

In the Come Follow Me manual we are reminder that Heavenly Father wants us to take care of our bodies. Daniel and his friends refused the meat and wine the king offered them because they wanted to follow God's commandments and avoid harming their bodies. Today the Word of Wisdom helps us avoid substances that would harm our bodies.

Just like Heavenly Father blessed Daniel and his friends, we too will be blessed for keeping ourselves healthy and following the Word of Wisdom in our daily lives.

Love, The Primary Presidency

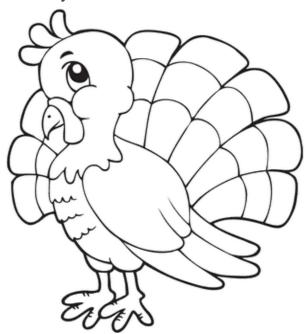


Hosea 10:12

Sow to yourself in righteousness, reap in mercy; break up your fallow ground: for it is time to see the Lord, till he come and rain righteousness upon you.

Primary Program is

November 13th



What kind of man was Boaz before he married Ruth?

The ward website,

farmington15thward.org contains past
copies of the Primary Newsletter as
well as helpful links to Primary
Program songs to practice.

