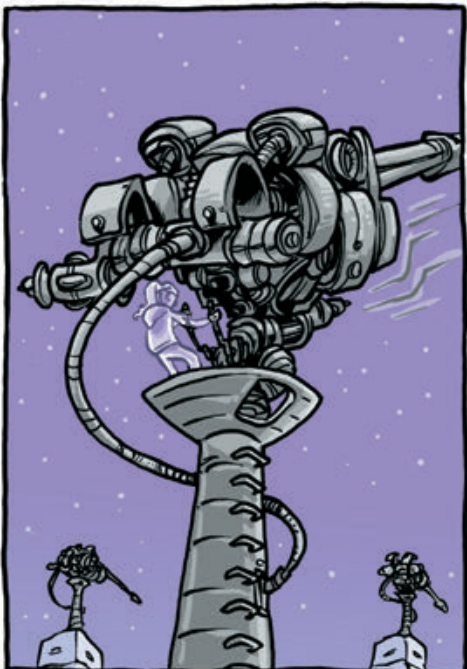
WELL, YOU'RE RESCUING ME IN STYLE.

FUNNY, SIS. I WAS REALLY WORRIED ABOUT YOU!

I CAN'T FEEL SOME PARTS OF MY BODY!

HANG IN THERE! LET'S GET BACK TO FURY'S LAIR. SHE HAS PULSAR AND NOVA!







# 'ABDU'L-BAHÁ'S GREAT VOYAGE: CANADA



“The value and greatness of these travels are not known now but will be apparent later on,” said ‘Abdu’l-Bahá, the leader of the Bahá’í Faith, during his visit to Montreal, Canada, in 1912. As part of his eight-month North American journey, he spent about nine days in Montreal, where the first Canadian Bahá’í group had been established by May Maxwell. He spoke to crowds of people and met with many individuals, including clergymen, professors, and reporters.

‘Abdu’l-Bahá spent two nights at the Maxwell home, then he went to the Windsor Hotel. He delighted in two-year-old Mary Maxwell, the daughter of May and her husband, William Sutherland Maxwell, a successful architect. ‘Abdu’l-Bahá told May, “Children are the ornaments of the home. A home which has no children is like one without light.” One afternoon, as ‘Abdu’l-Bahá was resting, Mary came in and pushed up his eyelids, saying, “Wake up, ‘Abdu’l-Bahá!” Then she took a nap with him.

In addition to speaking at the Maxwell home, his hotel, and at churches, ‘Abdu’l-Bahá addressed



The Maxwell home in Montreal, Canada, where ‘Abdu’l-Bahá stayed, is the only Bahá’í shrine in North America.

500 people at Coronation Hall on September 3, 1912. He encouraged economic justice and care for the poor, saying, “If . . . some are accumulating exorbitant wealth and others are in dire want . . . it is impossible for man to be happy and impossible for him to win the good pleasure of God.” He went on, “We are all inhabiting one globe of earth. In reality we are one family . . . We must all be in the greatest happiness and comfort . . .”

His companion, Mahmúd-i-Zarqání, said that during this talk, “the audience broke into spontaneous applause, clapping their hands with joy and excitement.”

When ‘Abdu’l-Bahá took questions, “Every answer evoked further applause and admiration to such an extent that the walls of the building seemed to vibrate to their foundations.”

‘Abdu’l-Bahá’s talks had been widely reported in the newspapers, and as the stories were read to him, he cried out, “O Bahá’u’lláh! . . . What a wonderful Cause Thou hast founded! . . . It is the greatest force in the world of existence.”

On September 9, Bahá’ís watched sadly as ‘Abdu’l-Bahá departed by train.

Years later, Mary Maxwell grew up to marry ‘Abdu’l-Bahá’s grandson, Shoghi Effendi, and became known as Amatu’l-Bahá Rúhíyyih Khánum. Mary’s father designed the magnificent superstructure of the Shrine of the Báb in Haifa, Israel. Her mother traveled widely, sharing the Bahá’í Faith.

Rúhíyyih Khánum donated her family’s home, where ‘Abdu’l-Bahá had been a guest, to the Bahá’í community. It is now a Bahá’í shrine. She said of the home, “For future generations, it will eventually grow in importance and sacredness, because He . . . the Greatest Mystery of God, stayed here.”





# Courage to Climb

"Let them scale the ascending heights of excellence in all they aspire to do." —Bahá'í Writings

At dizzying heights, mountain goats leap fearlessly across 10-foot (3m) gaps. In the Rocky Mountains of North America, they scramble up the steep, rough faces of treacherous cliffs.

How do they stay balanced? Their special hooves have flexible toes that grip rocky slopes or spread apart for steadiness. Their soft foot pads help them avoid slipping. They can even pull themselves up a ledge with their strong front legs.

Even if you don't skip around on mountain cliffs, the choices you make every day still take balance and skillful navigation. When is it time to risk jumping into something new? Should you try out for the soccer team? Maybe start a band? Taking chances can be scary. Talk to your parents and friends about the risks and rewards.

Over time, you'll learn about yourself and build confidence. So the next time you run into an exciting opportunity, consider taking a leap to new heights!

Find nine hidden letters in the mountains and list them:

YOU CAN TELL  
A MOUNTAIN GOAT'S  
AGE BY COUNTING  
THE RINGS ON  
ITS HORNS.

Using the letters you  
found, solve these words  
about climbing with courage.

1. F O \_ U \_
2. \_ O \_ F I \_ E \_ \_ E
3. A \_ \_ I O \_
4. \_ E \_ E R \_ I \_ A \_ I O \_
5. \_ O A \_ \_
6. \_ E A \_ \_ O R K
7. \_ R I \_ \_
8. \_ \_ R E \_ \_ \_ H



# STELLAR SHOPPERS

A trip to the toy store can be out of this world! Toys, games, and gadgets can rocket you into a whole new universe of fun. They can also make you want to buy, buy, *buy*!

Stores and ads are designed to get you to spend money. But with patience and planning, you can be a skillful shopper and resist the urge to buy on impulse.

Think about what you want *before* you go to the store. Then you'll be able to choose wisely and look for a fair price.

Think about *why* you want certain things, too. Is it because you want to have popular, cool stuff to fit in with other kids? Or are you following your own interests?

Have a blast—turn smart shopping into a fun game!

These kids are being smart shoppers. Look around the store for words to complete the tips.

1. \_\_\_\_\_ the things you want. Decide which are most important and why.
2. Set a \_\_\_\_\_ and save your money for something you'll enjoy for a long time.
3. \_\_\_\_\_ and read reviews on the item you want to purchase.
4. Check around for the best price and see if an item is on \_\_\_\_\_.
5. Avoid buying things spontaneously. \_\_\_\_\_ about why you want it, if you're tempted.
6. How \_\_\_\_\_ will you be interested in the toy? Is it like things you already have?
7. Before you spend, remember how long it took you to \_\_\_\_\_ the money. Is it worth it?
8. Board and card games and building sets are great for group play and making \_\_\_\_\_.
9. Instead of buying something, \_\_\_\_\_ one. How about building your own robot?





# Bubbly Fun

"Humor . . . is an essential element in preserving a proper balance in this life and in our comprehension of reality." —Bahá'í Writings

**H**umor has a funny way of bringing people closer. Hanging out with friends and family, sharing silly stories, and laughing together fills us with joy.

If life gets busy and stressful, humor can also help us focus on the positive. When we make time to relax and have fun with our loved ones, it's easier to face our

challenges and let the stresses pop away like bubbles.

But as we're laughing and joking away, it's important to keep people's feelings in mind. With respect and wisdom, we can laugh *with* others, not *at* them, avoiding hurtful comments or backbiting. Keeping humor kind and positive allows everyone to join in the bubbly fun.

Draw lines to connect letters in bubbles that touch. Start with the purple letter. You'll return to some letters more than once.







# MUSIC CAFÉ

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

MUFFINS, MUSIC, AND MY FRIENDS—THESE ARE MY FAVORITE THINGS AT THE MUSIC CAFÉ!

IT DOES GET REALLY BUSY, AND SOMETIMES PEOPLE ARE RUSHED AND STRESSED. BUT THEY CHEER UP WHEN WE SERVE THEM WITH A SMILE. IT FEELS **GREAT** WHEN I CAN ...

## WALK IN LOVE

By Steven Courtney

Walk in love Ev'ry day In the things You do and say So-lid as a  
 6 rock Gen-tle like a dove Walk in love Walk in love Ev'ry-where Sow love's  
 12 — seed Show-in' you ca-re So-lid as a rock Gen-tle like a dove Walk in love Walk in  
 17 (Seven bars of bridge, DCGD twice) love Walk in love All the time O-ver moun-tains You will cli-mb So-lid as a  
 23 rock Gen-tle like a dove Walk in love Walk in love Walk in love Be a  
 29 friend Hold your head up high Through thick and thin So-lid as a  
 32 rock Gen-tle like a dove Walk in love Walk in love (Repeat 5 times) G





# Bandhu's Branch

Adapted from an Indian Folktale

A majestic peacock called from the forest, “May-ewe! May-ewe!” Bandhu loved waking up to that sound. It made him think of the rich tones of a *shehnai*. He hoped that someday *he* could play one. He imagined making the instrument echo through the mud hut he shared with his mother.

The sun had not yet risen, but she had already left for work, to grind wheat. She was paid in flour, which she made into delicious *roti* bread. She also traded flour for potatoes or onions. They barely had enough for basic clothes. Surely not enough for a shining musical instrument.

One day, his mother said, “Bandhu, I found this beautiful branch by the sheesham tree. You could imagine you’re playing the shehnai.”

He smiled. “*Shukriyaa, Maa-ji.*” He went outside, following a peacock’s call in the distance.

He passed an elderly neighbor bent over her stove, coughing as smoke rose up instead of flame. Bandhu looked at his imaginary shehnai for a moment, then held it out. “Maybe this will help, *Dadi-ji.*”

“*Shukriyaa!*” she said. The fire crackled. He whistled tunes for her as she cooked. She gave him a piece of hot *roti*, and he took it gratefully.

The peacock called, and Bandhu ran along. He passed the potter’s wife rocking a crying child. The child looked so hungry that Bandhu offered the rest of his *roti*.

“*Shukriyaa!* My grandson needs food. We have little, but we do have *these.*” She gave him a big round pot. He said thank you and ran on.

At the river, Bandhu saw a washerman waving angrily at a horse. “This clumsy beast broke my last pot,” he yelled. “I can’t finish washing the clothes!”

The boy held out his pot as he patted the horse. “Maybe this will help, *Dada-ji.*”

The man took it, muttering, “Take this silly horse.”

With wide eyes, Bandhu said, “Such a wonderful gift! *Shukriyaa!*” He heard the peacock again and hurried on.

He came upon a bridegroom carrying a magnificent sword, his family and musicians in rich clothes gathered nearby. Even with the music playing, they slumped sadly. Bandhu hadn’t followed a peacock call—it was a shehnai!

The groom paced back and forth to the sad tune. Bandhu said, “Why do you look so unhappy?”

The groom moaned, “We were on our way to my wedding when my horse got scared by a snake and ran away. I *cannot* go on foot. A groom must ride like a prince!”



“Take my horse,” said Bandhu, handing over the reins. One musician began a happy melody, and the boy smiled, closing his eyes to listen.

“Musician!” cried the bridegroom. “Give this boy your shehnai, and I will replace it.” He said to Bandhu, “Thank you. I hope *my* children will be as generous as you!”

Bandhu accepted the fine shehnai. Beaming with joy, he rushed home to his mother. He told her how he ended up with his heart’s desire . . . by giving everything away.



# Dr. Philip Koomen



**P**hilip Koomen loves nature. He makes furniture that celebrates it. For example, one table reflects natural patterns, such as those in pine cones. Philip started out restoring antique furniture, then began creating his own designs at age 22. He now leads a small team of craftspeople, making custom furniture and other projects from his workshop in a barn in England. With his reverence for the environment, he often uses wood near his studio, which causes less pollution than importing wood from far away.

Philip's furniture has gained wide recognition. It's been exhibited in Europe, the U.S., and the UAE. He speaks on sustainable practices, design, and spirituality at events around the world. In 2007, Philip earned a doctor's degree in Sustainable Furniture Design from Brunel University in London. He lives with his wife, Esmyr, in the small village of Burcot near Oxford, England.

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

A: The big adventure was always the holiday by the sea . . . Crossing the [English] Channel could be considered quite an adventure. We could always go to France. So our holidays would be going to places like Hayling Island . . . My favorite trips were going to the seaside.



Philip (left), age 10, with his brother, Raymond. At right, the Koomen family went on holiday in England when Philip (right) was about seven.



**Q: What was the most challenging experience for you when you were a kid, and how did you handle it?**

A: Going to school . . . There were a few subjects I liked, like maths and history . . . The frustrating thing was, at school I never really found out what I was good at . . . My education truly started when I became a Bahá'í . . . We don't really know what we're capable of until we follow our heart and our passion.

**Q: How did you decide you wanted to be a furniture designer and maker?**

A: I was interested in architecture, but the training was quite lengthy. Furniture is described as architecture in miniature . . . You can be far more autonomous as a designer-craftsman. You don't have to wait for somebody else to build it. You can just get on and design it and build it yourself. What I never noted was how long it takes to become a skilled, competent craftsman.

**Q: When you look at a piece of wood, do you see furniture in it, or do you have a design first?**

A: Both ways. If you have a more wild character timber, you kind of have to find the most befitting use for that. Sometimes the wood will help suggest one of the possibilities . . . [But with] regular timber, the very fine, straight, clean quality timber . . . you can design the form . . .



Questions and  
Answers with an  
Inspirational Bahá'í



**Left:** Philip works on a table made from a 222-year-old oak tree. **Above:** New choir stalls at Dorchester Abbey in England were designed and built by Philip Koomen Furniture.

**Q: Tell us about one of your favorite projects.**

A: I did choir stalls for Dorchester Abbey, which is a prominent Christian center . . . It required a particular courage where I wouldn't kind of put in my personality . . . through my creative expression . . . It had to be sympathetic to the history and aesthetics of the building, [which] goes back to the 13th century . . . It had to be beautiful . . . [and] last for at least 100 years . . . The process of design, on and off, took about two years . . . [and] making took about a year . . . It's a very humbling . . . [and] inspiring experience . . .

**Q: Tell us about your furniture. What kinds of tools do you use?**

A: We don't use nails. We do use screws. But basically the wood is joined together with other pieces of wood in different forms, and we use chisels and planes and handsaws. We also use power machinery as well, particularly band saws . . . And glue. Lots of glue . . . It's quite labor intensive . . . We use maple, and oak, and cherry [and] ash . . . We do lots of inlay . . . using small pieces or strips of wood, setting it into a large piece of wood.

**Q: In this issue, we're exploring the balance of our material and spiritual lives. What advice do you have for kids about practicing moderation with money and possessions?**

A: If money and possessions become the most important thing, you're always going to be discontented, because [you] . . . compare yourself with other people. As a craftsperson, I don't make a lot of money. People who do make a lot of money often envy the fact that I do something that clearly I have a passion for and find very creatively rewarding . . . I can look back at all the work I've done and all the people I've met . . . clients [who] became friends . . .



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

A: Ask questions, and don't stop asking . . . until you've got satisfactory answers.



**Above:** Philip with his wife, Esmyr, and their granddaughter, Maya. **Below:** "Pondlife," one of a series of benches Philip designed.

**Q: What career advice do you have for kids?**

A: When we make choices about career and education . . . we're often thinking about . . . money . . . recognition . . . and not . . . the heartfelt values . . . If you want to do something that combines creativity with service, I think that's probably a winning combination . . . Each of us has a particular talent and ability. But that talent is . . . kind of like a seed. And then we nurture [it] through effort and training and education, and it will grow into something.





**N**ew teachers, new books, and new friends. For many, September marks the start of the school year, with fun opportunities for sports, clubs, and activities. It can also present challenges, such as a new school, tougher homework, and a busy schedule. Power up your body, mind, and spirit to do your best. Eat nutritious meals, get plenty of sleep, and stay active for at least an hour a day. Keep track of your homework and ask questions if you need help. With your brain and body in tip-top shape, you'll be bursting with brilliance!

**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.



**Fruit & Veggies — More Matters Month (U.S.)**  
Eat at least one fruit or veggie with every meal.

**From Cosmo's Bookshelf**

**How to Meditate, by Ike N. Cope**

**Deep Breathing, by I.N. Hale**

**Think Positively, by S. Miles Moore**

**Keep It Simple, by Maud E. Rayshun**

**2**

**True or False?**  
In one study, physically fit kids got better reading and math grades.

**3**

**Labor Day (U.S., Canada)**

**WHAT A NICE DAY FOR A WALK!**

**4**



Fossils show that whales had legs and could walk on land 47.5 million years ago!

**5**

**6**

**My Goal for the Month:**

**7**

**8**

**BAHÁ'Í MONTH OF 'IZZAT (MIGHT)**

**9**

**Grandparents Day (U.S.)**  
Tell your grandparents how much you appreciate them.

**10**



**11**

**LAUDABLE MEANS ...**

**Cosmo's Word Challenge**

- a) Admirable, deserving praise
- b) Able to make a lot of noise
- c) A naturally magnetic mineral

**12**

**13**



**14**

**15**



Clean Up the World Weekend (Sept. 14–16)

**16**

**Q:** Why do magicians do so well in school?  
**A:** They're good at **trick** questions!

**17**

**Rosh Hashanah (Sept. 17–18)**  
Jewish New Year

**18**

**National Hispanic Heritage Month (U.S., Sept. 15–Oct. 15)**  
Quetzalcóatl, an ancient Mexican god, has symbolized learning, plants, stars, and more.

**19**



**20**

**21**

**International Day of Peace (UN)**  
Build peace by avoiding cliques and being a friend to all.

**22**

**Autumnal Equinox**  
Fall begins in the Northern Hemisphere.

**23**



**24**

**Family Day (U.S.)**  
Kids who often have family dinners are less likely to use alcohol, drugs, and cigarettes.

**25**



**26**

**Yom Kippur (Judaism)**  
Day of prayer, fasting, and repentance

**27**

**BAHÁ'Í MONTH OF MASHÍYYAT (WILL)**

**28**



**29**

**Family Health & Fitness Day USA**  
What's your favorite way to get active with your family?



# OCTOBER 2012 • 169 Bahá'í Era

In the early 1800s, a young merchant named Siyyid 'Alí-Muhammad was admired for His integrity, courtesy, and devotion to God. Though the sun was often very hot, He spent hours praying and meditating on the roof of His home in Persia (now Iran). He was a descendant of the Muslim Prophet Muhammad, and in school He had shown great wisdom about religious teachings. In 1844, Siyyid 'Alí-Muhammad announced that He was a Messenger of God. Known as the Báb ("the Gate" in Arabic), He taught that another Messenger, Bahá'u'lláh, would soon appear. Bahá'ís honor the Báb on His birthday, October 20.



**Sunday**

**Monday**

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

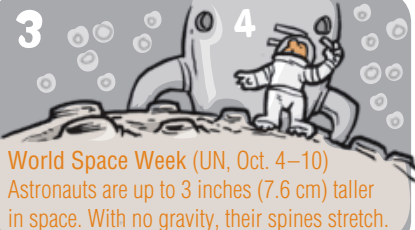


National Book Month (U.S.)

**2**

International Day of Nonviolence (UN)  
Promote peace on the birthday of Mahatma Gandhi.

**3**



World Space Week (UN, Oct. 4–10)  
Astronauts are up to 3 inches (7.6 cm) taller in space. With no gravity, their spines stretch.

**4**

**5**

World Teachers' Day (UNESCO)  
Say thank you to favorite teachers!

**6**



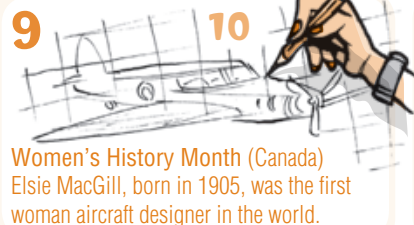
**7**

Did you know? Honeybees "talk" with dance, and different species have different moves.

**8**

Columbus Day (U.S.)  
Thanksgiving Day (Canada)

**9**



Women's History Month (Canada)  
Elsie MacGill, born in 1905, was the first woman aircraft designer in the world.

**10**

**11**

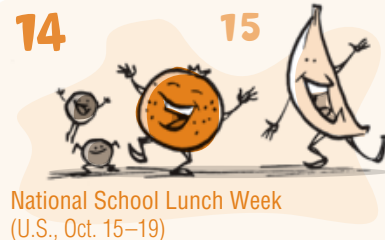
International Day of the Girl Child (UN)  
About 61 million kids can't go to school. Over half are girls.

**12**

**13**

**My Goal for the Month:**

**14**



National School Lunch Week (U.S., Oct. 15–19)

**15**

**16**

**BAHÁ'Í MONTH OF 'ILM (KNOWLEDGE)**

**17**



The Big Draw (October, UK)  
Month-long festival of art and creativity

**18**

**19**

**20**

**BIRTH OF THE BÁB**

**21**

Character Counts Week (International)  
Celebrate the virtues we share.

**22**

**ESCHEW MEANS ...**

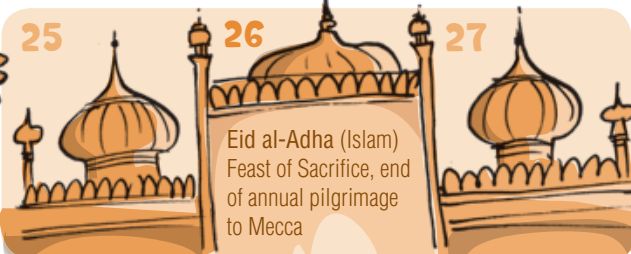
**23**

**Gosmo's Word Challenge**

- a) A Brazilian nut
- b) The sound of a sneeze
- c) To keep away from, avoid



**25**



Eid al-Adha (Islam)  
Feast of Sacrifice, end of annual pilgrimage to Mecca

**27**

**28**

Did you know? Bald eagles can swim! They use their wings to paddle through the water.

**29**



**30**

Mix it Up at Lunch Day  
Sit with someone new to show friendship and help end prejudice.

**31**



Halloween Trick-or-Treat for UNICEF.\*

**WHAT'S THE PROBLEM WITH HANGING OUT WITH TWIN WITCHES?**



**YOU NEVER KNOW ...**

**... WHICH WITCH IS WHICH!**

\*31—See [youth.unicefusa.org/trickortreat](http://youth.unicefusa.org/trickortreat)  
ANSWER: 22–c



# SHINING LAMP

A Bahá'í who served humanity with radiance

## Thomas Breakwell (1872–1902): A Lamp Amid Angels By Gail Radley



By his 20s, Thomas Breakwell already had a successful career. Born in England, Thomas had moved with his family to the United States. There he found a job at a southern cotton mill that paid him well. He earned enough to travel often to Europe.

But Thomas's soul was hungry for something more. In the summer of 1901, while heading to France, Thomas talked about religion with another traveler, Mrs. Milner. She decided to introduce him to her friend in Paris, an American Bahá'í named May Bolles.\*

May had been among the first westerners to meet 'Abdu'l-Bahá, the Bahá'í leader. In Paris, she also started Europe's first Bahá'í group. When her family left the city for vacation, 'Abdu'l-Bahá insisted that she stay.

### Mysterious Power

Soon Thomas arrived at May's door. She found him to be "graceful, with intense eyes and an indescribable charm." May talked with Thomas about spirituality, his work, and his travel plans. She never mentioned the Bahá'í Faith, but she remembered his "searching gaze." Thomas asked to return the next day.

He arrived full of joy. "When I was here yesterday," he explained, "I felt a power, an influence . . ." He said he'd felt this nearness to God and humanity before, through prayer. "When I left . . . a wind . . . whirled around me, and in that wind a voice said . . . 'Christ has come again!'" He asked May if she thought he was crazy.

"No," May assured him, "you are just becoming sane." Thomas didn't know that the Bahá'í teachings say the spirit of Christ (and other Messengers of God) has returned through the Faith's Founder, Bahá'u'lláh.

May told Thomas about the Faith and her pilgrimage to meet 'Abdu'l-Bahá in what is now Israel. Thomas became the first man from England to embrace the Bahá'í Faith.



Thomas Breakwell (sitting at front and center) was the first Bahá'í man from England. He lived in Paris and shared the Bahá'í Faith.

He longed to meet 'Abdu'l-Bahá. He canceled his other plans and wrote 'Abdu'l-Bahá a note: "My Lord, I believe, forgive me, Thy servant Thomas Breakwell." Shortly after, 'Abdu'l-Bahá told May that she could now leave Paris.

### Guiding Star

When he met with 'Abdu'l-Bahá, Thomas told him about his work. Then he raised a problem: the mill that paid him so well relied on child labor. Though unjust, child labor was common at the time. Kids often worked long hours under harsh conditions for little pay, and they couldn't attend school. 'Abdu'l-Bahá advised him to resign.

Thomas quit immediately, his guilt melting away. At 'Abdu'l-Bahá's request, Thomas returned to Paris. He lived simply, in order to donate all he could to the Faith. He taught others the Faith that had so changed his life, becoming, May said, a "guiding star" to the Bahá'ís. Soon, he fell seriously ill with tuberculosis. He didn't complain about his illness, but said it drew him closer to God. He kept teaching the Faith.

On June 13, 1902, about a year after becoming a Bahá'í, Thomas Breakwell died at age 30. 'Abdu'l-Bahá revealed a prayer in his honor, calling him "a lamp amid angels of high Heaven; a living spirit in the most exalted Kingdom ..."



# MAKING SWEET CHOICES

Can chocolate be magical? Try this mysterious math for a delicious surprise from the Chocolate Wizard.

## Math-Magical Formula

1 How many times would you like to eat chocolate each week? (Choose a number between 1 and 9.)  times per week

2 Multiply that number by 2.  $\times 2 =$

3 Add 5.  $+ 5 =$

4 Multiply that number by 50.  $\times 50 =$

5 If you've already had your birthday this year, add 1762.  
If you haven't, add 1761.  $+ 176$   =

6 Subtract the year you were born.  $-$   =

What if you ruled a magical kingdom made of chocolate and other tasty treats? Imagine living in a chocolate castle, with cookies growing in the garden and a chocolate river rushing by. Or if chocolate isn't your favorite, envision a land where everything you love to eat is right at your fingertips. Every bite would be a fun-filled explosion of yumminess, right?

Well, it is possible to get too much of a good thing. Sometimes, if you overdo it, you appreciate it less. A cone of chocolate ice cream can be perfect, but a huge tub of it would be bad for you. Playing video games for an hour might be fun, but playing for six hours can wear you out! When you do the things you enjoy with moderation, the experience stays fresh and fun. Every day is a treat when you savor it with balance.



YOUR FINAL ANSWER IS A THREE-DIGIT NUMBER.

GUESS WHAT? THE **FIRST DIGIT** IS THE NUMBER OF TIMES YOU'D LIKE TO EAT CHOCOLATE—REMEMBER **STEP 1**?

THE **SECOND TWO DIGITS** ARE YOUR **AGE**! IF YOU'RE UNDER 10, THE SECOND DIGIT IS 0—SUCH AS 709, IF YOU'RE 9 YEARS OLD.

DOES IT REALLY WORK?\*

YOU CAN COUNT ON IT!

\*This equation works in the year 2012.





WHY ARE TIGHTROPE WALKERS SO HEALTHY?

THEY EAT A BALANCED DIET!

DOWN

1. Leily would give these to everyone as gifts. (p. 12)
3. The Eraser villain, Fury, used to be an \_\_\_\_\_. (p. 15)
4. More than one million of these birds can gather in a flock. (p. 7)
5. Dr. Philip Koomen's advice is don't stop asking \_\_\_\_\_. (p. 23)
9. "Thank you" in Hindi (p. 21)
10. In 1912, 'Abdu'l-Bahá visited Montreal, \_\_\_\_\_. (p. 16)
12. Jewels of \_\_\_\_\_ are inside each of us. (p. 2)
13. You can tell a mountain goat's age by counting the \_\_\_\_\_ on its horns. (p. 17)
16. Like two wings of a \_\_\_\_\_, when you keep your body and spirit in balance, it's easier to soar through life. (p. 6)

## ACROSS

2. If life gets busy and stressful, \_\_\_\_\_ can help us focus on the positive. (p. 19)
6. The tilt of Earth's \_\_\_\_\_ creates our seasons. (p. 11)
7. A gift that Tuesday would like to give everyone is \_\_\_\_\_ of religion. (p. 13)
8. You can stay steady by finding your \_\_\_\_\_. (p. 8)
11. It's wise to balance money between \_\_\_\_\_, donating, and spending. (p. 5)
14. Let nature's \_\_\_\_\_ inspire you. (p. 29)
15. Scientists find that \_\_\_\_\_ makes people happier. (p. 4)
17. Thomas Breakwell was the first Bahá'í man from \_\_\_\_\_. (p. 26)
18. Hartley likes that he is \_\_\_\_\_. (p. 13)

## FROM OUR MAILBOX



I really like the Radiant Stars page and Lightning and Luna. I also really like the maze at the end. I also like the stories about Bahá'u'lláh . . . I feel very excited when the magazine comes in the mail, and I feel like it helps me sometimes think about what I should do.

—Gabrielle K., age 12,  
Quebec, Canada

## ANSWERS

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

PAGE 2: Buckets at C and TR; screens at CL, BR, BC; shovels at TR, BR, CL, C; amethyst at TR; garnets at BR, BL, CL, TL; moonstones at BL, CL, far TL; peridots at TC, 2 at CR, BC; ruby at BC

PAGE 7: 4 flamingos at CR, 2 at BC, 3 at CL, 6 at C

PAGE 10: Arrogant Arna — Humble Hat, Bored Boize — Enthusiastic Easel, Cluttered Clucko — Orderly Origami, Demanding Dingwall — Accepting Apple, Excessive Extrava — Moderation Map, Greedy Grabbo — Sharing Seashell, Lazy Lala — Hardworking Helicopter, Materialistic Marvelo — Spiritual Scarf, Ungrateful Upton — Grateful Globe

PAGE 11: Utah, Morocco

PAGE 17: Letters to find: C, D, G, L, M, N, S, T, W; 1) focus, 2) confidence, 3) action, 4) determination, 5) goals, 6) teamwork, 7) skill, 8) strength

PAGE 18: 1) List, 2) goal, 3) Research, 4) sale, 5) think, 6) long, 7) save, 8) friends, 9) make

PAGE 19: 1) courtesy, 2) giggle, 3) friendship, 4) joking, 5) happiness, 6) kindness, 7) laughter, 8) play, 9) respect



# Smoooooth Sailing

"All are not submerged in the sea of materialism. They seek the Divine Spirit; they turn to God; they long for the Kingdom." —'Abdu'l-Bahá

**I**magine cruising through the clear, blue ocean waters in a sporty sailboat. The gentle waves and soft breezes are peaceful. Gazing down, you see bright fish and coral.

Suddenly, the sky turns dark. The calm winds grow forceful. Crashing waves rock your boat until you lose your balance. Will you fall overboard, or can you get the boat back on an even keel?

Sometimes life can be as rough as a stormy sea. Waves of needs and wants can feel overwhelming. Whether you're fighting with siblings about using the

computer or negotiating with your parents to get a cool phone, conflicts make it hard to stay on course.

Take control of the wheel by focusing on what you *need* instead of what you *want*. Think about what compromises you could make. Remember the great blessings you already have. Let nature's wonders inspire you. Pray and read uplifting books. Express your feelings with art. Then talk to your family honestly about your hopes and goals. With respectful consultation, you'll weather the storm and enjoy your life's journey.

Help these kids navigate between the stormy Waves of Woe to reach the Coast of Calm.







“Only by improving spiritually  
as well as materially can we  
make any real progress . . .”

—‘Abdu’l-Bahá

**Brilliant Star** [www.brilliantstarmagazine.org](http://www.brilliantstarmagazine.org)

Life's Balancing Act • September/October 2012 • Vol. 44, No. 4

AN AWARD-WINNING PUBLICATION OF THE NATIONAL  
SPIRITUAL ASSEMBLY OF THE BAHÁ'ÍS OF THE UNITED STATES