

Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

SEPTEMBER/OCTOBER 2010



CONQUERING OUR CHALLENGES

Brilliant Star

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

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

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

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

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aMAZEing ADVENTURE

Fasten your seatbelt for an incredible ride!

CONQUERING OUR CHALLENGES

SEPTEMBER/OCTOBER 2010

NEW DESTINATIONS



DEAR FRIENDS,

A sudden storm can ruin your outdoor adventure, but the falling rain brings life to Earth's plants and creatures. In a similar way, it's tough when life hits you with a challenge, but the experience can help you grow and build strength.

When you look back on a hard time in your life, sometimes you can even see good things that came from it. Maybe you were sad to leave your school for a new one, but it led you to some great new friends.

In this issue of **Brilliant Star**, explore tools for facing difficulties, from conflicts with your siblings to the fear of public speaking. Quiz yourself on your perseverance, get tips for handling worries, and read a fiction story about a friendship in deep trouble. And meet Deloria Bighorn, who overcame serious problems in her youth and went on to guide youth as a school counselor.

The next time you're stressed about a problem, look for the positive, and keep in mind that soon the sun will shine again.



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With love from **Brilliant Star**

Bahá'u'lláh's Life: Mission of Peace Into the Wilderness

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.

What do you do when life's most intense difficulties overwhelm you? Sometimes it's best to step back, pray and meditate, and trust in God. That's what Bahá'u'lláh did when He retreated to the mountains for about two years.

Though He had done nothing wrong, Bahá'u'lláh had been exiled from His home in Persia (now Iran) to Baghdád, Iraq, in 1853. He was a follower of the Báb, a Messenger of God Who taught that another Messenger would soon come and bring an age of peace. Persian officials who wished to destroy the Bábí Faith executed the Báb in 1850. They also killed thousands of His followers, the Bábís, and persecuted many, including Bahá'u'lláh. His family joined Him in exile.

After the Báb's martyrdom, His followers were heart-broken and confused. The Báb had named Mírzá Yahyá, Bahá'u'lláh's half-brother, as a temporary leader of the Bábís, until the coming of the promised Messenger. But many Bábís admired Bahá'u'lláh's wisdom and turned to Him for guidance. Mírzá Yahyá grew jealous. He and another man, Siyyid Muhammad, spread lies about Him.

This disunity greatly troubled Bahá'u'lláh. In April 1854, He left for the mountain region of Kurdistán, walking about 200 miles (322 km). He took only one change of clothing and a bowl. He later wrote, "The one object of Our retirement was to avoid becoming a subject of discord among the faithful, a source of disturbance unto Our

companions, the means of injury to any soul, or the cause of sorrow to any heart."

In the wilderness, Bahá'u'lláh lived mostly on milk and a little rice, and He slept in caves or a stone shelter. He spent most of His time in prayer and meditation. Though He was distressed about the problems in the Bábí community, prayer lifted His spirit. He wrote, "Our soul was wrapt in blissful joy, and Our whole being evinced an ineffable gladness."



Bahá'u'lláh lived for a time in a remote cave on a mountain called Sar-Galú, located in Kurdistán. Look for the cave entrance in the center.

PHOTO BY HAYV KAHRAMAN

After some time, a religious leader from the village of Sulaymáníyyih met Bahá'u'lláh and persuaded Him to stay in the village. Many people there were impressed with His knowledge and spiritual power. When reports of this mysterious Man reached Baghdád, Bahá'u'lláh's family felt it must be Him. They sent messengers asking Him to return. The Bábí community had become disheartened and disunited in His absence, and they were desperate

for guidance. Even Mírzá Yahyá wrote and begged Bahá'u'lláh to rejoin the Bábís.

Bahá'u'lláh returned to Baghdád in March 1856. He inspired and encouraged the Bábís and guided them with His sacred writings. Seven years later, He announced His station as the Promised One foretold by the Báb. His teachings, such as the equality of women and men, the elimination of poverty and war, and the unity of all religions, aim to help humanity overcome global challenges and bring peace to the world.



RILEY'S RAINFOREST

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

Ward Off Your Worries

Have you ever gotten the "What if" worries? *What if I flunk my history quiz? What if I forget my lines in the play? What if my mom or dad loses a job?* We all worry, and sometimes it can be overwhelming – both physically and emotionally.

When you feel afraid or anxious, your body may react as if you're in danger. Your heart beats faster to push more blood to your muscles and brain, and your lungs take in more oxygen. This "fight or flight" response prepares you to protect yourself or to escape. That's helpful if you face a physical threat. But most of the time, you'll want to calm your body. Take slow, deep breaths. Say a prayer, imagine a peaceful scene, or go for a relaxing walk.

Once you're calm, try to get to the root of exactly what worries you. If you get anxious going to gym class, ask yourself why. Maybe you think you're not a good athlete



or there's a bully in class.

Next, brainstorm solutions. You could practice a sport outside of school to sharpen your skills. You could read about dealing with bullies or team up with another kid to make class more enjoyable.

Finally, ask for advice if you need to. Parents or friends may have useful suggestions. Talking about your fears can help you feel more confident.

With the right tools and a positive attitude, you can turn your worries into "What if" wonders!
What if I work hard and succeed?
What if my dreams come true?

Canopy of Questions

Welcome to our new feature! What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to brilliant@usbnc.org. Responses are given by licensed family counselor, Mary K. Radpour.

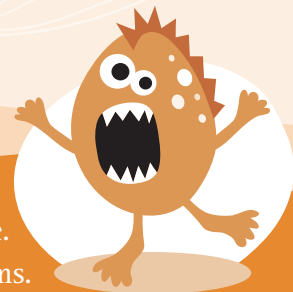
"I'm afraid of the dark and being alone. How do I fix it?"

–Lindsey, age 8

Dear Lindsey,

When you are afraid, your imagination is working overtime to invent things to be afraid of, like monsters. Use your imagination to help you out. You can pray and ask God to help you. Think back to a time when you were the most happy and confident. Try to remember all the details, like who was there, what things smelled like, and what you were thinking. Rehearse this happy memory until you can pull it up any-time you want. The prayer and memory can both assist you in tough times.

Wishing you health and happiness,
Mary K.



Explore and Soar: My List of "No Worries"

Most people can easily find things to worry about. But have you ever tried to think of reasons NOT to worry? Think of something you're afraid of, then list reasons you don't need to worry about it. For example, if you're worried about getting sick, you could write:

☐ I eat healthy food to boost my immune system.

- ☐ I exercise to keep my body in shape.
- ☐ I wash my hands often to fight germs.
- ☐ I pray and meditate, which helps with stress.
- ☐ If I do get sick, I can rest and see a doctor if needed.

Your list can help you be more realistic and positive—and ward off your worries!

When Trouble Troubles You

It's one of those days. You had a big argument with your best friend. Or maybe some bullies at school have been making fun of you, your clothes, or your religion. What can you do to handle this troubling time?

You can always talk to your family and other friends for support. Talking to God through prayer

can help a lot, too. Prayer may not always solve problems in the exact way you'd like them solved. But saying prayers can ease your fears and give you a sense of peace. Even better, memorizing a prayer helps you find strength and inspiration whenever you need them—in the middle of the day, on the school bus, or before you drift off to sleep.

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

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

"O Lord! Thou art the Remover of every anguish and the Dispeller of every affliction. Thou art He Who banisheth every sorrow and setteth free every slave, the Redeemer of every soul. O Lord! Grant deliverance through Thy mercy, and reckon me among such servants of Thine as have gained salvation."

—The Báb

THEN DRAW A LINE TO ITS MEANING ON THE RIGHT.

- | | |
|----------------|---|
| 1. Anguish | A. A cause of pain or distress |
| 2. Dispeller | B. Extreme suffering, worry, or anxiety |
| 3. Affliction | C. One who frees others |
| 4. Banisheth | D. One who causes something to vanish |
| 5. Redeemer | E. An act of rescue or release |
| 6. Deliverance | F. Gets rid of, drives away |
| 7. Reckon | G. Being saved from harm or difficulty |
| 8. Mercy | H. To count as being, to consider |
| 9. Salvation | I. Kind treatment, compassion |



Power of Perseverance

"Perseverance is an essential condition . . . firmness and steadfastness will undoubtedly lead to good results . . ." —'Abdu'l-Bahá

It's fun to be on wheels—whether you're biking, roller-skating, or skateboarding. But learning to balance can be tricky. Your first time on wheels, you were probably wobbly and nervous. Maybe you even fell down and got hurt. But you kept getting up and trying again. With practice and effort (and a few bruises), you were soon zipping down the path

with a breeze in your face. That's perseverance!

Anyone can meet a goal that's simple, such as finishing an easy homework assignment or making your bed. But sticking to a goal when it gets tough is a great virtue. The road of difficult challenges will be rough and rocky at times, but the ride will make you stronger, and it can lead you to new, exciting horizons.

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

1. If I set a goal, I keep working at it, even when it's challenging.

Often=3 • Sometimes=2 • Rarely=1

2. When I'm struggling with a tough school assignment, I ask for help and don't give up until I understand it.

Often=3 • Sometimes=2 • Rarely=1



3. When I have an important job to do, I stay away from things that can distract me, like TV or games.

Often=3 • Sometimes=2 • Rarely=1

4. If I lose a game or get a bad grade, I figure out how to do better next time.

Often=3 • Sometimes=2 • Rarely=1

5. When I join a team or group, I follow through and take care of what I'm responsible for, even if others don't.

Often=3 • Sometimes=2 • Rarely=1

6. If I have a disagreement with a friend, I try to see their point of view and work things through.

Often=3 • Sometimes=2 • Rarely=1

7. If I'm doing a group project and everyone isn't working well together, I help find a solution we can agree on.

Often=3 • Sometimes=2 • Rarely=1



8. When my parents ask me to do something, they can count on me to get it done.

Often=3 • Sometimes=2 • Rarely=1



9. When I have a lot of things to do, I make a list and do the most important ones first.

Often=3 • Sometimes=2 • Rarely=1

10. If I'm practicing an instrument or sport and I start to doubt my ability, I keep going and do my best.

Often=3 • Sometimes=2 • Rarely=1

11. I have goals for the future that excite me, and I believe I can accomplish them.

Often=3 • Sometimes=2 • Rarely=1

My Total Points: _____

33–26 points: Your perseverance will take you far in life. You set goals and follow through. Stay on this great road to success.

25–18 points: You're on a good path of sticking with things most of the time. Keep it up, and continue improving your perseverance.

17–11 points: Start on a route to developing more perseverance. Try the tips in the quiz, and you'll find the path to success.

Sibling Squabbles

"Blessed is he who preferreth his brother before himself." — Bahá'u'lláh

Does it ever seem like your brother or sister has a knack for getting on your nerves? Sharing the same house, same computer or toys—maybe even the same room—can lead to conflicts. Though you love your siblings, you may feel it's unfair if your brother gets extra attention from your parents. Or you might be jealous when your sister does better in school than you do.

You can't change who your siblings are, but you can change how you interact with them. Your

parents may treat each of you differently because you have unique qualities and needs. Be flexible, and trust that your parents are looking out for you, too. Focus on enjoying your own talents, and cheer on your siblings. If your brother or sister says or does something irritating, try to let it go, or calmly tell them, or your parents, how you feel.

When your siblings notice you trying to keep the peace, they can be inspired to do the same. You'll always be family—and you can be great friends, too.



Calendar of Cooperation



Computer of Compromise



Fiddle of Forgiveness



Listening Lamp



Picture of Patience



Rocket of Respect



Two Sharing Speakers



Trophy of Trust



Yo-yo of Unity

In Lucas and Liam's room, find the items named for virtues that can help siblings get along.



ANSWERS: Calendar at top center, computer at bottom right, fiddle at bottom left, lamp at center left and center right on floor, trophy at center left on desk, yo-yo by window

All Alone?

My name is Arin Tai-Seale. I am 13 years old and live in California. I wrote this essay when I was at Bosch Bahá'í School.* It means a lot to me, because I felt it was important to show my feelings about being Bahá'í, and how Bahá'í kids all around the world feel when they are at school, camps, hanging out with friends, etc. It can be very hard, and this essay has helped me with having a religion that not many people know about. Hopefully, this essay might help others, too.



By Arin Tai-Seale



I'm alone, walking the halls of my middle school. Everyone passes me by, laughing with their friends, talking about their bar mitzvah, bat mitzvah, or their church services. They think I'm going through the same things. But I feel as if I'm all alone in a big school full of all different races and religions. Me, you ask? I'm none of those commonly known religions you hear about in your social studies class, stories, or news broadcasts. I am a B-A-H-Á-Í.

"Ba-who?" they ask. "What?" "Do you believe in God?" "Do you go to church?" "What is it?"

What's going on in my head is, "Will they be my friend?" In some cases, I've lost some very good friends. But as I've gotten older, true friends have gotten more understanding. They even go to Bahá'í gatherings on occasion.

I go over my response in my head, thinking, "How will they react?" I say, "Yes, I believe in God. NO, I don't go to a church like yours."

To me, it will always be the same. I've always been alone in my school, all alone.

But on the inside, I'm ecstatic to be a Bahá'í. It's made me a better person, more understanding, more open to different religions. I feel overjoyed to be me and be with other Bahá'ís, especially at Bosch Bahá'í School. We're all the same here. We all have to explain the same things. I feel as if I'm in the right place at the right time.

I love being a Bahá'í. I feel when I walk into a room of Bahá'ís that God, 'Abdu'l-Bahá, Bahá'u'lláh, and all the other Manifestations of God are inside the room, watching over us, smiling. The room is filled with happy, smiling, excited people everywhere! It's hard to explain the Bahá'í Faith in one word, but if I had to, it would be . . . Family.

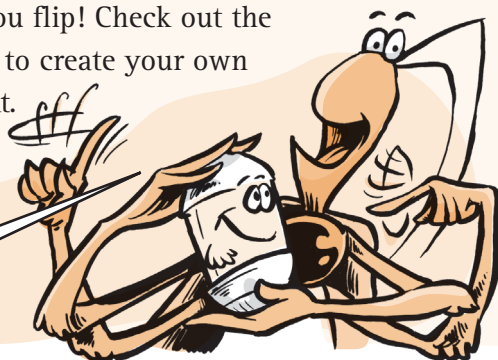


Gymnasts perform amazing somersaults, jumps, and flips that appear to defy gravity. With training and skill, these athletes can astonish audiences with their ability to balance while doing difficult twists, turns, and other tricks.

Sometimes life can seem like a balancing act. Doing homework, chores, or other activities while still finding time to see friends and have fun can be tough. But like a gymnast, you can find ways to stay steady and focused. Make a to-do list each week, and put your most important tasks first. If something unexpected comes up, stay calm and think about

where to put that task on your list. Make time for activities that help you feel happy and peaceful, such as saying prayers, creating art, or spending time in nature. When you keep your mind, body, and spirit happy and healthy, you can accomplish feats that might make you flip! Check out the activity below to create your own amazing acrobat.

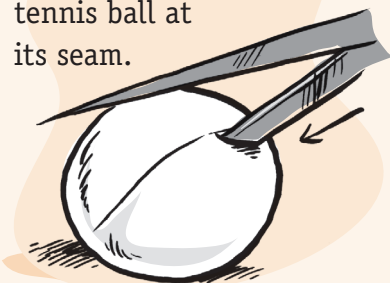
MY ACROBAT CAN DO AMAZING FLIPS!



You'll Need Table tennis ball • 5" x 2" (13 x 5 cm) piece of heavy paper • scissors • clear tape permanent markers • 1"-wide (2.5 cm) marble or ball of non-hardening clay* • two large hardcover books

Create a Fantastic Flipper

1. With an adult's help, carefully push one blade of scissors into table tennis ball at its seam.



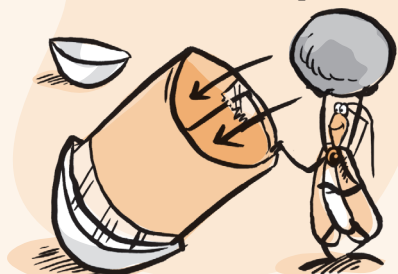
2. Cut ball in half along its seam. Trim any uneven portions and press out any indentations.



3. Roll paper into a tube that fits snugly inside half of ball. Tape tube along entire seam, then secure to ball with tape.



4. Drop marble or clay ball into tube. Place other half of table tennis ball so it's centered over open end of tube. Secure with tape.



5. Use markers to draw a face in center of tube. Add hair, arms, and other fun features.



6. Lean one book against the edge of second book to create a gentle slope about 2" to 5" (5 to 13 cm) high. Stand flipper at top of slope and release. Watch your acrobat tumble over from head to toe.



*Caution: Some clays may stain furniture, clothes, or carpet.

Seeing Clearly

"Grieve thou not over the troubles and hardships of this nether world . . . This present life is even as a swelling wave, or a mirage . . . Know thou that the Kingdom is the real world . . ." —'Abdu'l-Bahá

The sun blazes as your camel plods across the desert. You're thirsty and tired. Suddenly, you spot a twinkling pool of water ahead—but as you get closer, you realize it was just a mirage.

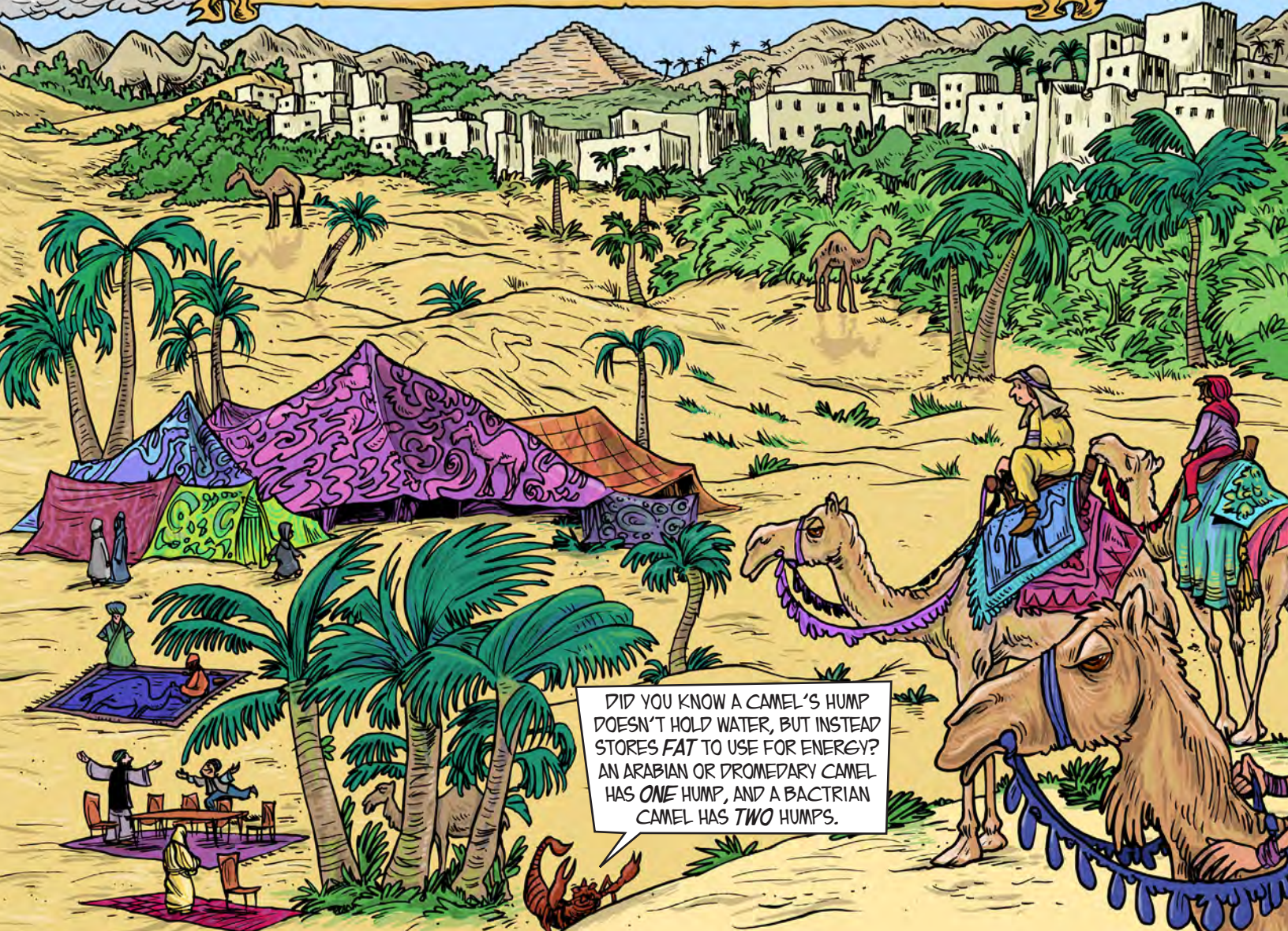
In the desert heat, air close to the ground can get hotter and less dense than the air above it. When the sun's rays hit the less dense air, they bend, and shimmering images can appear.

Like a mirage, challenges that you face in life can sometimes be misleading. A fight with a friend

or a big school project might seem overwhelming at first. But when you look closely at the situation, it may not be as difficult as you imagined. Investigate the truth about a problem, and look at it from different points of view. Be patient and ask for help when you need it.

In the desert, a camel can last 4–15 days without water. In winter, it can go for months without drinking! You can develop amazing strengths, too, when you take on challenges with your eyes wide open.

These travelers are on a long trek through the desert. Not including the camels they're riding, find 15 hidden camels in the scene.



DID YOU KNOW A CAMEL'S HUMP DOESN'T HOLD WATER, BUT INSTEAD STORES FAT TO USE FOR ENERGY? AN ARABIAN OR DROMEDARY CAMEL HAS **ONE** HUMP, AND A BACTRIAN CAMEL HAS **TWO** HUMPS.

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?

Cheyenne V.

Age: 10

I live in: **New York, U.S.**

I want to be:

A doctor and an actress

Best quality or virtue:
Caring

Hobbies or sports:
Reading, playing the piano, and soccer

Favorite Bahá'í activities:
Every Sunday, I go to Sunday school.



Place I'd love to visit:
I would love to visit Dakar, Senegal, in Africa, to teach the Bahá'í Faith.

What is a challenge that has made you worried or afraid?
Once I had to make a painting for homework, and I had no idea how to do it. I calmed down and did it step by step.

If you could make an invention to solve a global problem, what would you invent?
A peacemaker robot that can stop the war in Afghanistan

Who or what are you thankful for in your life?
My parents, for advising me in life

What has been the happiest moment of your life so far?
When I went on [Bahá'í] pilgrimage [to Israel]*

Caleb M.

Age: 10

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

I want to be:

An actor or chef because I love to be in musicals and shows. I am in *The Music Man*.

Best quality or virtue:
Creativity!

Something I like about me that makes me unique:
I am a boy and I like Broadway shows, and I have the most unique parents (in a good way).

Hobbies or sports:
Basketball, tennis, tee ball, rollerblading, swimming, and riding my bike

Favorite animal or pet:
Monkeys, parrots, and giraffes

Places I'd love to visit:
Asia, Jamaica, and Trinidad



What is a challenge that has made you worried or afraid?
I feel worried when people aren't getting along. I try to make a more peaceful place for the people around me.

What has been the happiest moment of your life so far?
Getting to meet my brother and two sisters: Nicholas, Angelina, and Isabella [after they were born]



Collin H.

Age: 9

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

I want to be:

A concert violinist

Best quality or virtue:
I'm kind.

Hobbies or sports:
Violin, cross-stitching, playing Nintendo DS

Favorite animal or pet:
Jake, my beta fish

Place I'd love to visit:
Japan

What is a challenge that has made you worried or afraid?
I had a speaking part in my orchestra concert. [To handle it], I imagined everyone [in the audience] was wearing [pajamas].

If you could make an invention to solve a global problem, what would you invent?
I would invent a cork to shoot into oil wells to stop the spills and save the environment.

Who or what are you thankful for in your life?
I am thankful for my mom. If it wasn't for her, I wouldn't be alive.

What has been the happiest moment of your life so far?
The day I learned to swim without a swim noodle

William T.

Age: 12

I live in: **Kampala, Uganda**

I want to be:
An engineer/scientist

Best quality or virtue:
Kind, love all living things

Something I like about me that makes me unique:
I'm always happy, no matter the situations.

Hobbies or sports:
Drawing, rugby, soccer, basketball, swimming

Favorite Bahá'í activities:
Sunday classes at the House of Worship and youth activities

Favorite animal or pet:
My dog, Shaba

Place I'd love to visit:
Japan

I like to help people by:
Solving their problems

What is a challenge that has made you worried or afraid?
Getting good grades on my exams. I set aside time to study.

If you could make an invention to solve a global problem, what would you invent?
A microbot that can cure all bodily illnesses

Who or what are you thankful for in your life?
My mom and dad for raising me so well. Also the people in my life.



“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

Rosie M.

Age: 10

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

I want to be:
An actress

Hobbies or sports:
Art, swimming, gymnastics, ballet

Favorite Bahá'í activities:
Having children's classes and going to firesides**

Favorite animal or pet:
Snakes, turtles, and cheetahs

Place I'd love to visit:
India

What is a challenge that has made you worried or afraid?
Probably when I moved to Virginia in 2008 and attended a new school. I was really worried that no one would like me, but I decided to do my best and be myself. It worked!

If you could make an invention to solve a global problem,



what would you invent?
I'd make a law to ban all rules that have anything to do with [your] race... so no matter what you look like, you have the same [chances] as everyone else.

Who or what are you thankful for in your life?
Something that makes me happy every time I do it would be art. I always feel as if I can express myself in whatever way I want, and no one can stop me.

Niah Y.

Age: 8

I live in: **Santiago, Chile**

I want to be:
A vet

Best quality or virtue:
Loving others

Something I like about me that makes me unique:
In my school, [it's] that I am Bahá'í.

Hobbies or sports:
Cheerleading and karate

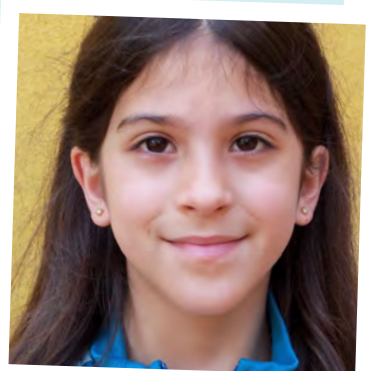
Favorite animal or pet:
Dog. I LOVE puppies!

I like to help people by:
Being a good friend

What is a challenge that has made you worried or afraid?
Going back to school after a long trip and catching up with the studying and homework

If you could make an invention to solve a global problem, what would you invent?
Machines that would clean the earth—like the papers on the floor, the trash everywhere—and make them disappear.

What has been the happiest moment of your life so far?
I went [on] a trip to Haifa, [Israel], for pilgrimage, and I felt very happy.*



You can be a Radiant Star!

Here's how:

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

** Firesides are meetings for people to learn more about the Bahá'í Faith.

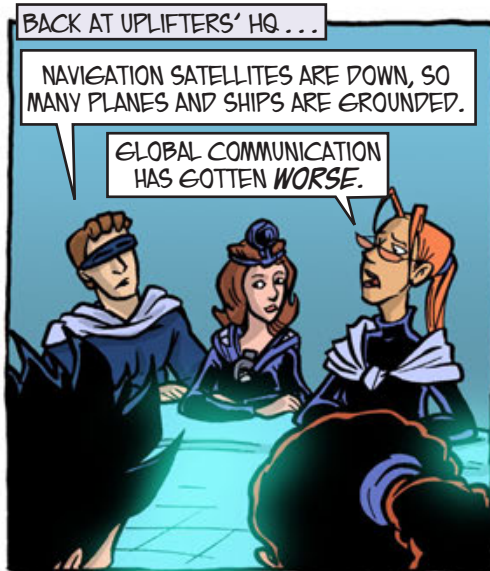


LIGHTNING, CAN YOU BELIEVE ALL THE PANIC THIS CRISIS IS CAUSING?

I GUESS THAT'S WHAT HAPPENS WHEN WORLD COMMUNICATION GOES DOWN. EVEN WITH MY SUPER VISION, IT'S HARD TO FIND CLUES IN THIS CHAOS!

UPLIFTERS... ZPTFT... TO HQ FOR BRIEFING... ZPFTZ... COMMUNICATIONS DOWN...

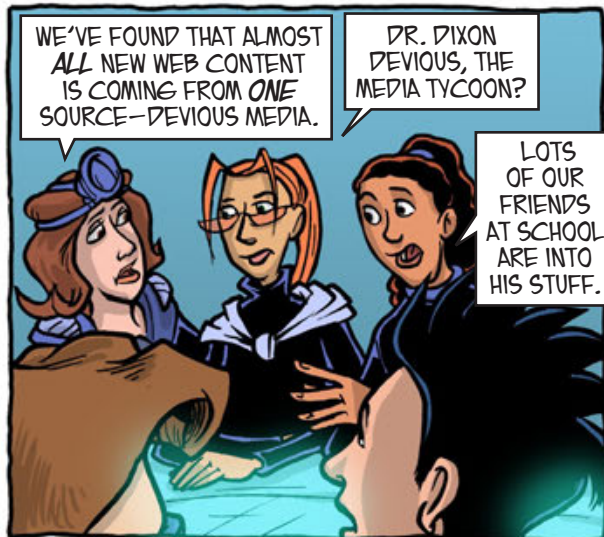
OH, NO! NOW OUR MOBILE COMMUNICATORS ARE FAILING!



BACK AT UPLIFTERS' HQ...

NAVIGATION SATELLITES ARE DOWN, SO MANY PLANES AND SHIPS ARE GROUNDED.

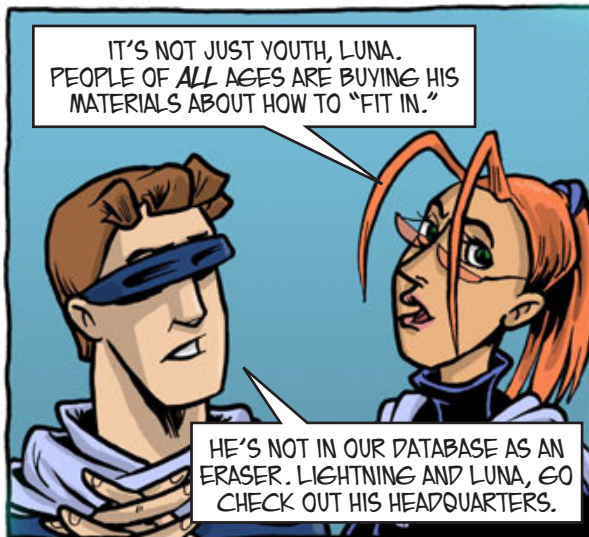
GLOBAL COMMUNICATION HAS GOTTEN WORSE.



WE'VE FOUND THAT ALMOST ALL NEW WEB CONTENT IS COMING FROM ONE SOURCE—DEVIOUS MEDIA.

DR. DIXON DEVIOUS, THE MEDIA TYCOON?

LOTS OF OUR FRIENDS AT SCHOOL ARE INTO HIS STUFF.



IT'S NOT JUST YOUTH, LUNA. PEOPLE OF ALL AGES ARE BUYING HIS MATERIALS ABOUT HOW TO "FIT IN."

HE'S NOT IN OUR DATABASE AS AN ERASER. LIGHTNING AND LUNA, GO CHECK OUT HIS HEADQUARTERS.



UPLIFTERS! WE'LL GET RID OF THEM RIGHT AWAY.

NO, I HAVE A PLAN FOR THEM.



INSIDE DEVIOUS MEDIA...

THIS DOESN'T LOOK LIKE AN ERASER HANGOUT. BUT IT COULD BE A TRICK.

WHY WOULD DR. DEVIOUS WANT EVERYONE TO BE THE SAME?



HELLO, UPLIFTERS! YOU MUST BE LIGHTNING AND LUNA. IT'S A PLEASURE TO MEET YOU.

YOU KNOW US?



I READ ALL ABOUT HOW YOU CAUGHT FANATICA FINN. GREAT WORK, EUYS!*

UH, THANKS.

MIND IF WE ASK YOU SOME QUESTIONS? HOW WELL DO YOU KNOW THE ERASERS?

NUDGE!



E-ERASERS? LIKE ON A PENCIL?

PLEASE, YOU KNOW WE MEAN THE BAND OF CRIMINALS.

THEY'RE ALWAYS IN THE NEWS FOR CAUSING TROUBLE. BUT I-I'VE NEVER MET THEM.



CAN YOU TELL US HOW YOU'RE PUBLISHING NEW WEBSITES WHILE THE INTERNET IS DOWN IN MOST OF THE WORLD?

MY TECHNOLOGY IS SIMPLY SUPERIOR. NO HACKER CAN TOUCH DEVIOUS MEDIA!



IN FACT, LET ME SHOW YOU HOW IT WORKS WITH ONE OF MY VIDEOS.

WE ALREADY KNOW ABOUT YOUR VIDEOS.



PLEASE, I INSIST!

WHOOOSH!



LET'S SEE WHAT THIS REALLY IS. I'LL WATCH WITH MY SUPER VISION.

OK, I'LL USE MY DECODING ABILITY.

HAVE YOU EVER HAD A HARD TIME FITTING IN AT SCHOOL? DO BULLIES ...



LUNA, I SEE WORDS FLASHING BETWEEN THE PICTURES - "FIT IN AND BE HAPPY. BE LIKE EVERYONE ELSE."

I DON'T GET IT! WHY ARE THEY STILL TALKING?

I SEE SOME STRANGE CODE, TOO. I'LL CALL HQ.



IF YOU REALLY WANT TO FIT IN, YOU CAN'T STAND OUT!

HQ, THIS IS ...

IMPOSSIBLE! HOW ARE THEY RESISTING MY TECHNOLOGY?



HEY! WHAT'S GOING ON?

YOU ARE AN ERASER!

I'M THE SMARTEST ERASER OF ALL! NOW YOU'LL FIND THE ANSWERS TO YOUR QUESTIONS. BUT YOU WON'T BE ABLE TO TELL ANYONE!

SNAP!

CLAMP!

WILL LIGHTNING AND LUNA ESCAPE FROM DR. DEVIOUS?

*See Episode #26, May/June 2008, through Episode #34, Sept/Oct 2009

DELORIA BIGHORN



Deloria Bighorn loved the excitement and danger of racing in the rodeo. When she was growing up in Walla Walla, Washington, horses and rodeos were important in her family's Chickasaw and Yankton Sioux Indian culture. Deloria was also raised as a Christian—her great-grandfather was the first American Indian ordained as a minister in the Episcopal Church. But when Deloria was a teenager, she questioned her faith and grew rebellious. She struggled with drugs, alcohol, and teen pregnancy.

Deloria's life began to change when she discovered the Bahá'í Faith in her teens. She earned a degree in social work and worked as a school counselor, using her own challenging experiences to help her guide youth. She worked at the Maxwell International Bahá'í School in British Columbia, Canada, for 18 years. Her late husband, Jacob, also taught there.

Today Deloria serves on the National Spiritual Assembly of the Bahá'ís of Canada and with its Office of Aboriginal Affairs.* She continues her dedication to counseling at Pearson College on Vancouver Island in Canada.

Q. What's your favorite childhood memory?

My favorite childhood memory was when I was six years old. My parents were Christians, and so we had Christmas . . . [That year] when it was over . . . my mom said, "Oh, I think there might be something else for you . . . Let's look out here." And there was my dad outside in the snow up to his knees, holding . . . a black horse with a bald face, you know, a white face, and four white stockings. And of course, his name was Baldy . . . Baldy was such a good horse.

Q. What was the most challenging experience for you as a kid?

Our elders . . . were very, very industrious people . . . So my parents worked all day, and then would come home and change clothes immediately and go outside and work until it was too dark . . . It was very lonely for me . . . We lived out in the country, and we didn't go on

Q. You performed in rodeos as a kid. What was that like?

That was the funnest thing ever . . . I didn't have a bicycle because when you live . . . on country roads . . . places are very far . . . Every day I would come home and saddle up my horse and ride. One of the wonderful



Left: Barrel racing was one of the events Deloria competed in at rodeos when she was 14. **Right:** Deloria on her wedding day in 1978.

vacations, and we didn't do anything. I wanted to live like the other girls . . . There were great things about it . . . We had a million cats and dogs and pigs and everything you could think of . . . But living in the country was lonely. I think that was the biggest challenge.

things was when my dad would . . . saddle up, and we'd go together . . . Sometimes we would go to two or three [rodeos] a weekend. That was very special, very, very exciting . . . It's scary, too.

Q. How did you know you wanted to be a counselor?

As a result of many different things, I was drinking, and so forth. I ended up getting pregnant when I was 16 . . . My parents . . . just didn't know what to do. So eventually, I was sent to a home for unwed mothers . . . I had an opportunity to experience very closely what the system is like when they send you to an adoption case worker or a counselor in the home . . . They were trying to be sincere and trying to do their best. But these [case workers] were girls who had never had a day of adversity in their lives . . . They didn't know what they were talking about . . .

So I just made up my mind that . . . I wanted to be able to help . . . [As a school counselor] I could use my life experience . . . I understood what they were going through, because I went through the same things.

Q. How did you overcome the challenges in your youth, and what did you learn?

When I heard about the Bahá'í Faith . . . I knew . . . progressive revelation . . . was the absolute truth.** . . . I just felt my faith in God again . . . But then [the Bahá'ís] came to the rules . . . And I remember very clearly [thinking], "No one's going to tell me I can't have fun." And then I landed in the home for unwed mothers . . . [After giving birth] you think about what you did . . . How your actions—the need to be thoughtless, the need to be careless, the need to have your own fun—then causes a pain in someone else's life that can never be fixed . . . I wasn't able to walk away from the drugs and alcohol easily. It really took me about eight years to really be able to stop . . . But I had made this spiritual decision . . . to be a Bahá'í . . . So I would try, try so hard . . . I ended up getting a master's [degree] in social work, and . . . I really felt strongly that I had to be a role model.

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

I would wish for them to have loving and tender hearts. That's just the key. To have loving and tender hearts



Top: Deloria and her husband, Jacob, sit at the front of the Bighorn family in 2007 at their home on Vancouver Island, Canada. In the back from left are: Frankie Lau, honorary son of the family; Kai; Jelena and her husband, Simon; Jordan and his wife, Meleyana.

Bottom: At a youth conference in Canada in August 2010, Deloria (center, in turquoise blue) leads the Friendship Dance. The conference focused on the theme of "a common path of service." PHOTO BY BRIAN THOM

Q. What do you value most in your upbringing from American Indian culture?

I think the feeling that I came from a people who . . . were given teachings that led them to . . . create great civilizations . . . The guiding principle that someone of my culture lived by is to be the very best relative you could be. And that would encompass everything that there needed to be taught . . .

allows the best of a person to come through . . . A generous heart that can give in the way that we were meant to.

**Progressive revelation is the concept that there is one God Who continually sends Messengers, such as Jesus, Muhammad, and Bahá'u'lláh, to guide humanity.

What Can You Harvest from Mistakes?

Make mistakes! That may sound strange, but mistakes can actually be good for you. Just as homegrown vegetables and fruits have nutrients to boost your health, mistakes can help you learn and grow.

If you take part in a community garden, you'll see what crops grow best in your area and how to care for them. If some plants don't survive, you can figure

out how to do better next year. In a similar way, when you try something new, it may not work out. You might mess up your piano solo or miss a shot on the soccer field. But you'll know how to improve for the next time.

No one is perfect. Everyone makes mistakes. So in your garden or in life, go ahead and try something new. The results could be delicious.

These gardeners are checking out their harvest. Help them by circling the 12 silly mistakes they're making.



“Deliver speeches of high quality . . . engage in giving cogent and effective talks . . . with clarity and eloquence.” — ‘Abdu’l-Baha

Your heart is racing. Your hands are sweating. It seems like you’ve forgotten everything you learned for your talk. You’ve got stage fright. What can you do?

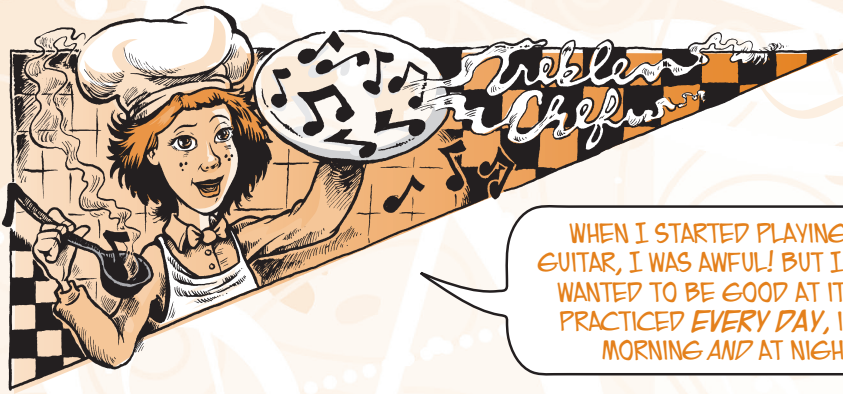
It’s common to be nervous about giving a speech, but it can be a cool way to share your ideas. You can help calm your nerves by choosing a topic that

excites you. Focus on your favorite points, and organize your talk in a clear way. Practice your speech in front of others. It’s okay if you make a mistake—just keep going with confidence. Your enthusiasm is what the audience will remember. You may find that speaking in front of groups can be a fun challenge after all.

Look around the room for the missing words to complete these speaking tips.

1. _____ yourself giving a successful speech.
2. _____ aloud to time yourself and get comfortable.
3. To start, take a deep breath to help yourself _____ .
4. Make eye _____ and smile to connect with your audience.
5. Use _____ and short stories to make your talk memorable.
6. Avoid long words and _____ , so you sound natural.
7. Speak clearly and vary the volume and _____ of your voice.
8. _____ distracting filler words such as “like” and “umm.”
9. End with “thank you” and ask for _____ .





MUSIC CAFÉ

“Music, sung or played, is spiritual food for soul and heart.” —Bahá’í Writings

WHEN I STARTED PLAYING THE GUITAR, I WAS AWFUL! BUT I REALLY WANTED TO BE GOOD AT IT, SO I PRACTICED EVERY DAY, IN THE MORNING AND AT NIGHT.

NOW MY FRIENDS ASK ME TO PLAY ALL THE TIME. WHAT A BLAST! IT’S AMAZING WHAT YOU CAN DO WITH ...



PERSEVERANCE*

by Red Grammer and Pamela Phillips Oland



Verse



1 You can't hit a base-ball till you learn to swing a bat. Be-fore you do a so-mer- sault, there's
 2 You can't play a vio- lin un- til you learn to bow. You can't play a sax-o phone un-



lots of fall- ing flat. If get-ting good's the ques- tion, the an- swer's ve- ry clear: to
 7 til you learn to blow. If get-ting good's the ques- tion, the an- swer's ve- ry clear: to



Chorus

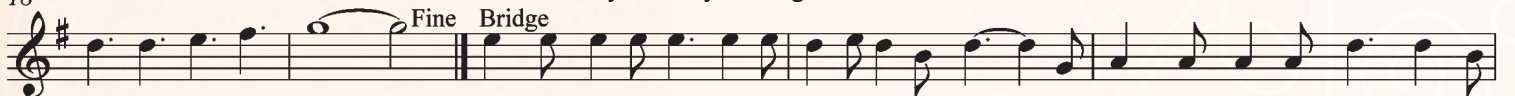
12 get to where you're go- ing, well, you've got to per- se- vere. So try, try, try, and try a- gain. Why cry when
 get to where you're go- ing, well, you've got to per- se- vere. So



you can try a- gain? You can help by giv- ing your- self a - no - ther chance and then, when-

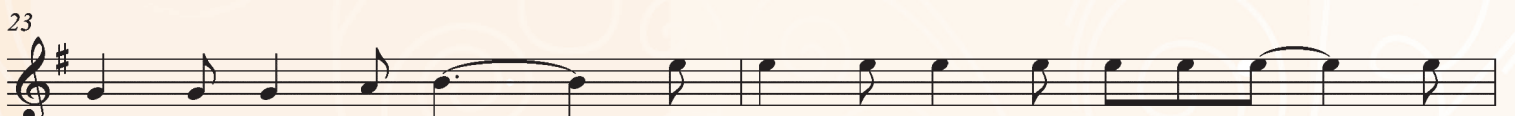


15 1.2. (After Chorus 2, go to Bridge) 3.
 e- ver it's tough, just show 'em your stuff, and try and try a- gain. You e- ver it's tough, just show 'em your stuff, and
 18 try and try a- gain.

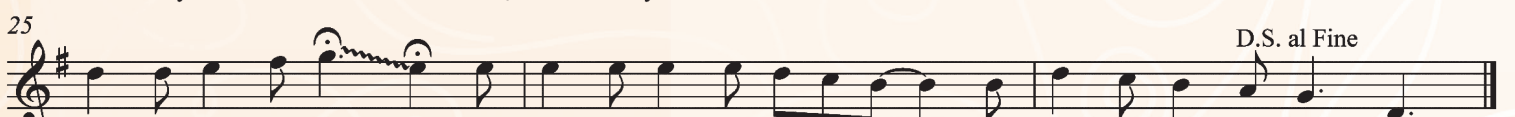


Fine Bridge

try and try a - gain. When you have to prac- tice to make it on the team, or when you've got some home- work that



23 makes you want to scream, you're sure to find that no- thin' e - ver



25 makes you feel as go - od as when you fin - 'lly get it right, just like you knew you could. So

D.S. al Fine

*To quiz yourself on your perseverance, see page 6.

OIL POLLUTION IS SUCH A GRIMY MESS!



GREASY DISASTER IN THE GULF

Imagine making a mess so big, it seems impossible to clean up. That's what happened in the Gulf of Mexico last spring, when an oil rig for the energy company BP exploded and sank. Eleven workers were killed. Over the next few months, millions of gallons of oil gushed into the gulf, polluting all the way to the shorelines.

The oil spill has devastated thousands of creatures and endangered the health and habitats of brown pelicans, many other birds, turtles,



The explosion on this drilling rig in the Gulf of Mexico in April 2010 led to the largest oil spill in U.S. history. PHOTO BY U.S. COAST GUARD

dolphins, manatees, and fish. Many businesses that rely on the ocean, such as fishing and tourism, have also been hurt.

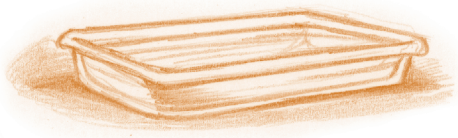
Oil is a very difficult type of pollution to clean, so getting rid of massive amounts is complicated. One clean-up effort uses absorbent booms, which look like long stuffed tube socks, to soak up oil. Other techniques include skimming oil from the water's surface, diluting it with chemicals, or burning the oil.

No one knows how long it'll take to recuperate from this tragedy—it could be years. But one thing is sure: we will need intense cooperation and greater respect for our environment.

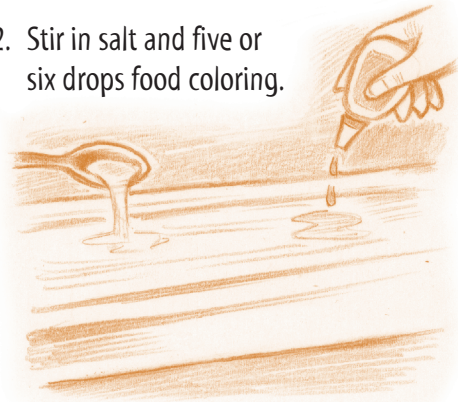
SIMULATE AN OIL SPILL

Try this activity to simulate a small oil spill, then experiment with ways to clean it up. Write about your results. You'll need: 13" x 9" (33 x 23 cm) glass dish • blue food coloring • 3 tbsp. vegetable oil • 2 tbsp. cocoa powder • 1 tbsp. salt • measuring cup • spoon tongs • light-colored feather • liquid dish soap • small pieces of terry cloth, dry sponge, paper towel (about 2" or 5 cm square) • pen

1. Fill dish with cold water, to about 1/2" (1 cm) from top.

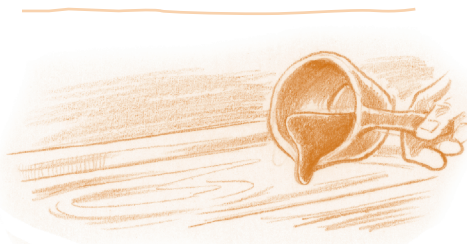


2. Stir in salt and five or six drops food coloring.

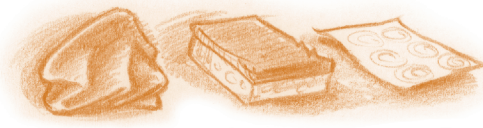


3. In measuring cup, mix vegetable oil and cocoa powder. Slowly pour oil from a height of 1/2" (1 cm) onto

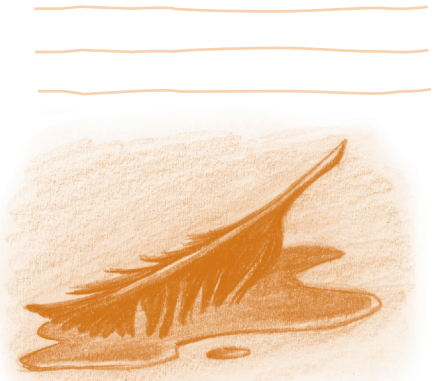
the water's surface. Does the oil sink, float, or mix with the water?



4. Float the piece of terry cloth on top of the oil. Then gently retrieve it with the tongs. Repeat this step with the sponge, then the paper towel. Which material cleaned up the oil best?



5. Dip the feather in the oil. Then clean your oiled feather using warm water and dish soap. How well did it work?



6. What other materials could you use to clean up the oil? Describe your ideas or results here.

1 tablespoon = 15 mL

Back from the Brink

By Donna Price



“Ten minutes! Wake up and get your shoes on,” Dad called from the driver’s seat. Of course, my 8-year-old brother, Luke, and his friend, Conner, weren’t sleeping. They were chatting about dinosaurs.

“There are no dinosaur fossils at the La Brea Tar Pits,” Mom read from a Los Angeles tour book. “There are dire wolves and saber-toothed cats . . .”

I wasn’t really asleep—just pretending, so I wouldn’t have to seem happy. My friend, Kayla, was going to be on this trip. But that changed yesterday, and even worse, she wasn’t my friend anymore. We’d been best friends for six years, since kindergarten, and now it was over. I cried all night.

I kept seeing yesterday’s scene in my mind and hearing, “Crybaby, crybaby!”

The day started off fine, just riding our bikes in the park, like always. We were supposed to leave if teenagers were hanging around. Then we saw two older boys and a girl. Kayla said she knew them, and one called, “Hey, Kayla! Come here.”

“Don’t go!” I whispered, but she did. They looked over at me and laughed. Then one boy offered Kayla a cigarette. And she took it! I stood there with my bike, not knowing what to do. I didn’t want to leave her alone with them, but it was sickening to see her smoking.

Then the girl pointed at me and said, “Hey, you. Come on.” She held up the cigarettes. Kayla waved me over. I couldn’t believe it. I shook my head no.

“Chicken,” the girl sneered.

Then the other boy pulled something out of his pocket—brightly-colored pills that looked like chewable vitamins or candy. I saw on the news that those could be drugs! I was suddenly scared. I got upset, and tears welled up in my eyes.

“Oh, Jenny, you’re such a crybaby,” Kayla

laughed. It felt like a bucket of ice water was dumped on my head. All our years of friendship, and now this. “Crybaby, crybaby!” they chanted.

I raced home and ran inside.

“Mom! Kayla’s with some teenagers in the park. They gave her cigarettes and pills and—” Mom dashed out the door before I finished.

When they saw her coming, the teenagers ran off. Mom took Kayla home and talked to her parents. When Mom came back, I told her everything.

Mom frowned. “I know you’re upset with Kayla, and sad that she can’t go to the tar pits with us. Right now, she has a lot to talk about with her parents.”

“Jenny. Earth to Jenny!” Dad called. I tried to put Kayla out of my mind. We walked up to the tar pit museum. It has the largest collection of extinct ice age plant and animal fossils in the world! Right in downtown Los Angeles. Kayla would have loved it. Well, the old Kayla would. We passed an open excavation pit with a safety rail. Below, excavators were lying on boards, picking through the sticky tar. It smelled like roadwork.



Inside, we learned that the tar was called asphalt. It got so sticky in the warm climate that animals would get trapped—even big, strong ones like woolly mammoths. Then they would die of exhaustion or get picked off by predators. Their rebuilt fossil skeletons were on exhibit, the bones turned brown from the asphalt.

Big displays showed scenes from 10,000 to 40,000 years ago, including trapped and dying animals. In one scene, a mother saber-toothed cat was trying to drag out one of her cubs. But she was getting stuck too. She couldn't save it. I stared at the tiger cub.



Suddenly, I burst into tears again. I ran outside. It dawned on me that Kayla's troubles didn't start yesterday. I had worried about her before. Now I knew. Take one step into the tar and you can pull yourself out. Two steps and others could pull you out. Go too far and maybe no one could save you! But what kind of friend would pull you in on purpose?

Mom and Dad followed me outside, and Mom handed me a tissue. The boys hung back.

"I don't want to cry," I blurted out. "I'm *not* a crybaby."

"It's okay to be upset," Mom said. "What Kayla did was dangerous, and it wasn't fair to you. You were smart to tell us."

"What's wrong?" asked Conner.

"Her friend got in trouble *and* tried getting Jenny in trouble," Luke explained. "So they're not friends anymore." Conner nodded sadly.

"I can't save her! Just like the mother cat couldn't save her cub from the tar pit," I told Mom and Dad. "Kayla's been acting weird for a while. She's too far in."

"It's not your job to save her," Dad said. "Her parents will get her out."

"And it's up to her to stay out of trouble," Mom added.

"She tried to pull me in!" I yelled.

Mom and Dad both put their arms around me.

"We won't let her," Mom said.

"I won't let her. She's not my friend anymore."

"But she's been your friend for a long time. You can still encourage her and pray for her," Dad said. "And maybe someday she'll make better choices, and you'll be good friends again."

I nodded. I saw the boys watching me. "Sorry to ruin your fun," I told them.

Conner scuffed the ground. "Sorry about your friend." Then he turned to my brother. "Don't worry, Luke. I'll never do that to you."

"Me neither," Luke promised. They ran off and pretended to save each other from falling into the tar pit. My parents cringed, thinking their show of friendship would upset me even more.

"I'll stop them," Dad said.

"It's okay, Dad," I said, holding his arm. "Let them have fun and help each other. That's what real friends are for."





Laughter is the best medicine." Have you ever heard this saying? When you're sad or upset, finding a way to laugh can be healing—for your mind and body. Scientists find that laughter works your muscles, relaxes you, and even helps your immune system. And the Bahá'í writings say that "Humor . . . is an essential element in preserving a proper balance in this life . . ." So look for ways to add more humor to your life. Dive into funny books and movies, draw silly pictures, or joke around with friends. It feels good!

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.

National Yoga Awareness Month (U.S.)
Yoga began in India more than 5,000 years ago.

1 **GELOTOLOGY** MEANS . . .
Cosmo's Word Challenge
a) Scientific study of laughter
b) List of all jelly flavors in the world
c) Process of making gelatin



3 **4**
My Goal for the Month:

5
Illustration of a construction worker with a hard hat and a pencil behind his ear, holding a blueprint.

6
Labor Day (U.S., Canada)
A tribute to workers

7
Illustration of a construction worker with a beard and a hard hat, holding a blueprint.

8
BAHÁ'Í MONTH OF 'IZZAT (MIGHT)

9
Rosh Hashanah (Judaism, Sept. 9–10)
Jewish New Year

10 **11**
Eid Al-Fitr (Islam)
Three-day celebration to end Ramadan, the month of fasting

12
Illustration of a family sitting under a large tree.
Grandparents Day (U.S.)
Ask your grandparents about their greatest challenge in life.

14 **15** **16** **17**
Illustration of a woman with curly hair sitting at a table with other people.
National Hispanic Heritage Month (U.S., Sept. 15–Oct. 15)
In 2009, Sonia Sotomayor became the first Hispanic American on the U.S. Supreme Court.

18
Yom Kippur (Judaism)
A day of prayer, fasting, and repentance

19 **20**
Illustration of penguins in a snowy landscape.
Emperor penguins can survive Antarctic wind chills of -76°F (-60°C)!

21
International Day of Peace (UN)
Every day, our actions can create a more peaceful world.

22
Mid-Autumn Festival (China, Sept. 22–24)
Harvest festival to honor the full moon and eat moon cakes.

23 **24** **25**
Illustration of a man with wild hair writing with a quill pen.
Did you know?
Beethoven composed some of his most important works after becoming deaf.

26
Illustration of a person holding a large heart.
World Heart Day (International)
How do you stay active?

27
BAHÁ'Í MONTH OF MASHÍYYAT (WILL)

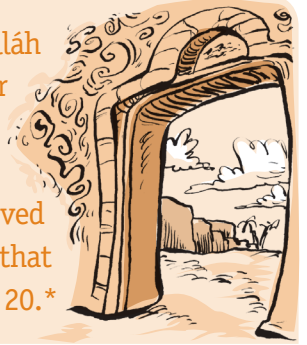
28
Illustration of a boy and a girl holding a small object together.

29
Illustration of a cartoon rabbit holding a small object.

30
WHY ARE THE UPLIFTERS SUCH GREAT COOKS? THEY HAVE AWESOME SOUP-ER POWERS!
Join our contest, **Superhero Suits for the Uplifters**. The deadline is October 31.*

OCTOBER 2010 • 167 Bahá'í Era

We can learn about handling life's difficulties from God's Prophets, including Bahá'u'lláh and the Báb. The Báb founded the Bábí Faith in 1844. He announced that another Messenger of God would soon appear. Authorities who wanted to stop the Báb's growing influence imprisoned Him. In spite of harsh conditions, the Báb continued to inspire others with His message of spiritual and moral renewal. He wrote, "To Me the prison hath proved to be naught but the most delightful garden of Paradise . . ." In time, Bahá'u'lláh announced that He was the Messenger promised by the Báb. Bahá'ís celebrate the Birth of the Báb on October 20.*



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.	My Goal for the Month:		<p>Women's History Month (Canada) Learn about Roberta Bondar, Canada's first female astronaut and the first neurologist in space.</p>	<p>1</p> <p>National Book Month (U.S.) Share your favorite book with a friend.</p>	<p>2</p> <p>International Day of Non-Violence (UN) Celebrate peace on the birthday of Mahatma Gandhi.</p>	
<p>3</p>	<p>4</p> <p>World Habitat Day (UN) Earth is inhabited by about 6.9 billion people.</p>	<p>5</p> <p>World Teachers' Day (UNESCO) Write a thank-you note to your teacher today.</p>	<p>6</p>	<p>7</p> <p>World Space Week (UN, Oct. 4–10) More than 1,000 Earths would fit inside Jupiter.</p>	<p>8</p>	<p>9</p>
<p>10</p> <p>World Mental Health Day (International) Remind yourself of three of your best qualities.</p>	<p>11</p> <p>Columbus Day (U.S.) Thanksgiving Day (Canada)</p>	<p>12</p> <p>National School Lunch Week (U.S., Oct. 11–15) Do you make healthy food choices at school?</p>	<p>13</p> <p>International Day for Natural Disaster Reduction (UN) Pray for those affected by a natural disaster.</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>BAHÁ'Í MONTH OF 'ILM (KNOWLEDGE)</p>
<p>17</p> <p>International Day for Eradication of Poverty (UN) 10 million people die yearly of hunger or related diseases.</p>	<p>18</p>	<p>19</p> <p>Character Counts Week (U.S., Oct. 17–23) Who are your role models for good character?</p>	<p>20</p> <p>BIRTH OF THE BÁB</p>	<p>21</p>	<p>22</p> <p>23</p> <p>Did you know? The cricket is a symbol of good luck in China and has been prized for its song-like chirping.</p>	
<p>24</p>	<p>25</p>	<p>26</p> <p>True or False? 27 publishers rejected Dr. Seuss's first book.</p>	<p>27</p> <p>Did you know? Basketball great Michael Jordan was cut from his varsity team in 10th grade.</p>	<p>28</p> <p>TENACIOUS MEANS ...</p> <p>Gosmo's Word Challenge</p> <p>a) The love of playing tennis b) Persistent, not easily discouraged c) Living in a tent</p>	<p>29</p>	<p>30</p>
<p>31</p> <p>Halloween Trick-or-treat for UNICEF**</p>						

*See page 5 to learn a prayer by the Báb. **See youth.unicefusa.org/trickortreat

ENOCH OLINGA: Facing Challenges with Joy

“Like sunshine bursting through the clouds . . .” is how one friend described Enoch Olinga. Though he faced terrible problems in his life, his joyfulness and faith inspired people around the world.

Enoch was born a member of the Teso tribe in Uganda, Africa, in 1926. After school, he joined the military, then returned to Uganda at age 20 and worked as a translator.

When Enoch got married, he and his wife, Eunice, started a family. But Enoch was unhappy with life. He drank alcohol heavily, which caused him to lose his job.

A New Day

Around 1951, Enoch met a prominent Bahá'í named 'Alí Nakhjavání. After asking many questions about the Faith, Enoch became the first Bahá'í from the Teso tribe. He immediately gave up alcohol, and his transformation so impressed his wife that she also joined the Faith!

Enoch read every Bahá'í book he could get. He longed to travel and share what he had learned. He moved to what is now Cameroon, where he was the only Bahá'í. As he enthusiastically shared his beliefs, many joined the Faith.

When he was 30, Enoch went to the Bahá'í holy places in Haifa, Israel, and met Shoghi Effendi, who led the Faith at the time.



Enoch Olinga was the youngest Hand of the Cause of God, appointed at age 31. He was also named a Knight of Bahá'u'lláh, a title honoring some who brought the Bahá'í Faith to a new area of the world.

Shoghi Effendi's guidance inspired him profoundly. Enoch said, “Having visited and prayed in the Blessed Shrines . . . I am sure a new day has dawned upon me!” Later that year, Shoghi Effendi named Enoch a Hand of the Cause of God.* Shoghi Effendi passed away soon after, which deeply grieved Enoch and Bahá'ís around the world.

“Radiant Spirit”

Enoch continued to face difficulties, including a troubled marriage and divorce. But he stayed positive. He often asked others, “Are you happy?” His hearty laughter lifted

people's spirits. Other Bahá'ís would save funny stories to tell Enoch when they gathered, just so they could hear him laugh.

For many years, Enoch traveled, inspiring Bahá'ís around the globe. But in 1977, an unjust government in Uganda banned many organizations, including the Bahá'í Faith. A civil war began, and Enoch returned to Uganda to help the Bahá'ís.

One evening in 1979, Enoch stayed on the property of the Bahá'í House of Worship near Kampala and prayed all night as the area was bombarded. The Temple was unharmed, and the next day it was announced that the government had been defeated.

Violence continued, however, and random killings were common. Tragically, in 1979, Enoch, his second wife, Elizabeth, and three of his children were killed by unknown gunmen. The news spread, and hundreds of people lined the streets for the funeral procession.

The Universal House of Justice, the international Bahá'í governing body, cabled to the Bahá'ís “WITH GRIEF-STRICKEN HEARTS”. They praised Enoch's “RADIANT SPIRIT HIS UNWAVERING FAITH HIS ALL-EMBRACING LOVE” and asked Bahá'ís to honor his “IMPERISHABLE MEMORY”.

Overcoming Hurdles

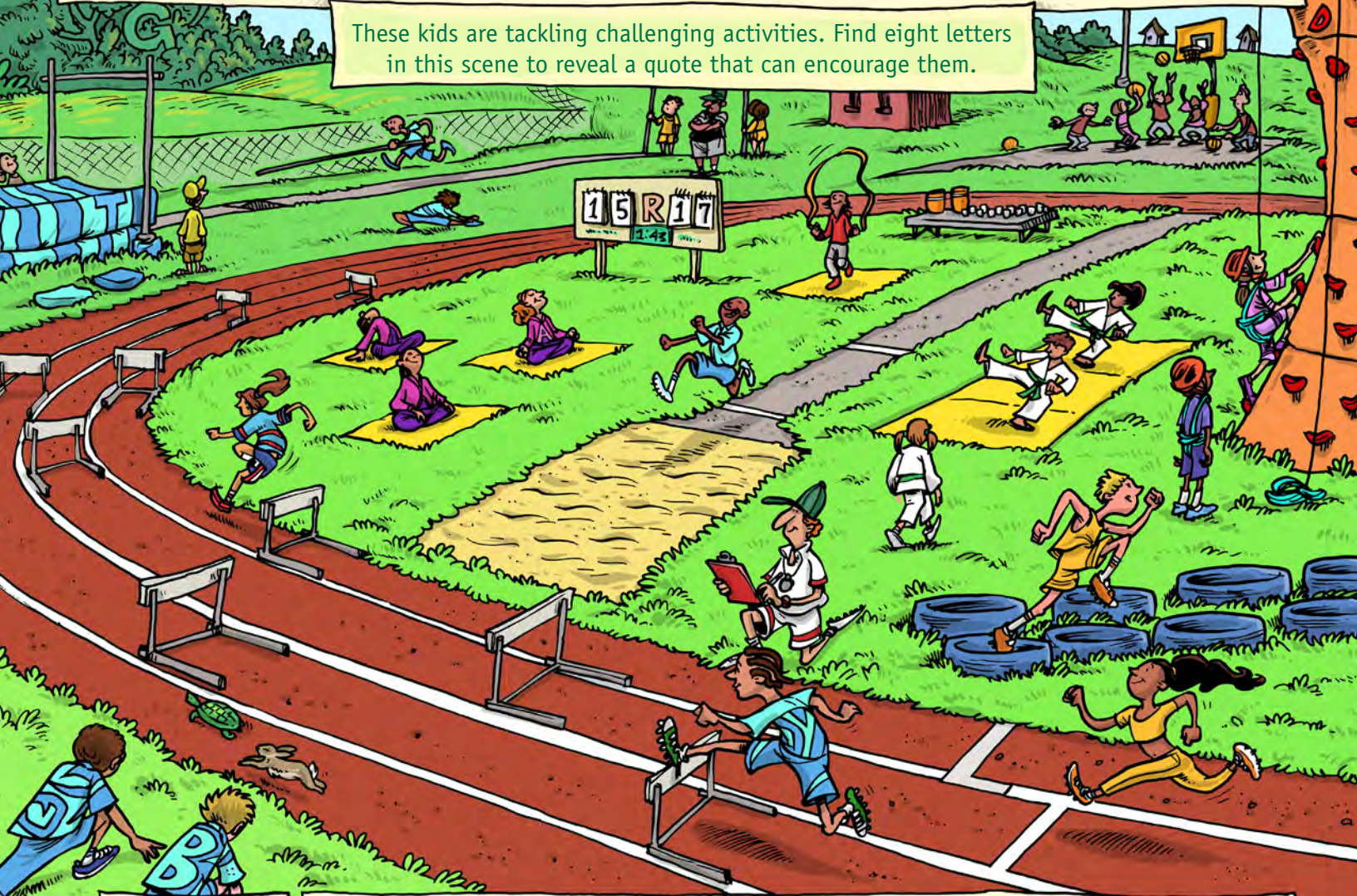
“Just a little farther . . . Come on, you can do it!”
 When you're playing a sport, you have to overcome challenges. Sometimes it takes all you've got to jump that last hurdle or reach the top of the climbing wall. You might feel worn out afterward, but your efforts make you more physically fit, and soon you're ready to strive for the next level.

yourself what virtues you can exercise. Losing a big game can make you more humble. Helping a relative who's sick lets you practice compassion and service. Struggling with your math problems can boost your perseverance. And like reaching the finish line, making it through tough times gives you a feeling of achievement.

When you keep a positive attitude and meet any obstacles head-on, you can come back with the strength to take on the next challenge.

Similarly, challenges in life can strengthen you to become spiritually fit. When troubles arise, ask

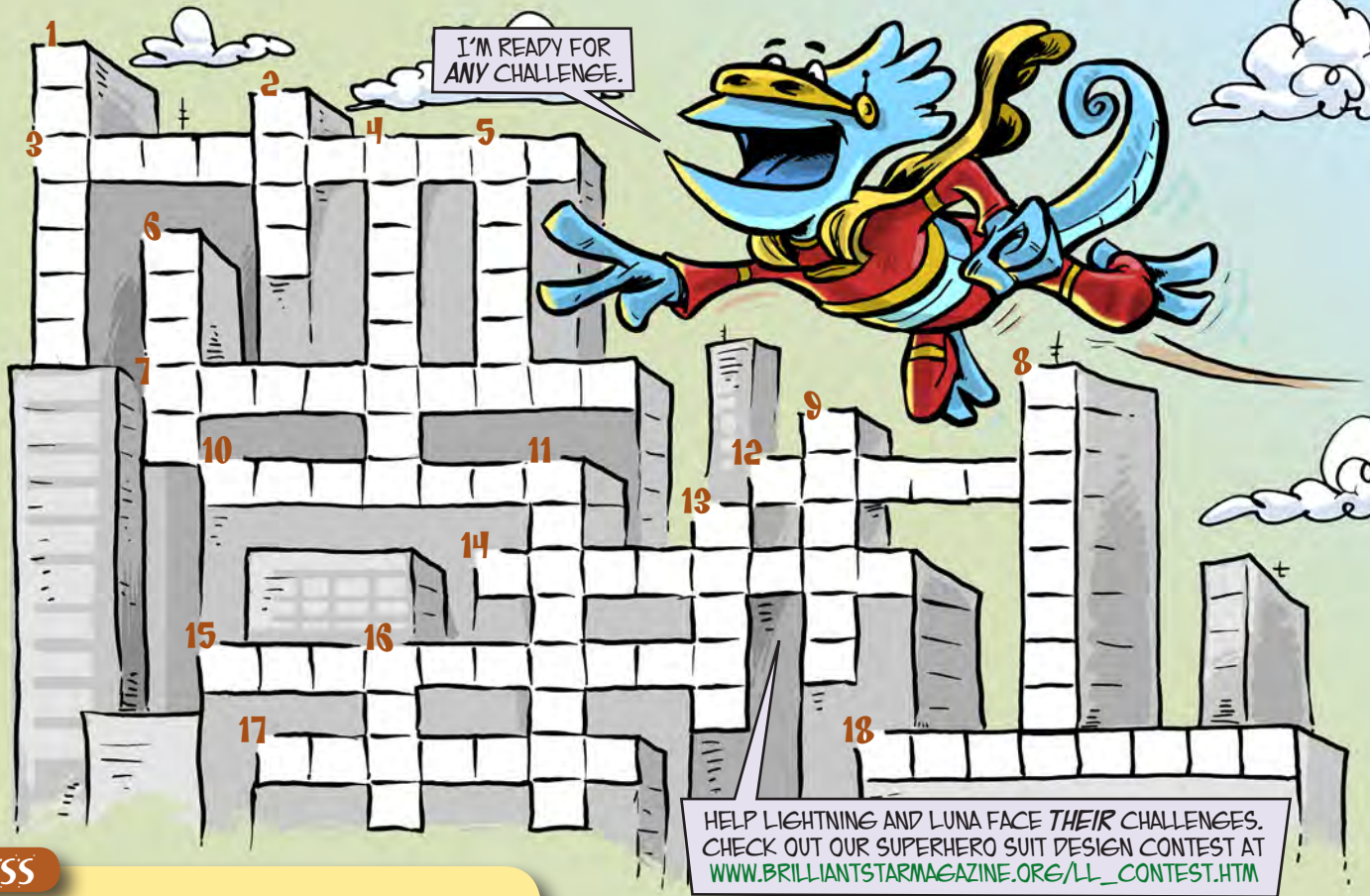
These kids are tackling challenging activities. Find eight letters in this scene to reveal a quote that can encourage them.



Letters Found:

“Cou_ _ _eous_ _ mee_ _n_ ove_come _he m_n_ o_s_ _c_es _h_ _ s_ _n_ in _ou_ w_ _ . . .
 Ou_ _ff_ic_ions, _es_s _n_ _ _i_ _s_ _ _e
 some_imes _ _essin_s in _is_ _ise . . .” —Bahá’í Writings

Look for clues throughout the magazine.



ACROSS

3. Deloria wanted to be able to help youth by using challenges from her life _____ . (p. 17)
7. Talking about your fears can help you feel more _____ . (p. 4)
10. Saying these can ease your fears and give you a sense of peace. (p. 5)
12. Enoch longed to _____ and share what he had learned. (p. 26)
14. Everyone makes _____ . (p. 18)
15. Niah and Cheyenne were both happiest when they went on _____ . (pp. 12–13)
17. When speaking in front of groups, _____ yourself giving a successful speech. (p. 19)
18. Scientists have found that _____ works your muscles, relaxes you, and even helps your immune system. (p. 24)

DOWN

1. Earth's fastest land animal. (p. 11)
2. Arin says, "As I've gotten older, _____ friends have gotten more understanding." (p. 8)
4. Bahá'í teachings such as the _____ of women and men help bring peace to the world. (p. 3)
5. Like the seasons, _____ will bring brighter days. (p. 2)
6. When your siblings notice you trying to keep the _____, they can be inspired to do the same. (p. 7)
8. Sometimes life can seem like a _____ act. (p. 9)
9. Jenny was worried about her _____. (pp. 22–23)
11. Caleb and William both like to go _____. (pp. 12–13)
13. In the desert, a _____ can last 4–15 days without water. (p. 10)
16. Sticking to a _____ when it gets tough is a great virtue. (p. 6)

FROM OUR MAILBOX



I love reading [in *Brilliant Star*] about the people in biographies, because I learn . . . how they grew up and the good work they did . . . Lightning and Luna are like my best friends, and I love that [they] have superpowers to help the world . . . I like the quotation on the back. I read it over and over to learn it by heart.

—Arden C., age 12, California, U.S.

ANSWERS

Page 2: Courage, humility, fortitude, contentment, acceptance, steadfastness, perseverance, detachment, patience, strength

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

Page 11: South Africa, Humpback Whales

Page 18: Square wheel on wheelbarrow, digging with tennis racket, misspelling "pumpkin" on sign, taking bite of softball, planting light bulbs, wearing ice skate on ladder, wearing diving mask, wearing

baseball glove, placing frying pan in path, hammering with banana, watering with bubble machine, raking with golf club.

Page 27: G in bushes at top left, T on mat at top left, R on scoreboard at top center, D on climbing wall at top right, L on track at bottom right, Y on shirt at bottom center, B on shirt at bottom left, A on shirt at center. "Courageously meet and overcome the many obstacles that stand in your way . . . Our afflictions, tests and trials are sometimes blessings in disguise . . ."

Page 10:





"When calamity striketh, be ye patient and composed. However afflictive your sufferings may be, stay ye undisturbed, and with perfect confidence in the abounding grace of God, brave ye the tempest of tribulations and fiery ordeals."

—'Abdu'l-Bahá



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