

DAYS PRING



A Bahá'í Magazine for Children

Issue 109

Dayspring is produced under the auspices of the National Spiritual Assembly of the Bahá'ís of the United Kingdom.

Dayspring is produced several times a year on an educational, non-profit basis and seeks to nurture a love for God and humankind in the hearts of children.

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Material by children and adults of stories, plays, poems, artwork and news is warmly welcomed. Please contact: dayspring@bahai.org.uk

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A warm thank you to all our contributors:

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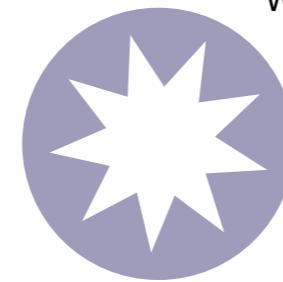
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WELCOME FRIENDS!



We're sure you will have noticed a slight change to the usual Dayspring format. Dayspring has a new team on-board who are taking over from the previous creators/editors, the lovely Jackie and Maggie. From their homes in Scotland and the Isle of Skye, Jackie and Maggie have been working hard for over 20 years to produce Dayspring. Making a magazine isn't easy and their love and dedication for Dayspring and all the children who have received it over the years is an inspiration to all of us. We hope we can keep on bringing Bahá'í history, stories, activities, puzzles and much more to children across the UK as they did. We'd like to send **A BIG THANK YOU!!!** to Jackie and Maggie, we will endeavour to carry on your legacy and send you all our love.

To all our readers, this is the start of what we hope will be an ongoing journey of development for Dayspring. Small steps at first but we have some exciting plans ahead that we look forward to sharing with you in the coming issues. 'Alláh'u'Abhá dear friends! 🌸 **Charlie, Chiara** and **Renata** 🌸.

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Dayspring can be downloaded for **FREE** for personal and educational use from www.dayspring.bahai.org.uk

Tranquillity

A time for peacefulness and calm... shhhhhh!



This edition of Dayspring is on the theme of tranquillity.

But what is tranquillity?

Well, tranquillity is when we are peaceful and content. This means that we are happy and grateful for what we have been given and, therefore, we are able to turn towards God and forget about all the material things on earth.

We can also describe objects as being 'tranquil'. For instance a beautiful flower swaying in the wind could be a tranquil flower. Can you think of any other examples of tranquil objects?

Often, we practise tranquillity by praying or meditating in the mornings or before sleeping. Many people link tranquillity with silence. This is because often when we are quiet we can best reflect and meditate on our lives. But what might we want to reflect and meditate on? Maybe the virtues we have seen others practise or maybe the qualities we want to show and practise more in the future?

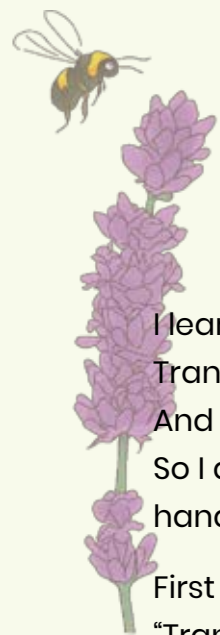
While reading this edition on tranquillity we have a little challenge set for you:



A child meditating at a Devotional in Nepal

as you read the magazine, we want you to make your own list of how you want to practise tranquillity in the future and how you hope to help your community. As soon as you've finished reading, come back to this page and fill it in with all your wonderful ideas! So without further ado... enjoy!

My Tranquil Ideas...



Finding Tranquillity

A Poem

I learned a new big word today –
Tranquillity – quite hard to say –
And even harder to understand!
So I asked some friends to lend a hand.

First I asked a friendly cat,
“Tranquillity – please, what is that?”
For his answer he gave a gentle purr
And then serenely groomed his fur.

I asked a little buzzing bee
If she knew about tranquillity,
She answered by settling on the flowers
And buzzing round for hours and hours.

I asked a skylark above the heather;
She answered with a song and left a feather
Floating down for me to catch –
She was waiting for her eggs to hatch.

I asked a squirrel on our lane –
“Tranquillity – do please explain,”
But contentedly he skipped away
To hide an acorn in his drey.

So far, I think from what I’ve seen.
Tranquillity means being contented
and serene,
For my animal friends showed me the way
They live by nature’s rules each day.

I think for humans though there’s
something more
Than grooming with a gentle paw,
Or buzzing round the flowers all day,
Or hiding acorns in a drey!

And what’s this mean for you and me?
How do we live in tranquillity?
I think I need to have a look
In my Grandpa’s special book.

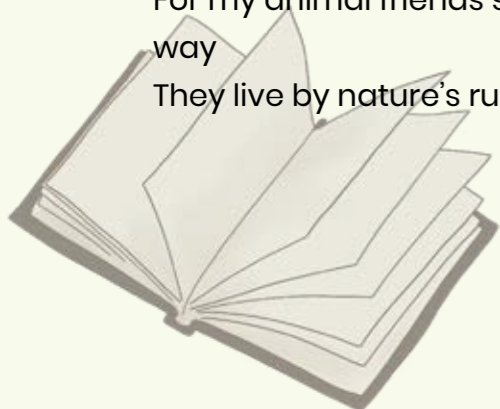
So here I am at Grandpa’s now,
He’s turning pages – he’ll tell me how!
“I’ve found it!” says Grandpa happily
As I climb up onto his knee.

He says “Spiritual enjoyment’s what
we need –
Each day we plant a little seed
To grow heavenly virtues like kindness
and love,
Kind deeds reflected in heaven
above.”

So now I see tranquillity
Comes from giving the best of me,
Spending a little time each day
On thoughtful deeds while I play!

And all of this in Grandpa’s book –
I’m glad he let me have a look!
And another thing I’m glad to say –
Is that I learned a new big word today!

Carolyn Moss-Williams
(November 2021)



Be Still, Be Calm

a deep breathing exercise

An easy way to be more tranquil
is to practise slow and deep
breathing. This is sometimes called
‘mindfulness’ or ‘meditation’. Even a
few minutes a day can help you to
feel calmer. You can do it anytime
you want to feel tranquil.



1. Using your finger, trace a line up the left-side of your thumb and down the other side, then up and down your other fingers one-by-one.
2. Breathe in as you trace up, pausing for a few moments at the tip of your thumb or finger.
3. Breathe out as you trace down, pausing for a few moments at the base of your thumb or finger.

Do it slowly, taking 3–4 seconds for each in and out breath. Do this several times until you feel calmer and more tranquil.

What do you notice when you’re in a calmer more tranquil space? Maybe you could write your thoughts down in a journal or draw a picture.



Meeting 'Abdu'l-Bahá

The Man Who Learned to Pray



When 'Abdu'l-Bahá was in New York, He met a devoted Bahá'í and said to him, "If you will come to me at dawn tomorrow, I will teach you how to pray."

The man was very excited at this invitation from 'Abdu'l-Bahá. He got up at four o'clock the following morning and crossed the city, arriving for his lesson at six.

'Abdu'l-Bahá was already praying and did not look up as the man came into the room. Quietly sitting down opposite to 'Abdu'l-Bahá, the man began to silently pray too. He prayed for his family and his friends, and when he couldn't think of anyone else he knew, he prayed for the kings and queens of the world too.

The man wondered when the lesson would begin. While he waited he quietly recited all the prayers he knew by heart. When he finished 'Abdu'l-Bahá still didn't look up. The man decided to say the same prayers again. Then he repeated them a second time. And still 'Abdu'l-Bahá said nothing. One hour passed, then two. The man tried to keep on praying but other thoughts kept coming into his mind. He rubbed his knee which was beginning to feel stiff. He thought about his back, which was beginning to ache. He listened to the birds singing outside.

He glanced round the room and saw a crack in the wall, and thought that someone should mend it.

When he had looked at everything and there was nothing else to see, he looked again at the still figure of 'Abdu'l-Bahá.

He noticed that 'Abdu'l-Bahá's face was shining with happiness. Suddenly the man longed to be able to pray like that. And he became aware of just one thing – a deep and passionate desire to draw near to God.

He closed his eyes and set all thoughts of the world and his surroundings firmly aside. Amazingly, his heart teemed with prayer, eager, joyous, tumultuous prayer. He felt content and humble and filled with peace.

Being more tranquil...

It can be difficult to be still when we pray. Our bodies and minds can get easily distracted and start to fidget and think of other things. 'Abdu'l-Bahá was always very patient and kind, and He practised being still, peaceful and tranquil every day until He mastered it. We can follow His example and learn to become more tranquil.



Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope!

– 'Abdu'l-Bahá

Puzzle Page

Can you solve these tranquil puzzles?

WORD SEARCH

Can you find all the words that are associated with the word 'tranquillity'?

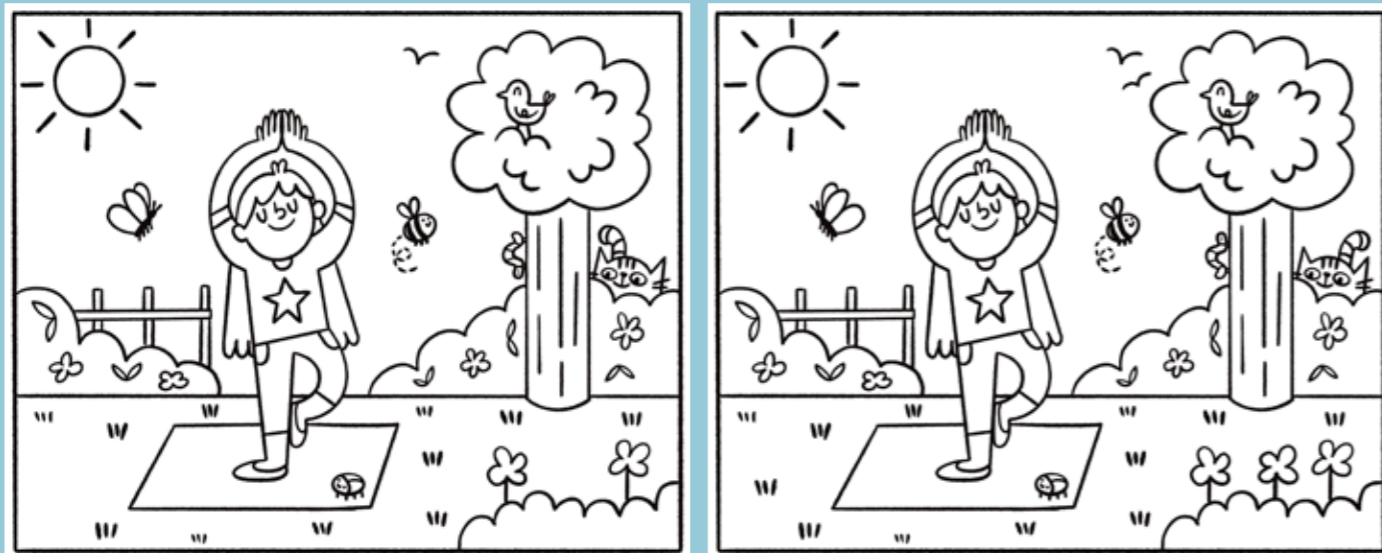
- CALMNESS
- CONTEMPLATION
- PATIENCE
- PEACEFULNESS
- QUIET
- REVERENCE
- SERENITY
- STILLNESS
- TRANQUILLITY

U	U	N	Z	Z	M	F	L	J	U	T	S	C	O	T	N	D
U	U	D	O	K	L	S	D	S	B	S	E	K	I	I	V	G
L	X	A	U	T	I	O	P	A	G	S	R	R	A	G	B	S
D	B	N	K	F	Z	B	W	L	W	E	E	E	K	S	K	S
U	D	N	C	J	B	D	A	J	B	N	N	V	Y	K	U	E
M	O	M	O	A	I	A	W	P	F	L	I	E	P	G	K	N
I	Z	K	E	I	L	K	N	V	P	L	T	R	M	R	E	L
Y	H	L	E	Q	T	M	X	U	E	I	Y	E	X	E	I	U
G	M	O	C	I	U	A	N	B	Y	T	V	N	D	V	G	F
L	V	L	N	D	F	I	L	E	I	S	S	C	O	E	R	E
D	E	H	E	V	W	P	E	P	S	E	Q	E	E	R	I	C
O	Q	R	I	C	U	K	U	T	M	S	Y	Y	K	A	F	A
V	S	R	T	C	N	A	Z	G	R	E	Z	V	L	N	F	E
X	G	S	A	W	I	R	I	I	P	U	T	O	S	C	W	P
I	A	X	P	C	L	G	T	O	L	L	Y	N	F	E	I	D
U	C	Y	Y	C	T	K	J	M	Y	U	I	A	O	Y	T	J
Y	T	I	L	L	I	U	Q	N	A	R	T	W	V	C	N	W

Words can be up, down, forwards, backwards or even diagonal!

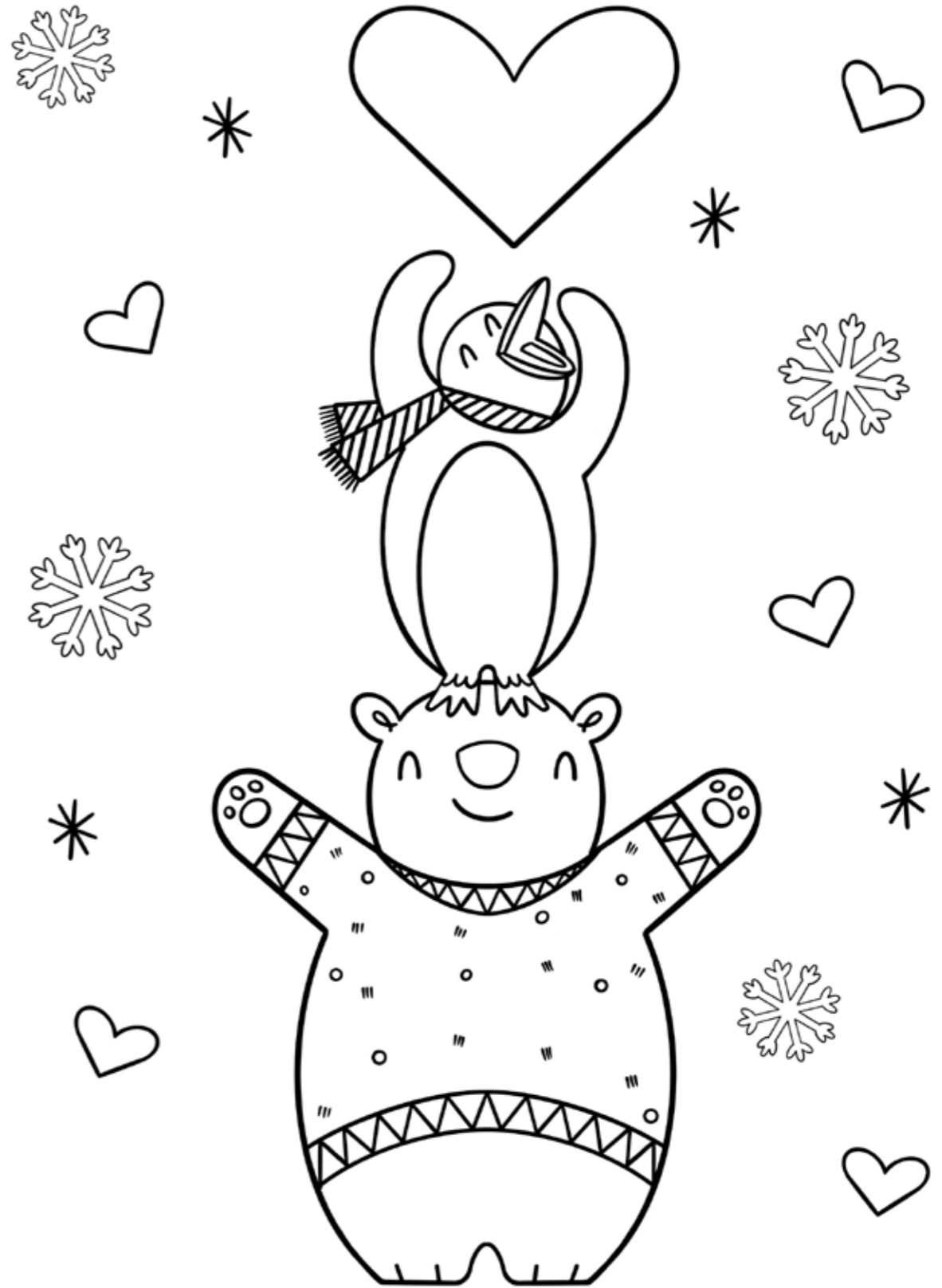
SPOT THE DIFFERENCE

Can you find 5 differences between the pictures?



COLOUR ME IN

Colour this page with tranquil colours.



"POSSESS A PURE, KINDLY AND RADIANT HEART..."

The Birthday Game



Angus woke up feeling very excited. Today was his 9th birthday! Nine was a good age to be. He was one of the oldest boys in his school and next year he would be moving up into the big secondary school. Nine was the oldest you could be before you moved into double numbers and the next time he moved to more numbers would be when he was 99! And this afternoon he was going to have a birthday football game at the park.

Angus had invited most of his class so they would easily have enough players for 2 full teams plus Aaron, who couldn't play football because he was in a wheelchair. He was going to keep the score and help the ref (Angus's dad) watch out for fouls. Maisie was coming to hand out water bottles and oranges at half time. She didn't play football either as her eyesight was poor and she couldn't follow the ball properly. She would listen out for any swearing because her eyes may not work so well but her hearing was ace! Angus suddenly thought about 'Abdu'l-Bahá and wondered why. Then he remembered a story he'd been reading.

'Abdu'l-Bahá had been having visitors one day when someone rude and noisy turned up who hadn't been invited. Instead of sending him away, 'Abdu'l-Bahá had made him welcome, even though some of the other visitors weren't too pleased. While Angus was thinking about all this Brodie suddenly popped into his thoughts! Brodie! Angus had invited everyone in his class, except Brodie. Brodie was rude and rough, always pushing people around, being loud and bossy and

mean, and spoiling everyone's games. Again 'Abdu'l-Bahá came to mind but Angus pushed his thoughts away and busied himself with helping to prepare for the park.

When they arrived at the park Angus and his family laid out rugs and cushions to sit on for the picnic and stacked 2 tables with food and drink for after the game. Just as they finished all the children began to arrive. Teams were chosen and soon the game was underway when – oh no – Brodie arrived!!! He ran right into the game, pushing and shoving, tripping people up, laughing when they fell and making mean comments about everyone. Angus's Dad kept blowing his whistle and trying to stop Brodie but nothing worked. No one was enjoying the game anymore. Dad blew the whistle for half time and Maisie brought over the water bottles and orange slices. Brodie was pushing and shoving to get to them first but Angus was in front of him. He turned round and looked at Brodie and said something quietly to him that no one could hear, not even Maisie. Then they both walked off together and sat on one of the rugs. The other children were surprised into quietness... for a few seconds... then they were soon back to chatting about the game, larking about with orange peel smiles and splashing each other from their water bottles. Some of them noticed that Brodie and Angus were also chatting and laughing with each other and they even high-fived before they came back to the group to start the second half!

Angus announced that Brodie was going in goal for his team in the second half saying,



“Brodie is a big bloke so you’ll need your wits about you to get past him.” Everyone was a bit puzzled but Brodie proved to be a fair goalie, stopping some goals and missing others. Angus praised him when he stopped the ball and encouraged and made light of the misses. It turned out to be a great second half and everyone devoured the picnic at the end. The children all started telling jokes and Brodie told some crackers. There was a lot of laughter and everyone went home happy. The happiest of all was Angus.

At bedtime Angus’ dad asked him what it was he had said to Brodie. Angus looked a bit puzzled and said he couldn’t quite remember but he had been thinking of a story about ‘Abdu’l-Bahá who had been at a small gathering in someone’s house when a very loud, rude man had crashed in demanding to speak with Him. The other visitors were furious with this uncouth, uninvited intruder but ‘Abdu’l-Bahá welcomed him in and then took him off to another room to talk. The friends were very upset because they had been invited and not this horrid man! When they asked ‘Abdu’l-Bahá about it they were told that the man had felt uncomfortable and unhappy in their presence and ‘Abdu’l-Bahá wanted him to be happy. Angus added, “I felt a bit mean this morning about not inviting Brodie so when he just turned up I just wanted him to be happy.” What do you think Angus might have said to make Brodie feel welcome?

Things to think about...

What do you think made Brodie act so mean to his classmates?


What do you do when someone is mean to you?

Are you ever mean to anyone? How do you make people happy?

Be kind to all around and
serve one another; love to be
just and true in all your
dealings; pray always and
so live your life that sorrow
cannot touch you.

- ‘Abdu’l-Bahá



An underwater scene with a light blue background. Several small fish are scattered throughout: a blue fish at the top left, a red fish at the top right, a red fish on the left side with three bubbles above it, and a blue fish on the right side with three bubbles above it. At the bottom, there is a colorful coral reef with various shapes and colors including green, purple, orange, red, and blue.

**“Trustworthiness is the
greatest portal leading
unto the tranquillity and
security of the people...”**

-Bahá'u'lláh



Friendship Umbrellas

When troubles pour down like rain, who would you bring under your friendship umbrella?

What you will need:

- A4 paper
- A4 black/dark paper
- Coloured Chalk
- Scissors
- Coloured Pens
- Glue Stick



1 Fold both sides of an A4 sheet of paper into the middle of the page.



2 Fold the top x2 corners into the centre so the top of the page looks like a little roof.



3 Place the paper in the middle of your dark coloured card and use the chalk to trace the top of the paper.



4 Using different coloured chalk add a downpour of rain, leaving the space underneath clear.

5



5 Using another colour, draw an umbrella like the one in the picture above.

6



6 Use the A4 paper and coloured pens to make characters. Carefully cut them out and stick them under your umbrella.



What great artwork!
Special thanks to...
Frances, aged 8
Jake, aged 8
Pedro, aged 8
Amy, aged 9
Flavio, aged 10

Now is the time to cheer and refresh the downcast through the invigorating breeze of love and fellowship.

- Bahá'u'lláh

Bahíyyih Khánum

The Greatest Holy Leaf



Bahíyyih Khánum as a young woman in 1895

A long time ago, in the land of Persia, a beautiful baby girl was born. On that day a gentle breeze blew through the trees, making the flowers nod their heads, as if in happiness. The baby's Father was Bahá'u'lláh, and her mother was Navváb. They loved their baby daughter. She had soft, dark hair, and a small, sweet face, which was always gently smiling. The baby was called Bahíyyih, which means 'the one who is filled with glory',

Bahá'u'lláh knew that His baby girl

was someone very special. In every religion there is one woman who is especially pure and holy. In the time of Jesus, it was His mother, Mary. In the time of Muḥammad, it was His daughter, Fatimih. In the time of the Báb, it was Táhiriḥ, one of the first believers. Now, in the time of Bahá'u'lláh, it was Bahíyyih, His daughter.

The Messengers of God are sometimes described as being like a great tree. Bahá'u'lláh said that the men in His family were like the branches of that tree, and the women were like leaves. Many years later, when Bahíyyih had grown up, Bahá'u'lláh said she was the Greatest Holy Leaf on the tree of the religion of God.

The years passed by and Bahíyyih grew into a beautiful young woman. Now everyone knew her as Bahíyyih Khánum. 'Khánum' is a very respectful term, meaning 'lady'.

As news spread about her wonderful Father, Bahá'u'lláh, and His new message from God, the holy family had been forced to move from place to place. Bahá'u'lláh wanted to teach people how to live in peace and happiness with each other. But wherever He went there were cruel rulers who were only interested in their own comforts. The rulers were afraid that if people listened to Bahá'u'lláh, they would lose control over their cities, towns and villages. These rulers did not want justice in the land. Bahá'u'lláh, His family and friends, were not allowed to stay in one place for very long, and were always being moved on to somewhere new.

Eventually, they were put into a terrible prison where, at first, they were unable to get any clean water or food. But, when Bahíyyih Khánum told some pilgrims, many years later, about those days in the prison, she said that they were full of happiness. When the prisoners heard the sound of the big, heavy key being turned in the lock, they chanted prayers, thanking God that they had not been separated from Bahá'u'lláh.



The prison in 'Akká, Israel

Although they were prisoners, as long as they were with Bahá'u'lláh they did not mind where they were, or how hard life was.

Later, when the prisoners were living in the prison city of 'Akká, the women of the city would come to Bahíyyih Khánum and ask her advice about all sorts of things. They would ask her to suggest names for their babies, and whom she thought their children should marry.

Everything in the holy household was very plain and simple. The rooms had hardly any furniture and the each member of the family had only



The house of 'Abbúd in 'Akká, Israel

one change of clothing. Bahíyyih Khánum was always helping her mother, Navváb, with the mending and washing.

While they were living in the House of 'Abbúd, Navváb had a tiny room with a white, narrow bed, which was used as a seat during the day.

There was one small table where she kept her prayer book and some holy Writings, a rosary of prayer beads, some paper and pens for writing letters, and sometimes a flower in a little pot.

Although the family was very poor, and often did not have much to eat, mealtimes were always very happy. The children would gather round the table wondering what had been cooked that day. Perhaps there was bread and cheese, or some rice and a bowl of fresh yogurt.

Sometimes, if there was a big pot of food, 'Abdu'l-Bahá would take it out and share it with poor people who had nothing to eat at all. Nobody ever minded. They would think of a funny thing that had happened that day, and the room would ring with laughter.

But the food which the children liked best was the food that Bahíyyih Khánum gave them to eat. She would save the best bits on the side of her plate, then, with a smile, give them to the children.

However hard her life was, Bahíyyih Khánum always appeared tranquil and contented.

Secret Message

Can you solve the puzzle and read this message about Bahíyyih Khánum?

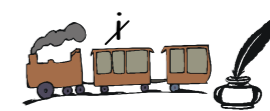
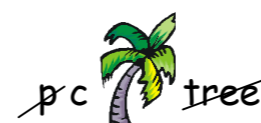






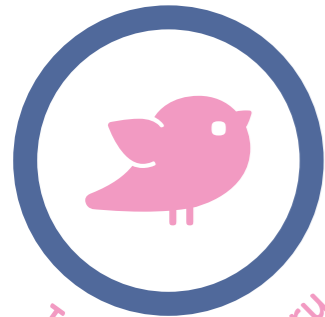






COMMUNITY SPIRIT

Bringing tranquillity to the community



Isabella's Story

Hello!! My name is Isabella and I am 9 years old. A few years ago, at the beginning of the lockdown, I started making online devotionals for my friends, family and members of the community. The main aim is to connect with God, our creator.


In the mornings and evenings, I started the habit of reminding my family to say prayers as I have learned that before we feed our body, we should always have spiritual food.

I often make new Power Point presentations and put prayers to music which is super fun. I find it inspiring to prepare more and more devotionals. I also add extra elements to make the prayer gathering more creative. For example, I create memory games with pictures of the Holy Places and Bahá'í temples for the audience to play. Why not try one?

Name the Special Places



For special occasions like Ayyam-i-Há, I make quizzes and activity sheets for kids to try and solve. I often enjoy helping out with Nineteen Day Feast programmes. At times, the devotional part of the Feast includes selection of prayers and pictures of my own choice. Feast doesn't have to be created by adults. Kids can also be creative and contribute too!

Here are some pictures from other devotionals arranged by children, just like you! 



Now that you have had the opportunity to hear from another young Bahá'í we thought it would be wonderful for you to be inspired to create your own devotional! It would be lovely to arrange your devotional for the community or for your family and friends. We hope you enjoy this activity and that it helps you put tranquillity into practice!

POETRY

By Elliott Hamel-Smith

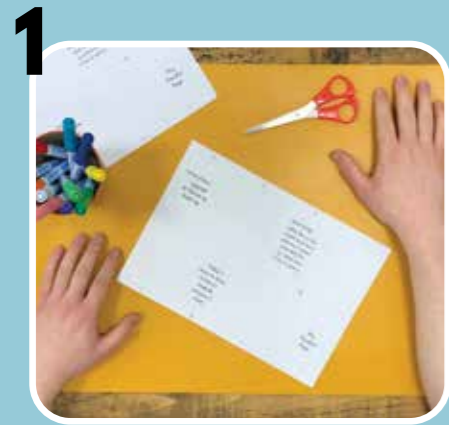
War,
Raging,
Violent darkness,
Seeping creeping gentle silence,
Careful contentment,
Tranquil,
Peace.



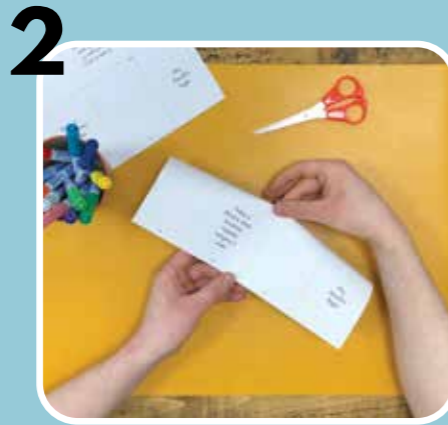
Peace Making Pages

Make tranquillity part of your daily life with this fun activity.

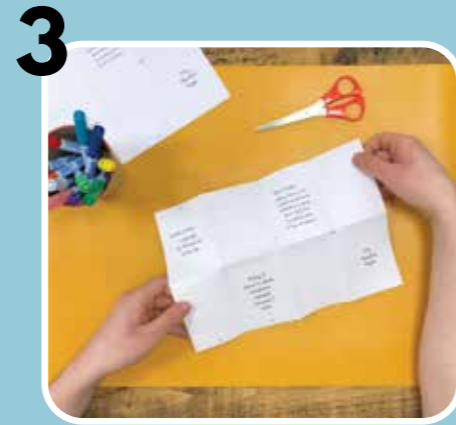
Create your own mini-zine of prayers, quotes or affirmations and use it everyday to remind you to practise being tranquil, or you could make more than one and share them with family and friends.



Copy the page opposite or use a blank A4 page.



Fold it in half lengthways, fold it in half and in half again.



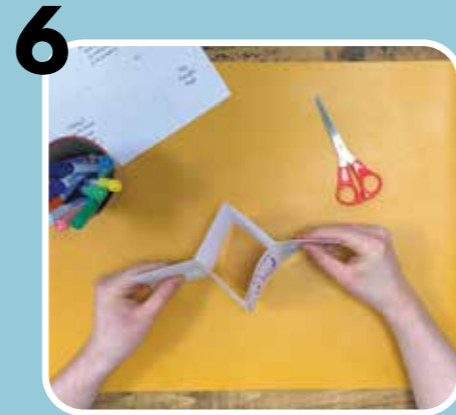
Unfold to reveal the x8 pages of your zine.



Carefully cut along the top of the middle x2 rectangles.



Number the pages, add short prayers, quotes or affirmations on each page and decorate as you like.



Fold in half and push the edges toward each other so the inner pages push out (as per the image).



Fold the pages to create your mini-zine.

Staying positive

Affirmations are positive thoughts that help remind us what we should be focusing our minds on, things like kindness, courage, patience, helpfulness and forgiveness.

1

2

3

4

Create in me a
pure heart, O
my God, and
renew a tranquil
conscience within
me, O my Hope!
- Bahá'u'lláh

Be calm,
be strong,
be grateful...
- Abdul-Bahá

My
Peaceful
Pages

Today I
chose to show
kindness
towards
everyone I
meet.

7

9

5

‘Abdu’l-Bahá

Tranquillity in the face of danger

As some of you may know, ‘Abdu’l-Bahá lived for several years in the prison city of Akká. During this time many people living in ‘Akká were very hostile towards the Bahá’ís and caused many problems for ‘Abdu’l-Bahá. Day and night the government would watch ‘Abdu’l-Bahá and His friends and they were living very uncomfortably. This was a very difficult time for ‘Abdu’l-Bahá and to make it worse His friends and admirers could not visit Him any longer. The hostility of the government became so bad that ‘Abdu’l-Bahá moved many of the friends to a safe place away from ‘Akká. ‘Abdu’l-Bahá also told the pilgrims not to come to ‘Akká, as He was concerned for their well-being.

Now, although this was an incredibly difficult time, ‘Abdu’l-Bahá worked calmly and steadily. He continued His visits to the poor and the sick in the city; He bought fuel for the winter; He repaired His rented house; and He even planted trees. The people of ‘Akká became confused by this! They would ask, “Why would ‘Abdu’l-Bahá grow fruit He would never be able to pick?” ‘Abdu’l-Bahá simply explained that others in the past had planted trees which gave the people of today fruit to enjoy. It was now His duty to do the same so that the people in future would have fruit to eat.

As time went on the situation became worse and soon the Sultan sent a ship out to arrest ‘Abdu’l-Bahá. The ship of the Sultan sat day after day anchored in the bay, waiting to take ‘Abdu’l-Bahá away. ‘Abdu’l-Bahá’s friends encouraged Him to escape. However He disagreed with them, stating that He would not run away. ‘Abdu’l-Bahá’s confidence in God amazed the friends.

Then, one day at sunset, the ship started moving towards ‘Akká. Many people watching from the shore were certain that the ship was coming to take ‘Abdu’l-Bahá. But ‘Abdu’l-Bahá, calmly and peacefully, was

walking in the courtyard of His house.

Anxiously the friends of ‘Abdu’l-Bahá watched the ship advancing. It came nearer and nearer, but then, suddenly, the ship changed direction and ‘Abdu’l-Bahá was safe. When the news was brought to Him, ‘Abdu’l-Bahá was still calmly walking in His courtyard in a state of tranquillity. The reason why the ship turned around soon became clear; due to a rebellion the Sultan had been overthrown and the new government was much kinder. In fact this new government released ‘Abdu’l-Bahá and He finally became a free man.



This story shows us that if we have complete confidence and trust in God we will be able to practise tranquillity because we know whatever happens is a part of God’s plan.



FOOTIE FUN!

CAUTION... laughing at football jokes may make you dribble 😂

Q: How do football players stay cool?

A: By standing close to the fans.

Q: Why don't grasshoppers watch football?

A: They prefer cricket.

Q: What kind of tea do football players drink?

A: Penaltea!

Q: What part of a football pitch smells the nicest?

A: The scenter spot!



Q: Why was the footballer upset on their birthday?

A: They got a red card!

Q: Where do football players dance?

A: At a foot ball!

Q: Why was Cinderella kicked off the football team?

A: She ran away from the ball.

Q: What is a goalkeeper's favourite meal?

A: Beans on post.



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Final Thoughts...

Now you know a bit more about tranquillity, how will you add more of it to your day?

Here are some tranquil ideas:

- start a daily meditation routine (even a few minutes can make a difference),
- read a prayer or writing every day,
- keep a gratitude journal,
- start a devotional in your community.

Don't forget to head back to page 5 to list your tranquil ideas.

Whatever you do we hope that you enjoy the calm, peaceful feelings tranquillity can bring to our often busy lives.

True peace and tranquillity will only be realized when every soul will have become the well-wisher of all mankind. He Who is the All-Knowing beareth Me witness: were the peoples of the world to grasp the true significance of the words of God, they would never be deprived of their portion of the ocean of His bounty.

- Bahá'u'lláh

PUZZLE ANSWERS

Word search, Page 10

UUNZZMFLJUTCOTND
 UUDOKLSDSBEKIIVG
 LXAUTIOPAGSRAGB
 DBNKFZBWLWEIEKSKS
 UDAJBD AJBNVYKUE
 MOMIAAWPFLITRPGKN
 IZKEITLKNVPLTRMREL
 YHLGOTIMXUEIIXEIEU
 GMOCTIUANBYTVNDVGF
 LVLNDPFILEISSGQOERIC
 DEHEIVWPEPSSQBERIC
 QQRITICUKUUNGYKAF
 VSRITCN AZGREZVLF
 XGSAWIRIIPUOSCW
 IAXCLGTOLLNFIED
 UCYYCTKJMYUIADYTJ
 YTIILLIUQNARTWVNW

Spot The Difference, Page 10



Bahíyyih Khánúm Puzzle, Page 23

The Greatest Holy Leaf was kind and loving. Even when she was in prison she was calm and tranquil.

Name the Holy Places, Page 24

1. The Shrine of the Báb, Israel
2. The Guardian's Resting Place, UK
3. The European House of Worship, Germany



Bee
Kind!