

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

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VOL. 49 NO. 4

BE A SECRET AGENT
OF KINDNESS

QUIZ: DO YOU
SHOW EMPATHY?

WELCOME,
NEIGHBORS!

True Friendship

Brilliant Star

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

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

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

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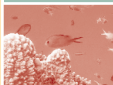
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Practice being kind when it's not easy.

DEAR FRIENDS,

Have you ever picked up a twig from the ground and snapped it in half? It isn't hard to break a single stick. But what happens when you take a group of sticks and try to bend them all at once? When bound together, they're surprisingly hard to break.

In the same way, healthy friendships bind people together and make our communities stronger. We all face challenges in our lives, but they're easier to handle with the help of friends and family.

In this issue, discover ways to strengthen ties of fellowship. Go on a secret quest to spread kindness. Learn how elephants show empathy. Practice what you would say to respond to conflicts. Make a mini hockey rink and an "I spy" game, and have fun playing with friends. And meet Dr. Randie Gottlieb, who helps teachers promote unity in schools.

When we practice kindness, empathy, and respect with friends and neighbors, we can build unbreakable bonds of love.



LOVE, BRILLIANT STAR ☆



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COOL OFF WITH COMPASSION

"Should anyone wax angry with you, respond to him with gentleness . . ." —Bahá'u'lláh

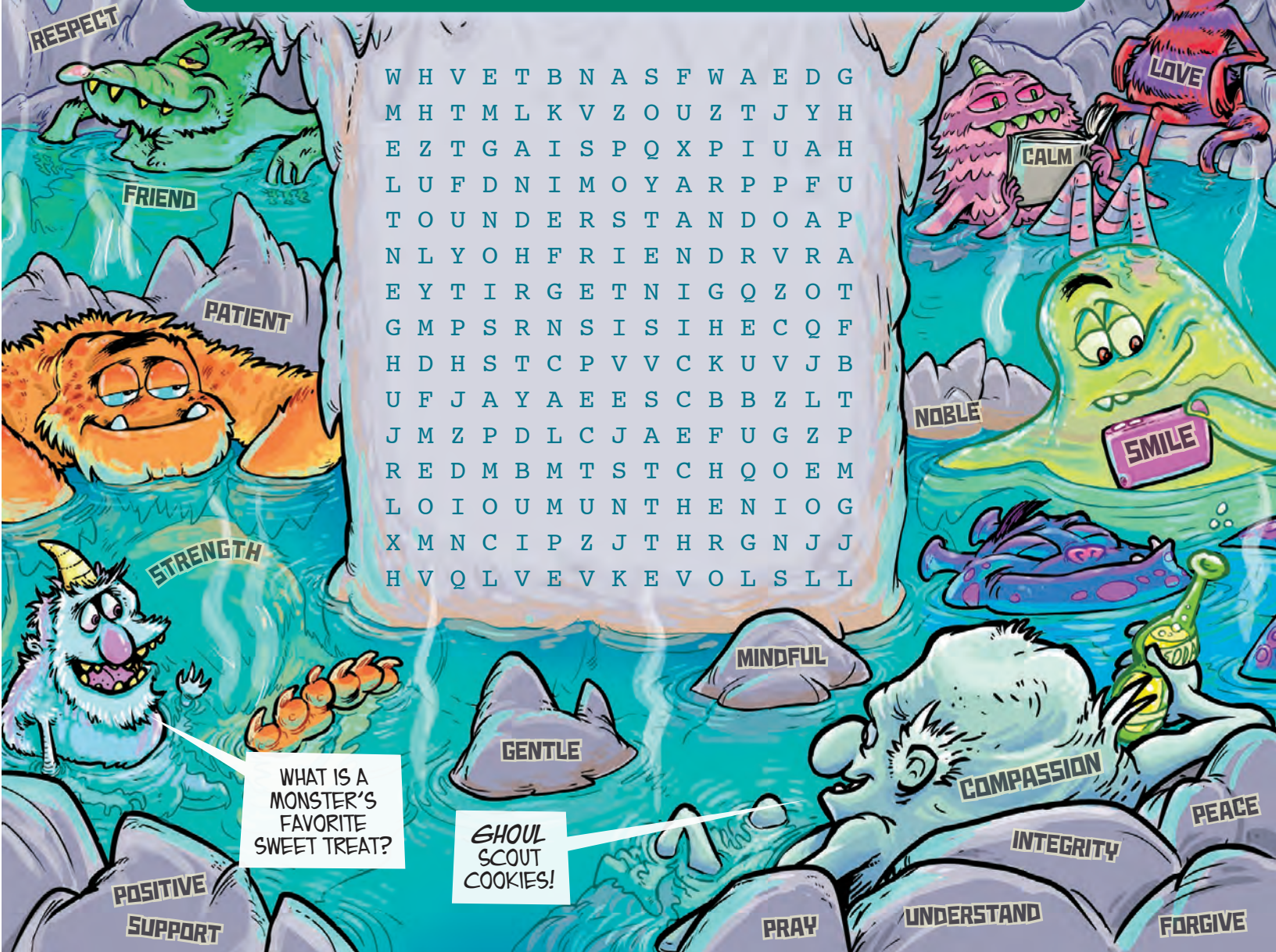
You're walking through the lunchroom at school when you accidentally bump into someone. Splat! His pizza ends up on the floor. "Hey, watch where you're going!" he yells angrily. How will you respond?

You could get monstrously mad and growl, "It was an accident. You don't have to freak out!" Or you could calmly say, "Sorry, I didn't see you there. I'll get you a new slice." He might stay irritated either way, but you

can't control anyone else—only yourself.

If you let negative feelings turn you into a beast, you can end up feeling tired, sick, and sad. Instead of getting upset, try to stay peaceful. You can react to anger or unkindness in a way that's noble. What if you saw the other kid not as a fiend, but as a future friend? When we're patient in the face of problems, we can soothe our inner monsters.

These creatures are chillin' in the hot springs. Find words related to keeping your cool and getting along with others. Search up, down, forward, backward, and diagonally.



The Life of Bahá'u'lláh

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

1817 November 12

Birth of Bahá'u'lláh
in Tihrán, Iran

1844

Recognizes the Báb as
a new Messenger of God

1852

Imprisonment in the
"Black Pit" of Tihrán

1853–1863

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

1863 April

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 The Hidden Words

Have you ever been so deeply saddened that the world felt dark and dreary? Then someone shared just the right words to bring you light and joy? Some say that's what happened to Fátimih, a beloved figure in Muslim and Bahá'í history.

Fátimih was born around 605 CE in Mecca, in what is now Saudi Arabia. She was a daughter of the Prophet Muhammad, Who founded Islam.

Fátimih was devoted to her father, and she was devastated when He passed away in 632. Nothing could ease her grief until one night, Fátimih was visited by the angel Gabriel. He shared verses with Fátimih that finally brought her great comfort. They were written down, but the book later disappeared. Some Muslims believed that when the next Messenger of God came, He would have the verses of Fátimih.

Over 1,200 years later, in 1858, Bahá'u'lláh was living in exile in Baghdád, Iraq. The leaders of Persia (now Iran) wanted to stop Bahá'u'lláh's growing influence, so they had banished Him from His home in Iran.

While meditating and pacing on the banks of the Tigris River, Bahá'u'lláh revealed a collection of holy writings known today as The Hidden Words. Some were written in the Persian language and some were in Arabic. Bahá'u'lláh identified them with the verses that had been given to Fátimih to ease her grief. In the early days of the Bahá'í Faith, The Hidden Words was known as The Hidden Book of Fátimih.

Bahá'u'lláh said that The Hidden



Bahá'u'lláh lived in Baghdád, Iraq, from 1853–1863. In 1858, He revealed The Hidden Words while pacing the banks of the Tigris River.

Words is the "inner essence" of teachings that were "revealed unto the Prophets of old." Its verses can guide our souls to grow stronger and closer to God.

Today, Bahá'ís all over the world study The Hidden Words and strive to put its teachings into action. In it, Bahá'u'lláh counsels us to be generous, saying, "Bestow My wealth upon My poor . . ."

He encourages us to show each other forgiveness and empathy with words such as, "How couldst thou forget thine own faults and busy thyself with the faults of others?"

When He says, "Know ye not why We created you all from the same dust? That no one should exalt himself over the other," He reminds us of our unity and equality.

Meditating on The Hidden Words can inspire us to develop virtues and build friendships. These holy words can bring us comfort when we are struggling. They can remind us of our connection to God and each other.

Bahá'u'lláh's son, 'Abdu'l-Bahá, who led the Bahá'í Faith after His passing, called

“O SON OF LIGHT! Forget all save Me and commune with My spirit.
This is of the essence of My command, therefore turn unto it.” —Bahá'u'lláh

The Hidden Words “a treasury of divine mysteries.” He encouraged us to memorize these verses and said that when we ponder their meanings, “the doors of the mysteries will open.”

‘Abdu’l-Bahá also emphasized that “these holy words have not been revealed to be heard but to be practiced.” He assured us that when we put the teachings of The Hidden Words into action, we will “become a torch of the fire of the love of God, an embodiment of humility, of lowliness . . . and of selflessness.”



Bahá'ís turn to the Shrine of Bahá'u'lláh in prayer and consider it the holiest place on Earth.

Use the key to decode a verse from Bahá'u'lláh in The Hidden Words.

“ O SO _ O _ S _ I _ IT! M _ _ i _ st
_ ou _ s _ _ is t _ is: _ oss _ ss
a _ u _ _ , _ i _ d _ _
a _ d _ adia _ t _ _ a _ t . . . ”



Aim at Kindness! Make a Mini Ice Hockey Rink

“Speak with the utmost kindness, lowliness and humility, for such speech exerteth influence and educateth the souls.” —‘Abdu’l-Bahá

It's no sweat to be a good sport when you're winning at hockey, soccer, or other competitive games. But it can get tough when the ref makes an unexpected call against you, or a teammate makes a big mistake.

If frustration hits, focus on playing with positivity. Instead of getting mad about slip-ups, say encouraging words such as “Nice try!” or “You’ll get it next time!” Offer

to share some cool new moves. If someone is having a rough game, imagine being in their shoes (or skates). Think about how you’d want to be treated. If you spot bullying or unfairness, find your courage to stand up for justice.

Appreciate and support your teammates by pointing out their strengths. Thank your coaches for their work, too. You’ll build your team’s spirit, and that’s a win for everyone!

WE'RE SCORING HOCKEY AND KINDNESS GOALS!



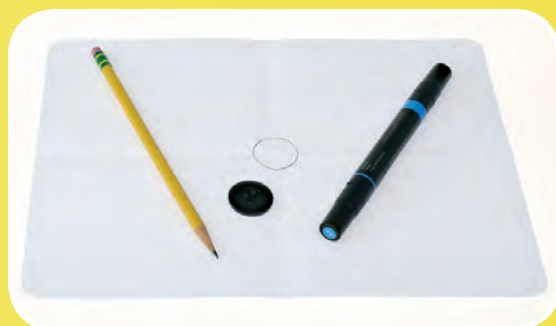
You'll Need

- 11½" x 8½" x 1⅞" (29.2 x 21.6 x 2.9 cm) foil pan
- 8" x 11" (20.3 x 27.9 cm) printer paper
- ruler
- pencil
- red and blue permanent markers
- pitcher of water
- freezer
- two 9½" (24.1 cm) jumbo pipe cleaners
- 1" (2.5 cm) black button
- 3 jumbo craft sticks
- scissors
- tacky glue
- two colors of duct tape
- clear tape

- 1 Find rink's center by folding paper in half two times, so short edges meet. Round unfolded corners with scissors. Open paper.



- 2 With pencil, trace around button to create a circle at rink's center. Color circle blue.





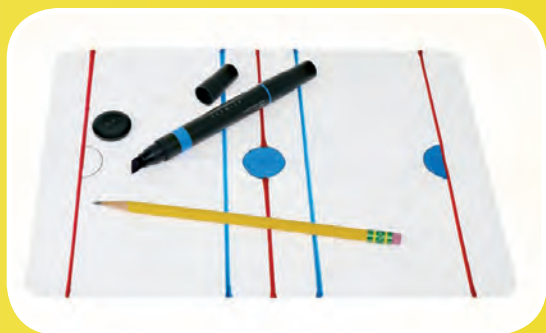
- 3 Draw pencil lines 1" (2.5 cm) from each short edge of paper and along center crease. Trace over lines with red marker, but don't overlap circle.



- 4 Draw pencil lines 1" (2.5 cm) from each side of centerline. Trace over with blue marker. Trace over with blue marker.



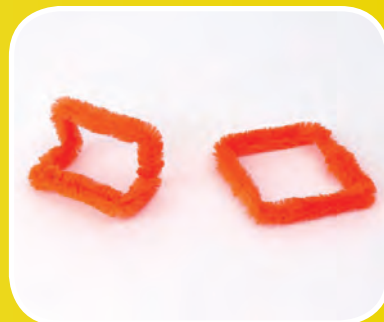
- 5 In center of each red line at ends of rink, trace around half of button. Color shapes blue. Put paper in pan.



- 6 Place pan flat in freezer. Add water just above paper. Press paper to bottom and freeze. For thicker ice, add thin layer of water and freeze again.



- 7 Connect ends of one pipe cleaner by twisting together. To make goal, bend pipe cleaner into square, then fold in half. Repeat for other goal.



- 8 At an angle, carefully cut 2" (5.1 cm) off each end of a stick.



- 9 Glue one cut end to end of a whole stick. Repeat for other stick. Decorate each hockey stick with a different duct tape color.



- 10 Remove rink from freezer. Use clear tape to secure a goal to each end of rink. Set button puck on center circle. Grab the sticks and a friend, and you're ready to play! Use your stick to push the puck into the goal.



Can You See How Others Feel?

"All humanity must be looked upon with love, kindness and respect; for what we behold in them are none other than the signs and traces of God Himself." —'Abdu'l-Bahá

Have you ever been sad because your team lost a big game? Or you didn't get the part you wanted in the school play? It can help a lot if a friend shows **empathy**—the ability to see things from another person's point of view and understand their feelings.

People who practice empathy tend to be happier and more generous. Empathy helps us build stronger relationships. It can also improve communication by

making us better listeners and helping us explain our feelings clearly.

We're all born with the capacity for empathy, but it's important to practice putting it into action. You could help someone who's carrying heavy boxes or bags. Or encourage a sibling who's frustrated with a tough homework assignment. When you reach out to someone who needs a hand, you might just make their day—and yours.

Do you show empathy in your words *and* deeds?
Circle your answers, then add up your points.



1. When I see someone struggling to do something, I offer to help.
Often = 3 • Sometimes = 2 • Rarely = 1

2. When my friends seem sad, I ask them if they're okay.
Often = 3 • Sometimes = 2 • Rarely = 1

3. When I'm doing an activity with my friends, I check to see if they're having fun, too.
Often = 3 • Sometimes = 2 • Rarely = 1

4. It bothers me to see someone being bullied or disrespected.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I listen to other people's ideas, even if I don't agree with them.
Often = 3 • Sometimes = 2 • Rarely = 1

6. If a friend is angry, I listen and try to help them calm down.
Often = 3 • Sometimes = 2 • Rarely = 1

7. I read about people from different backgrounds to learn what their lives are like.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I feel concerned about and want to help people in need.
Often = 3 • Sometimes = 2 • Rarely = 1

9. If I accidentally hurt a friend's feelings, I apologize.
Often = 3 • Sometimes = 2 • Rarely = 1

10. When I have a problem with a sibling or friend, I try to see things from their point of view.
Often = 3 • Sometimes = 2 • Rarely = 1

11. If someone has been left out of a group or activity, I invite them to join.
Often = 3 • Sometimes = 2 • Rarely = 1

12. I celebrate with my friends when they succeed.
Often = 3 • Sometimes = 2 • Rarely = 1



My Score

36–28 points: You've got a knack for sensing other people's emotions and seeing their perspective. Keep it up.

27–20 points: You're learning to put yourself in another's place. Choose a tip above to build more empathy.

19–12 points: You can practice and improve your skills at showing empathy. Try some tips from the quiz.

Good Game or Frustrating Failure?

“Concentrate all the thoughts of your heart on love and unity.” —‘Abdu’l-Bahá

No way! Your team just lost the championship! It was *SO* close. Maybe you feel like running away or getting upset.

Instead, you line up with your team and give each opponent a high five as you say, “Good game.”

In the locker room, you start to calm down. You think about the great plays you and your friends made. And how you won a lot of games to *get* to the

championship. Your team is talented, and you have an encouraging coach. You’re glad you didn’t do anything negative when you realized you had lost.

Respecting yourself and others is what being a good sport is all about. You focus on the joy of playing the best game you can, no matter who wins. And you build true friendships among your teammates—because they will continue long after the last whistle blows.

These players are on the sidelines at the big volleyball game.
Match each negative thought with the positive one that can replace it.

1 THE REF *HATES* US! THAT BALL WAS IN BOUNDS!

2 IF I DON’T GET TO PLAY SOON, I’M QUITTING.

3 HORRIBLE PLAY! NO WONDER SHE GOT HIT WITH THE BALL.

4 IDIOT! SHE BLEW IT ON THAT SERVE.

5 I SHOULDN’T *EVER* HAVE TO SIT OUT. I’M THE BEST PLAYER WE HAVE.

6 IF THIS TEAM BEATS US AGAIN, I’M GONNA LOSE IT!

7 THAT’S A STUPID RULE. WE COULD JUST CHEAT. I DON’T THINK WE’D GET CAUGHT.

8 IF WE WIN, I’M NOT STICKING AROUND TO SAY “GOOD GAME” TO THESE LOSERS.

9 IT’S NIKKI’S FAULT WE LOST LAST WEEK. SHE’D BETTER NOT MESS UP THIS TIME.

A TOUGH PLAY. I HOPE SASHA DIDN’T GET HURT.

B SHE MUST FEEL BAD ABOUT THAT SERVE. I’VE DONE THAT.

C THIS TEAM BEAT US ONCE. ALL WE CAN DO IS PLAY OUR BEST.

D WE LOST LAST WEEK, BUT WE LEARN FROM EVERY GAME.

E THE BALL LOOKED IN BOUNDS—I GUESS THE REF SAW IT OUT.

F I DON’T LIKE SOME RULES, BUT I’M GLAD OUR TEAM PLAYS FAIRLY AND DOESN’T CHEAT.

G I HOPE I GET TO PLAY SOON. MAYBE COACH HAS ADVICE ABOUT HOW I CAN IMPROVE.

H I DON’T MIND SITTING OUT SOMETIMES, SO EVERYBODY HAS A CHANCE TO PLAY.

I THE OTHER TEAM LOOKS SAD TO BE LOSING, BUT THEY’RE STILL PLAYING A GOOD GAME.

Take Kindness to Heart

Did you know that an elephant's heart is 60 times heavier than a human heart?

Elephants are big-hearted in other ways, too. They show empathy by sensing and caring about the feelings of others. When an elephant is upset, those nearby will offer comfort with their trunks and make soft chirping sounds. Scientists have seen elephants throw dust to soothe another's wounds, pull out tranquilizer darts, and surround a distressed relative.

They all help care for babies, and they celebrate joyfully when reunited with family members. They even grieve over their dead.

These sensitive, social animals are endangered, mainly due to habitat loss.* In our quest to be kind to all creatures, we can learn about the needs of elephants in the wild and in captivity. Our hearts may be much smaller, but we can still share our love with the empathetic elephants.

In this herd of Asian elephants, find nine hidden letters to complete the quote below.

Found letters:

" how or h he u mo ovin - in ne
 o ever ivin rea ure." —'Abdu'l-Bahá

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

Nature Nurtures

Before you head inside to do homework, take a nature walk. Being outside can improve your energy, concentration, memory, and creativity. It relieves stress, too!

WOW, REALLY?

Geckos can stick to things because of an electromagnetic attraction

between the surface and tiny hairs on their feet.

OUR CONNECTIONS



No matter where you live, your weather is influenced by the ocean. A condition called El Niño sometimes occurs in the Pacific Ocean near the western coast of South America. Winds allow warm water to collect on the surface, causing more clouds and rainfall. That can lead to drought or storms around the world and can impact crops. Scientists study these variations so they can help with better weather forecasts.

PROTECTING OUR PLANET

Dr. Kevin Trenberth, a climate scientist in Colorado, U.S., studies how the atmosphere and oceans, including El Niño events, relate to climate change. He educates the public about the consequences of global warming. He has won awards for his work and says, "People of the world must work together to save us on our 'spaceship Earth.'"



WHERE IN THE WORLD?



There are over 30,000 Buddhist temples in this country. At the Temple of Dawn in the capital city, the central tower represents Mount Meru, or the center of the universe. *Unscramble the letters to find the location:*

AILTHDNA

AMAZING ANIMALS



In the Red Sea, tiny animals called polyps live inside their skeletons and form huge colonies of what looks like colored rock. The structures are over 5,000 years old. *Fill in the blanks with the name of these ecosystems:*

O AL EE S

Focus on Friendliness

“One must see in every human being only that which is worthy of praise.” — ‘Abdu’l-Bahá

Picture this: your photography club goes to a park to shoot nature photos. It’s a great trip until a friend complains loudly, “I wanted to get a picture of the ducks, but they flew away, and then I stepped in the pond. This is a rotten day!”

You grit your teeth, and your stomach tightens. You were having fun, and you don’t want to argue or get dragged down by your friend’s negativity.

Try viewing the situation through a different lens, and focus on your friend’s good qualities. He shares new tips when he learns them, right? And he always helps carry the equipment. You tell him you understand how he feels. Then you suggest grabbing some cool drinks together while his shoes dry.

When you zoom in on someone’s positive traits, you can see your friendship in a new light.

Search the scene for words to complete these tips about creating positive relationships.



1. Resist the urge to ☐ ☐ ☐ ☐ ☐ others; try to accept them as they are.
2. Expect the ☐ ☐ ☐ ☐ from people, even if they don’t always act kindly.
3. If someone is being negative, stay ☐ ☐ ☐ ☐ and don’t react in a big way.
4. ☐ ☐ ☐ ☐ ☐ ☐ to a friend’s concerns, then turn the conversation to something pleasant.
5. Stay detached and keep your thoughts ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐. Your energy may lift up others.
6. Use a light, ☐ ☐ ☐ ☐ ☐ tone of voice when someone’s upset, so you both relax.
7. If a friend criticizes you, stop and ☐ ☐ ☐ ☐ ☐ about whether there is some truth to what they’re saying.
8. Try to ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ why someone might be feeling stressed.
9. If a situation gets tense, walk away so you and the other person have ☐ ☐ ☐ ☐ to cool down.

RILEY'S RAINFOREST

"Send down ... from the clouds of Thy
mercy the rains of Thy healing..."

—Bahá'u'lláh

Explore & Soar: Be a Great Pal

If you want to have good friends, you need to be one. Try these tips:

- ☐ Treat others the way you want to be treated—with respect and kindness.
- ☐ Tell the truth—with tact. Honesty is vital, but you can be truthful and gentle at the same time.
- ☐ Share your feelings. If you have a conflict with a friend, try talking to them directly, instead of backbiting or ignoring them.
- ☐ Be generous with your time and attention. Friendship is a two-way street, so give at least as much as you get.
- ☐ Encourage your friends and celebrate their success.
- ☐ Laugh a lot. Having fun together builds great memories.



Creating Healthy Friendships

A true friend is one of the greatest joys in life. It's an awesome feeling to find someone who laughs with you when you're happy, cheers you up when you're down, and always has your back.

But not all friendships are created equal. If you feel small, afraid, or sad around someone, your relationship may not be healthy. Friendship should fill you up and lift your spirit, not bring you down. It's okay to disagree sometimes, but if you constantly argue, you may not be compatible. Sometimes people can get jealous, but a good friend won't be mad when you hang out with someone else.

It's important to build friendships that are healthy and safe. If we aren't wise about who we spend the most time with, we may get hurt or feel trapped in a relationship that

isn't good for us. If you think your friendship might be unhealthy, talk to a parent or another trusted adult about how you feel. Imagine how you'd like things to be different. Practice how you could talk it over with your friend. Also, try making new, diverse friends.

It's not always easy to find people you click with, so be patient. Look for kids who share some of your interests. Take the time to get to know their character—are they honest, trustworthy, and kind?

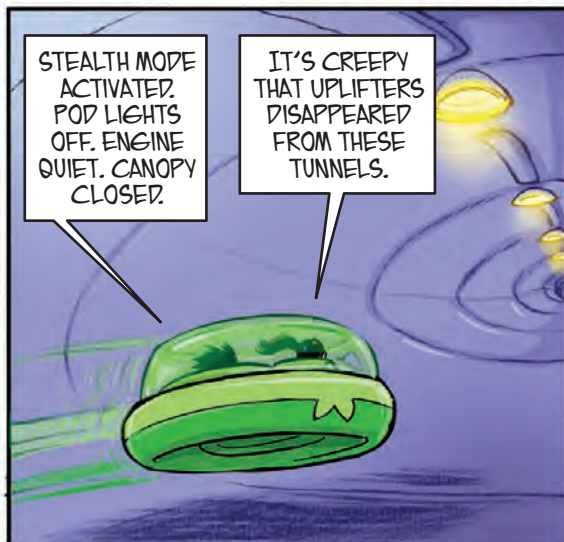
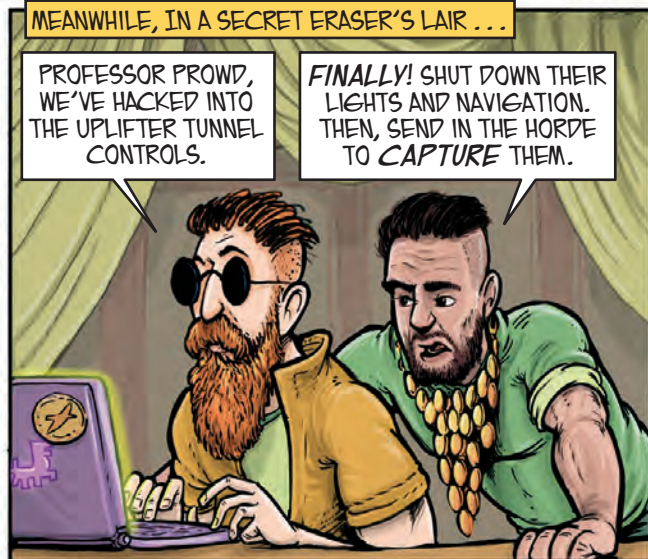
You don't need hundreds of friends to enjoy the rewards of closeness. Even one or two real pals can make your life a lot brighter.

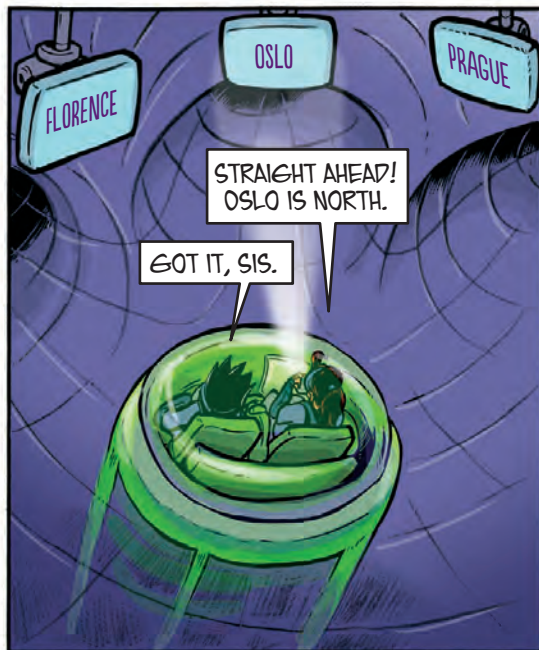
Curiosity Canopy



What makes someone a good friend? In one study, kids ages 8–12 were asked to rate what they expect from friends. Top things on the list were sharing, helping, listening, and respect. Kids who put more effort into their friendships had more friends.

AT THE SCENE OF A LIBRARY ATTACK IN SPAIN ...





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?

Kian K.

Age: **10**

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

I want to be:
Story/script writer and designer of video games

This career interests me because:

I want to be an author, and I love to play video games, so this lets me do both!

Hobbies or sports:
I love to do Parkour [run and jump over obstacles], read, write . . .

Favorite Bahá'í activity:
Social portion of Feast*



Virtue I admire most:

Humor—it keeps things light and makes people happy.

I like to help people by:
Paying attention to find [out] what my friends need and get[ting] them the information or support that they need

Qualities of a good friend:
Funny, good at games, and cooperative

It's important to be friends with different kids:
So you can learn about your differences and understand how similar you really are

One of the kindest things done for me was:
My teachers let me use a stand-up desk and music to help me concentrate and do better in class.

Zarina H.

Age: **12**

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

I want to be:
I would like to work for NASA.

This career interests me because:

I like space and learning about the universe.

Virtue I admire most:
Kindness

Hobbies or sports:
I play the ukulele, and I dance.

Favorite Bahá'í activity:
Go[ing] to Bahá'í schools

A favorite food: **Spaghetti**

To make new friends:
Just put yourself out there, even if you're shy . . . Try having more conversations with people.



Qualities of a good friend:
Kindness, friendship, and caring

To show my friends I care:
If they need help, I will jump in and give a hand.

When someone gossips, I:
Tell them to stop and say, "How would you feel if someone says this about you?"

One of the kindest things done for me was:
I broke my collarbone once, and everyone was really kind to me at school.



Ariana B.

Age: **11**

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

I want to be: **Doctor**

This career interests me because:

I like helping people and making people feel better. Also, my grandfather was a doctor.

Hobbies or sports:
Soccer, gymnastics, singing

Favorite Bahá'í activities:
Service projects (like going to help at the food bank)

Virtues I admire most:
Kindness, inclusiveness

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

Favorite food: **Pizza**

Qualities of a good friend:
Truthful, nice, and includes others

To make new friends:
Be kind and caring to everyone . . . in words and actions.

To show my friends I care, I:
Make them smile when they are sad and make them feel special

When someone gossips, I:
[Tell them] talking bad about others is rude and makes people feel bad . . . so please stop.

One of the kindest things done for me was:
Standing up for me and cheering me up when I was sad

Liam F.

Age: **10**

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

I want to be:
An engineer

This career interests me because:
I get to create things.

Virtue I admire most:
Truthfulness

Hobbies or sports:
Building [with] LEGO [bricks], drawing

Favorite Bahá'í activity:
Feast

Place I'd love to visit:
I'd love to go to New Zealand to meet my cousin.

Favorite animal:
Pigs

Qualities of a good friend:
Kindness, truthfulness, joyful[ness]

To make new friends:
Ask new people to play.

To show my friends I care, I:
Make sure that they don't feel left out.

When someone gossips, I:
Ask them to stop

It's important to be friends with different kids:
So that no one feels lonely

One of the kindest things done for me was:
One time when I got hurt at school, a friend comforted me.



Zara S. F.

Age: **11**

I live in: **Jalisco, Mexico**

I want to be:
Congresswoman

This career interests me because:
I want to help human-kind and my country to end poverty.

Favorite Bahá'í activities:
Children's Sunday class and learning about all Prophets

To make new friends:
See what people would make a good friend. Be open-minded because everybody is different . . . Be yourself.

To show my friends I care, I:
Am kind and generous, polite, [and] don't talk about them to other people . . .

It's important to be friends with different kids because:
If everybody [were] like me, I wouldn't [learn] new lessons [about] new cultures and how everyone acts differently and how to react to new situations. You learn from everyone.

One of the kindest things done for me was:
One of my friends . . . helps me in hard times, and when someone is being rude to me, she . . . keeps me focused on the right things.



"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

Jamila A.

Age: **12**

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

I want to be:
Federal judge

This career interests me because:
I believe in justice and I want to treat people equally, regardless [of] who they are.

Favorite Bahá'í activity:
Doing service projects with my junior youth group

Favorite animal: **Dolphin**

To make new friends:
Be active in the community, be yourself . . . get to know [people] and let them ask questions about you.

When someone gossips, I:
Do not listen, and try to stop it by telling [them] that it is disrespectful and reflect[s] badly on our spiritual health



Qualities of a good friend:
Honesty, loyalty, and being a good listener

To show my friends I care, I:
Respect my friends, and I make sure they know I am always there for them

It's important to be friends with different kids:
To explore different cultures, and to have a diverse friend group and learn from each other

One of the kindest things done for me was:
My parents [have given] my brother and [me] opportunities to travel all over the world and see amazing things.

How to be a Radiant Star:

1. If you're age 7-14, go to www.brilliantstarmagazine.org. From the top menu, choose "Discover." Then click "Become a Radiant Star or Trailblazer," and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed form, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

Hugo R.

Age: **9**

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

I want to be:
Police officer

This career interests me because:
I like justice.

Hobbies or sports:
Soccer, baseball, playing in the snow

Favorite Bahá'í activity:
Devotionals*

Favorite food: **Apples**

I like to help people by:
Do[ing] something kind for them. Or writ[ing] them a nice note!

A hero or role model:
My mom is my hero, because she takes such good care of me.

Qualities of a good friend:
Helpful, kind, generous

To make new friends:
Do what you love and friends will come to you.

To show my friends I care, I:
Draw my friends pictures to make them happy. I help [them] back up when they fall.

It's important to be friends with different kids because:
When you meet new people, you learn new things.

One of the kindest things done for me was:
My mom and dad adopted me.



Marisa K.

Age: **10**

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

I want to be: **Violinist**

This career interests me because:
I feel happy when I play the violin. It uplifts me, and I hope that I can bring that same happiness to [other] people . . .

Favorite Bahá'í activities:
Children's classes and Bahá'í conferences

A favorite food:
Khoresh-i-karafs (Persian celery stew)

To make new friends:
Walk up to them and start a conversation. It could be about anything . . . If they don't engage at first, ask them something about themselves . . .



It's important to be friends with different kids because:
It's great to have friends with different talents, personality, and background. No one should exclude anyone because they're different.

One of the kindest things done for me was:
One time, I couldn't reach something in the store, and a stranger (without me asking) came over and got it for me. [I could] actually feel the warmth and kindness in the gesture.

Anneliese S.

Age: **10**

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

I want to be: **Chemist**

This career interests me because:
I love to do experiments.

Favorite Bahá'í activity:
Children's class, because you get to interact with other kids, learn about Bahá'u'lláh, and do service projects

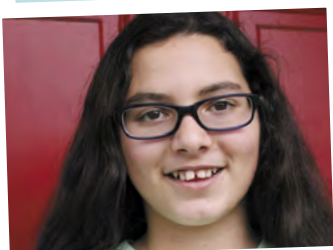
Qualities of a good friend:
They won't point out your bad qualities . . . trustworthiness, and . . . truthfulness.

Place I'd love to visit:
I would like to go to Israel . . .

A hero or role model:
Anis, because he decided to die with the Báb . . . Shoghi Effendi, because he did what . . . Bahá'u'lláh and 'Abdu'l-Bahá wished.

To make new friends:
Always have a smile on your face and be kind . . . Even if you've never talked to someone before, you can ask if you can play with them. That is how I became friends with my new best friends.

One of the kindest things done for me was:
My little sister Googled how to be nice to your sister . . . She offered to get my breakfast for me.



Targol M.

Age: **8**

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

I want to be: **Doctor**

This career interests me because:
It helps people . . . and [I] feel happy when they are healthy.

Virtues I admire most:
Respect and grace

Favorite Bahá'í activities:
Sunday school, Ayyám-i-Há**

I like to help people by:
Help[ing] at [the] food bank, cleaning the park or lakeside, help[ing] my grandma to carry heavy things . . . [and] fundraising

To show my friends I care, I:
Greet them every morning, hug them, and always play with them nicely



A hero or role model:
In Bahá'í history, I like Táhirih [a poet and martyr] . . . I like Malala Yousafzai, who is brave, and my sister gave me a book about her.

To make new friends:
Respect the people, accept [that] we are different and trustable, keep [your] current friends, and make more . . .

It's important to be friends with different kids because:
We can learn different good things from them. Like different flowers in a garden.

KINDNESS QUEST

“Tell ye the secrets of servitude, follow the pathway of service . . .” —‘Abdu’l-Bahá

Have you ever dreamed of being a secret agent? You could go on special missions to discover clues, decode mysterious messages, or jump into action and save the day.

You don’t need spy training or cool gadgets to make a difference in the world. You can be a secret agent of service. Go on a quest to uplift your neighborhood with surprise acts of kindness.

A skillful agent pays attention to what’s happening around

them, so keep your eyes open. Did someone bring home a new baby? Quietly leave flowers at their door, and run away before they see you. Maybe a friend is having a hard day at school. Tape an encouraging note to their locker for them to find.

Your community needs you, so don’t wait! Grab your sunglasses, throw on a hat or mustache, and see what opportunities you can spy for spreading joy.

START DATE:

Your mission: see how many secret or surprise acts of service you can do in the next two weeks.

END DATE:

☐ Write happy messages in chalk on the sidewalk.

☐ Leave quarters for the next person at the vending machine.

☐ Do a chore for a family member without being asked.



☐ Create cheerful cards for kids in the hospital.

☐ Offer a drink of water to your mail carrier.

☐ Bring thank-you treats to the fire station.

☐ Hide bookmarks in library books with positive notes like “You’re amazing!”

☐ Send a postcard with a joke to a friend or relative.

☐ Leave treats on a neighbor’s porch, ring the bell, and run.

☐ Make a wildflower bouquet for the dinner table.

☐ Put an encouraging note in a sibling’s backpack.

☐ Help a neighbor carry their groceries inside.

☐ Write to an author and tell them what you like about their book.

☐ Sing or play music for someone who’s sick or lonely.

☐ Tell someone when you notice them being kind to someone else.

☐ Donate cans of food to a food pantry, and tape a colorful drawing to the top of each can.

☐ Secretly rake leaves for a neighbor.



☐ Let someone in front of you in line.

☐ Greet the bus driver or librarian by name.

☐ Along with the tip, leave a kind note for your server at a restaurant.

☐ _____

☐ _____



ASK A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids asked questions, and we sent them to two space scientists. Have questions about space? Send them to us at brilliant@usbnc.org (with your name and age).

How could more women go into careers in science and space? —Natalie, age 12

Hi, Natalie,
That is a really good question that many people are trying to answer. It's more broadly related to careers in STEM (Science, Technology, Engineering, and Math), as fewer than 25% of STEM jobs are held by women. Most astronauts have advanced degrees (master's and doctorate) in a STEM area, but there are so many exciting and rewarding career choices available to anyone with a college degree in STEM.

You are at the age when many girls who are good at science and math start to lose interest for a variety of reasons, including people's attitudes that girls shouldn't be in STEM, lack of role models (knowing women in STEM), and lack of exposure to STEM activities. If you're interested in STEM and want to pursue a career in space or another field, then go for it! Take as many math and science classes as you can, work hard, and don't let anyone or anything discourage you. Seek out people who will help and encourage you—teachers, guidance counselors, and classmates with similar interests.

There are a lot of organizations and resources out there. Here are a few online resources: women.nasa.gov/a2i, www.engineergirl.org, and gc3.edc.org.

I wish you a wonderful future as a scientist or engineer. You could be the first astronaut to go to Mars! —Kim



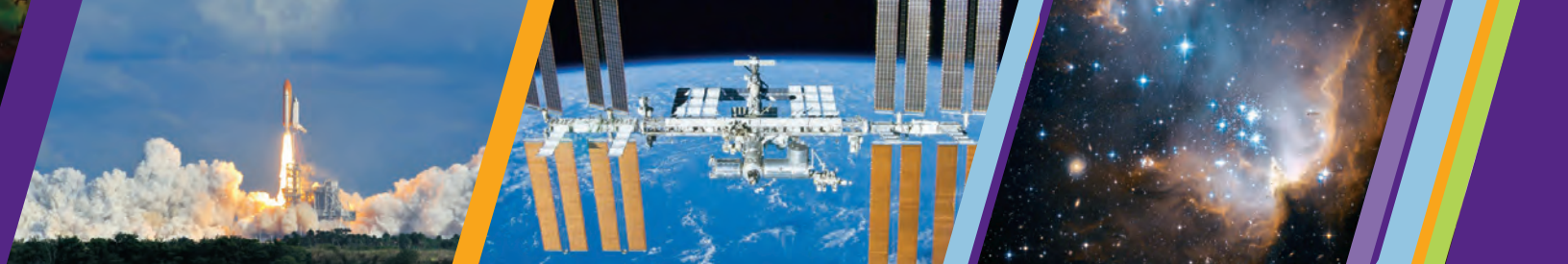
The first time four women were in space at once, on the International Space Station in 2010 (left to right): Dorothy Metcalf-Lindenburger, Naoko Yamazaki, Tracy Caldwell Dyson, Stephanie Wilson

BACK IN TIME

In 2007, astronaut Sunita Williams did this while orbiting Earth on the International Space Station (ISS):

- A) Ran a marathon
- B) Wrote a novel
- C) Drew a comic strip
- D) Composed an opera





What is the life of a star like? –Tristan, age 14

Hi, Tristan,

A star around the size of our Sun goes through several stages in its life. It's "born" in a huge region of gas and dust that can be over 1,000 trillion miles across, called a nebula. Gravity attracts the matter in the nebula—mostly hydrogen—into a smaller region. It gets hotter when the atoms collide, as its density increases. At this stage, it's called a protostar.

When the center of the protostar reaches about 15 million degrees Celsius, nuclear reactions can start. Hydrogen fuses to form helium. This is the stage of our Sun now, and it can last 10 billion years. The light and heat we get from the Sun is due to hydrogen fusion reactions.

When all the hydrogen in the star is gone, the inner core—now mostly helium—shrinks further. It gets hot enough for the helium to fuse and form carbon. But the outer layers expand, and it's now called a red giant.

Eventually, the helium in the core runs out, and the outer layers of gas drift away. The core no longer generates energy by fusion, so it cools and shrinks to a few thousand miles in diameter. It's now called a white dwarf, and it cools until it emits almost no radiation. At this stage, it's considered "dead" and is called a black dwarf. But no black dwarf has ever been found. —Steve



One of the youngest star groups in our galaxy is in the Serpens Cloud Core, 750 light-years away.



STEVE SCOTTI is *Brilliant Star's* STEM Education Advisor and a research engineer at NASA Langley Research Center in Virginia, U.S. He works to develop lighter, stronger materials and structures for aircraft and spacecraft. The first astronaut launch inspired his interest in space exploration, and he enjoys sharing his enthusiasm about science and space with kids.



KIM BEY is our guest contributor for this issue. She's a research engineer who worked at NASA Langley Research Center. She developed computer methods to predict heating and temperature on hypersonic vehicles, worked on the Space Shuttle Columbia Accident Investigation, and worked on the Return-to-Flight program, developing repair methods for the space shuttle's leading edge.

COSMIC QUIZ

When an object enters Earth's atmosphere at incredible speed and creates a streak of light, it's called a:

- A) Superflash
- B) Shooting Star
- C) Meteor
- D) Speedrock
- E) B and C



Dr. Randie Gottlieb



What if you could be friends with everyone in the whole world, no matter what your culture or religion? As founder and executive director of the UnityWorks Foundation, Randie Gottlieb asks people to think about that question as she trains them to respect and appreciate diversity.

Growing up in California, U.S., Randie wanted to be an artist. But after learning about the Bahá'í Faith, she turned to teaching. She earned a master's degree from Harvard University and a doctorate in education from Boston University. Her family lived in Puerto Rico for 11 years, and for two of them she ran an elementary school that she founded. She started UnityWorks in 2000. Randie has worked or traveled in over 30 countries and written 10 books. She also co-founded the Mona Foundation, which supports kids' education around the world, with Mahnaz Javid in 1999.* She lives in Washington, U.S., with her husband, Steven.

Q: What's your favorite childhood memory?

A: When things got really bad, I would go and snuggle with my dog, Sugar . . . She would lay her head in my lap and wag her tail, and that made me feel that things would eventually be okay.

Q: What did you study in college, and how did it prepare you for your work?

A: I wanted to be an artist and live . . . in a log cabin . . . [But] I read the Bahá'í writings about the importance of education, and I felt called to become a teacher . . . I taught high school . . . [Then I] decided to . . . become a teacher educator . . . I could reach thousands of students by teaching their teachers.



Left: As a kid, Randie acted in TV shows and commercials.

Right: Randie, age 9, and her mom, at one of many swimming competitions.

Q: What is UnityWorks, and how did it get started?

A: UnityWorks is a nonprofit organization, and our mission is to promote understanding of the oneness of humanity, the value of diversity, and the need for unity, with a focus on education and schools . . . I started UnityWorks because of the Bahá'í teachings on the importance of unity, and especially race unity . . . I really had the good fortune of working and traveling . . . in over 30 countries including the 11 years in Puerto Rico, and those experiences . . . showed me the diversity of our human family, all the ways that we're different, but I also saw that . . . there's a lot of prejudice and a lot of hatred . . . I wanted to change that.

Questions and

Answers with an

Inspirational Bahá'í



Three generations enjoy a family gathering in California in 2017: Randie and her husband, Steven (center back); son Jonathan and his wife, Shaadi (left); and son Jordan and his wife, Kate, and their kids.

Q: What's one of your favorite experiences in your career?

A: [We have an] intensive, interactive, week-long training, and we do that once a year . . . The most exciting thing is working with those schoolteachers and principals and seeing the transformation that occurs . . . Almost every person comes into the room on the first day . . . believing that we're separate races . . . And by the last day . . . every single person leaves the room knowing for sure that we are one human race . . . That's a huge change in thinking . . . I line people up in rows to show how many ancestors we have . . . Every single person on the planet has over a million, billion ancestors. Well, the Earth can't hold that many people . . . the only way that that's possible is if we have a lot of overlapping ancestors . . . We are all related.



At the 2018 Unity-Works Annual Conference in Washington, U.S., Randie (center) consults with educators.

Q: What is one of the biggest reasons that people have difficulty getting along with each other?

A: I would say prejudice . . . We're taught that this is us, and that's them, and they are different . . . Maybe some of it is fear, and maybe some of it is just lack of familiarity with people from other groups. We also have the media . . . with all of the stereotypes . . . And the music we listen to, our schools, even our churches are promoting "us" as opposed to "them" . . . We don't yet know that we are one human race, which is what Bahá'u'lláh came to tell us . . . We don't make friends across those . . . human-made barriers that are reinforced from the day that we're born.

Q: This issue of *Brilliant Star* is about kindness, empathy, and friendship. What are three things kids can do to build friendships?

A: A good way to start . . . is just by smiling and saying hello, especially to another kid who doesn't have a lot of friends. If they are sad, try to cheer them up. If they are lonely, sit with them during lunch at school, invite them over to your house . . . and probably most important is let them know that you care by listening when [they] have something to say . . . It's important to make friends with people who are different from you, and then you can talk about your differences, learn about them, and also find out what you have in common.



"Give light to our eyes, hearing to our ears, and understanding and love to our hearts." —'Abdu'l-Bahá

I'M SPYING
KINDNESS
IN MY GAME
AND MY
FRIENDS!



I SPY KINDNESS

In science experiments, it helps to have superb observation skills. When I pay close attention to anything, from plants to pollution, I make cool discoveries.

It's amazing to observe the people around me, too. I love to see all the ways that people practice kindness. I've found that when we pay attention to

and appreciate each other's thoughtful actions, it encourages the spread of even more positivity. Imagine the world if everyone made observations like these!

What acts of kindness do you catch at home, at school, or in your community? Create this "I spy" game to play with family and friends. It's a great way to practice your powers of perception.

YOU'LL NEED

white paper • 10–20 trinkets or words that express kindness • clear sheet protector • scissors • glue sheet of thick paper • hole punch • binder ring • 3-ring pencil pouch with clear window and zipper about 1 lb. (454 g) assorted beads • digital camera, printer, and printer paper or pencil and markers

CREATE A FUN "I SPY" GAME

- 1 Set trinkets on white paper in neat rows. Take pictures and make prints (or draw them on paper).



- 3 Trim excess protector. Punch hole in corner of key card. Attach card to pouch with ring.



- 2 Glue drawing or photo onto thick paper. Trim excess paper. Place inside sheet protector against its crease.



- 4 Put all beads and trinkets in pouch, zip, and shake it up.



TO PLAY

Have friends time each other to see who can be the quickest to spy all the items! For new challenges, switch trinkets and key card to another theme, such as animals or nature.

'ABDU'L-BAHÁ'S JOYFUL SERVICE

"Service to humanity is service to God." —'Abdu'l-Bahá

Abdu'l-Bahá entered 'Akká, Israel, as a prisoner when he was 24. His father, Bahá'u'lláh, had been sent there by officials who were seeking to end the Bahá'í Faith. When Bahá'u'lláh passed away in 1892, in His will He named 'Abdu'l-Bahá, who was then 48, as the Faith's leader.

'Abdu'l-Bahá guided Bahá'ís around the world and helped people in need. Often, about 100 of the poor and sick from many faiths gathered at his home. 'Abdu'l-Bahá gave each person a coin, a kind word, and a gentle touch. He knew them all and asked about their families. He visited the sick in their homes. Since there was no hospital, he paid a doctor to care for the very poor.

One young man was so ill with tuberculosis that he rarely saw his friends and family. His food was brought by a servant, and he was left to care for himself. When 'Abdu'l-Bahá heard of this, he visited the man daily, took him food, read to him, and was with him when he died.

Not everyone he helped was grateful. A poor man named Hájí Siddíq was so hostile toward 'Abdu'l-Bahá that he held his robe in front of his face so he wouldn't have to see him when they passed in public. He criticized 'Abdu'l-Bahá to others. But 'Abdu'l-Bahá responded with kindness. He sent Hájí Siddíq food and clothing. The man took them without thanks. When he was sick, 'Abdu'l-Bahá brought him a doctor and medicine, but even then, Hájí Siddíq held his cloak in front of his face to avoid looking at him.

For 24 years, 'Abdu'l-Bahá showered Hájí Siddíq with generosity and was met with spite. But one day, Hájí Siddíq had an amazing change of heart. He came to 'Abdu'l-Bahá's door and fell at his feet, weeping. "Forgive me, sir!" he cried. "For 24 years I have done evil to you, and for 24 years you have been good to me. Now I know that I have been



'Abdu'l-Bahá in New Hampshire, U.S., during his 1912 journey to North America

in the wrong." 'Abdu'l-Bahá forgave him, and they became friends.

'Abdu'l-Bahá lived very simply. He wore inexpensive clothes, and if he received a gift of costly clothing, he gave it away.

Once when his wife, Munírih Khánúm, was going on a journey, she was afraid that he would give away his only cloak while she was gone. She gave a second cloak for him to her daughter. But after she left, 'Abdu'l-Bahá asked his daughter, "Have I another cloak?"

She admitted that he did. 'Abdu'l-Bahá said, "How could I be happy having two cloaks, knowing that there are those that have none?" He gave the second cloak away.

'Abdu'l-Bahá did all of these deeds with a joyful heart. After he was freed from 'Akká, he traveled to the West to share the Bahá'í teachings. At a talk in New York, U.S., in 1912, he said, "I was happy in imprisonment . . . Nobody who saw me imagined that I was in prison. They beheld me in the utmost joy, complete thankfulness and health, paying no attention to the prison."

*'Abdu'l-Bahá's quotations about the cloak are from a visitor's account and may not reflect his exact words.

SHINING LAMP

A Bahá'í who served humanity with radiance

Roy Wilhelm (1875–1951)

By Gail Radley



"Strange if true," Roy Wilhelm wrote on the article his mother sent him around 1898. It told about 'Abdu'l-Bahá, the leader of the Bahá'í Faith.

Since Roy's teen years, his mother had searched for Jesus Christ's return. Now she had become a Bahá'í. She believed that the Faith's founder, Bahá'u'lláh, was the return of Christ's spirit. But Roy was sure that the Faith wasn't for him.

In 1900, when Roy was about 25, he moved to New York. He worked for his father's coffee importing company. One evening, he had a surprising vision: a Man with a long black beard, dressed in robes, put His ring on Roy's finger and put Roy's ring on His own finger. Roy was stunned. He didn't tell anyone what happened.

Life-Changing Experience

In 1907, Roy's mother asked him to go with her to meet 'Abdu'l-Bahá in what is now Israel. There Roy saw the same room as in his vision—Bahá'u'lláh's room. Shaken, he shared the vision with 'Abdu'l-Bahá, who told him that Bahá'u'lláh had wedded him to His Faith. From then on, Roy was a devoted Bahá'í. He wrote, "Nowhere have I witnessed such love, such perfect harmony."

He returned home eager to tell others about the Faith. One of those was Martha Root, a reporter. Martha became a Bahá'í in 1909, and they began a lifelong friendship.

By then, Roy and his parents were living in New Jersey. When 'Abdu'l-Bahá visited the United States and Canada in 1912, he hosted a "unity feast" among the trees on the Wilhelms' property. About 450 people

of many races and backgrounds attended the joyful gathering. The event is still celebrated today as the "Souvenir Picnic." Roy later donated his New Jersey property to the Bahá'ís.

Friendship and Service

In 1913, Roy, his parents, and Martha took a month-long road trip, camping throughout New England. Fun, beauty, and adventure cemented the bond between all four. The following year, Martha began traveling the world to share the Faith. Roy wrote of her introducing the Faith to "so many tens of thousands over so many corners of the earth. I sometimes think my chief reason for being born was to get Martha started."

She often wrote to Roy. Sometimes she sent gifts—a pair of silver cufflinks or a rock for his wall or fireplace. Roy generously sent money to help her continue. Little was written about the Faith then. Roy created two pamphlets explaining the Faith and had thousands printed. They were translated into various languages, and Martha used them wherever she went.

From 1909 to 1946, in every year but one, Roy served on the councils that guided Bahá'í activity throughout the nation. Over time, he received many messages from 'Abdu'l-Bahá and his grandson, Shoghi Effendi. 'Abdu'l-Bahá wrote to Roy, "I am extremely pleased with you because you are a true Bahá'í. Your house is My house; there is no difference whatsoever between yours and Mine."

When Roy died in 1951, Shoghi Effendi honored him with the title of Hand of the Cause of God.* The world was richer for Roy's friendship and service.

WHAT DO YOU SAY?

Your journey through the adventure of life is full of exciting twists and turns. But sometimes there's a painful bump in the road. Maybe a sibling is mean or a friend doesn't show up when they said they would.

It's natural to feel mad and hurt. But take a few

breaths. When you're calm, talk to the person about how you feel. Find out if something is bothering them—maybe they didn't intend to be unkind.

Resolving problems with respect can get you back on track and make your path a little more peaceful.



I CAN'T BELIEVE I HAVE TO DO DISHES FOR YOU AGAIN. YOU ALWAYS GET YOUR WAY!

COACH CALLED AN EXTRA PRACTICE. I'LL DO YOUR SHARE NEXT WEEK.

OR

THANKS FOR YOUR HELP. I PITCH IN WHEN YOU HAVE CHESS CLUB, REMEMBER?

WRITE WHAT YOU WOULD SAY:



YOU LOOKED LIKE SUCH A LOSER WHEN YOU WIPED OUT ON THAT JUMP!

HARSH FOR SURE! BUT I'M STOKED I DIDN'T BREAK ANYTHING.

OR

DUDE! YOU CAN'T FLY IF YOU DON'T TRY. LET ME SEE THE PIC.

WRITE WHAT YOU WOULD SAY:



SO WHAT IF I BROKE YOUR GUITAR STRING? YOU CAN GET MORE.

NEW STRINGS COST MONEY. YOU NEED TO PAY ME BACK FOR THEM.

OR

I'LL SHOW YOU HOW TO FIX THE STRING, BUT YOU HAVE TO ASK ME BEFORE YOU PLAY.

WRITE WHAT YOU WOULD SAY:

ACROSS

1. These big-hearted creatures offer comfort to their friends when they're upset. (p. 10)
5. Randie says to build friendships, let people know you care by _____ to them. (p. 23)
6. Go on a quest to _____ your neighborhood with surprise acts of kindness. (p. 19)
7. Finding _____ ground builds connections and opens doors to friendship. (p. 2)
12. It takes _____ for friendships to develop. (p. 29)
13. Appreciate and support your teammates by pointing out their _____. (p. 6)
14. When you zoom in on someone's _____ traits, you can see your friendship in a new light. (p. 12)
15. In _____ experiments, it helps to have superb observation skills. (p. 24)

DOWN

2. The ability to see things from another person's point of view and understand their feelings (p. 8)
3. Liam and Anneliese say _____ is one quality a good friend should have. (pp. 17, 18)
4. 'Abdu'l-Bahá helped people in need. He shared money, food, and clothes, including his own _____. (p. 25)
8. Being _____ can improve your energy, concentration, memory, and creativity. (p. 11)
9. STEM stands for Science, Technology, Engineering, and _____. (p. 20)
10. Treat others the way you want to be treated – with _____ and kindness. (p. 13)
11. In Israel, Roy Wilhelm saw the same room as in his _____. (p. 26)

FROM OUR MAILBOX



[Brilliant Star] makes me feel happy, because I am learning so much more about the Faith and other things. [For a theme, I'd choose] being kind to one another. Because kindness is a very important virtue, and we should practice it every day.
—Arshan Y., age 10,
Western Australia, Australia

ANSWERS

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

Page 2: Surfboards: TL, BL; One World shirts: TL, BC; Frisbees: TL, CR; Books: TC, CL; Music: TC, BL; Cameras: TC, BC; Heart sunglasses TR, CL; Skateboards: TR, C; Kites: TC, CL; Binoculars: CL, BR; Volleyballs: CL, BC; Bikes: C, CR; Guitars: BL, BR
Page 5: "O SON OF SPIRIT! My first counsel is this: Possess a pure, kindly and radiant heart..."
Page 9: A) 3, B) 4, C) 6, D) 9, E) 1, F) 7, G) 2, H) 5, I) 8

Page 10: K and T at TL, S at TC, G at TR, F at BR, C and Y at BC, L at BL, D at C. "Show forth the utmost loving-kindness to every living creature."

Page 11: Thailand, Coral Reefs

Page 12: 1) judge, 2) best, 3) calm, 4) Listen, 5) positive, 6) gentle, 7) think, 8) understand, 9) time

Pages 20–21: A) Ran a marathon; E) B and C (Shooting Star and Meteor)

CANDY COUNTRY

"The sweet taste of the love of God will linger on to the end that hath no end." —'Abdu'l-Bahá

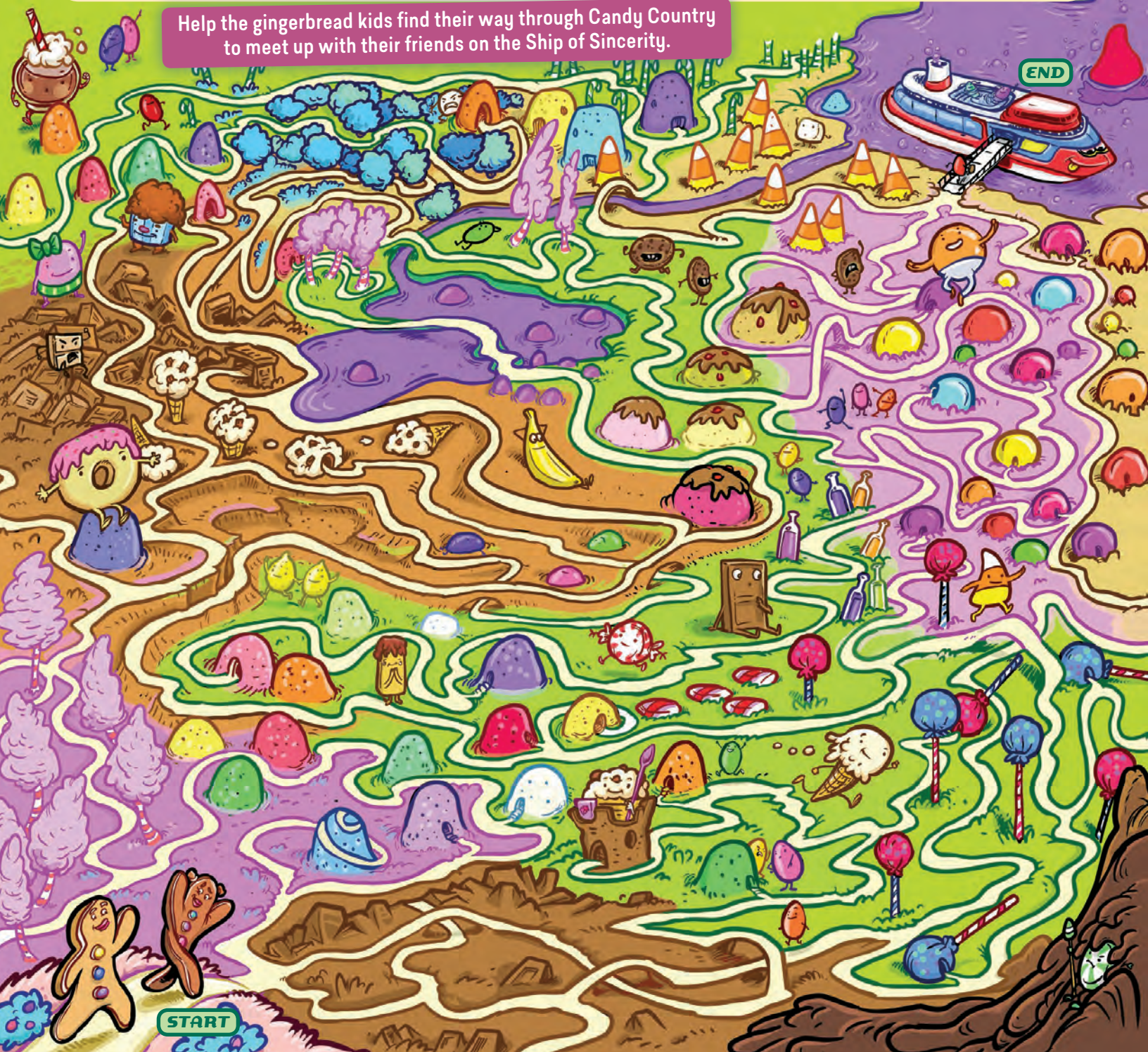
Candy and treats may taste delicious, but did you know that they often have artificial ingredients? Chemicals give some candies their bright colors and enticing flavors—and they may not be good for you.

In a similar way, friendships can be artificial, or they can be genuinely sweet. If someone *only* wants to hang out with you when

you're feeling cheerful or have a new video game to play together, they might not be a true friend. With a true friend, you can be yourself. They'll listen if you're sad, be patient if you're grouchy, and cheer for you when you succeed. You'll do the same for them.

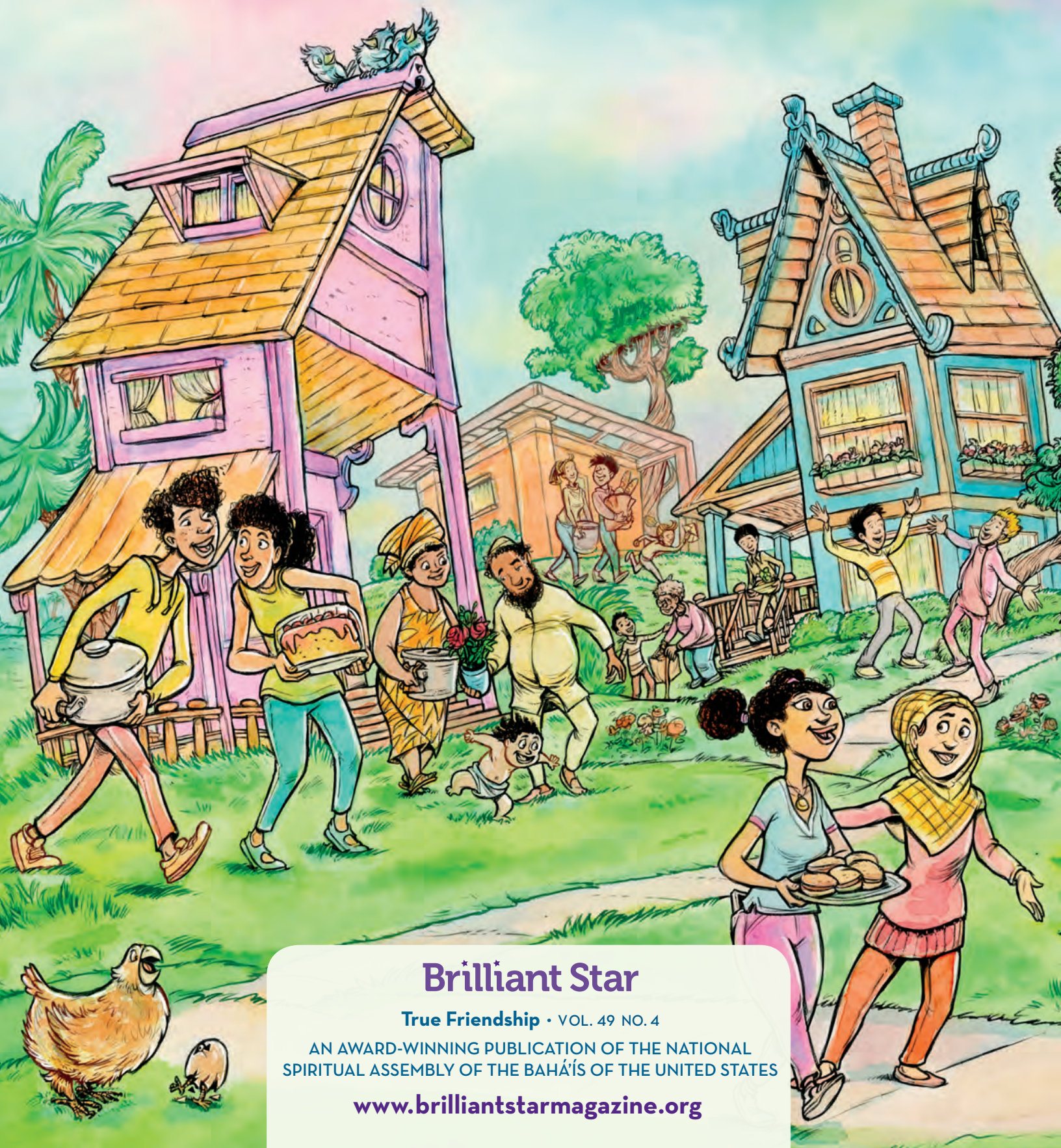
It takes time for friendships to develop. When they're sprinkled with trust, love, and forgiveness, they add endless sweetness to life.

Help the gingerbread kids find their way through Candy Country to meet up with their friends on the Ship of Sincerity.



**“Form those bonds of true friendship that
befit companions on a spiritual journey.”**

—Bahá’í Writings



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