

DAYS PRING



A Bahá'í Magazine for Children

Issue 104

Dayspring

Produced under the auspices of the National Spiritual Assembly of the Bahá'ís of the United Kingdom

Dayspring is produced three times a year on an educational non-profit basis and seeks to nurture a love for God and mankind in the hearts of children. Material by children and adults of stories, plays, poems, artwork and news is warmly welcomed. Please note that under the terms of the Child Protection Act regarding publishing images of children, permission to do so is required from a parent or guardian.

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CONTENTS

The theme of this issue is Words

Meeting 'Abdu'l-Bahá (story) (4)

Quotation (5)

The Power of Words (story) (6-7)

Code Message from 'Abdu'l-Bahá (puzzle) (8)

Jonny's Journey to School (story) (9-10)

Puzzle activity (puzzle) (11)

Building Spiritual Muscles (activity) (12-13)

A Message from Bahá'u'lláh (puzzle) (14)

What does it mean—a kindly tongue? (15)

The Case of the Missing Dog (a Clue Club story) (16-20)

Quotation (21)

Powerful Kind Words (activities) (22-23)

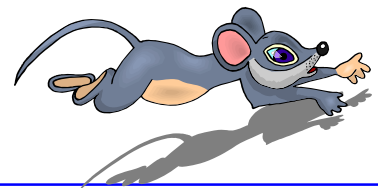
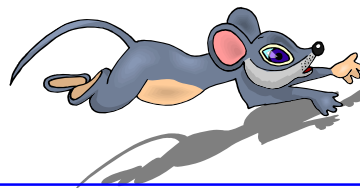
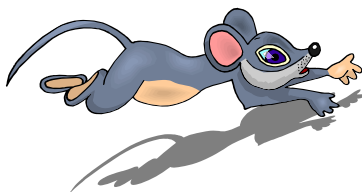
The Creative Words of Bahá'u'lláh (24-25)

The Temple Stone (a story about giving to the Fund) (26-27)

Statement on Bahá'u'lláh pt.1 (28-29)

Jokes (30)

Answers to Puzzles (31)





Meeting 'Abdu'l-Bahá

The Poor Fisherwoman

One day 'Abdu'l-Bahá set out on a journey from 'Akká, round the bay to Haifa. He climbed into a horse drawn carriage, which was full of poor people with all their bags and belongings.

The driver was surprised when he saw 'Abdu'l-Bahá. "Your Excellency surely wishes a private carriage!" he said.

"No," replied 'Abdu'l-Bahá, to the surprise of the driver, who thought that somebody as important as 'Abdu'l-Bahá should be riding in a much more comfortable carriage.

The horses pulled the carriage over the sandy beach, which at the time was the only way to travel to Haifa as there was no proper road. The waves washed over the horses' hoofs as they trotted along the shore.

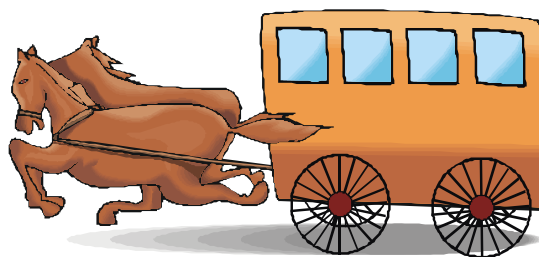
When they arrived in Haifa, the driver reined in the horses, and waited for everyone to get off.


At that moment a poor fisherwoman came up to 'Abdu'l-Bahá. She looked very sad and said that she had not been able to catch any fish all day and had nothing to take home for her hungry children.

'Abdu'l-Bahá gave her money to buy food.

The driver had been watching all of this.

'Abdul-Bahá turned to him and said, "Now you see the reason I would not take a private carriage. Why should I ride in luxury when others are starving?"





**“Verily I say,
the tongue
is for
mentioning
what is good”**

Bahá'u'lláh

The Power of Words

The Rescue of the Two Mice

One very rainy day two mice were running happily through the mud, on their way to meet some friends. They didn't mind the rain and they liked the mud because they could go slip-sliding all over the place. It was fun! They didn't know that just in front of them was a very deep hole, and because there was so much slippery mud they couldn't stop. They went slipping and sliding right down to the muddy bottom.



It was so deep that they couldn't jump out. And it was so wet that the steep sides were too slippery to climb. They were stuck. They started to squeak at the tops of their voices. And they began jumping as high as they could and scrabbling at the sides of the hole.

Not far away their friends heard the cries and came running to see what was wrong. They all gathered at the top of the hole and started shouting down. They shouted very kind, encouraging words.

"You can do it!" shouted one.

"You're great jumpers. Jump as high as you can," squeaked another.

"You can do it! I know you can!" called a third.

The mice in the hole looked up and one of them started jumping as high as he could. He could almost make it. Just a little bit higher and he'd be out. But it was too hard. Then one of the mice peered down and squeaked at the top of his voice.

"Keep on trying! You're almost there. I want you to get out! You can do it. I know you can!"

And the little mouse made a really big jump and managed to scramble out from the top of the hole.

"Thank you! Thank you so much for your kind words," the little mouse said, "they helped me so much. They helped me jump really high."

The friends all looked down and saw that the other poor mouse had given up and was looking very unhappy. Away they all ran to get a rope to pull him out.

Before very long the sad little mouse was pulled safely out and the others gathered round.

"Why did you give up?" his friend asked. "You were almost jumping high enough. All those kind words they shouted helped me jump that little bit higher."

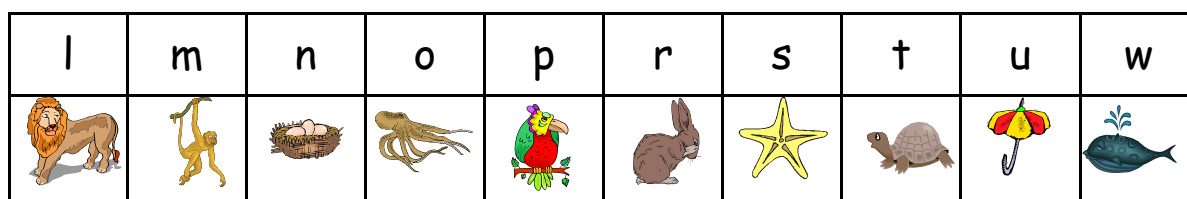
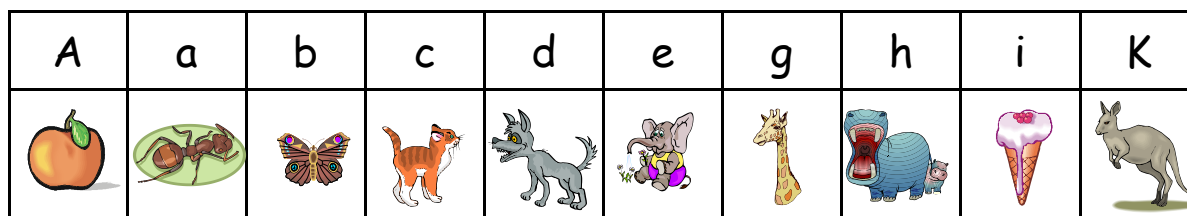
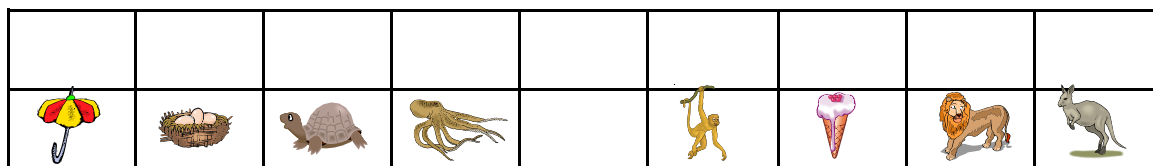
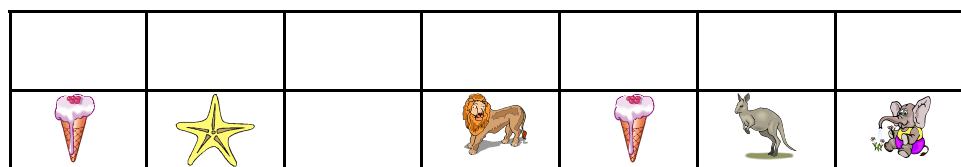
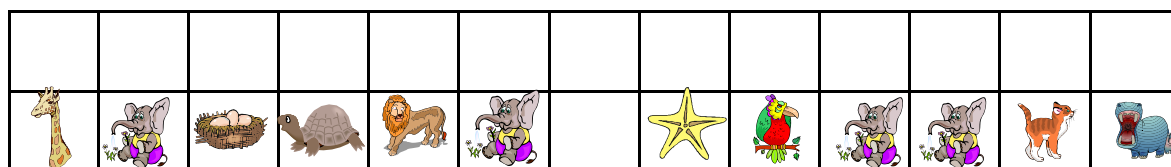
"Did they?" said the sad mouse. "I couldn't hear what they were shouting because my ears were full of mud. I could only see that they were shouting at us. I thought they all looked very cross."

The friends crowded round and started to say a lot more kind things to make him feel better. They patted his head and stroked his fur and told him how glad they were that he was safely out.

In no time at all they were all happy again and scampered away together to make a mud slide. But they made very sure there were no big holes nearby to fall into.



Can you read this message from 'Abdu'l-Bahá by using the code at the bottom of the page?



Jonny's Journey to School



"Good morning!" said Mum when Jonny came down for breakfast.

"Morning," mumbled Jonny, leaving out the word "good" because he was feeling grumpy and wanted to stay in bed a bit longer.

He ate his breakfast in silence, then got ready for school.

"Have a good day," said his mother, encouragingly, giving him his lunch box and money for the bus fare.

He did not think there would be anything good about it. It was raining and cold and everyone would be rushing by on their way to work, their hoods pulled up and their eyes looking down at their phones or the pavement. And it would be too wet to play football at playtime.

He usually walked to school, and when it was raining his mother sometimes took him in the car. But this day his baby sister had been crying all night because she was teething and her gums hurt, and their mother did not want to take her out in the cold.

Jonny was usually a happy and kind boy, and by the time he reached the bus stop, he was feeling a bit happier. The rain must have woken him up, he thought with a grin! And he did not mind going on the bus. It was just two stops. He turned and waved to his mother, who was watching him through the front room window to make sure he got on the bus as sometimes it was full.

He joined the queue and looked around at the other people who were waiting. At the front was a mother carrying her baby in one of those slings people sometimes use. Then there was a man with a white walking stick, which

Jonny knew meant he was either blind or had difficulty seeing.

And an elderly woman came puffing up behind him worried about missing the bus and at the same time searching through her handbag for something, a worried look on her face.



The bus arrived and the mother and baby got on and then the man with the white stick. As the man stepped up the steep step and reached out to hold onto the handrail, his walking stick fell and landed in the gutter.

"Don't worry," said Jonny, "I'll get it for you."

"Thank you," said the man, and his face lit up when he smiled.



When Jonny got on, the only empty seat was next to the mother and her baby, who was crying loudly. Nobody else had wanted to sit next to her because of the loud wailing of the baby, who wouldn't stop, whatever its mother did. Some of the people nearby were tutting and looking cross.

Jonny was used to babies and had been feeling guilty that he hadn't kissed his little sister before he left home, like he usually did, so he said "Hello" to the baby. The baby looked at him in surprise. Jonny pulled a funny face and wriggled his fingers and the baby stopped crying. "He is a very nice baby," said Jonny, which made the mother smile.

It was then he noticed the worried-looking woman who had been behind him in the queue. She was looking for an empty seat at the same time as still looking for something in her handbag and was very flustered.

Jonny stood up. "You can have my seat," he said.

"Thank you love," said the old woman gratefully, and a smile lit up her eyes. "God bless you."

When Jonny got off the bus at the school he saw his teacher, Mr Bell, looking very stern.

"Good morning, sir," said Jonny, cheerfully. And found he really meant it!

* * * *

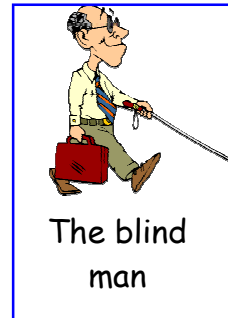
* What Jonny said to his teacher was polite and something we say to people every day when we wish them a good morning, but what made it really good this time?

* What difference do you think Jonny's words made to the blind man, the mother, the old woman and the teacher? Did it help them to have a good day too?

After reading the story about Jonny's journey,
can you draw arrows to show who said these
kind words and who to?
The first one has been done for you.



"Have a good day."



"Thank you."

"Good morning, sir."

"Don't worry.
I'll get it for you."

"Hello."



"Thank you, love."

"You can have
my seat."



"He is a very
nice baby."

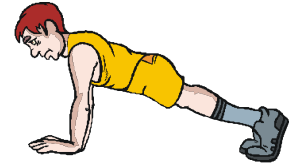
"God bless you."



Building Spiritual Muscles

Using kind Words

'Abdu'l-Bahá asked us to:



**".. ..gladden and cheer every heart
with the utmost loving-kindness.."**

Every time we open our mouths to speak we can choose kind words or harsh words. It's good to think about this before speaking.

**Look at the speech bubbles below and on the next page.
Choose the words that show kindness and lightly colour them
green. Colour the harsh words red.**

You and your friends all want to play with the hose. You're all getting very cross.



I'm the oldest so I should have it.

We could have five minutes each. We'll start with the youngest and I'll go last as I'm the oldest.

It's your friend's birthday. He's blowing out the candles on the cake.



The cake's not very big! Can I get the first piece?

What a lovely cake!

Your friend tries very hard but keeps missing the goal.

Good try. That was nearly a great goal.



Let me try. I can do better than that.

Two children are playing music in class for the first time. They make lots of mistakes and sound a bit funny.



I thought you'd sound better than that!

Well done! It must be lovely to be able to play music.

Your friend hurt his leg and is sad as he can't play games.



Let's go and watch the match together.

I'm off to play football. See you later.



Fill in the gaps to read this message from Bahá'u'lláh about speaking kindly.

"A kindly t _ _ _ _ _ is the l _ _ _ _ _
of the h _ _ _ _ _ of men.
It is the b _ _ _ _ of the s _ _ _ _ ,
it c _ _ _ _ _ the words
with m _ _ _ _ ,
it is the f _ _ _ _ _ of the
light of w _ _ _ _
and u _ _ _ _ _ ."

fountain

wisdom

hearts

spirit

lodestone

tongue

clotheth

understanding

meaning

bread

What does it mean?

"A kindly tongue"

means choosing words that are kind and that make people feel better.

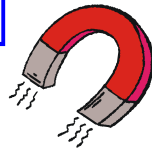


A kindly tongue is...

"the lodestone of the hearts of men."

A lodestone is a magnet that can attract metal.

In the same way, kind words can attract people and they will like the person who is speaking.



**A kindly tongue is...
"the bread of the spirit"**

Kind words act like food—not for the body, but for feelings, so that people feel happier.

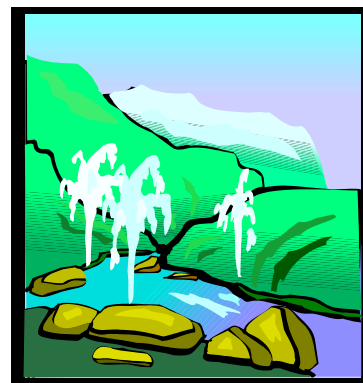
**A kindly tongue is...
"the fountain of the light of wisdom and understanding."**

If words are spoken in a kind way they can help us begin to understand things better.

A kindly tongue...

"...closeth the words with meaning"

If words are spoken in a kind way the kindness gives them more meaning.



“A kindly tongue is the lodestone
of the hearts of men.”

Bahá'u'lláh

The Clue Club

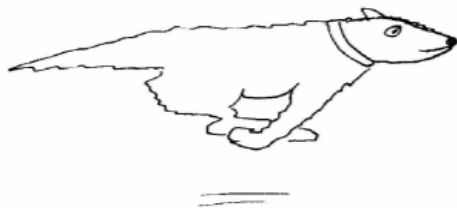
The Case of the Missing Dog and Other Mysteries

Being two very busy boys, Abel and Theo had pretty much investigated everything in the neighbourhood. They knew why Mr Thorn of number 10 Mystery Meadows was grumpy: he had very bad teeth and was terrified of going to the dentist. But sometimes it was difficult finding clues to other mysteries,

Abel lived at number 12, and Theo at number 14. Where the name *Mystery Meadows* came from nobody knew as the village they lived in was in a valley, folded happily in green rolling hills and there was no mystery about it!

On Saturday morning there was a Bahá'í class. This was always looked forward to, but just as Abel was leaving the house, Mr Thorn appeared, looking upset and unhappy.

“I've lost Oscar,” he said. “He went running out the house the minute I opened the door. Can you and Theo help me find him?”



Abel was not too keen - Oscar was the biggest, drooliest, dopiest dog in the street, if not the whole world. And he was always running away.



"Well, Mr Thorn," said Abel, "I'm off to my Bahá'í class with Theo and his little sister Celeste right now. I'm in a real hurry. But we'll see you when we get back." And with that, Abel grabbed his books and was off like a shot.

"What was that all about?" asked Theo as the car took off down the road to take them to their Bahá'í class.

"Oh, you know Mr Thorn. That big dopey dog of his ran away - again!" said Abel. "But I expect he will come home by himself when he's hungry."

"Sounds like he needs our help. Another case for the Clue Club," said Theo.

Abel groaned. He was looking forward to watching cartoons and playing with Theo on his play-station when he got back home.

"Come on, it'll be fun, and we may even get Mr Thorn to smile for once," said Theo.

When they returned home after their class, Abel's mother said that Oscar was still missing.

"Time for the Clue Club to get moving," said Theo, anxious not to lose any more time.

Abel's mum was also looking worried.

"Mr Thorn loves that dog," she said. "His son gave it to him before he went to Australia to live. By the way, what did you learn at Bahá'í class today?"

"All about kindly tongues," said Abel. "I can remember the quote: 'A kindly tongue is the lodestone of the hearts of men.' That's what Bahá'u'lláh wrote."

Celeste looked thoughtful. "Is that the same tongue we eat our lunch with?" she asked.

"I think it means using our tongues to say kind things," explained Abel.

"But what on earth is 'the lodestone of the hearts of men'?" asked Theo.

"Yeah, I don't know if I could have a big stone hanging on my heart," winced Abel.

"Well," laughed Abel's mum, "that's another mystery for the Clue Club to solve. You've got a busy day ahead of you - kindly tongues, lodestones and a big black drooly dog to be getting on with!"



Abel and Theo went to Mr Thorn's house at number 10, while Celeste went home, saying she would keep watch from her bedroom window in case Oscar appeared in any of the surrounding gardens or nearby fields.

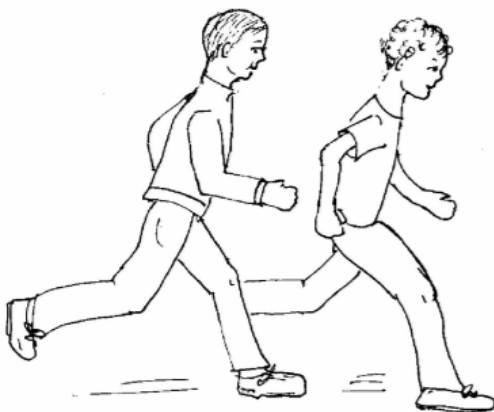
As the boys rang the bell of number 10, Abel thought of what he had said to Mr Thorn that morning and knew that his tongue had not been kindly. He wondered if he had hurt Mr Thorn's feelings.

"What's up with you?" asked Theo, but before Abel could say anything, the door was opened by a very worried looking Mr Thorn.

After finding out all the details of when Oscar had gone and in which direction and where he liked to chase rabbits, the boys ran past the last house in the lane. The trees nodded and creaked overhead in the wind, and great swirls of red and gold leaves scattered around them as they hurried on. Apart from a couple of farms it was open country. Abel and Theo knew every path, stream and old ruin.

"You are very quiet," observed Theo after they had been running in silence for a while.

"Mmm, I keep thinking about having a kindly tongue," said Abel. "This morning, when Mr Thorn came and told us about Oscar, I was very snappy with him. He looked really sad as we drove away. If we don't find Oscar, I'm going to feel so bad!" he groaned.



By this time they had reached Oscar's favourite place, where there were loads of rabbits. He never caught any but enjoyed running after them. They examined every clue. Ahead on the muddy path they could see paw prints. They were of a big dog - Theo could tell from how far the paws had sunk in the mud.

Then they heard it. A very faint sound. It was a soft, low whimpering. They ran down to the bottom of the hill - and found Oscar. His leg was stuck in a rabbit hole.

"Ok, you keep him calm and I'll try to get his leg free," said Abel.

Theo took Oscar's head in his lap and started to talk to him. "Is it broken?" asked Theo.

"Nope, but he's got a really nasty cut," said Abel.

Between them they managed to help Oscar home.

They were so happy when they rang Mr Thorn's doorbell and saw the relieved smile on his face that they didn't notice just how much mud they were covered in.

Abel had been practising in his head what he would say to Mr Thorn, remembering what a difference a kindly tongue would make. He and Theo had talked about it all the way back to Mr Thorn's house, and they had both decided that speaking kindly to everyone was what Bahá'u'lláh was asking them to do. When they reached the house, Abel apologised and explained about being in a hurry at the time, and Mr Thorn was very understanding. He smiled at the boys and said he couldn't thank them enough for rescuing Oscar.



Only one mystery remained - what was a lodestone?

"Mr Thorn, would you know what a lodestone is?" asked Abel.

Mr Thorn left the kitchen and was soon back with a large dictionary.

" 'Lodestone: a magnet that has the power to attract as well as to be attracted.' Does that help you?" he enquired.

Theo and Abel looked at each other and grinned. The third mystery of the day was solved!

"Of course - that's why 'a kindly tongue is the lodestone of the hearts of men'," exclaimed Abel. "Kind words are like magnets - they attract people's hearts!"

Theo could see Mr Thorn was looking slightly puzzled.

"We were at our Bahá'í class today and this is what we were studying," said Theo. "It's from Bahá'u'lláh's Writings," he explained shyly. He wasn't too sure if Mr Thorn was interested.

The two boys received their second big smile of the day.

"Well, I'll have to hear more about this Bahá'í class of yours," said Mr Thorn. "But first, would 'The Clue Club' like more cake? And would you take some for Celeste? She phoned just before you arrived to say you had found Oscar - she was looking out of the window and saw everything that happened!"

Two tired but happy boys nodded furiously as they cleared their plates for a second round.

"I think this has been our best day yet," said Theo. "Three mysteries in one day!"

Mr Thorn looked puzzled.

"Finding Oscar," explained Theo.

"Finding out what a lodestone of the heart is," added Abel.

"And finding that we should always have a kindly tongue," grinned Theo.

"I wonder what our next mystery will be?" said Abel.





**“ . . . sing out the
holy words of God
with wondrous tones
in the gatherings
of the friends,
that the listener may be freed
from chains of care
and sorrow,
and his soul may
leap for joy.”**

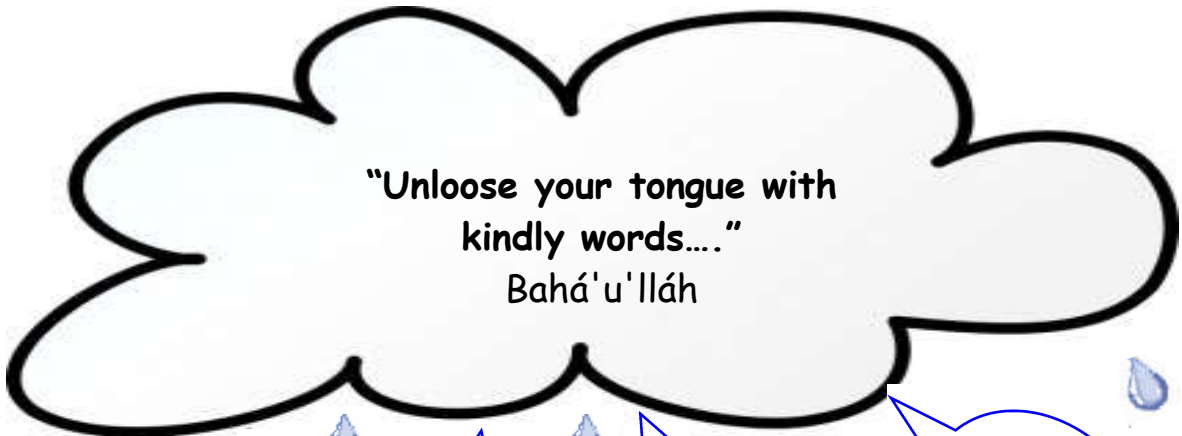
‘Abdu'l-Bahá



**The most powerful words
are kind ones.**
You could try sprinkling some kind
words every day.



Look at the words in the raindrops.
Gently colour the drops with kind words pale blue.



“Unloose your tongue with
kindly words...”
Bahá'u'lláh

Wow! That's
a great idea!

Can I
help you?

I like your
drawing.

Would you
like to share
my lego?



Come and
play with us.



Please be
my friend.

Thank you.

Have some
of my
sweets.

Please come
and play after
school.



You can
borrow my
pencils.





**“The language of kindness . . .
is the food of the soul.”**
‘Abdu’l-Bahá

Our words can have a great effect and change the way people feel. These words were written in the Bible many hundreds of years ago. Can you write them out by using the first letter of each little picture? If you get stuck you can look at the boxes at the bottom of the page.



L				e											y		

s							g					a		

h							s			t				y			

w						w					b			a	

e														t

t						w				h				t			

a	b	c	d	e	f	g	h	i	l	m
n	o	p	r	s	t	u	v	w	y	

The Creative Words of Bahá'u'lláh



Decorated pen case belonging to Bahá'u'lláh

Words spoken by Bahá'u'lláh were not like the words other people speak. They had a very, very special effect: they had a creative power; they could make things happen; they could make things change, and they could bring things into existence.

These special Words are known as Revelation. When Bahá'u'lláh was receiving Revelation from God, He would often walk up and down the room, chanting the holy Words, and one of the friends would write them down as He chanted them.

Sometimes the Words came so fast, the friends doing the writing found it difficult to write them quickly enough. They kept a pile of paper on their desks and several pens laid neatly out in a row, so if a pen jumped out of their hands they could quickly pick up another one and continue writing without having to stop!

Sometimes, Bahá'u'lláh's young son Mihdi helped. He was very humble and everybody loved him. As Bahá'u'lláh chanted the holy words, Mihdi wrote them down as fast as he could as they came like a stream of clear sparkling water. The pen Mihdi used was a hollow reed.

As it moved very quickly over the pages it made a high-pitched singing sound. Afterwards, Mihdi would carefully write out the words in his beautiful handwriting.

When Bahá'u'lláh was receiving Words of Revelation from God, usually no one else would be allowed in the room apart from the believer writing down the words, but a few were given permission. One was a boy of sixteen who came as a pilgrim to see Bahá'u'lláh and he was invited twice. And another was a dear believer called Mirzá Haydar-'Alí, who wrote this wonderful description of that holy experience:

"When permission was granted and a curtain was withdrawn, I entered the room where the King of kings and the Ruler of this world and the next, nay rather the Ruler of all the worlds of God, was with great authority seated on His couch. The verses of God . . . and the words streamed forth as a copious rain. Methought the door, the wall, the carpet, the ceiling, the floor and the air were all perfumed and illumined. They all had been transformed, each and every one, into ears, and were filled with a spirit of joy and ecstasy. Each object had become refreshed and was pulsating with life . . . To which worlds I was transported and in what state I was, no one who has never experienced such as this can ever know."



The Temple Stone

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
☆ ☆
☆ **"To give and to** ☆
☆ **be generous** ☆
☆ **are attributes** ☆
☆ **of Mine."** ☆
☆ Bahá'u'lláh ☆
☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

Just over a hundred years ago plans were being made to build a Temple in America. The Bahá'ís began to save their money to give to a fund so that work could begin. But there was one poor woman who did not have any money to give.

Her name was Nettie. She wished with all her heart that she too could give something to help build the Temple.

First of all a piece of land was bought in a beautiful spot near a river. A meeting was arranged on the land, and the friends were invited to gather there to say prayers. 'Abdu'l-Bahá was also going to be present to bless the spot where the Temple was going to be built.

Nettie wanted to go too, but she felt sad that she had nothing to give. Then she remembered seeing a builder's yard near her home. She went to the yard and asked the owner if he would give her a stone.

"Help yourself," said the builder, pointing to the pile of stones. They were all odd shapes and were going to be thrown away because they were not the right shape for building walls.

Nettie chose a large stone but it was too heavy for her to carry. So she went home and fetched an old pram and put the stone in it. Then, with the help of another Bahá'í she took it on three bus journeys until she came to the Temple land. The bus drivers were not too pleased at having a pram with a rock in it on their buses!

When Nettie and her friend got off the last bus and were pushing the pram



over a broken bit of pavement, it fell to pieces! Nettie looked at the broken pram in despair and thought she would never get to the meeting in time. Then some boys came by with a wagon and they offered to help.

By the time Nettie arrived at the Temple land it was late and the prayers had already begun. But when 'Abdu'l-Bahá saw the stone He smiled. When the prayers were finished, He said that that was the stone He wanted to lay as the corner stone for the Temple.

A hole was dug and the stone laid in it. Then 'Abdu'l-Bahá put earth around the stone and patted it down so that it was firmly held in the ground.

The builders had not wanted the stone because it was an odd shape. But 'Abdu'l-Bahá chose it because Nettie had given it with love. Later, a beautiful Temple was built on that spot.

The completed Bahá'í Temple in North America



★ ★ ★ ★ ★ ★ ★ ★
★ **The Universal** ★
★ **House of** ★
★ **Justice tells us:** ★
★
★ **"The amount** ★
★ **given is not** ★
★ **important. It is** ★
★ **the degree of** ★
★ **the sacrifice of** ★
★ **the giver, the** ★
★ **love with which** ★
★ **he makes his** ★
★ **gift"** ★
★ ★ ★ ★ ★ ★ ★ ★

BAHÁ'U'LLÁH

Part 1 of a children's version based on the Statement on Bahá'u'lláh.

For over one hundred years, more and more people have been trying to find the answer to the world's problems. They know that a way must be found for the different countries to learn to live and work together.

There was one Person Who knew the answer and His name was Bahá'u'lláh. For thousands of years all the religions had prophesied that God would send One Who would bring peace to the world. Through Bahá'u'lláh God gave teachings that will unite the whole world.

Millions of people from every race, culture, class and nation have become Bahá'ís and are now united. They represent the whole human race and can be found in every country.

Bahá'u'lláh's Writings cover many subjects. As well as telling us how different races can live happily together, how men and women are equal, and how to get rid of weapons of war, they also describe things which help the soul of man to grow and develop. These Writings have been translated into over eight hundred languages so that everyone can read them.



Questions

- A) What have people been doing for over a hundred years? (Paragraph 1)
- B) Who had the answer to the world's problems? (Paragraph 2)
- C) How many people have become Bahá'ís? (Paragraph 3)
- D) What are some of the subjects mentioned here that Bahá'u'lláh has written about? (Paragraph 4)
- E) How many languages have Bahá'u'lláh's Writings been translated into so far? (Paragraph 4)
- F) Why do you think it's important for everyone to be able to read the Writings of Bahá'u'lláh?



Jokes



Q. How does a mouse feel after it has a bath?
A. Squeaky clean!

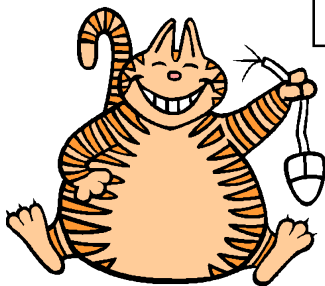


Q. Why did the mouse stay inside?
A. Because it was raining cats and dogs.

Q. Why do mice need oiling?
A. Because they squeak!



Q. Why can't cats work on the computer?
A. They get too distracted chasing the mouse.



Q. What is a mouse's favourite game?
A. Hide and squeak!



Q. What have 12 legs, six eyes, three tails and can't see?
A. Three blind mice!



Answers to Puzzles

p8. A Message from 'Abdu'l-Bahá:

"A harsh word is like a sword but gentle speech is like unto milk."

('Abdu'l-Bahá, Star of the West - vol.1)

p14. A Message from Bahá'u'lláh:

"A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding."

(Bahá'u'lláh, Epistle to the Son of the Wolf)

p23.

"Let everything you say be good and helpful so that your words will be an encouragement to those who hear them."

(Christian Bible (Ephesians 4.29)

P29. A) People have been trying to find answers to the world's problems.

B) Bahá'u'lláh had the answers.

C) Millions of people have become Bahá'ís.

D) Bahá'u'lláh wrote about different races living happily together, men and women being equal, getting rid of weapons of war and how the soul can grow and develop.

E) Bahá'u'lláh's Writings are translated into over 800 languages.

F) If everyone can read the Writings of Bahá'u'lláh, every one can learn how to help solve the world's problems.



