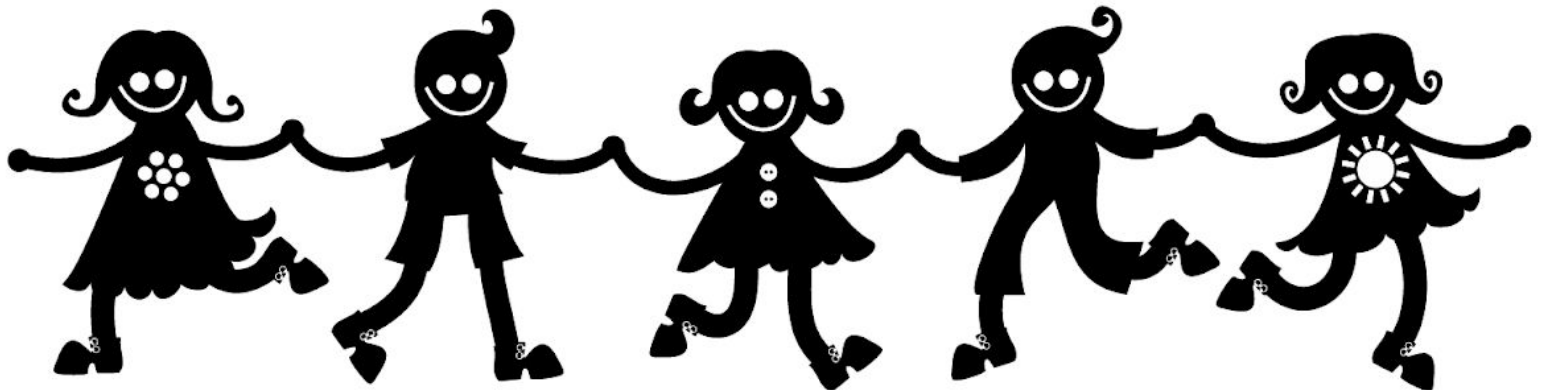


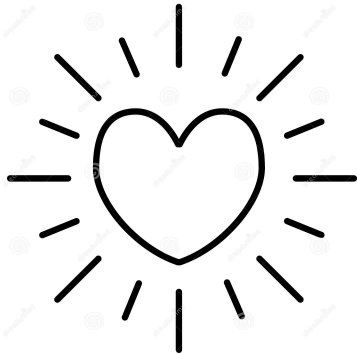


Grade 1 Booklet

CHILDREN'S CLASS



Lesson: Pure hearts



Our hearts are like mirrors. We should always keep them clean. Hatred, envy, and negative thoughts are like dust that stops the mirror from shining.

When our hearts are pure, they reflect the light of God, and we become a cause of happiness to others.

To help keep our hearts pure, let us memorize this quotation of Bahá'u'lláh:



“O Son of Spirit!

My first counsel is this:
Possess a pure, kindly
and radiant heart...”

Vocabulary

Counsel

1. One day Gerard and Mary were colouring some drawings. Gerard needed the yellow crayon, but Mary did not want to give it to him. The teacher told Mary that she should share. The teacher gave Mary good counsel.
2. Patricia has to decide whether to spend her money on cookies or on a storybook. Her parents advised her to buy the storybook. Her parents give Patricia good counsel.

Possess

1. Amelia likes to read prayers before going to sleep. She has a small prayer book to read from. Amelia possesses a pure heart.
2. There was a flood and many people lost everything they possessed, but friends came to help and soon they had the things they needed.

Pure heart

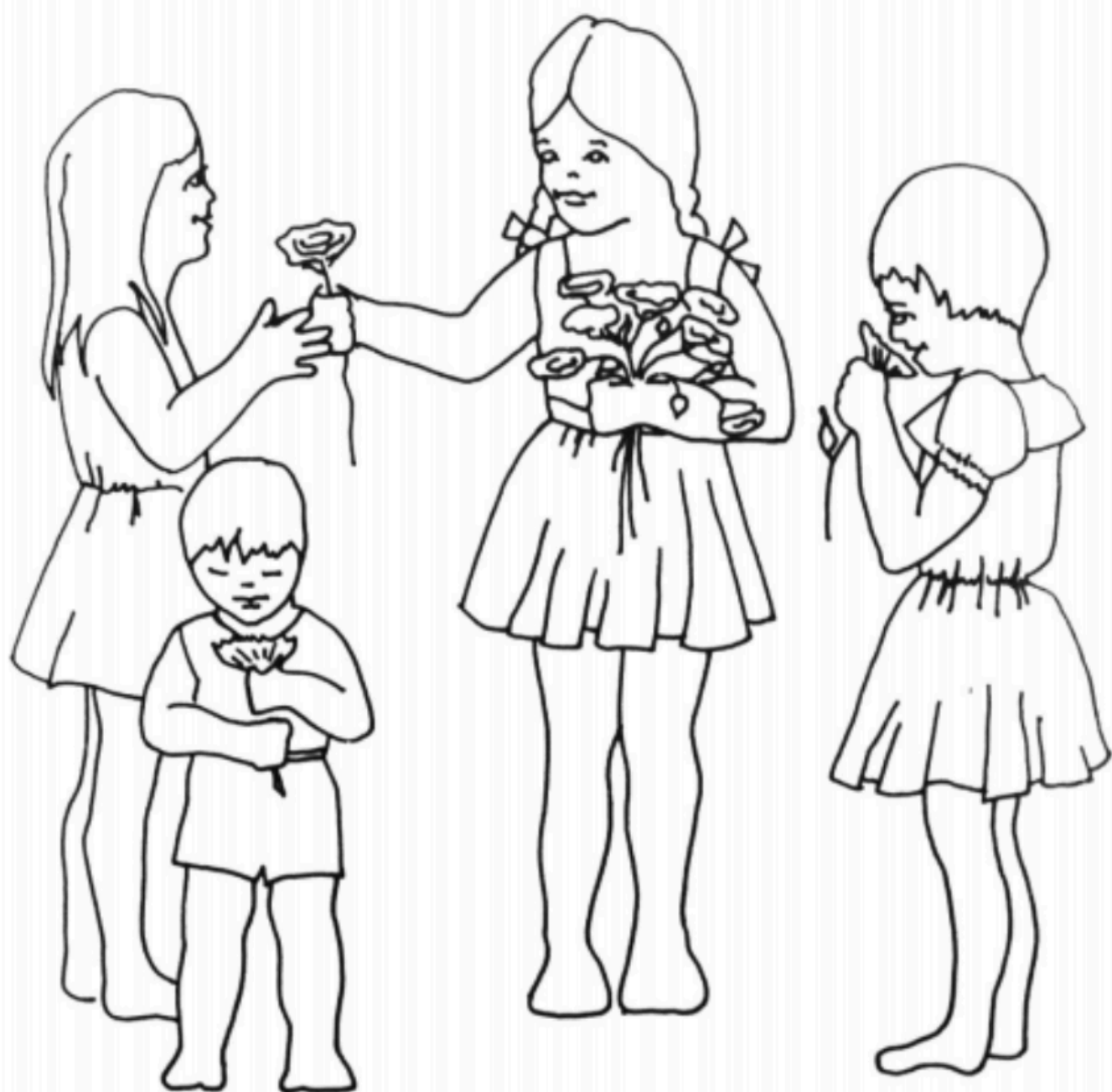
1. Jason became angry and screamed at Elias. Elias was sad but quickly forgave Jason. Elias possesses a pure heart.
2. Elise likes to share his cookies with all the children, even with Gustavo, who throws stones at her. Elise possesses a pure heart.

Kindly heart

1. When people in need come to her house, Havya always takes care of them. Havya possesses a kindly heart.
2. Mr. Robertson is very old. Aayush helps carry his fruit harvest to the market. Aayush possesses a kindly heart.

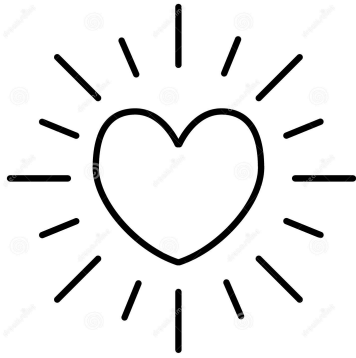
Radiant heart

1. When I feel sad, my mother always cheers me up and makes me happy. My mother possesses a radiant heart.
2. Obuya became ill and has to spend all his time in bed. He says many prayers, does not become sad, and continues to show forth happiness. Obuya possesses a radiant heart.



**“O Son of Spirit! My first counsel is this: Possess a pure,
kindly and radiant heart.” –Bahá’u’lláh**

Lesson: Pure hearts



Last week we learned about the importance of having pure hearts.

We should always keep the mirrors of our hearts clean from negative thoughts and words. When our hearts are pure, they reflect the light of God, and we become a cause of happiness to others.

What can we do each day to keep our hearts pure?
What should we get rid of?



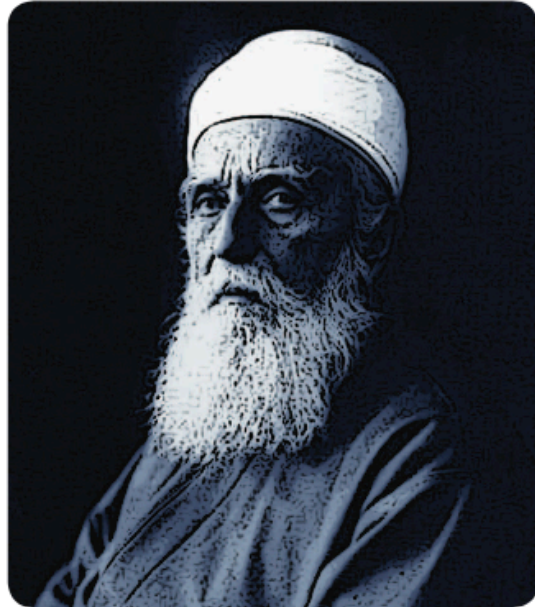
We learned the quotation:

“O Son of Spirit! My first counsel is this: Possess a pure, kindly and radiant heart...”

Story

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

A glass of water



Abdu’l-Bahá could always tell what was in a person’s heart.
Once, there was a lady who was Abdu’l-Bahá guest at dinner.
As she was listening to ‘Abdu’l-Bahá’s wise words and looking at a glass of water in front of her, she thought...

“Oh! If only Abdu’l-Bahá would take my heart and empty it of every desire and then refill it with divine love and understanding, just as you would do with this glass of water.”

Abdu’l-Bahá knew what was in the lady’s heart. He called for a servant and said a few words to him. This servant quietly went to the lady’s place, took her glass, emptied it and put it back in front of her.

Shortly after, Abdu’l-Bahá, while continuing His talk, took a pitcher of water and in the most natural way, slowly refilled the lady’s empty glass.

The lady was filled with joy. She was so happy that Abdu’l-Bahá had answered her heart’s desire.

Song

O Son of Spirit!

O Son of Spirit!

My first counsel is this

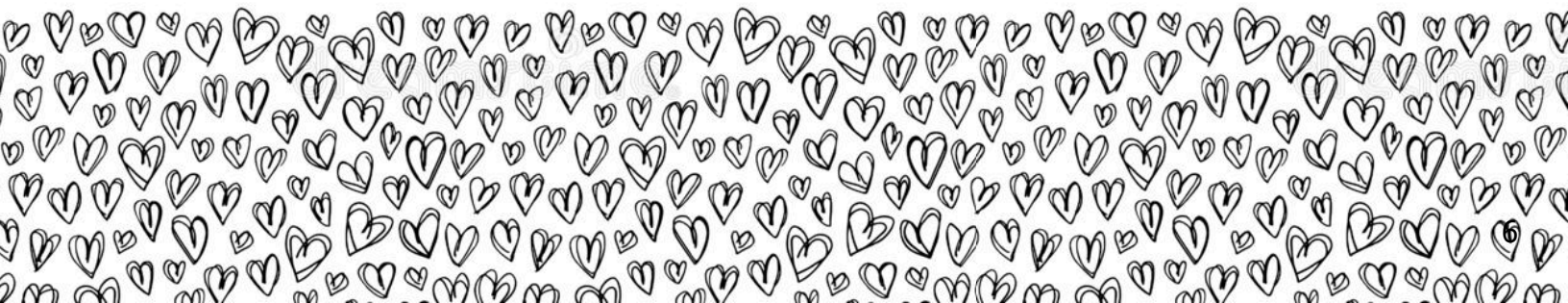
My first counsel is this

Possess a pure, kindly and radiant heart

That thine may be a sovereignty

Ancient, imperishable and everlasting

Ancient, imperishable



Lesson: Justice

God loves justice. He is pleased with us when He sees us treating other people with fairness and justice. We must respect the rights of every human being and make sure we do not take away from anyone what they deserve.



In order to help us be just, let us memorize this quotation:



"Tread ye
the path of justice,
for this, verily, is the
straight path."

Bahá'u'lláh

Vocabulary

TREAD

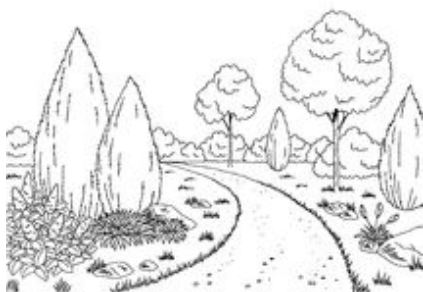
1. Many leaves have fallen from the trees in the forest, covering the path. Riddhi walks through the forest. She **treads** the leaf-covered path.
2. Leo likes to help all his friends play happily together. Leo and his friends are very unified. Leo **treads** the path of unity.



PATH

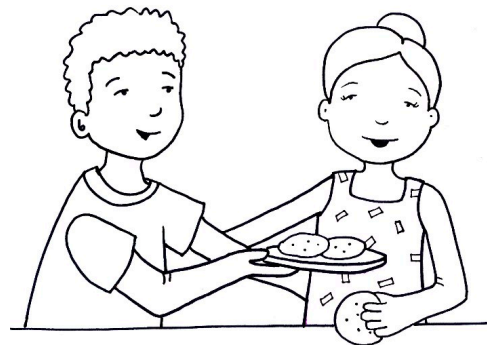
1. Nihit has a donkey. He took it to graze in a meadow and left it alone. The donkey found the **path** home by itself.

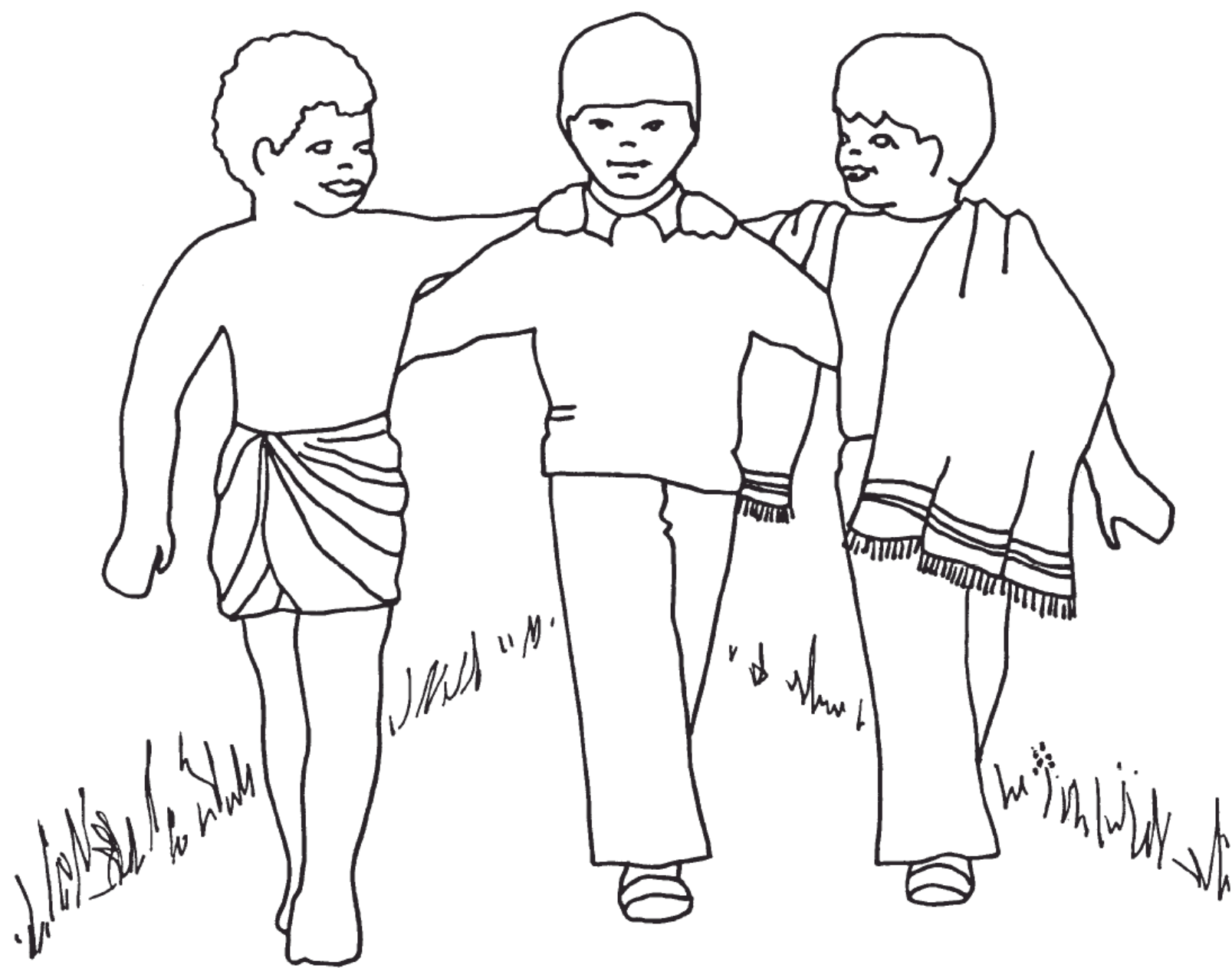
2. There are two ways to go to school. Ella always likes to take the **path** that goes by her grandmother's house.



JUSTICE

1. Maxwell was given crayons to hand out during class. There were ten crayons and five children. Maxwell gave two crayons to each child. Maxwell acted with **justice** in handing out the crayons.
2. Mikhail has lots of water in the well in his yard, but sometimes his neighbor's well runs dry. Mikhail never allows this neighbor to suffer and always makes her feel welcome to take water. Mikhail loves **justice**.





“Tread ye the path of justice, for this, verily is the straight path.”

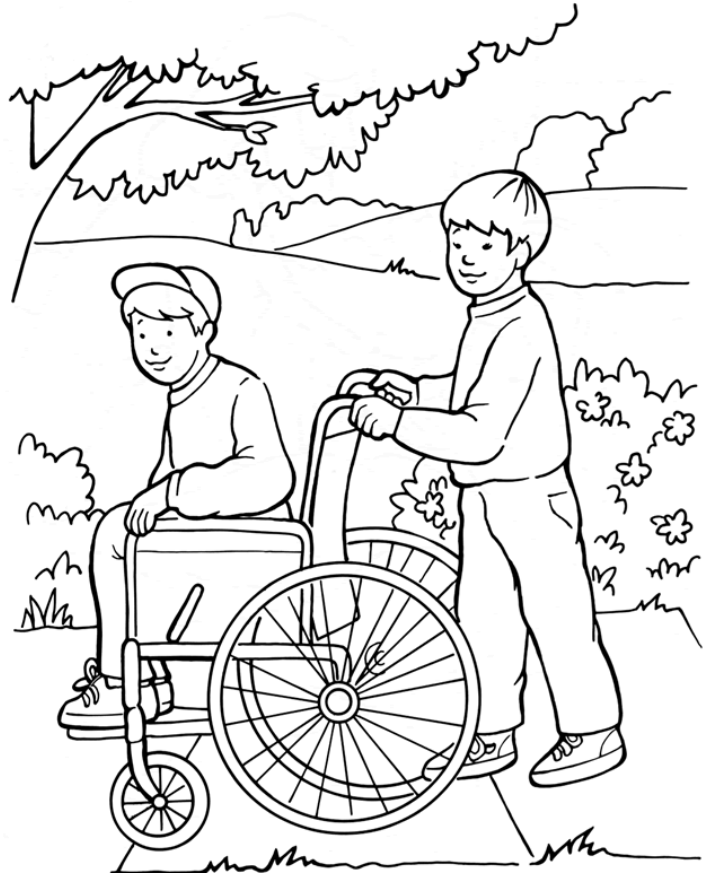
Lesson: Justice

Last week we learned about the importance of treating other people with fairness and justice.

We learned the quotation:

“Tread ye the path of justice, for this, verily, is the straight path.”

- Bahá'u'lláh



-Can you explain what justice means?

-What are some ways we can show justice in our family or community?

Story: An Inexpensive Coach

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

An inexpensive seat in a regular coach



One day, Abdu’l-Bahá wanted to go from ‘Akká to Haifa. He went to take an inexpensive seat in a regular coach.

The driver was surprised and must have asked himself why Abdu’l-Bahá was so frugal as to ride in this cheap coach.

“Surely, Your Excellency would prefer to travel in a private carriage,” he exclaimed.

“No,” replied the Master, and He traveled in the crowded coach all the way to Haifa. As He stepped down from the coach in Haifa, a distressed fisher woman came to Him and asked for His help. All day she had caught nothing and now had to return to her hungry family.

Abdu’l-Bahá gave her a good sum of money, turned to the driver and said, “Why should I ride in luxury while so many are starving?”

Song: A Noble Way

A Noble Way



Justice is a noble way,
Justice brings a brighter day,
A light to those in need.
Justice is the light,
Shining through good deeds,
Oh, justice is the way.



We know 'Ábdu'l-Bahá would share.
Showing love and showing care.
He was content with less.
In order to bring happiness.
He was content with less.



To be just we have to give.
Share our love and joy to live.
Sharing blessings we receive.
A better world we will achieve.
Oh, justice is the way.



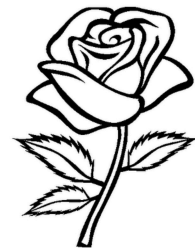
Lesson: Love

The love of God shines upon humanity like the rays of the sun. The sun's rays fall on deserts and gardens alike. Our love should be like the rays of the sun: we should love everyone, even those who mistreat us.



In order to help us love all of humanity, let us memorize this quotation:

“O Friend!
In the garden
of thy heart
plant naught
but the rose
of love...”



Bahá'u'lláh

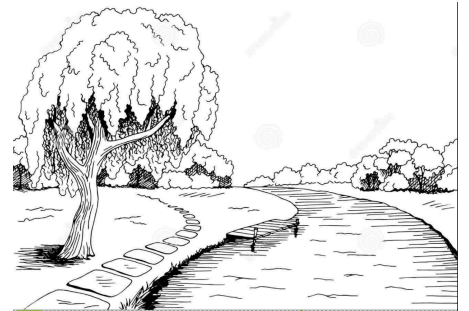
Vocabulary

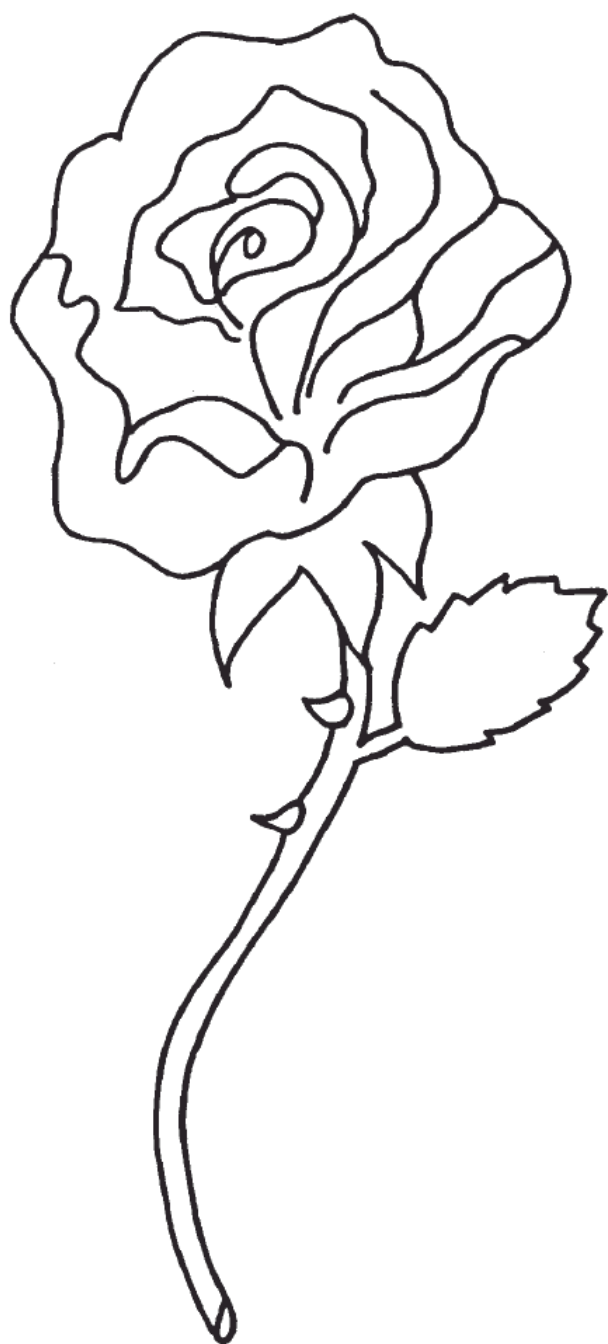
NAUGHT - Means “nothing”

1. Zayla loves to sing songs about the sun and the flowers, and she does not sing songs about anything else. Zayla sings of naught but sunshine and flowers.



2. Leo wanted to go down to the river, but he had not done his household tasks. His father said he could not leave until he finished his work, and unfortunately Leo became angry. His grandmother said, “Dear, all your plans will come to naught if you don’t obey your father.”





“O Friend! In the garden of thy heart plant naught but the rose of love . . .”

Lesson: Love

Last week we learned about the importance of showing love to all of humanity.



We learned the quotation:



**“O Friend! In the garden of thy heart
plant naught but the rose of love . . .”**

Bahá'u'lláh

- What does love mean to you?
- What are some ways we can show love to our friends?
To our family members? To our neighbours? To
people we don't know?

Story

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

Twenty four years of patience



While Abdu’l-Bahá was a prisoner in Akká there was a man in that city who hated Abdu’l-Bahá very much. He behaved very badly towards Abdu’l-Bahá. He was not kind to Abdu’l-Bahá and said bad things about Him. When he passed by Abdu’l-Bahá he would be so rude and unkind that he would cover his own face so that he would not see Abdu’l-Bahá’s face.

He was a poor man. In spite of what he had done to Abdu’l-Bahá, Abdu’l-Bahá would still send him food and clothes. Once, he fell sick. Abdu’l-Bahá sent a doctor to help him and even paid for his medicine and gave him some money. Yet he was very ungrateful. He took the gifts and did not even thank Abdu’l-Bahá. So ungrateful was he that he would give one hand to the doctor to check his pulse and use his other hand to cover his face so that he would not see Abdu’l-Bahá’s face.

This went on for many years. Abdu’l-Bahá continued to be kind. Then one day, he went to Abdu’l-Bahá, fell at Abdu’l-Bahá’s feet and cried, “Forgive me, Sir! For twenty-four years I have done evil to you. For twenty-four years, you have shown only goodness to me. Now I know that I have been wrong. Please forgive me.”

“Dear children, you see, love is greater than hate and forgiveness is a virtue.

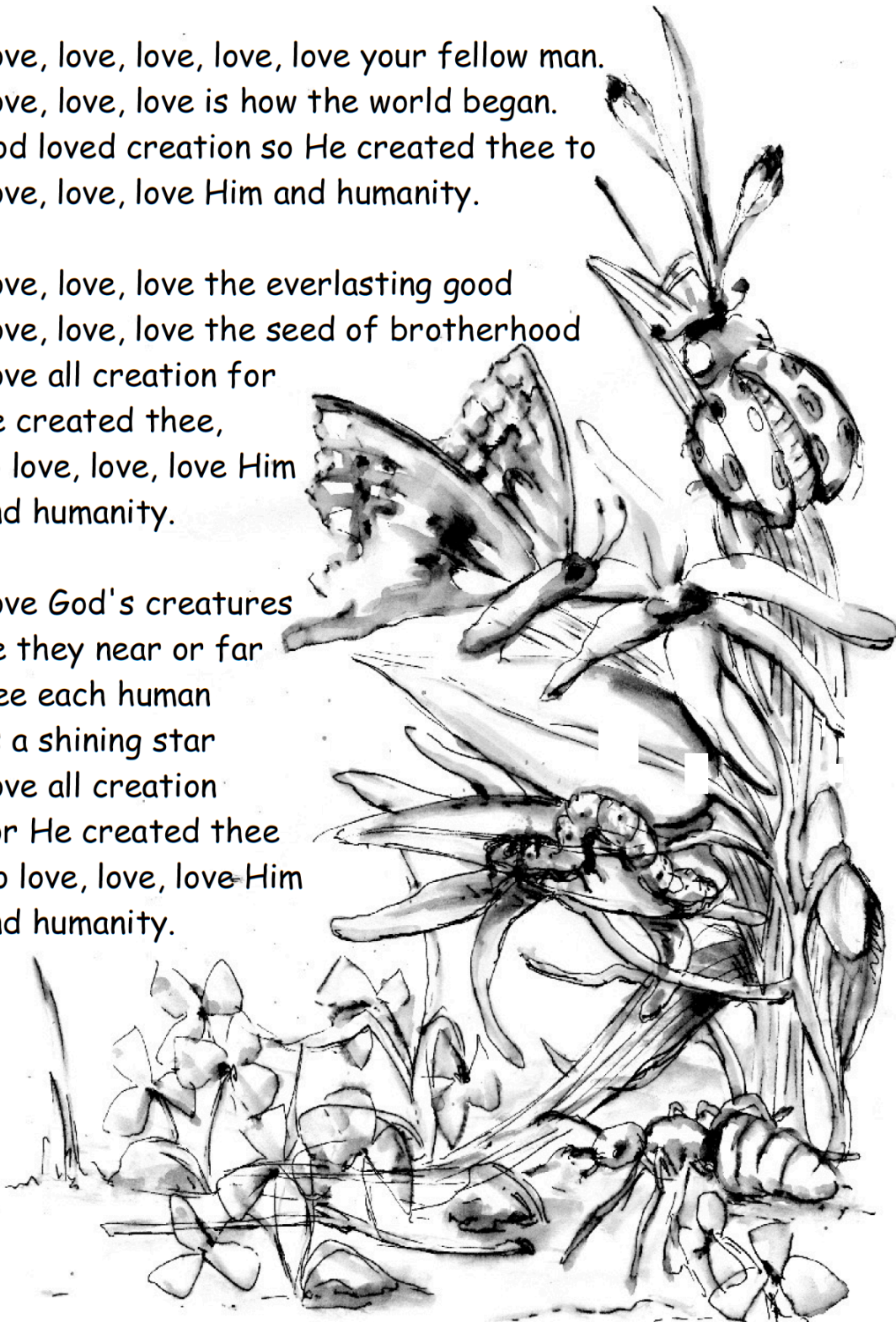
Song: Love

Love, Love, Love

Love, love, love, love, love your fellow man.
Love, love, love is how the world began.
God loved creation so He created thee to
Love, love, love Him and humanity.

Love, love, love the everlasting good
Love, love, love the seed of brotherhood
Love all creation for
he created thee,
to love, love, love Him
and humanity.

Love God's creatures
be they near or far
See each human
as a shining star
Love all creation
for He created thee
To love, love, love Him
and humanity.



Lesson: Truthfulness



Truthfulness is one of the most essential spiritual qualities. We should never tell even the smallest lie.

Why do people tell lies? Sometimes it is because they are afraid to tell the truth. Yet we all know that God is aware of all our actions and we cannot hide anything from Him. If we are not truthful, it will

be very difficult for us to develop other virtues, and we will not attain nearness to God.

Let us memorize the following quotation:



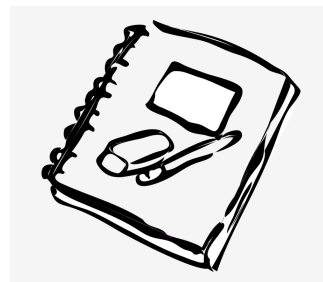
**"Truthfulness is
the foundation
of all
human virtues."**

Bahá'u'lláh

Vocabulary

TRUTHFULNESS

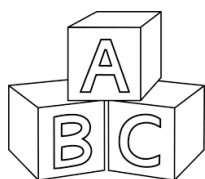
1. Maxwell dropped a glass and broke it. When his mother asked him what had happened, he told her the truth and did not lie. Maxwell showed the virtue of **truthfulness**.
2. Mikhail wanted to play with Riddhi and went to her house to find her. Riddhi had homework and could not come out to play. Her brother said he would tell Mikhail that she was not home, but Riddhi did not want her brother to lie. Riddhi went outside and explained to Mikhail that she could not play because she had homework. Riddhi showed the virtue of **truthfulness**.



FOUNDATION



1. Nihit's father was building a house. Before putting up the walls, he placed rocks and cement under the place where the walls would go. The rocks and cement form the **foundation** of the house.

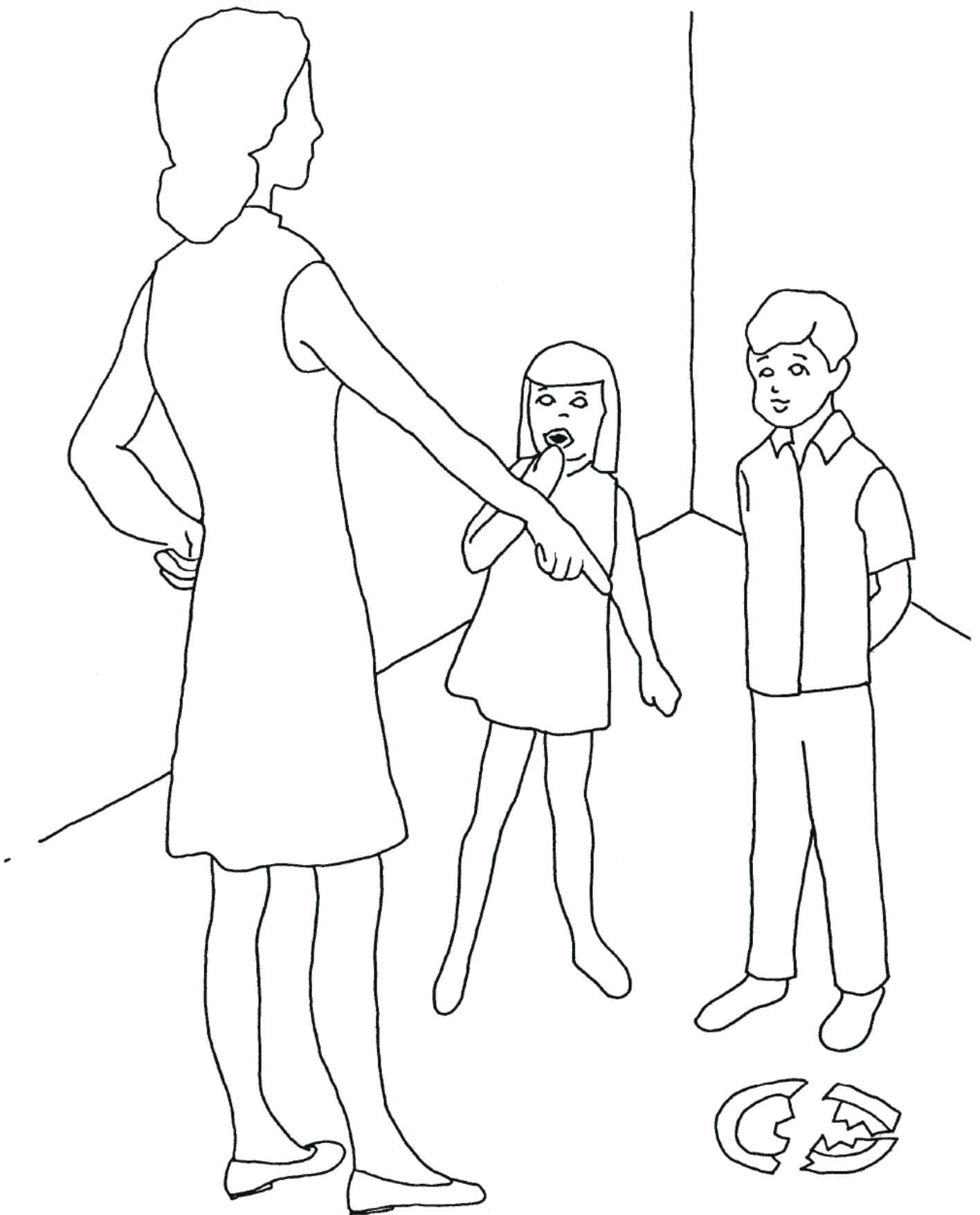


2. Before you learn to read and write you have to know the sounds of the letters. Learning the sounds of the letters is a **foundation** for learning to read and write.

VIRTUES

1. Zayla is friendly, kind, and joyful. Zayla possesses many **virtues**.
2. Mrs. Vafaie teaches Leo, Ella, and the other children about justice, generosity, humility, and honesty. These are some of the **virtues** everyone should have.





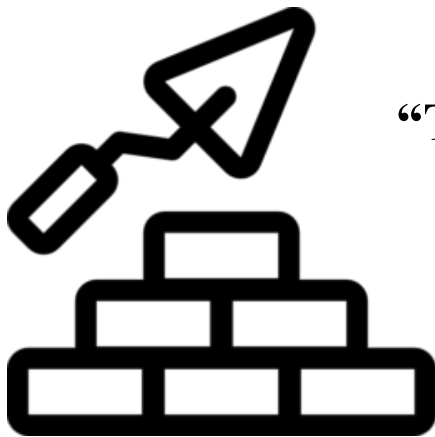
“Truthfulness is the foundation of all human virtues.”

Lesson: Truthfulness

Last week we learned about the importance of always being truthful.



We learned the quotation:



“Truthfulness is the foundation of all human virtues.”
Bahá’u’lláh

- What does truthfulness mean?
- Can you give an example of when you told the truth even when it was hard?

Song: Truthful Words

Story of the shepherd

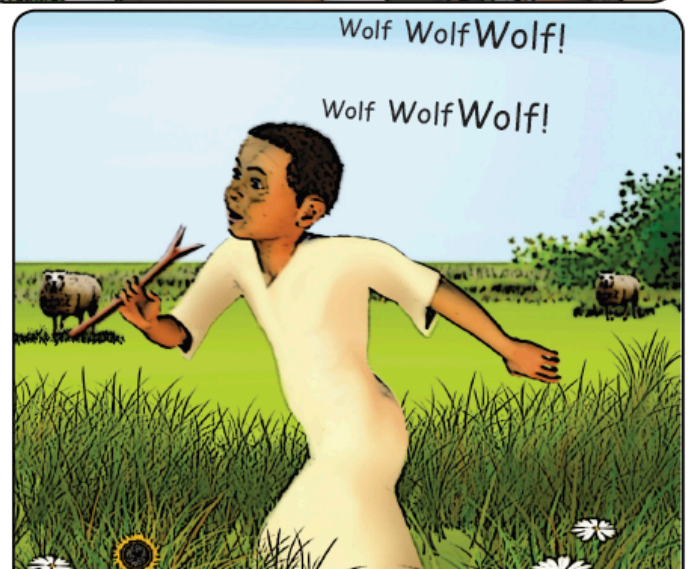
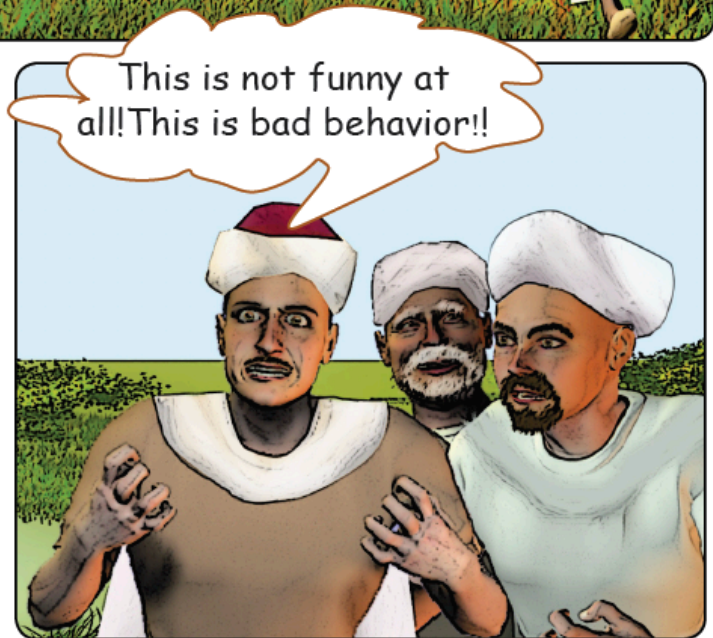
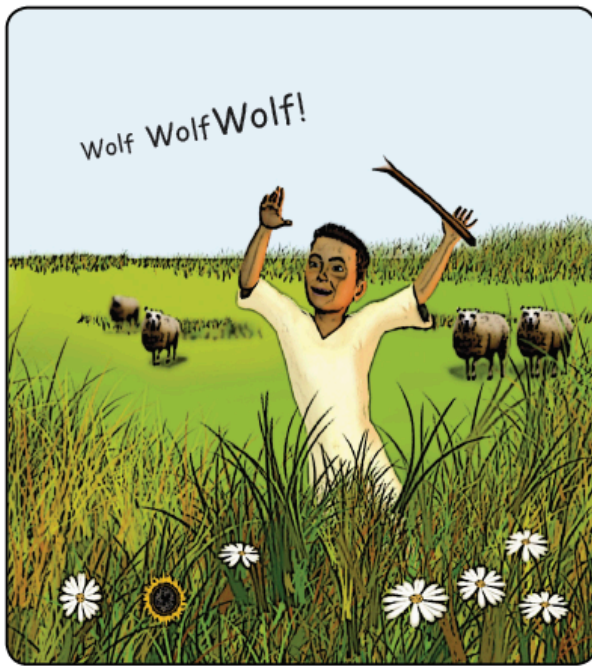


One upon time, in a nice peaceful village, a young shepherd was taking care of his family's sheep

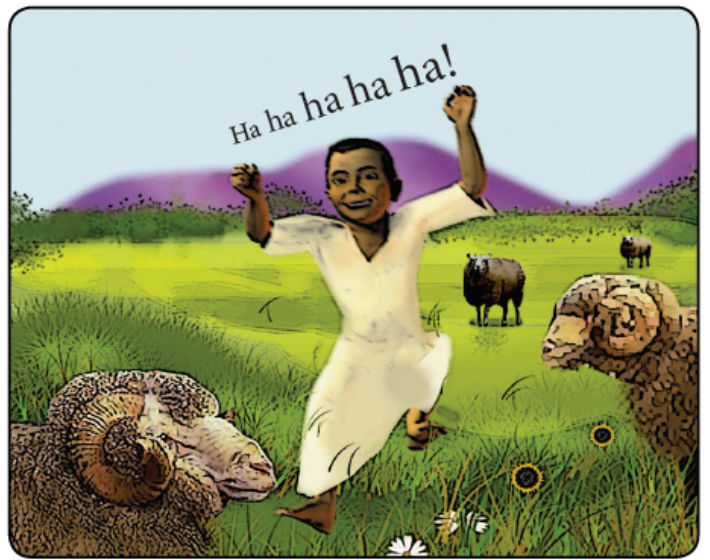


One day he was bored and decided to play a trick on his neighbours.

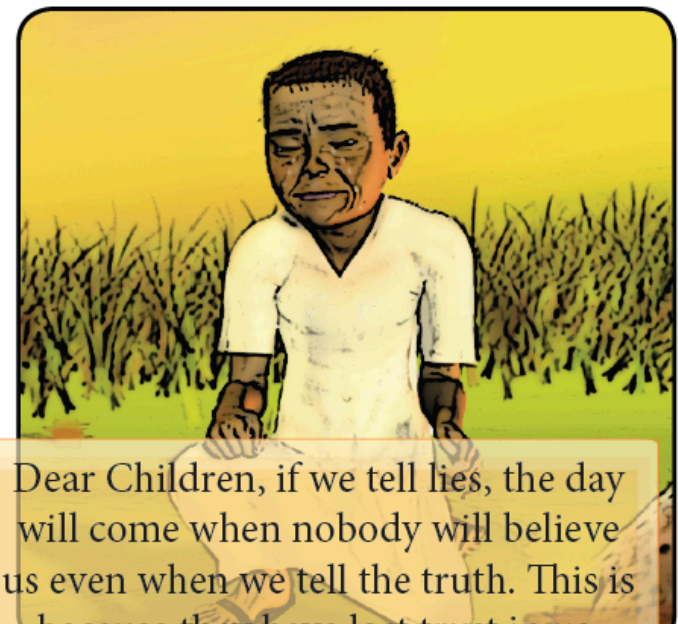
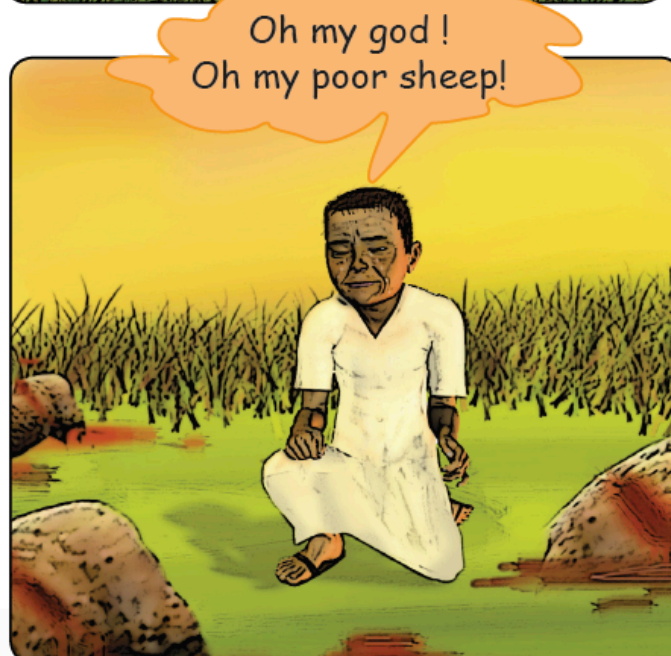
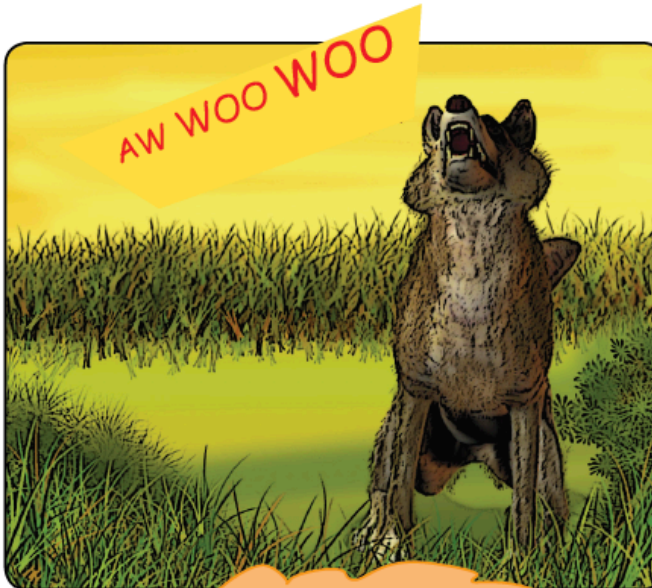




The following day, the boy again cried out, "Wolf, Wolf! Help me! Help me!" Some came to help him only to find out he has played a trick on them again.



On the third day, the neighbors again heard him shouting, Wolf! Wolf! The wolf is eating the sheep! Please come, help! No one paid attention as they thought he was playing a trick again. But this time, he was not playing a trick. The wolf did come and ate the sheep. He lost his sheep and his friends because he had lied.





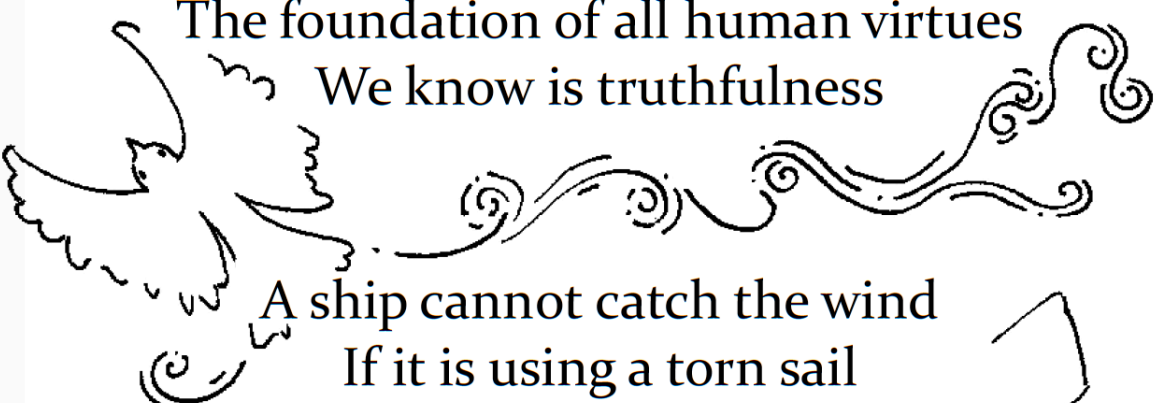
Truthful Words

A mirror that's covered in dust
Cannot reflect the sun's bright light
A bird with wings all full of mud
Is unable to take flight

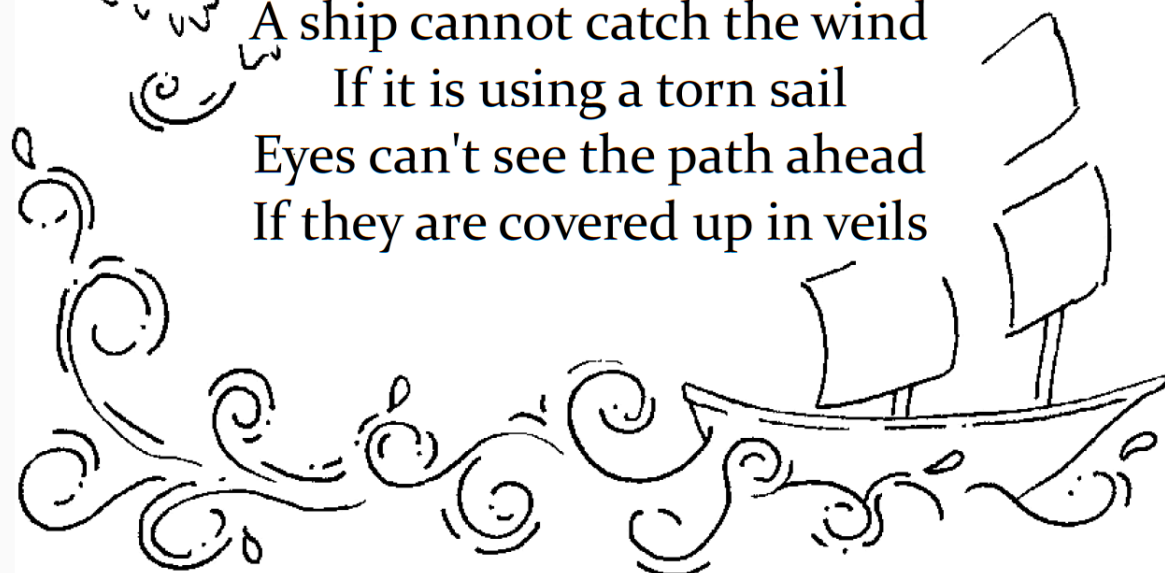


CHORUS

When all of our words are truthful
Our souls are able to progress
The foundation of all human virtues
We know is truthfulness



A ship cannot catch the wind
If it is using a torn sail
Eyes can't see the path ahead
If they are covered up in veils

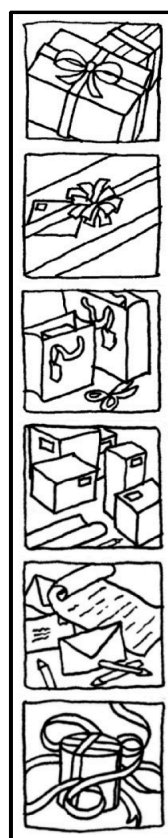


Lesson: Generosity



God is very generous with His creation. He looks after all of us. He gives daily nourishment to everyone. He has given us many gifts, such as hearing, sight, and intelligence. In the same way that God is generous with us, He wants us to be generous with each other. We should give of what we have to those who need our help.

In order to remember to be generous, let us memorize this quotation:



To give and
to be
generous are
attributes
of Mine;
well is it with
him that
adorneth
himself with
My virtues.

Bahá'u'lláh

Vocabulary

GENEROUS

1. Ella and Maxwell had saved a little money. They decided to buy some books for their younger sisters. Ella and Maxwell are **generous**.
2. Mrs. Patel spent the whole morning baking cakes. Before taking them to town to sell, she gave two large cakes to the neighbours. Mrs. Patel is **generous**.



ATTRIBUTE



1. Nihit took a beautiful rose to the teacher. Beauty is an **attribute** of the rose.



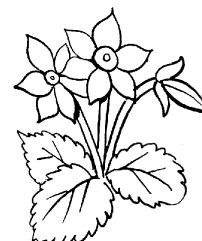
2. The stone is very hard. Hardness is an **attribute** of stones.



3. "One of your **attributes** is that you are willing to work hard," the teacher said to Zayla.

ADORN

1. Tonight there is a devotional gathering at the community centre. Mikhail and Riddhi picked flowers to place in the meeting room. The children **adorned** the meeting room with flowers.

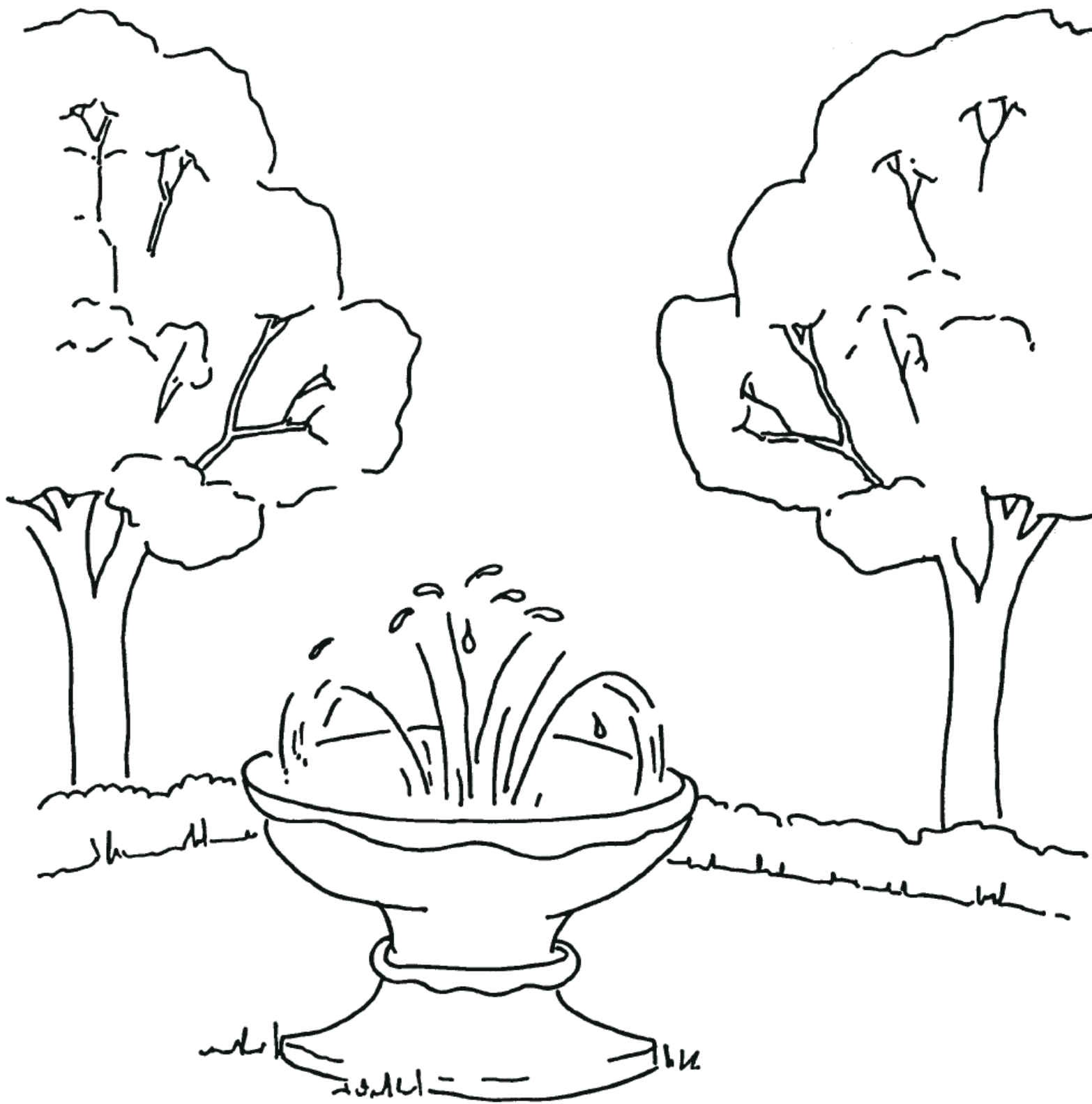


2. Leo has a beautiful smile. Most of the time a smile **adorns** his face.



3. In springtime the cherry trees are **adorned** with beautiful blossoms.



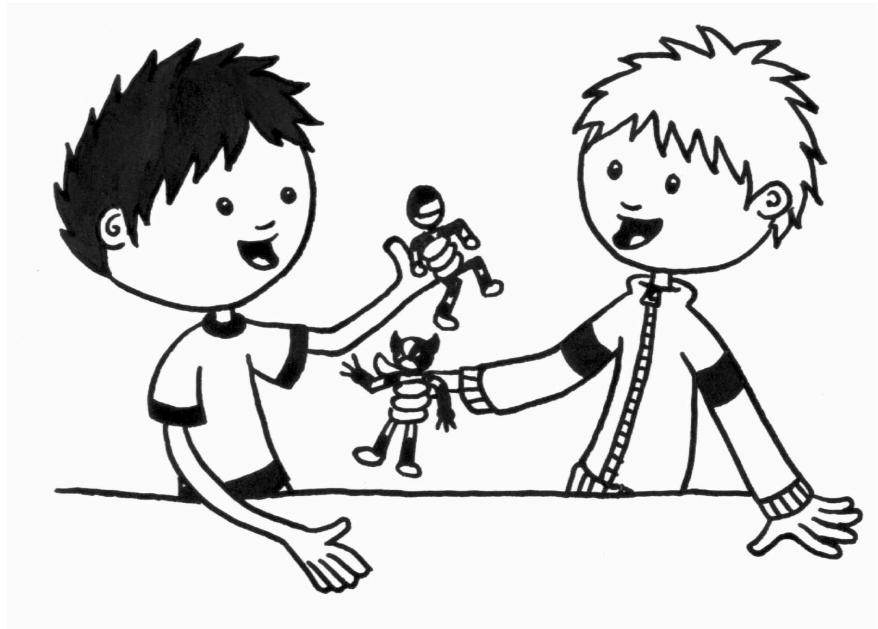


**“To give and to be generous are attributes of Mine; well
is it with him that adorneth himself with My virtues.”**

Lesson: Generosity

Last week we learned about the importance of being generous with others and giving of what we have to those who need our help.

We learned the quotation:



**“To give and to be generous are attributes of Mine; well is it with him that adorneth himself with My virtues.”
Bahá’u’lláh**

- What does generosity mean?
- Can you give an example of when you were generous even when it was hard?

Story

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

The generosity of Abdu’l Baha



One day, Bahá'u'lláh asked Abdu'l-Bahá to inspect the work of the shepherds who were taking care of His sheep. Abdu'l-Bahá was very young then. When the inspection was over and as Abdu'l-Bahá was about to leave, the man who had accompanied Him said,

“It is your father’s custom to leave a gift for each shepherd.”

Abdu'l-Bahá was quiet for a while, because He did not have anything to give them. Then He had an idea! He would give the shepherds the sheep they were taking care of!

When Baha'u'llah heard about Abdu'l-Bahá actions, He was very pleased that Abdu'l-Bahá had such generous thoughts. He jokingly remarked that everyone had better take good care of Abdu'l-Bahá because someday He would give Himself away.

And this was true! Abdu'l-Bahá spent His entire life giving His time and His service to humanity.

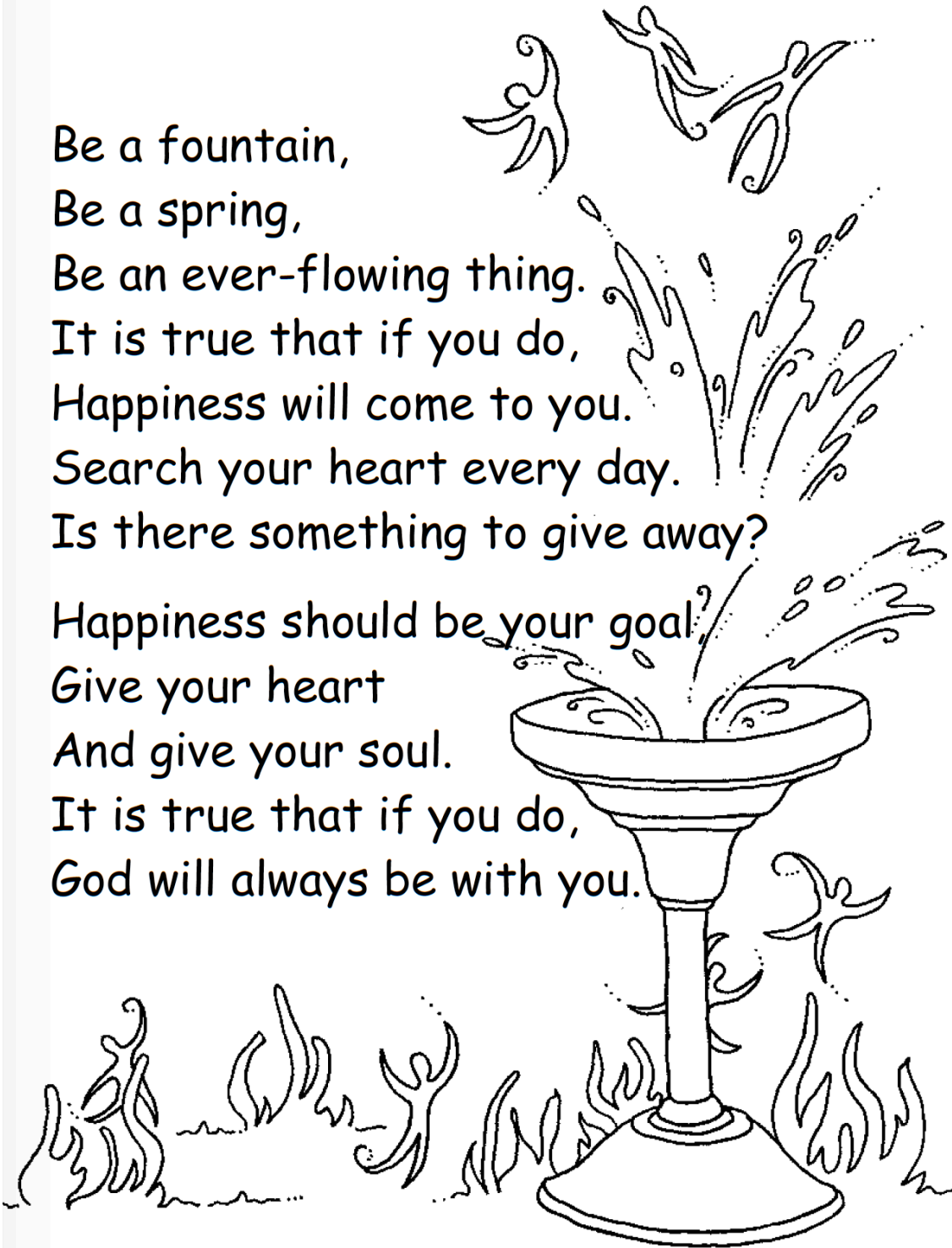
Dear Children, let us always be as generous and giving as Abdu'l-Bahá.

Song: Fountain of Generosity

Fountain of Generosity

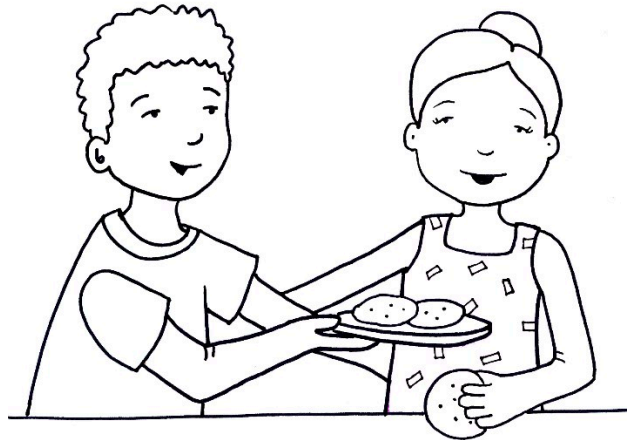
Be a fountain,
Be a spring,
Be an ever-flowing thing.
It is true that if you do,
Happiness will come to you.
Search your heart every day.
Is there something to give away?

Happiness should be your goal?
Give your heart
And give your soul.
It is true that if you do,
God will always be with you.



Lesson: Preferring Others

God loves each and every one of us, and He has created the human heart to know Him and to love Him. With pure hearts, we are able to see the signs of God reflected in all created things, most of all in the faces of our fellow human beings. In our love for God, we want to bring joy and happiness to all those we see around us. So great is our love for them that what gladdens us most is to see them enjoying the good things in life that we desire for ourselves. So it is that we think first of our fellow human beings before we think of ourselves.



- Why is God's love important to us as humans?
- How do we share joy and happiness with others?

Let us memorize the following quotation:



“Blessed is he who preferreth his brother before himself.”

- Bahá'u'lláh

Vocabulary

BLESSED

1. There is a well and a bucket, but no way to use the bucket to get water. Riddhi, using her intelligence, finds a rope to tie to the bucket, lowers the bucket, and gets water. Riddhi's intelligence is a gift of God. God has **blessed** Riddhi with intelligence.
2. Nihit's family says prayers every morning in the living room of their home. The home of Nihit's family is **blessed**.

PREFERS

1. Mikhail and Leo likes to eat chocolate and vanilla ice cream, but when they have to choose, they choose vanilla. They **prefer** vanilla.
2. Ella and Maxwell can go out and play, or go help their father in the garden. They decide to help their father in the garden. Ella and Maxwell **prefer** to help their father.



“Blessed is he who preferreth his brother before himself.”

Lesson 6: Preferring Others

Last week we learned about the importance of thinking about others before ourselves. We learned the quotation:

“Blessed is he who preferreth his brother before himself.”

- Bahá'u'lláh



-How did you share joy and happiness with others this week?

-Can you share an example of how you preferred another before yourself?

Story: Simple Coats

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

‘Abdu’l-Bahá preferred inexpensive clothes for Himself. When He had extra clothes He always gave them away to others.

Abdu’l-Bahá was going to entertain the Governor of Akká. Before the day arrived, his wife went to the tailor and ordered a fine coat for Him.

When the day came, His wife laid out the new coat for Abdu’l-Bahá but He asked for His old coat. He could not accept the new coat that His wife had ordered for Him. He said there was no reason to spend so much money on a coat just for Him. He said with the money He could buy five simple ones like the one He normally wore. Then He would have a new coat and still have four coats to give to others.

Dear Children, Abdu’l-Bahá was always thinking of others. He was a selfless man indeed



Song: Prefer Your Brother

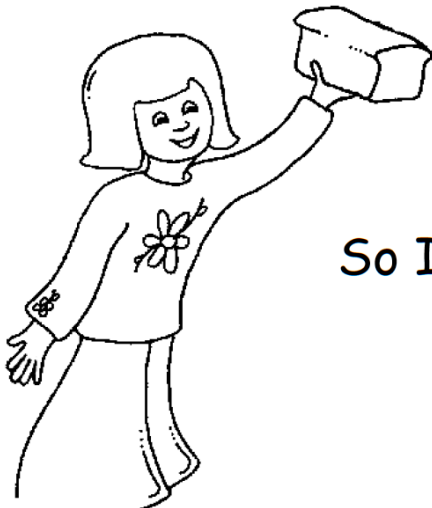
Prefer Your Brother

I am thirsty, I am thirsty,
But my brother, he comes first.
So I offer him the water
That will quench his thirst.



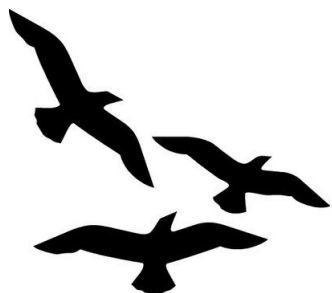
CHORUS

It is a blessing to prefer your brother.
This is a way to show you care.
It is a blessing to prefer you sister.
You are richer, the more you share.

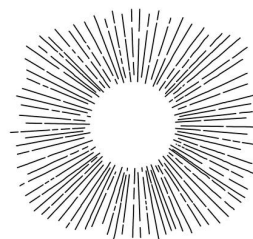


I am hungry, I am hungry,
And my sister, she is too.
So I give her some of my food,
That's what's best to do.

Lesson: Joy

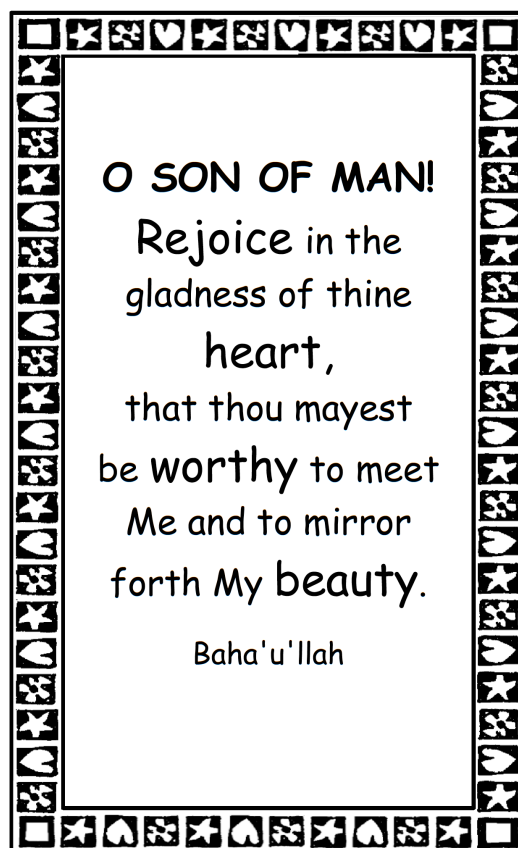


‘Abdu’l-Bahá tells us that happiness helps our spiritual progress, that joy gives us wings, that when joyful we are stronger, that when happy we are quicker to understand.



Joyfulness is a quality of the human heart. A heart full of joy attracts blessings from the Kingdom on high. We must be happy and joyful under all conditions. It was ‘Abdu’l-Bahá’s wish that all children should shine like brilliant lamps shedding the light of joy everywhere.

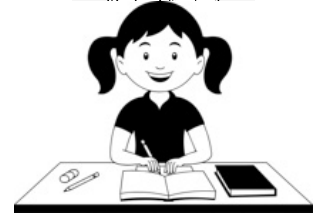
To help us remember that we should always be joyful, let us memorize the following quotation:



Vocabulary

REJOICE

1. Leo lived far from his grandparents. When he heard that he would be visiting them during the school holidays, he became very happy. His heart **rejoiced**.
2. Zayla had studied hard in school. Her heart **rejoiced** when she saw the results of her final examinations.



WORTHY

1. Riddhi studied very hard and received excellent grades. The teacher praised her for her hard work. Riddhi was **worthy** of her teacher's praise.



2. Maxwell always took good care of his sisters. His parents knew they could trust him with the children. Maxwell was **worthy** of his parents' trust.



“O Son of Man! Rejoice in the gladness of thine heart, that thou mayest be worthy to meet Me and to mirror forth My beauty.”

Lesson: Joy

Last week we learned about the importance of being joyful. When we are joyful, we are stronger and quicker to understand.



We learned the quotation:



**“O SON OF MAN!
Rejoice in the gladness of
thine heart, that thou
mayest be worthy to meet
Me and to mirror forth My
beauty.”
Bahá’u’lláh**

- Why should we be joyful?
- Can you give examples of how we can remain joyful even when circumstances become difficult?

Story

‘Abdu’l-Bahá was a wise man who dedicated his life to the service of others. Through his life, there are countless stories that teach us about many spiritual qualities.

Leroy Ioas and Abdu’l Baha



Leroy Ioas(1896 –1965)

Leroy Ioas was an outstanding Baha’i who was named a Hand of the Cause of God by the Guardian in 1951. He was a young boy in 1912 when the Master visited the city of Chicago. Can you imagine the excitement of this spiritual child at having the opportunity to be in the presence of ‘Abdu’l-Baha? One day, as he and his father were on their way to the hotel where the Master was staying, Leroy had an idea: He decided that he wanted to take ‘Abdu’l-Baha some flowers. With the little money he had, he managed to buy a beautiful bouquet of white carnations. But by the time they reached the hotel, he had changed his mind.

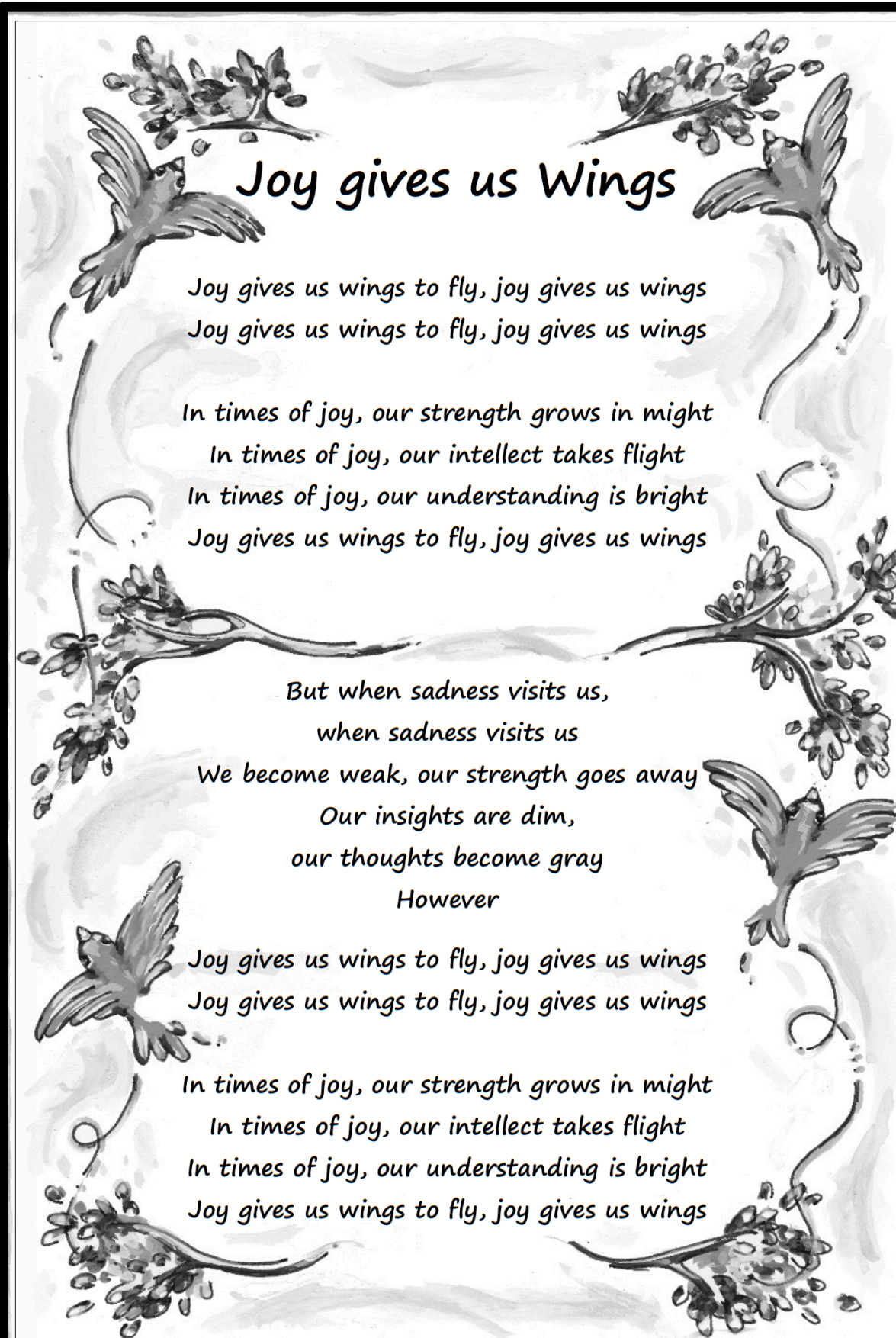
He decided that he did not want to give anything material to the Master, not even beautiful flowers. He would offer Him his heart. That was the most important thing he had to offer. So, Leroy’s father presented the flowers to ‘Abdu’l-Baha without mentioning who had brought them. Abdu’l-Baha then gave a talk to all the friends who had gathered at the hotel to meet Him. During His talk, Leroy sat quietly at His feet and listened to His wise and loving words. Afterwards, the Master stood up and shook hands with the guests, giving each one a white carnation as a token of His love. Leroy was now standing behind the Master.



“Oh! I wish He would turn around and give me one of those flowers,” thought the young boy. Maybe, secretly in his heart, he wanted the Master to know who had really brought Him the beautiful flowers. But, one by one, the white carnations were being given to other people, and it seemed unlikely that Leroy was going to get one. Then, suddenly, the Master turned around and fixed His gaze on Leroy. His face radiated love and His eyes were full of kindness. And did He hand him a white carnation? No. ‘Abdu’l-Baha gave Leroy something even more precious. He was wearing a beautiful red rose on His coat. He pulled it off and presented it to the young boy. Leroy’s heart leaped with joy. The Master did know who had brought Him the white carnations after all.



Song: Joy Gives Us Wings



Joy gives us Wings

*Joy gives us wings to fly, joy gives us wings
Joy gives us wings to fly, joy gives us wings*

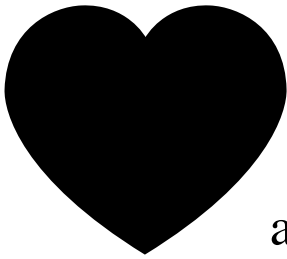
*In times of joy, our strength grows in might
In times of joy, our intellect takes flight
In times of joy, our understanding is bright
Joy gives us wings to fly, joy gives us wings*

*But when sadness visits us,
when sadness visits us
We become weak, our strength goes away
Our insights are dim,
our thoughts become gray
However*

*Joy gives us wings to fly, joy gives us wings
Joy gives us wings to fly, joy gives us wings*

*In times of joy, our strength grows in might
In times of joy, our intellect takes flight
In times of joy, our understanding is bright
Joy gives us wings to fly, joy gives us wings*

Lesson: Sincerity



When our words and deeds reflect what is in our hearts, we show forth the quality of sincerity. Sincerity inspires us to be truthful and faithful in our dealings with others.

For example, when we say that we are sorry for something that we have done, we also know in our hearts that we will make every effort to repeat our wrongdoings. It is through our sincerity that others can see the purity of our hearts and place trust in us. To help us remember the importance of this quality, we will memorize the following quotation from 'Abdu'l-Bahá:



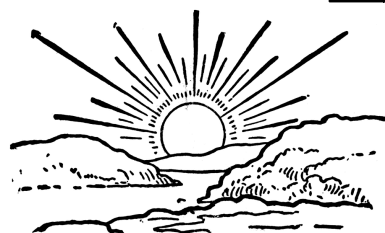
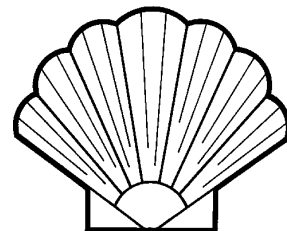
“ We should at all times manifest our truthfulness and sincerity...”



Vocabulary

MANIFEST

1. Zayla cleaned the mud off the seashell that he found at the beach and polished it until it was smooth and shiny. When he was finished, the shell's true beauty became **manifest**.
2. As the sun rose and the morning fog lifted, the splendor of the mountains became **manifest**.



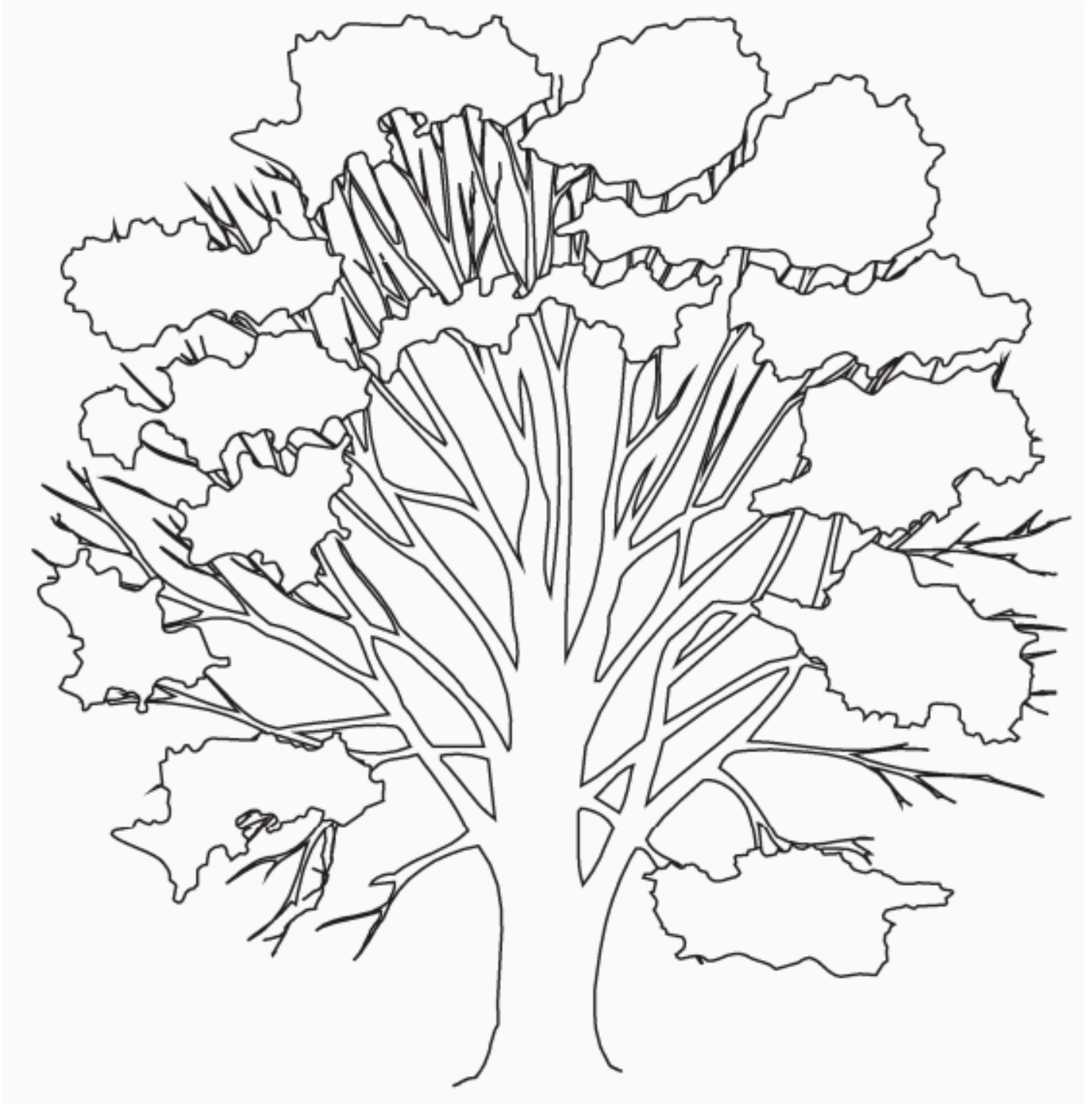
SINCERITY

1. Maxwell's classmates often play games instead of studying. Maxwell is worried that they will not do well in school, so he suggests that they all study together and tries to think of ways that they can help each other learn. Maxwell's concern for his classmates is sincere.



2. Riddhi promised her mother that she would do her homework every day. When her parents are away, Riddhi diligently works on her homework assignments. Riddhi was **sincere** in her promise.





“We should at all times manifest our truthfulness and sincerity . . .”

Lesson: Sincerity



Last week we learned about the importance of being sincere. We are sincere when our words and our deeds reflect what is in our hearts.

We learned the quotation:

**“ We should at all times
manifest our truthfulness
and sincerity...”**

- How can we show sincerity to others?
- Why is it important?

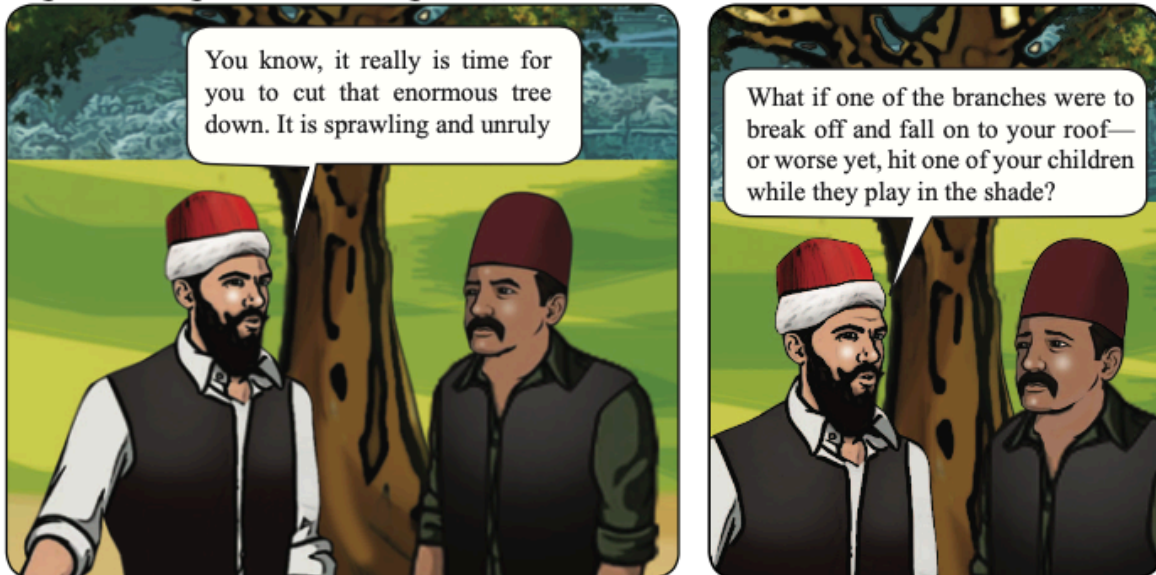


Story

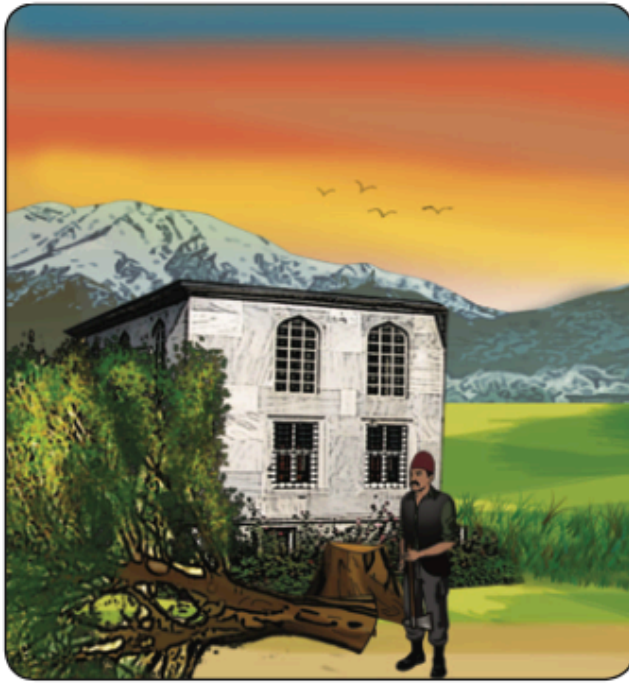
Appearances can, indeed, sometimes be deceiving



For many years a large tree stood behind a house that belonged to a husband and wife with several children. As the tree grew, its branches reached up and out, shading the back of the family's home. One winter morning, the father was passing under the tree when he met a neighbor. They spoke briefly of the comings and goings in the village. After a while, the neighbor, taking notice of the large tree, said to the man :



When the two had parted, the man considered his neighbor's advice. The tree had stood in this place since before he could remember, and no harm had come of it. It gave good shade in the summer and shielded the house from the bitter winds of winter. It seemed sturdy and strong. "Still, perhaps my neighbor has a point," the man said to himself. "Appearances can sometimes be deceiving. What if the tree is not as sturdy as it seems?" And so he decided to cut it down.



It was a difficult job, for the tree was very big, indeed, and had many limbs and branches, some of them quite high. Just as the man finished, his neighbor returned, this time accompanied by his two sons and a cart. "I see you decided to take down the tree," the neighbor said, looking at the many stacks of wood. "I suppose you'll need someone to take those piles away. Perhaps we can help you. I have brought my cart and my two sons, and we will be happy to remove all this from your yard." Without waiting for an answer, the sons began loading the wood into the waiting cart. As they pulled away, the man sat down on the stump of the tree that had sheltered his home for so long. It was then that he realized that his neighbor had not been concerned for his family's safety after all, but for the supply of firewood that would keep him warm through the winter months.



Appearances can, indeed, sometimes be deceiving



Song: Yes I believe you

You tell me about this new Age
How thrilling the world ought to be
You tell me that mankind is one family
And that there is a way to world peace

Chorus:

Yes I believe you, yes I believe you
Yes I believe you, I believe you
I believe you with all my heart

You talk of a new race of men
People who have all their trust in God
Men and women who are doing their best
To bring divine unity to all

Chorus:

Yes I believe you, yes I believe you
Yes I believe you, I believe you
I believe you with all my heart

You say that the Glory of God
Over a hundred years ago
Came to fulfill all God's promises to man
And usher in a new golden Age

Chorus:

Yes I believe you, yes I believe you
Yes I believe you, I believe you
I believe you with all my heart



Lesson: Humility



A very important spiritual quality is humility. When you are humble, you don't consider yourself more important than other people. You are happy to serve others and treat everyone as important.

Those who are humble before God realize the greatness of God and His creation. They give themselves up entirely to God's Will. When we are humble before God, our hearts are filled with joy.

When we are humble, we give what we have to give- just like the trees giving fruits, not to impress others but just for the sake of giving. Let us memorize the following quotation:



"O Son of Man! Humble thyself before Me, that I may graciously visit thee."

-The Bahai Sacred Writings

Vocabulary:

Humble:

1. Zaynab works diligently on her math assignments and always does well. She is **humble** and never boasts about her achievements.



2. The children in Yong Fu's neighbourhood are eager to learn, and he was asked to form a small class for them. Even though he has little experience and considers himself unworthy, he puts his trust in God and does his best. He approaches the task with **humility**.





“O Son of Man! Humble thyself before Me, that I may graciously visit thee.”

Lesson: Humility

Part of being humble is doing our best- sharing the fruit of hard work, in a way that does not attract too much attention to ourselves.

Last week, we learned the quotation:

“O Son of Man! Humble thyself before Me, that I may graciously visit thee.”



Let's say we have a good voice and can sing well. We don't think:

“Oh, I am such a great singer!”

What do we do?

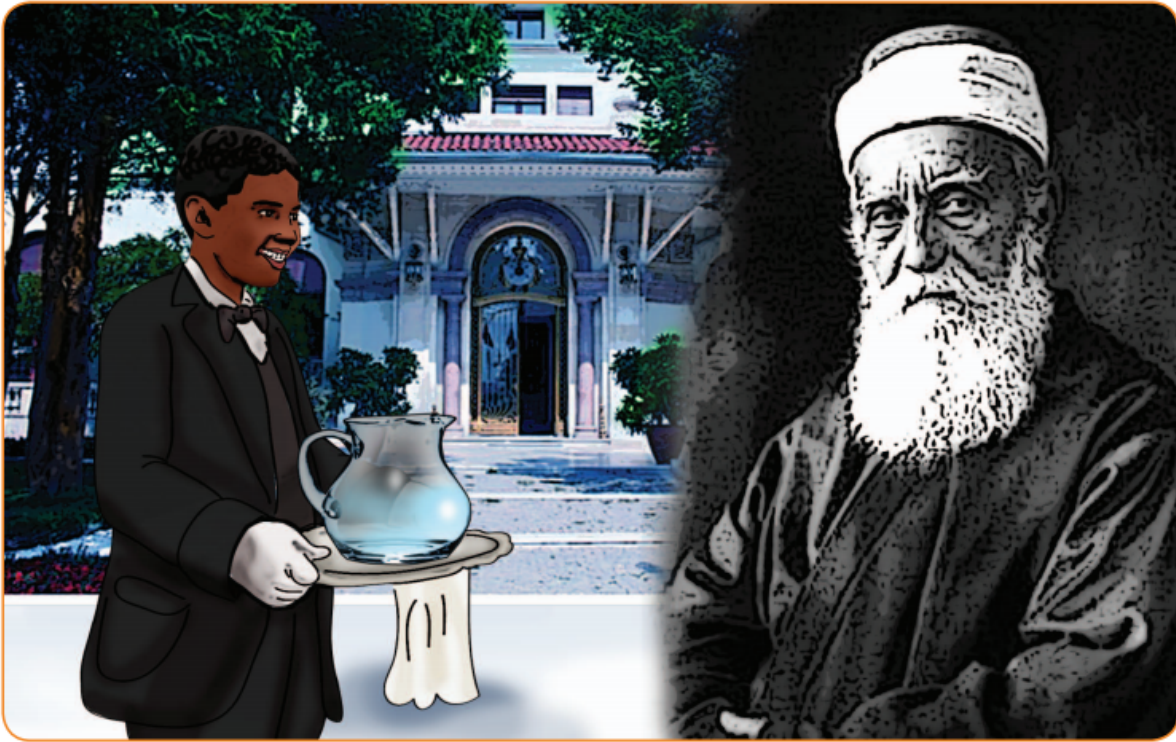
Instead of having an attitude, we show gratitude. Let's think:

“Thank you God for giving me such a beautiful voice.”

Can you think of more examples where we can be humble?

Story:

Abdu'l-Baha was a humble man



Abdu'l-Bahá was a humble man. Friends wanted to give him great titles but he only wanted to be called Abdu'l-Bahá which means 'Servant of the Glory'.

One day, some rich friends who respected Abdu'l-Bahá very much arranged for a specially dressed boy to carry a fancy bowl with crystal water and a perfumed towel for Abdu'l-Bahá to wash His hands before a meal.

Abdu'l-Bahá understood that they wanted to do it for Him. He quickly washed His hands with some water nearby and dried them with a piece of cloth (which a gardener had). With a radiant face, He turned to meet His guests and invited them to use the crystal water and perfumed towel to wash their hands.

Dear Children, Abdu'l-Baha was a very humble man.



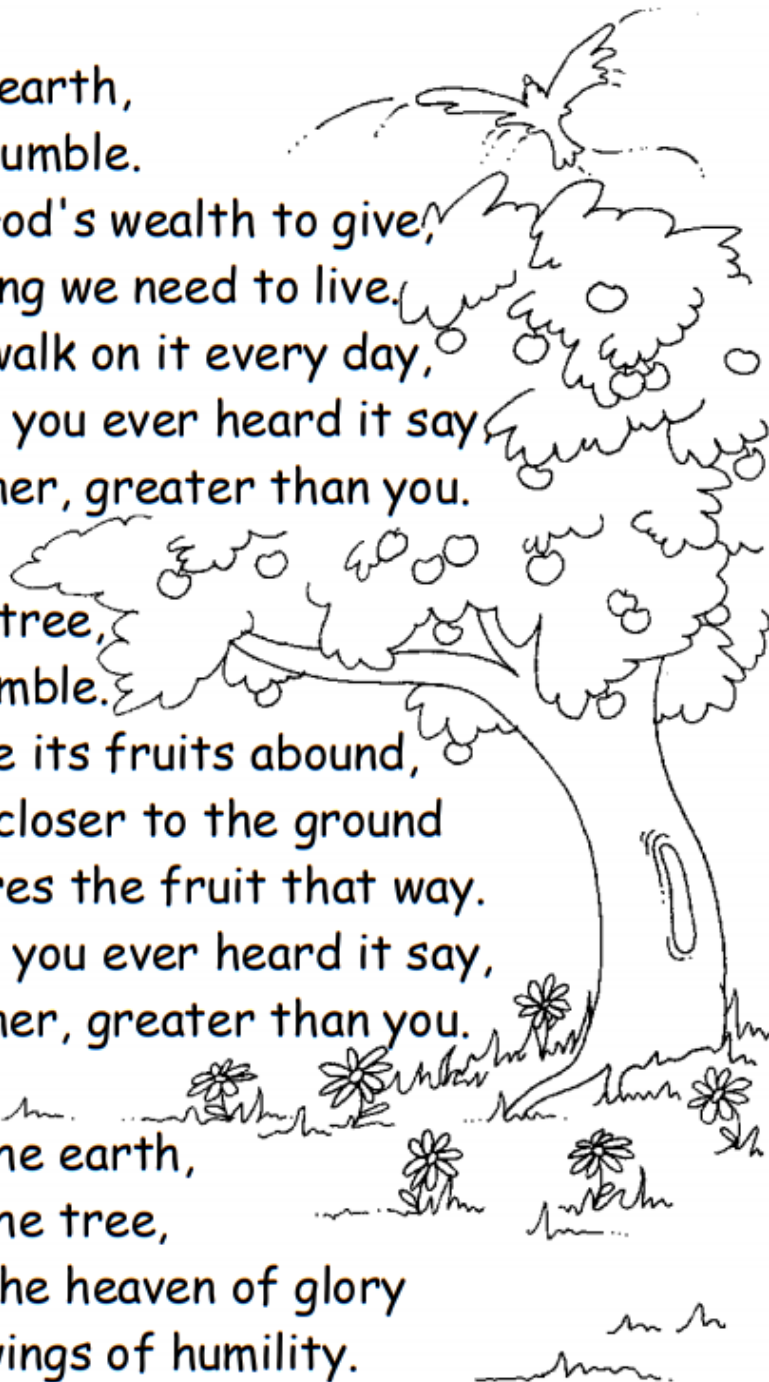
Song:

Be like the Earth

See the earth,
It's so humble.
Has all God's wealth to give,
Everything we need to live.
Let's us walk on it every day,
But have you ever heard it say
I am richer, greater than you.

See the tree,
it's so humble.
The more its fruits abound,
It bows closer to the ground
And shares the fruit that way.
But have you ever heard it say,
I am richer, greater than you.

Be like the earth,
Be like the tree,
Rise to the heaven of glory
On the wings of humility.



Lesson: Thankfulness

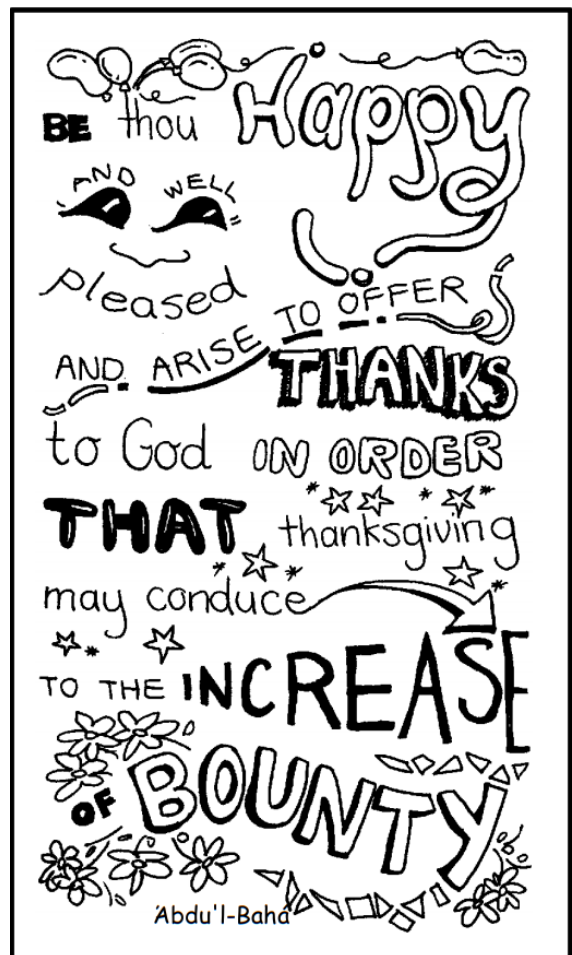
When we receive even the smallest of gifts, we thank the person who gave it to us.



‘Abdu’l-Bahá tells us that we should be thankful to God for having showered His bounties upon us and for having caused our hearts to overflowing with His love. We must be thankful to God at all times, even in times of difficulty. Giving thanks to God enables us to receive more and more of His infinite bounties.

Let us memorize the following quotation:

“Be thou happy and well pleased and arise to offer thanks to God in order that thanksgiving may conduce to the increase of bounty.”



Vocabulary

Conduce:

1. Nadia is always clean. She knows that cleanliness is important for spiritual growth. Cleanliness **conduces** to spirituality.



2. Seff's family talks regularly about important family matters. Because they consult together, they live in harmony. Consultation **conduces** to harmony.





“Be thou happy and well pleased and arise to offer thanks to God, in order that thanksgiving may conduce to the increase of bounty.”

Lesson: Thankfulness



As we learned last week, we know that we should be thankful for God's bounties at all times.

We learned the quotation:



“Be thou happy and well pleased and arise to offer thanks to God, in order that thanksgiving may conduce to the increase of bounty.”

What does it mean to be thankful?

What are some things you are thankful for?

Story:

Maya the thankful girl



There was once a girl called Maya, who lived in a place that was very cold in the winter. Maya had used the same coat every winter for many years, and it was worn out and too small. Everyone could see that Maya needed a new coat before the winter came again, but her family did not have enough money to buy one.



A farmer who lived down the road from Maya's home told her she could have some wool from his sheep to make a new coat. He said she would have to wait until the spring when the wool would be thick and ready to shear. Maya wanted to show her thankfulness, so, as she waited for the spring, she helped the farmer by happily tending the sheep for a while each day. She fed them hay and fruits, patted them and even sang to them!



In the spring, the farmer sheared the wool and gave it to Maya. He showed her how to make it smooth and ready for spinning. Maya thanked him and began to walk home. An old woman who lived next door saw Maya with the wool and offered to spin it into thread for her. Maya was very grateful and wanted to find a way to thank the old woman. She could see many vegetables growing in the old woman's garden, so all through the summer, she picked the vegetables and washed them and made them ready for the old woman to cook.



When the thread was ready, Maya picked some red berries and dyed it all red. Then she visited the weaver and explained that she needed help to make the thread into cloth. The kind weaver was happy to make the cloth. To show her thankfulness, while the weaver was busy making a lovely red cloth from the thread, each afternoon Maya cleaned and tidied the weaver's workshop.





When the cloth was ready, Maya visited the tailor, and explained that winter was coming and she needed a new coat. She showed him the cloth, and he said he would make it into a coat for her. Maya wanted to thank him, so every day while he worked she swept the autumn leaves from the path to his shop. The tailor measured, cut, pinned and sewed until the coat was done. Maya was very pleased. She thanked the tailor and put on the coat – it was perfect!



When Maya arrived home, her family was as pleased as she was with her new coat. They decided to invite all the people who had helped to make it to share a simple meal with them. So the farmer, the old woman, the weaver and the tailor all came to Maya's home. They were all happy to know that Maya had the new coat she needed for the winter.

But Maya's 'thank yous' were still not finished. The next morning, Maya put on her coat and went to visit the sheep.



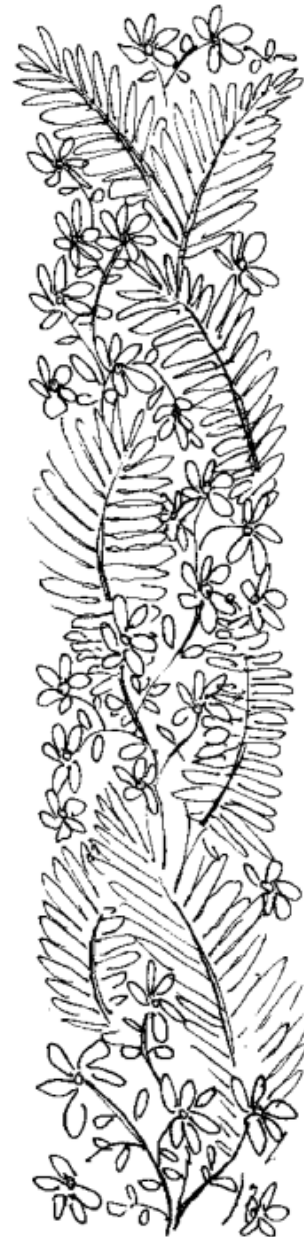
Song:

I Thank and Praise Thee Lord

I thank and praise Thee Lord
For the crown of mercy
Set upon my head
It will forever glow
The more gratitude I show
I thank an praise Thee Lord

I thank and praise Thee Lord
For the love and knowledge
Implanted in my heart
They will grow and grow
The more gratitude I show
I thank and praise Thee Lord

I thank and praise Thee Lord
For the light of truth
That illumines my eyes
I will see Thy bounties flow
The more gratitude I show
I thank and praise Thee lord
I thank and praise Thee lord



Lesson: Forgiveness

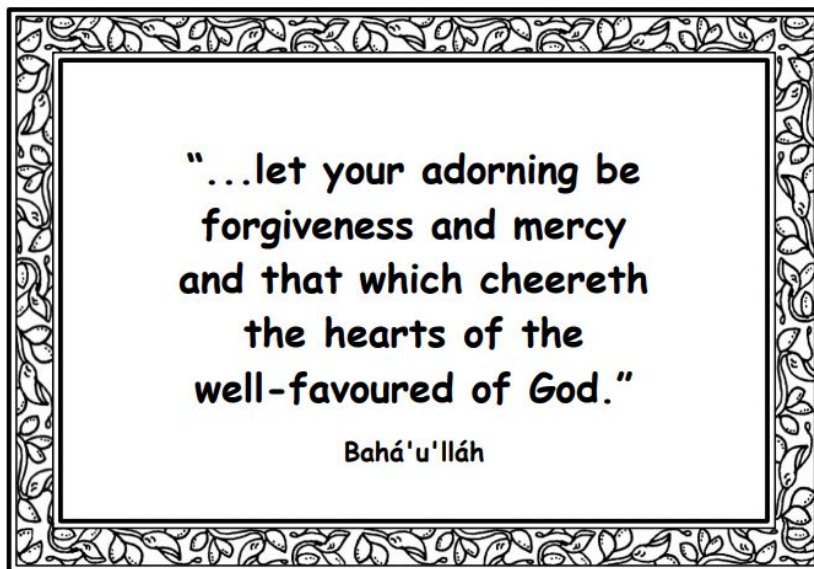


Forgiveness is one of the attributes of God. ‘Abdu’l-Baha always told the friends to be forgiving with one another. We should see with eyes of forgiveness and not look at one another’s faults.

If we follow ‘Abdu’l-Baha’s example, we will show forgiveness not only to our friends when they make mistakes but also to those who are unkind to us.



To help our efforts to be forgiving, let us memorize the following questions:



Vocabulary

Cheer:

1. Ursula was not feeling well. Her friend Elise brought her flowers and sat with her for a long time, telling stories and talking. Elise's visit made Ursula feel much better. Ursula was **cheered** by her visit.



2. Mrs. Sanchez received a long letter from her husband who had gone away to a nearby town for work. The letter brought the good news that he would soon be coming home. The news greatly **cheered** her.



Favoured

1. The teacher loved all of her students and paid special attention to each one. She **favoured** them all.



2. James liked all of the subjects at school but he did the best in science. Science was the subject he **favoured** most.



**“... let your adorning be forgiveness and mercy and that which cheereth the hearts
of the well-favored of God.”**

Lesson: Forgiveness

Last week we learned about one of God's attributes, Forgiveness. 'Abdu'l-Baha always told everyone to see with the eyes of forgiveness and to not point out others' mistakes.

We learned the quotation:

“...let your adorning be forgiveness and mercy and that which cheereth the hearts of the well-favoured of God.”



Questions:

1. What does forgiveness do to our hearts?
2. Should we forgive only our friends or everyone?
3. Can you think of examples where we should forgive?

Abdul Baha and the unjust governor of Akka

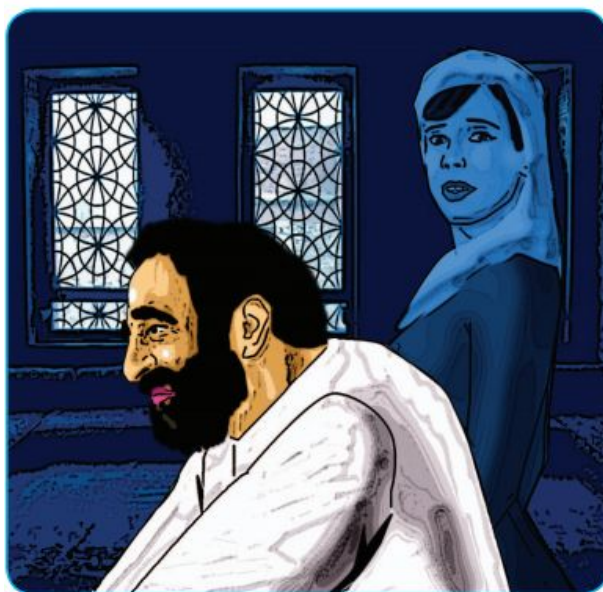


During the days the Master lived in 'Akka, there was a governor who, time and time again, tried to harm the Baha'is. On one occasion he came up with a plan to destroy their means of livelihood: he ordered his guards to close down the shops of all the Baha'is and to bring him the keys. But 'Abdu'l-Baha learned of the governor's plan and advised the friends not to open their shops the next day. He told them to wait and see what God would ordain.

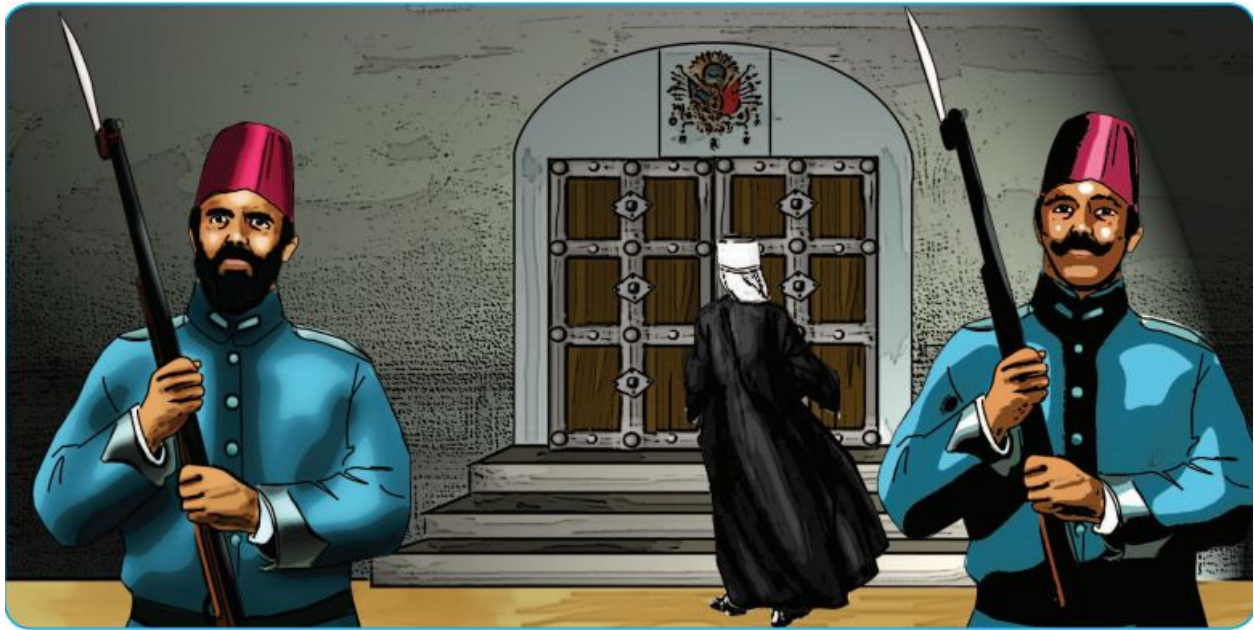




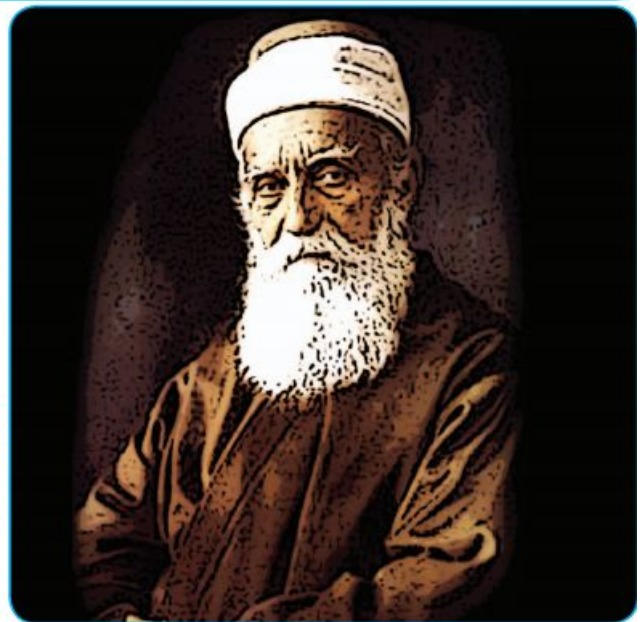
Imagine the governor's surprise when he heard that his guards could not bring him the keys because the shops had not been opened. But before he could think of what to do next, something unexpected happened.



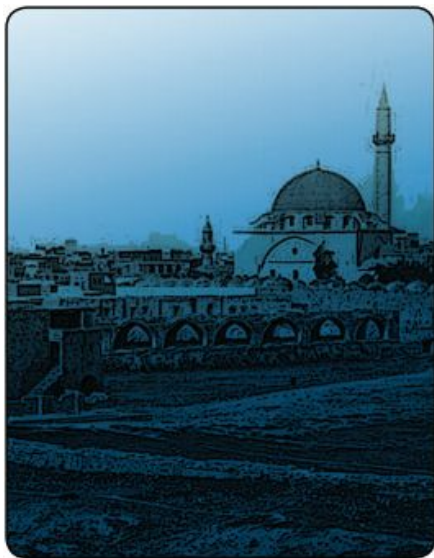
A telegram arrived from his superiors dismissing him from his post as governor of the city. And so the shops of the Baha'is were saved. The ex-governor was ordered to leave 'Akk. and go to another city called Damascus. He did not know what to do. He had to leave quickly and alone. What would happen to his family? Who would help someone who had lost the favor of the government?



The Master heard the news and went to see him. He showered the unhappy man with great kindness, as if he had never been an enemy of the Faith. Not once did He mention his past wrongdoings. Instead, He offered to help him in whatever way possible.



The ex-governor was worried about leaving his wife and children behind. ‘Abdu’l-Baha assured him that He would take care of the matter. Later He arranged for a comfortable trip, provided someone reliable to accompany the wife and children, paid for all the expenses, and sent the family on its way to Damascus.



When the ex-governor was reunited with his family, he rejoiced. With a heart filled with gratitude, he turned to the man who had traveled with his family and asked him about the cost of the journey. The man explained that it had been paid by ‘Abdu’l-Baha. Then the ex-governor offered him a present for his kindness and diligence during the journey. But he would not accept the present; he said that he was merely obeying ‘Abdu’l-Baha and did not wish to receive anything for his services. The ex-governor then asked the man to stay the night as a guest in his home. He said, however, that he was eager to follow the instructions of the Master, Who had told him to return to ‘Akka without delay.

The ex-governor asked the man to wait at least long enough for him to write a letter to ‘Abdu’l-Baha. This he accepted and upon his return to ‘Akka delivered the letter to the Master. The letter read: “O ‘Abdu’l-Baha, I pray you pardon me. I did not understand. I did not know you. I have wrought you great evil. You have rewarded me with great good.”



Song

Looking For Good

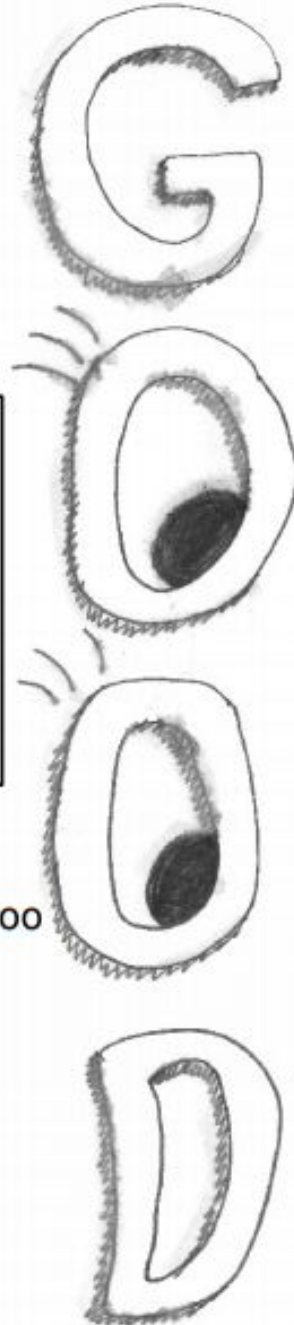
I've got excellence as my goal
But I've got a long, long way to go
And I know it helps me on my way
When I see the good in every day
So if I see something you do wrong
I won't sing about it in this song
I won't talk about it with my friends
I won't even think about it again

CHORUS:

I'll look at the good in you
I'll look at the good in you
I know that you'd want me to
'Cause that's what I'd want you to do
And God looks for the good in me
He looks for the good in me

And when I put a cover
On those little faults of others
I hope God will put a cover on my faults too
Ábdu'l-Bahá was very wise
He saw your heart inside your eyes
And when He noticed something wrong
He'd find some way to make you strong
So if I find some fault in you
I know just what I have to do
I won't go tell anybody else
No, I won't even tell myself

CHORUS



Lesson: Honesty

All of us know of beautiful things that God has created to adorn our lives and bring joy to our hearts. Yet, more than material things, it is spiritual qualities that make human beings beautiful.



One of the most beautiful qualities which can adorn our lives is honesty. When we beautify ourselves with honesty, we do not take things that belong to others without their permission, and we never deceive (try to fool) anyone.

To help us remember the quality of honesty, let us memorize the following quotation:

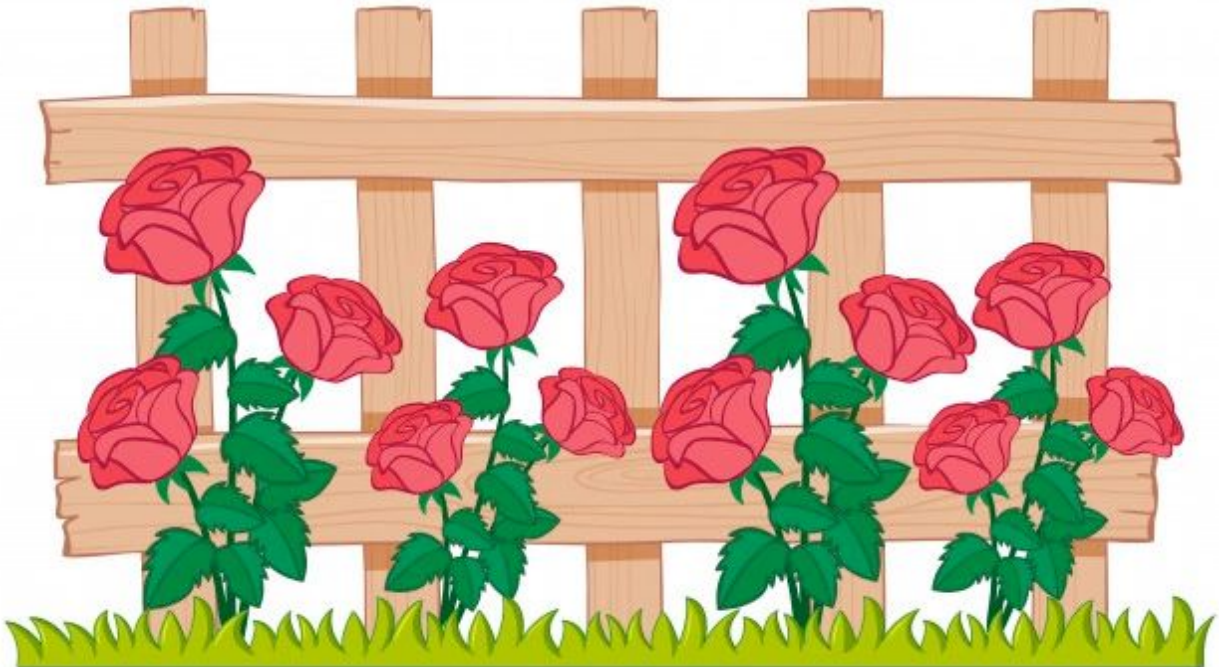


Beautify your
tongues, O people, with
truthfulness, and
adorn your souls with the
ornament of **honesty**.
Bahá' u'lláh

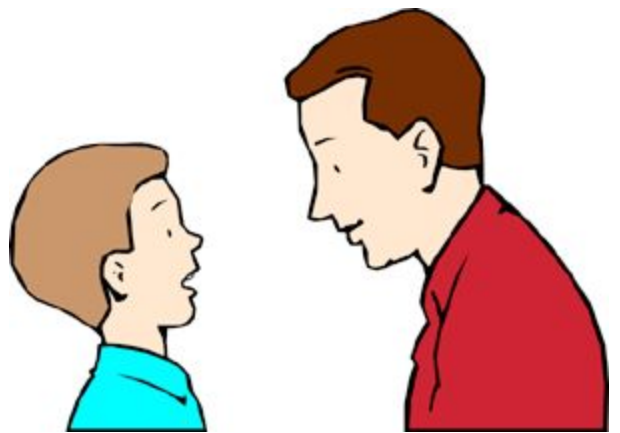
Vocabulary

Beautify:

1. Malit planted beautiful roses in the garden. The roses **beautify** the garden.



2. Sunil used to tell lies, but now he only tells the truth. Sunil **beautified** his tongue with truthfulness.





**"Beautify your tongues, O people, with truthfulness,
and adorn your souls with the ornament of honesty."**

Lesson: Honesty

We remember from the last lesson that God created all the beautiful things that adorn our lives and bring joy to our hearts. One of those being honesty.



We also learned this quote:



“Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty.”

Questions:

1. Why should we be honest?
2. Should we be honest even if we get in trouble?

Story:



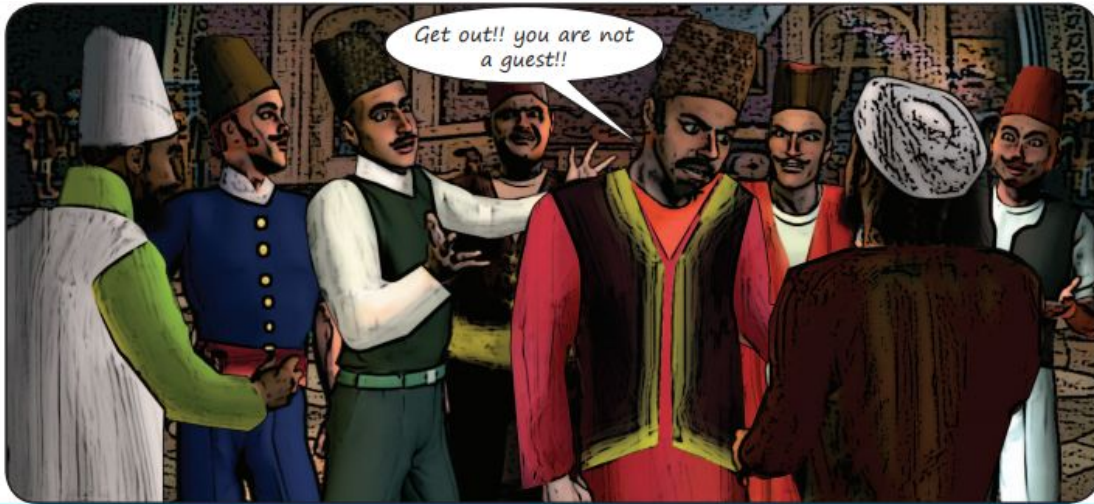
Bahram the trusted man



Mullá Bahram was very sad one day because his cousin's small child had died. The child was given a Bahá'í burial. This made some people angry and they put his cousin in jail. These people did this because they did not understand and did not agree with the Bahá'í Teachings..



Mullá Bahram tried to save his cousin. He went to seek the help of a high government official.

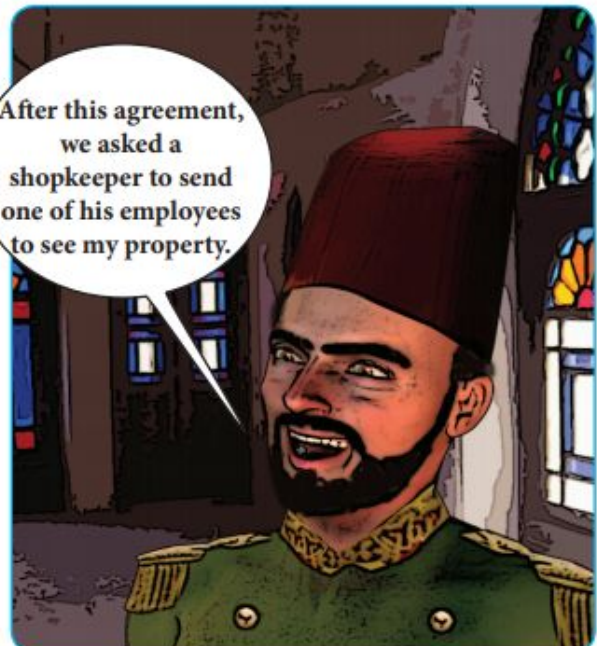
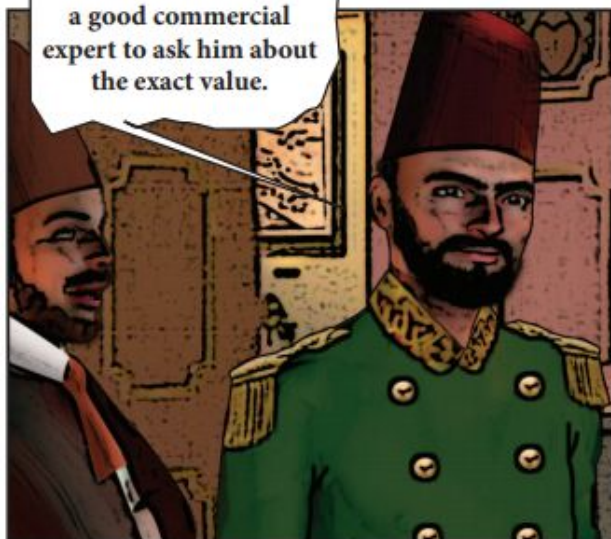
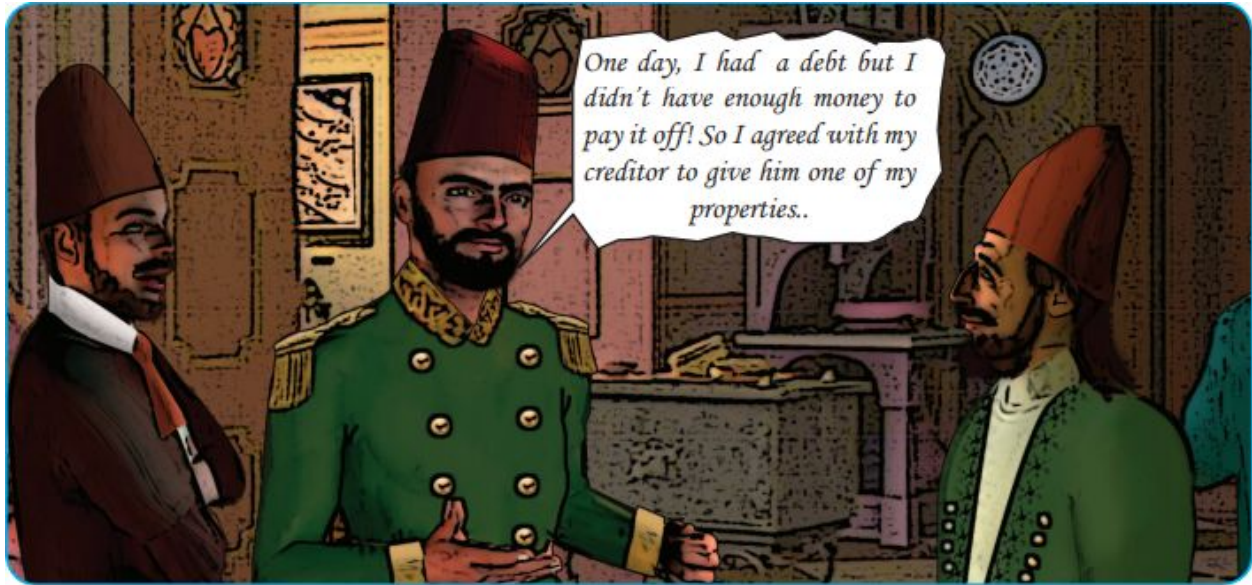


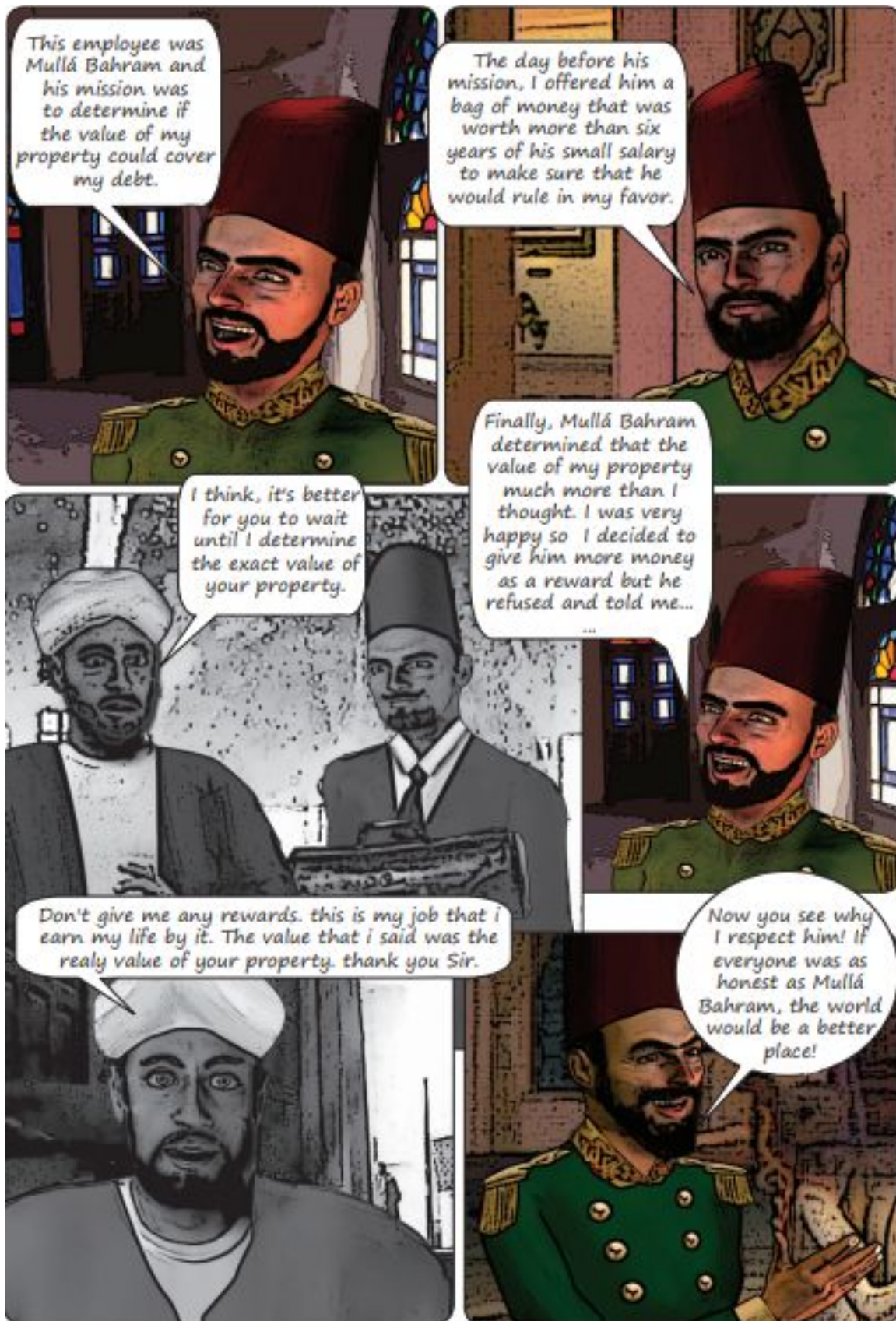
When Bahram got to the house of the official, he found many guests of high society. Many guests didn't like the modest look of Bahram, so one of them wanted to have him thrown out of the house. But, the owner of the house saw Bahram and invited him with respect. After that, the official took Bahram to his office and asked him about his problem. Bahram told him about the story of his innocent cousin.



Many guests were surprised by this situation and asked about the secret of the friendship between the high official and a poor modest man.

The official explained how he knew Mullá Bahram was an honest man.



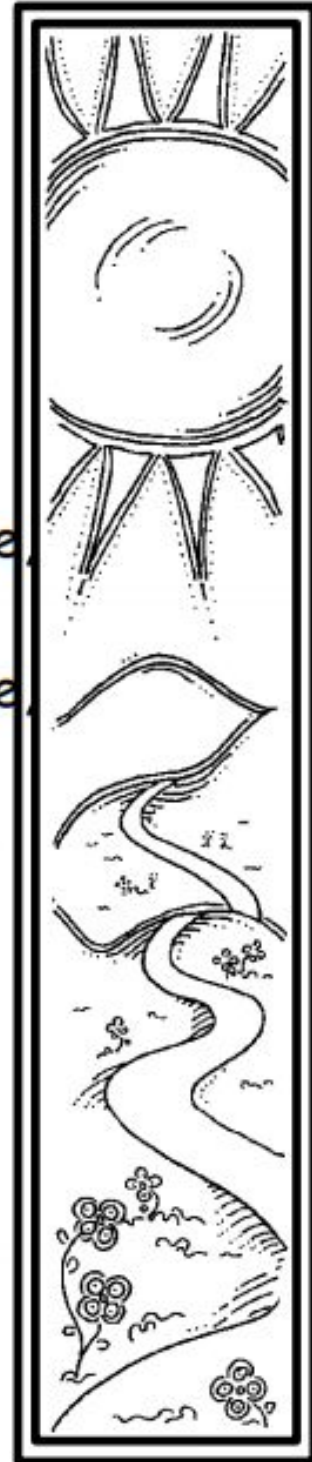


Song:

Truthfulness

Truthfulness is brighter
than the light of the sun.
Truthfulness is brighter
than the light of the sun.
With truthfulness, O people,
beautify your tongues.
With truthfulness, O people,
beautify your tongues.

Honesty adorns the
soul of everyone.
Honesty adorns the
soul of everyone.
Honesty is brighter
than the light of the sun.
Honesty is brighter
than the light of the sun.



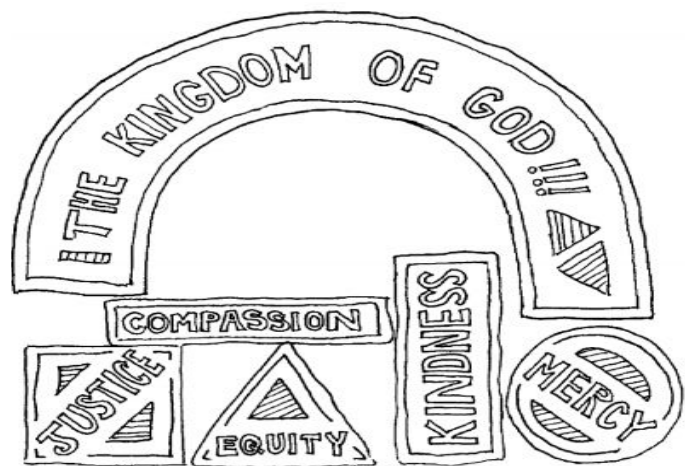
Lesson: Compassion



God is the Most Compassionate, the All-Merciful. In times of difficulty, we turn our hearts to Him and ask Him to comfort and strengthen us. So, too, must we show compassion to others.

When someone we know has a problem or is sad, we should do our best to be understanding and to help him or her. We must be compassionate and kind with everyone, under all conditions, like the tree that gives fruit to one and all, even to those who throw stones at it. Bahá'u'lláh showed forth compassion at all times, to all people, though His life was filled with suffering.

To help us in our efforts to be compassionate, let us memorize His words:



"The Kingdom of God
is founded upon
equity and justice,
and also upon
mercy, compassion,
and **kindness**
to every **living soul."**
Ábdu'l-Bahá

Vocabulary:

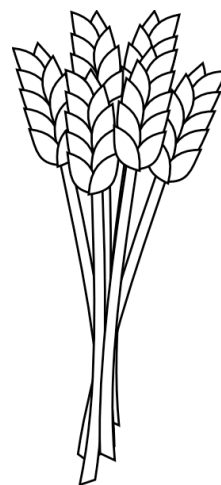
Founded

1. The doctor was concerned about the health of children in the villages, and so he opened a clinic to care for them. The clinic was **founded** out of his love for children.
2. Jenna and Mercedes have been friends for a very long time. They always study together and share with each other useful things they have learned. Their friendship is **founded** on kindness and love.



Equity

1. All of the people in the kingdom worked hard for its prosperity. When all of the crops were gathered, the king divided them among his subjects, according to the size of their families. The king treated his subjects with **equity**.
2. The town council had to build a road to the next village. It decided to wind the road around the farmland. In this way many were able to benefit from the new road but the farmers did not suffer. The council showed a sense of **equity** in its decision.



Compassion

1. Li Yong noticed that his friend May was unhappy, so he went to find out whether he could help her in any way. May explained to him that her mother was ill in the hospital. Li Yong listened and comforted May, offering to go with her to the hospital the next day. Li Yong showed **compassion** to May.
2. One day Shiori was walking in the countryside and saw a little lamb whose leg was caught in a fence. Shiori gently removed the leg and put a bandage on it. Shiori showed **compassion** to the lamb.





“The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul.”

Lesson: Compassion

We remember from the last lesson that God is the Most Compassionate, the All-Merciful, and just like how he shows kindness and compassion to us, we must show it to others as well.



Remember the quote:



“The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul.”

Questions:

1. Should we be compassionate even if the person was mean to us?
2. Does being compassionate make us stronger?

Story

A heart has been hurt



When 'Abdu'l-Baha traveled to the West, in every city He visited, many people came to see Him and listen to His encouraging words. Day and night He met with people of all kinds—the young and the old, the wealthy and the poor, officials and ordinary citizens.

Some came out of their great love for the Master, and others came because they were curious about what He had to say. One day a woman arrived at the home where the Master was staying and knocked on the door.

Be Fair



CHORUS:

Be fair, be fair
And strive to provide for the comfort of all
Be fair, be fair
And strive to provide for the comfort of all

When we are fair in our dealings with others
We gain the trust of our sisters and brothers
When things are divided equitably
Justice will shine for the world to see

CHORUS



When you give true comfort and aid
You'll follow the path that the Master laid
When wise and just in what you say and do
You'll bring joy to hearts around you

CHORUS



Lesson: Detachment

God has created every good thing in this world for us to enjoy—good health, delicious foods, love and friendship, the beauty of nature, and the power of the mind, which enables us to make discoveries and create inventions to improve the way we live. We should make use of all the bounties that God has given us and be thankful to Him for the joy of living.



But we should be careful not to become attached to this world. Our souls must be free at all times; like free and strong birds, they should soar in the heaven of holiness. How sad if a bird remains on the ground, unable to take flight because it is attached to the things around it. Let us memorize the quotation below.



“Know that thy true adornment
consisteth in the love of God
and in thy detachment
from all save Him...”

Baha'u'lláh

Vocabulary:

Consists

1. Joey has two sausages and some potatoes for his meal. His meal **consists** of sausages and potatoes.
2. An egg **consists** of three parts: the shell, the white, and the yolk.



**“Know that thy true adornment consisteth in the love of
God and in thy detachment from all save Him...”**

—Bahá'u'lláh

Lesson: Detachment

Remember that God created many things in this world for us to enjoy such as good health, delicious foods, love and friendship, the beauty of nature, and the power of the mind. However, we should not become too needy and attached to this world as it brings us down.



Just like birds, we want our soul to be free and strong, and in order to do that, we need to be detached from all earthly things.

Remember the quote:

Questions:

1. Why should we be detached from material things?
2. What can help us stay detached?



“Know that thy true adornment
consisteth in the love of God
and in thy detachment
from all save Him...”

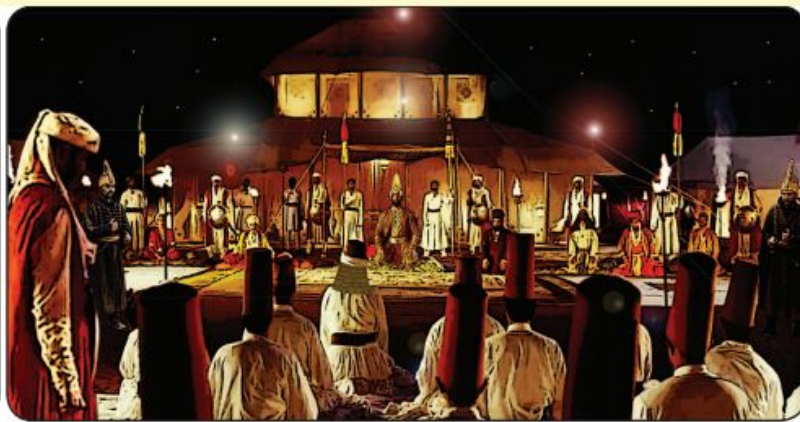
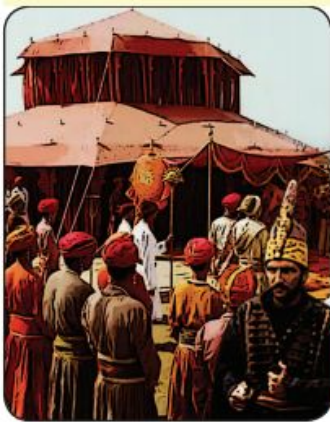
Baha'u'llah

Story

Story of Ayaz and king Mahmud



One day King Mahmud decided to go on a royal tour of his kingdom. Preparations began immediately and within a few days the magnificent procession was ready to leave. Ministers, ambassadors, and a great many people of prominence, all wearing their finest clothes, set out with the King, together with his guards and attendants. The King's faithful servant Ayaz rode by his side, at the very front of the procession



Each evening the splendid party made camp and the wonderful imperial tent was set up for the King. This tent was the most beautiful tent that anyone had ever seen. Woven from silk of the highest quality, it was decorated with hundreds of jewels and precious stones, which sparkled so brightly in the lamp-light that the light of the moon and stars paled in comparison. Each night the King and his companions feasted and sang. Each morning when the tent was taken down, the jewels were collected and put in a box in the King's carriage. And so the royal procession went on its way, the King looking contentedly over his peaceful and prosperous kingdom, his companions happily riding and talking during the day, and feasting and singing at night.



One afternoon the King and his entourage were passing through some especially beautiful countryside. So beautiful was it that the King was overcome with a feeling of generosity. He took the jewels from the box and scattered them on the roadside for his companions. As he continued on his way, they all scrambled in great confusion, forgetful of their duties, trying to gather up the precious stones—all that is, except Ayaz.

Look at Ayaz He is so proud and arrogant. He cannot even be bothered to pick up any of the jewels that the King has tossed on the roadside



How is it, Ayaz that you do not join the others to gather up my jewels? Are they not precious? Do you not value the things that were mine?



Oh, My King I have always valued the very least thing that is yours. But to be near you and gaze on your face is more than sufficient for me. Why should I leave your side to scramble for that which you have thrown away?



And the loyal and steadfast Ayaz rode on by the side of his grateful master, ever vigilant in serving his beloved King.



Song

That is how Baha'i's should be

I love the Master,
The Master loves me.
He shows me how Baha'is should be,
Trusting in God faithfully,
That is how Baha'is should be.



I love the Master,
The Master loves me.
He shows me how Bahá'is should be,
Praying for guidance constantly,
That is how Bahá'is should be.



I love the Master,
The Master loves me.
He shows me how Bahá'is should be,
God's will, not my will, my prayer will be,
That is how Bahá'is should be.

Lesson: Contentment



‘Abdu’l-Bahá was content with the Will of God under all conditions. He used to tell the friends that it is easy to be content when everything is going well, when one is

healthy and living in comfort. What is more difficult is to feel happy and content in times of trouble, in times of illness and hardship.

In spite of all the suffering that filled His life, ‘Abdu’l-Bahá never became disheartened. Through the most grave and difficult times, He remained content and thankful to God. He was always cheerful and optimistic. Let us memorize the following quotation so that we will often be reminded of the value of contentment with the Will of God:



“The source of all glory is acceptance of whatsoever the Lord hath bestowed, and contentment with that which God hath ordained.”

Vocabulary:

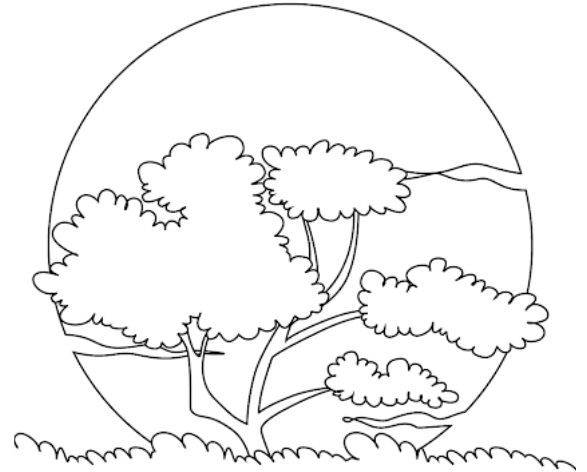
Glory:

1. After studying science at school, Poh Leng joined a group of scientists. They made many important discoveries. Her work brought **glory** to her family's name.
2. Swee loved to look at nature—at the mountains, the trees, and the sea. Whenever she saw the beauty of the world, she thought about the majesty and greatness of God, the Creator of all things. Looking at nature made Swee think of the **glory** of God.



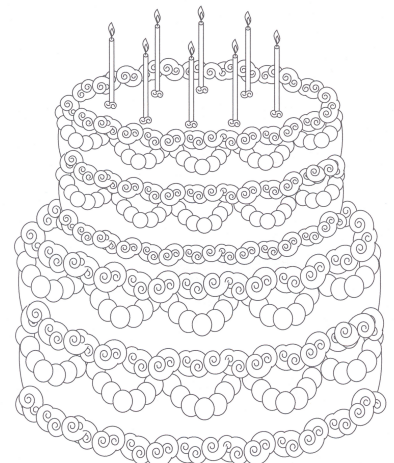
Bestowed:

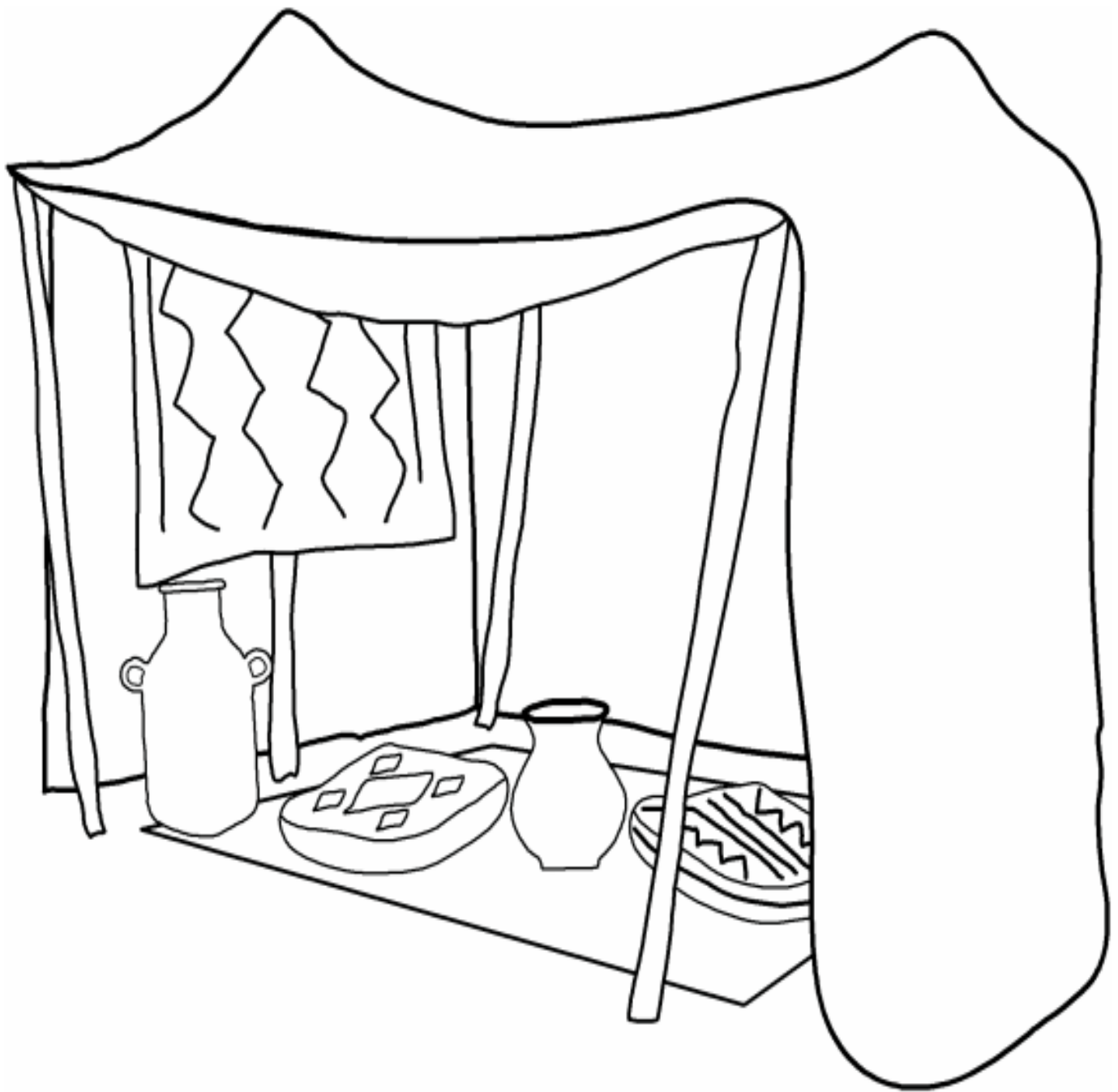
1. Paulo thanks God every day for his loving family, his good health, and for all the good things God has given him. Paulo is grateful for the many gifts that God has **bestowed** on him.
2. Without the sun, the earth would be dark and cold, and nothing could live on it. The sun **bestows** light and warmth on the world.



Ordained:

1. The King gave an order that all the people of his country should not work on his birthday. The King's birthday was **ordained** a holiday.
2. For many months there was no rain in the region, and the people were ordered by the village council to limit their use of water. The restrictions were **ordained** by the council in order to save water.

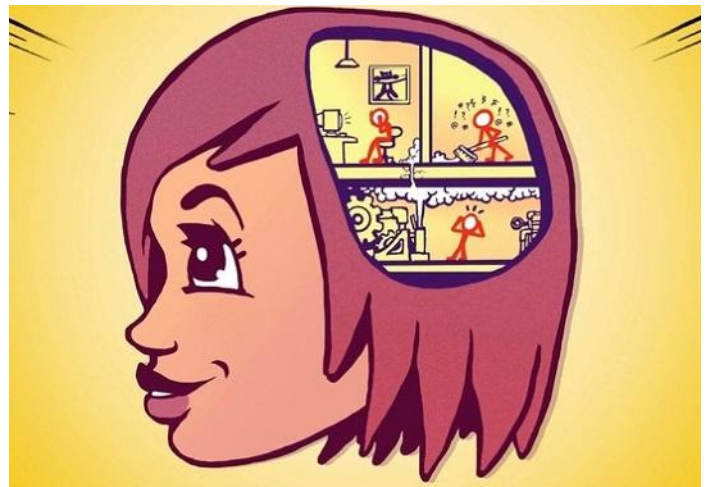




**“The source of all glory is acceptance of whatsoever the Lord hath bestowed,
and contentment with that which God hath ordained.”**

Lesson: Contentment

Remember from the last lesson, we learned about how Abdu'l-Baha was always content even in the worst conditions. We know it's easy to be happy when things are going well, but when we face difficulty, it's harder to be content. Just like Abdu'l-Baha, we should be happy and content at all times.



Remember the quote:

Questions:

1. What are some things we do that make us happy?
2. What can we do to keep us content when we are going through a hard time?

*“The source of all glory
is acceptance of whatsoever
the Lord hath bestowed,
and contentment with that
which God hath ordained.”*

Baha'u'lláh



Story

This could be a blessing and This could be a misfortune



Once upon a time in a far away country, there lived a farmer with his wife and son. They all worked together, taking care of their land and animals. Their farm was near the border with another country, which, unfortunately, was constantly at war with theirs.



One day the family's mare did not return to the stable, and it was soon discovered that it had strayed into enemy territory. Some of the villagers came to the farmer, gave him the bad news and tried to console him. But the farmer did not seem to mind what had happened to his mare. He simply told them,





Several months later, the mare returned, not alone but with a fine steed of the breed for which the neighboring country was famous. On hearing the news, the villagers came to see the farmer and congratulate him for becoming the owner of such a wonderful horse. But the farmer was not excited; he observed



The farmer's son wanted to ride the new steed, and so he did. But the animal turned out to be wild and threw the young man violently to the ground. His hipbone was broken and for a long time he was unable to walk. Visitors came again to console the family for this tragic accident. But the farmer, as usual, remained calm and repeated the remark, "This could be a blessing



A few months went by. The enemy tribes invaded the country and the government recruited all the young able-bodied men into the army



By the end of the war, many of the young men in the village had been killed. The young man of our story, because of his broken hip, was not taken into the army, so he survived.



A misfortune had turned into a blessing, then into a misfortune, and finally into a blessing again.

Song

Bestow Upon Me My Portion

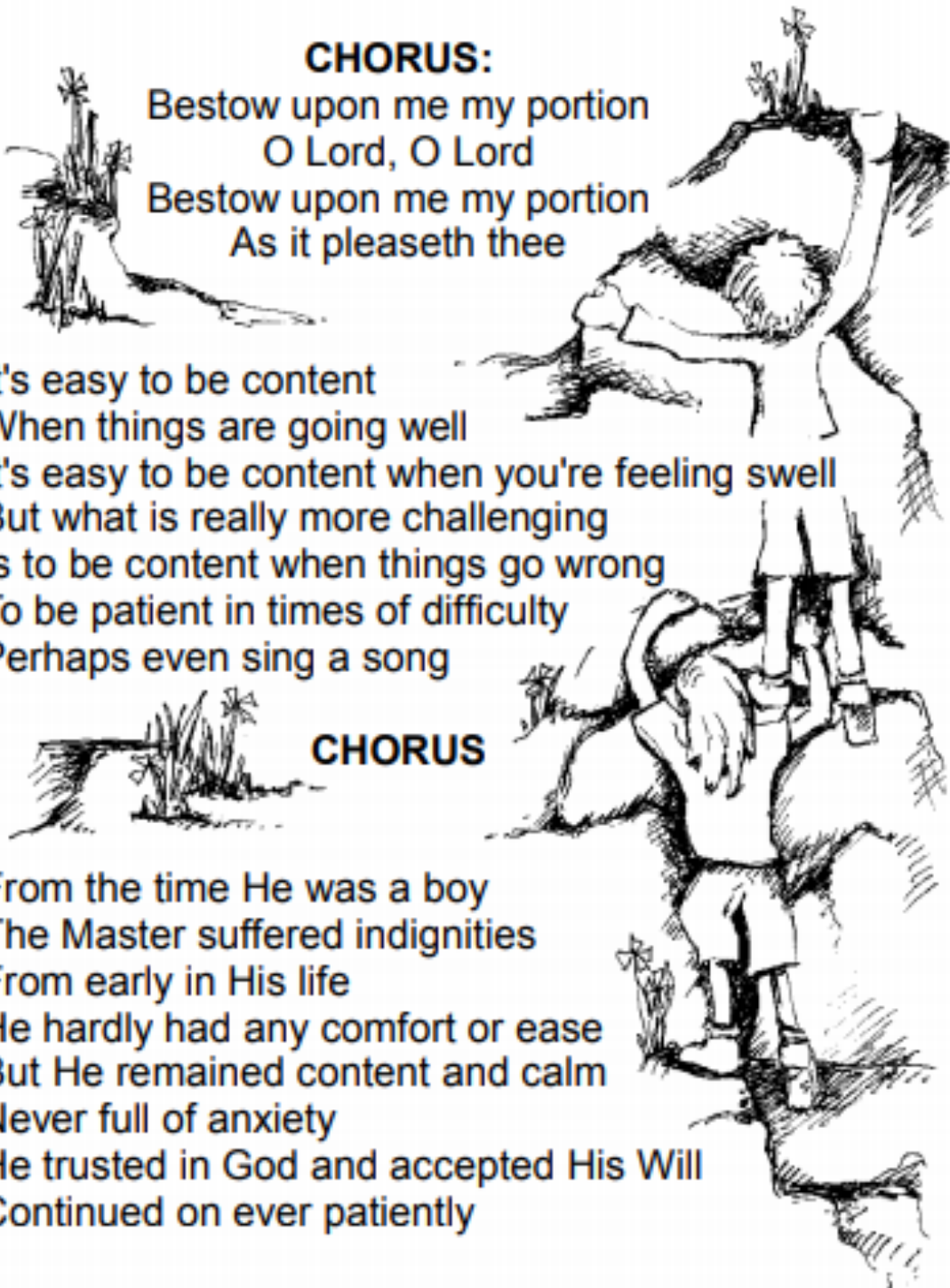
CHORUS:

Bestow upon me my portion
O Lord, O Lord
Bestow upon me my portion
As it pleaseth thee

It's easy to be content
When things are going well
It's easy to be content when you're feeling swell
But what is really more challenging
Is to be content when things go wrong
To be patient in times of difficulty
Perhaps even sing a song

CHORUS

From the time He was a boy
The Master suffered indignities
From early in His life
He hardly had any comfort or ease
But He remained content and calm
Never full of anxiety
He trusted in God and accepted His Will
Continued on ever patiently



Lesson: Kindliness

God created all of humanity to live together as one family. If we are to do this, we cannot let differences come between us. Instead, we should mingle with people of every religion, race, nation and class with love and kindness in our hearts. To help us remember this, let us memorize the following quotation of Bahá'u'lláh:

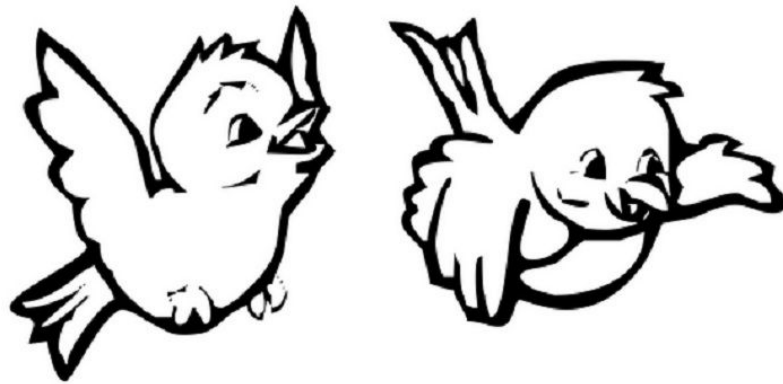


**"Blessed is he who minglenth with all men in a spirit
of utmost kindliness and love.." Bahá'u'lláh**

Vocabulary:

Mingle

1. Egrets and cowbirds are two kinds of birds that live in the meadows. They are often seen together. These two kinds of birds **mingle**.



2. At the devotional meeting, people of different races were so **intermingled** that you could tell they all felt as members of one family.





**“Blessed is he who mingleth with with all men
in a spirit of utmost kindliness and love.”**

Lesson: Kindliness

Remember from the last lesson, we learned that God created humanity to live as one big family. So we should always try to be friends with everyone no matter their religion, race, nation, or class. We should treat everyone with kindness and love.



Remember the quote:



"Blessed is he who mingleth with all men in a spirit of utmost kindness and love.." Bahá'u'lláh

Questions:

1. If someone does not agree with our opinion, should we stop being friends with them?
2. What are some acts of kindness we can do with our friends?

Story

Guests in 'Akka

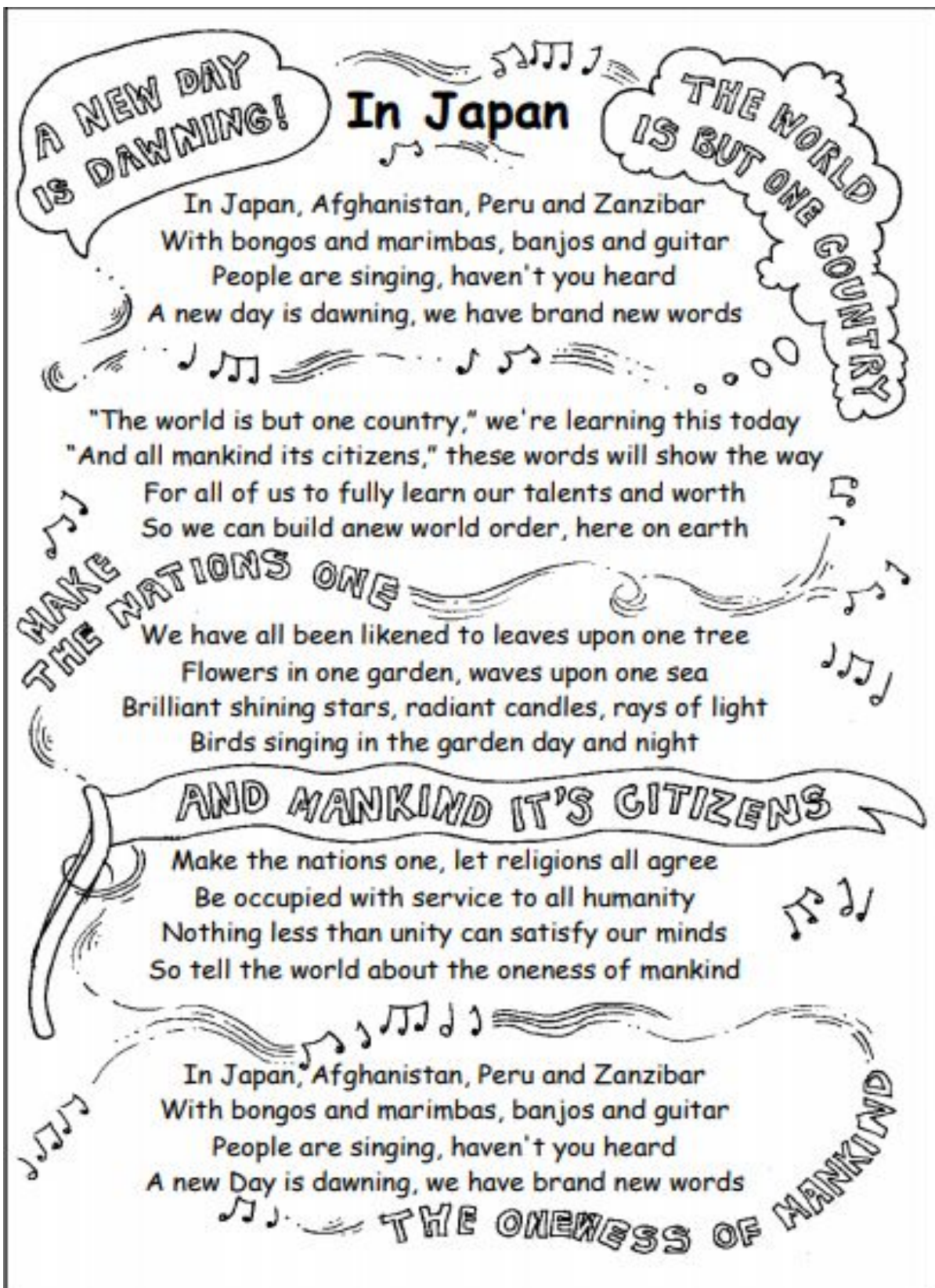


You know from some of our earlier stories that, when 'Abdu'l-Baha first arrived in 'Akka, many of the people treated Him badly. They were cruel to the Baha'is and did not want to speak to them. Soon, however, they came to see that the Baha'is were loving and kind, and slowly most of the townspeople began to show them kindness in return. But there were a few who clung to their anger and hatred.

Now, one day, a man who still carried much hatred in his heart towards 'Abdu'l-Baha heard others praising His greatness and goodness. The man became outraged. He would show them, he said with anger, that this Person they all revered was not so wonderful after all. And off he went, his heart burning with anger. He knew that 'Abdu'l-Baha could be found praying in the mosque at that hour, and he rushed there, ready to lay violent hands upon the beloved Master. But 'Abdu'l-Baha looked at the man with serenity and dignity. Lovingly, He reminded him of the teachings of God that we are to be generous to all guests, even those that are different from us. At this, the man realized that 'Abdu'l-Baha and the Baha'is were, indeed, like guests in 'Akka, his home. And, like a generous host, he should welcome them with love and treat them with kindness.



Song

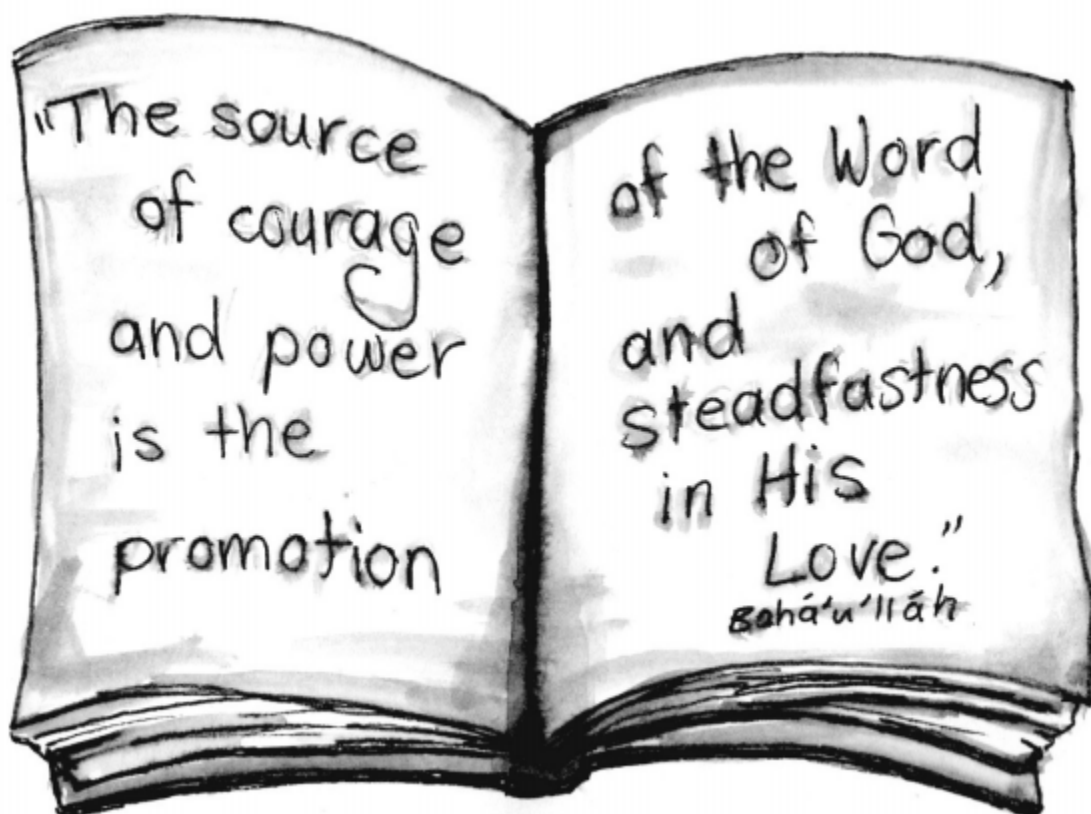


Lesson: Courage

To have courage means to stand for what is right, to defend those who need our help, even if this will put us in danger. It takes courage to go to unknown places, to face new situations, to do things that others before us have never done.



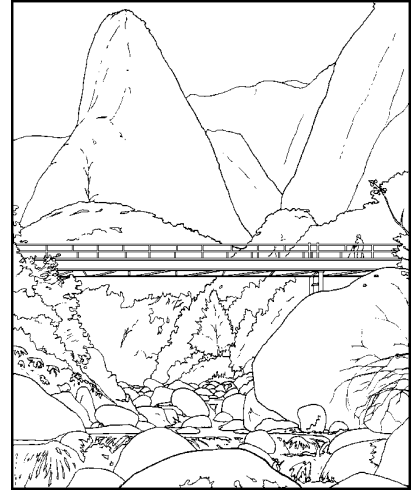
We draw courage from our love of God and our desire to please Him above all others. To help us remember that we should face every situation in life with courage, let us memorize the following quotation:



Vocabulary:

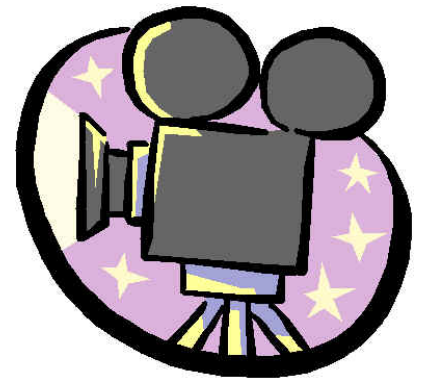
Source

1. Kyongmi lives in a village in a valley. The water of the village comes from the melted snow on top of nearby mountains. The **source** of the village water is the snow on the Mountains.
2. Mrs. Putters has three loving and well-behaved children. Her children are a **source** of joy and happiness to her.



Promotion

1. Two of Shoa's friends started an argument and became angry with each other. Shoa helped each to see the other's point of view and make peace. Shoa always **promotes** peace and understanding among his friends.
2. As Haley was going to school, she heard an announcement on the radio about a new film that was being shown in the city. The owners of the movie theater were **promoting** the film on the radio.



Steadfastness

1. Promilla knew that she wanted to be a doctor. She always studied hard in school and volunteered at the hospital in her free time. She showed **steadfastness** in her decision to become a doctor.
2. Zvondai went to a very remote village to help start a school. Although he missed his family and faced many difficulties, he showed **steadfastness** and stayed in the village for many years, training teachers and working with children.





**"The source of courage and power is the promotion of the
Word of God, and steadfastness in His Love."**

Lesson: Courage



Remember from the last lesson, we talked about how we all need the courage to stand up for what is right in every situation. We receive this courage from our love of God and use it to face new, scary, and unknown situations.

We also learn this quotation:

“The source of courage and power is the promotion of the Word of God, and steadfastness in His Love.”

Questions:

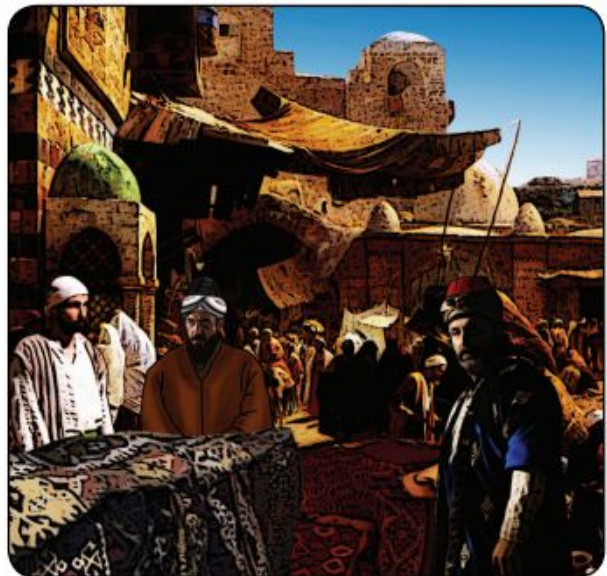
1. Does having courage mean we have no fears at all?
2. When we show courage, should we do it carelessly and without thinking?
3. Is it easy to show courage? What can we do to make it easier to show courage? (Hint - look back at the quote!)

Story

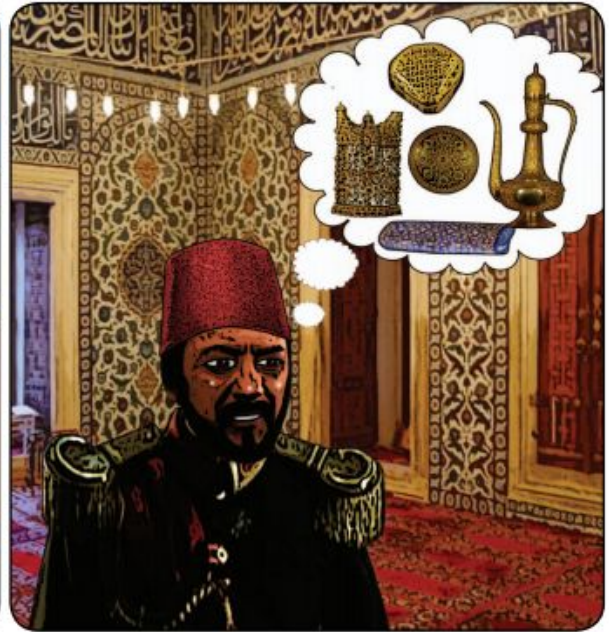
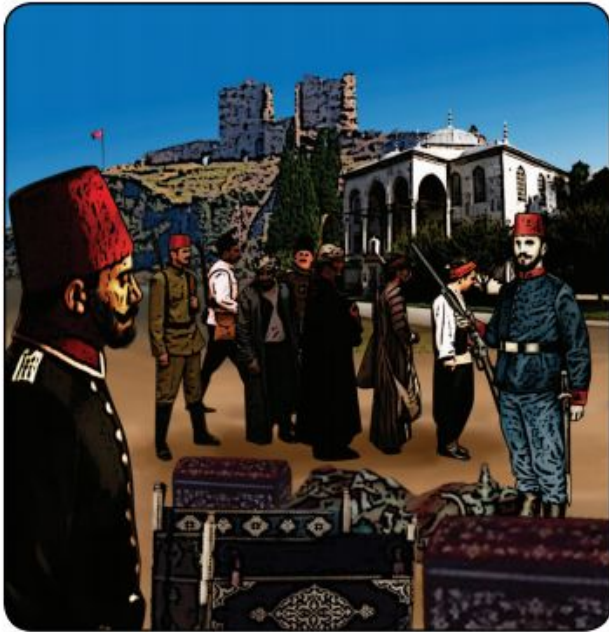
I shall tell the truth



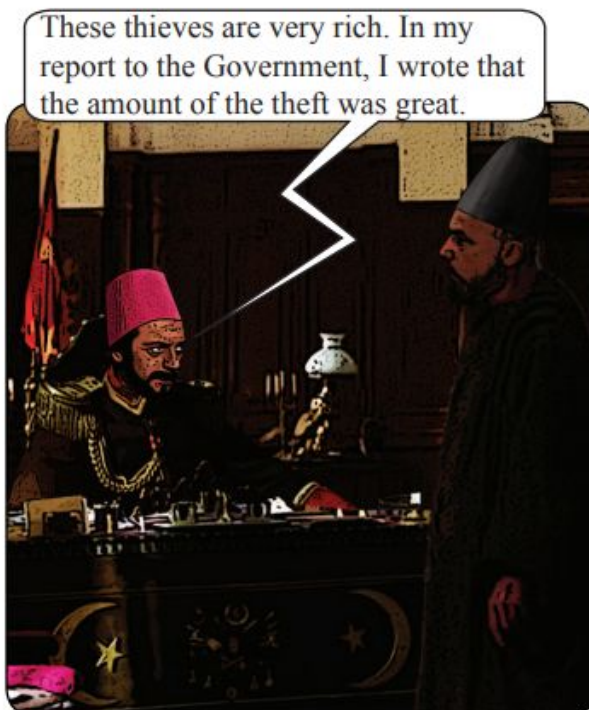
'Ali-'Askar was a merchant in Persia. When he became a Bahai', he experienced much hardship at the hands of those who opposed the Faith. Within a short span of time, he had lost all he had. Even so, 'Ali-'Askar was not dispirited. Seeing that he would not be able to make a living in his homeland, he decided to move to Adrianople, a city in a neighboring country .



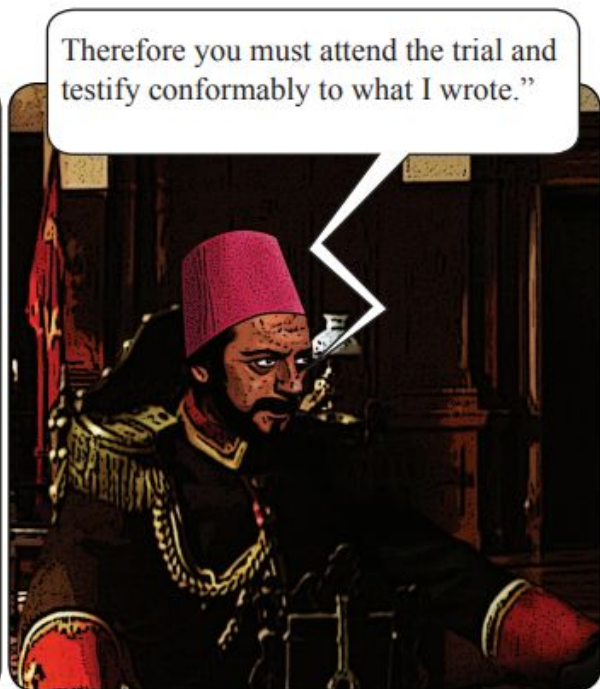
In Adrianople, though he still had little, he managed to acquire a small amount of merchandise. Before he was able to sell a single item, however, he was attacked by thieves who took everything he had in his possession, leaving him with nothing once again. Not long after, the thieves were arrested, and the great fortune they had acquired was seized.



One of the local authorities, dazzled by the riches, came up with an idea to keep the fortune for himself. He called 'Ali-'Askar to his office and explained.



These thieves are very rich. In my report to the Government, I wrote that the amount of the theft was great.



Therefore you must attend the trial and testify conformably to what I wrote."

This way, the official thought, all of the money would be returned to 'Ali-'Askar, and the two would split it between themselves. Ali-'Askar knew that he could never go along with such a plan



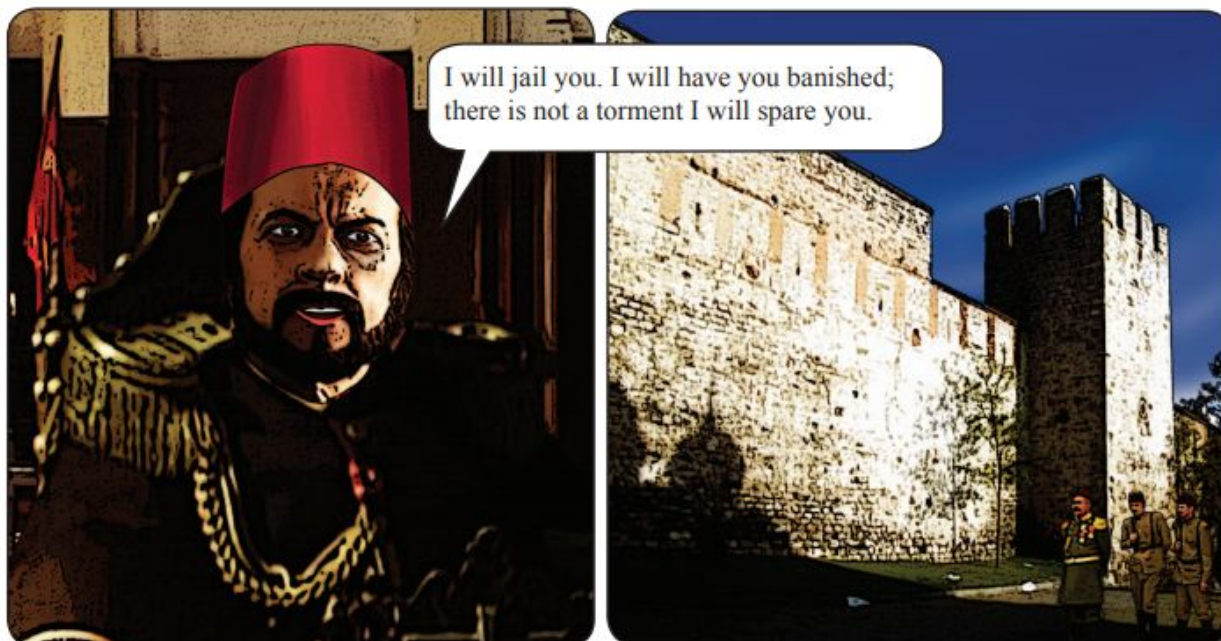
The official tried again to convince 'Ali-'Askar.



But 'Ali-'Askar again refused, saying



Now the official became angry. If 'Ali-'Askar did not go along with his scheme, all his planning would come to naught and he would lose the great fortune now within his grasp. And so he began to threaten 'Ali-'Askar, hoping he could frighten him into cooperating.

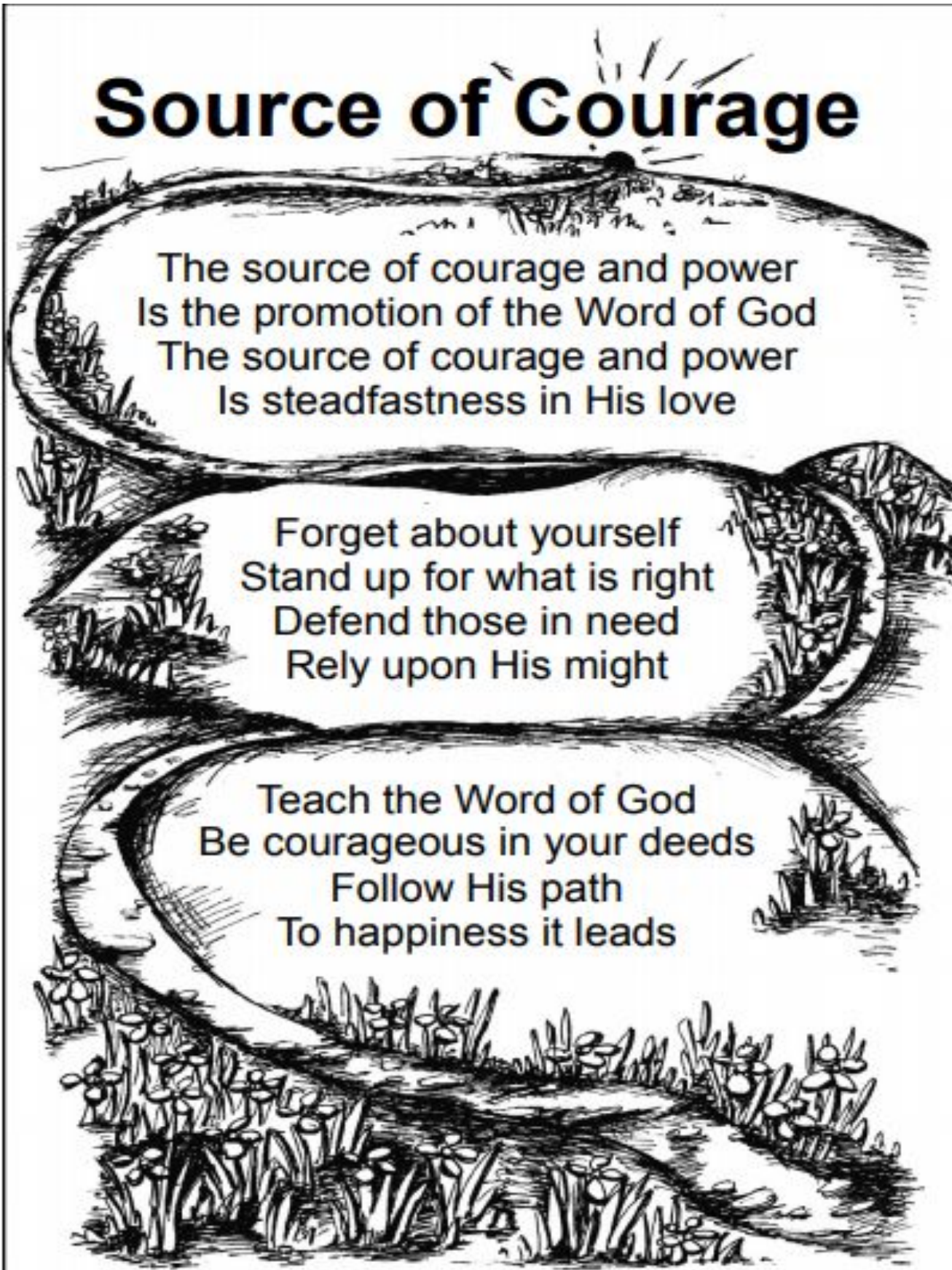


Then he told 'Ali-'Askar that, if he did not agree, he would send him back to Persia. 'Ali-'Askar only smiled:



Song

Source of Courage



The source of courage and power
Is the promotion of the Word of God
The source of courage and power
Is steadfastness in His love

Forget about yourself
Stand up for what is right
Defend those in need
Rely upon His might

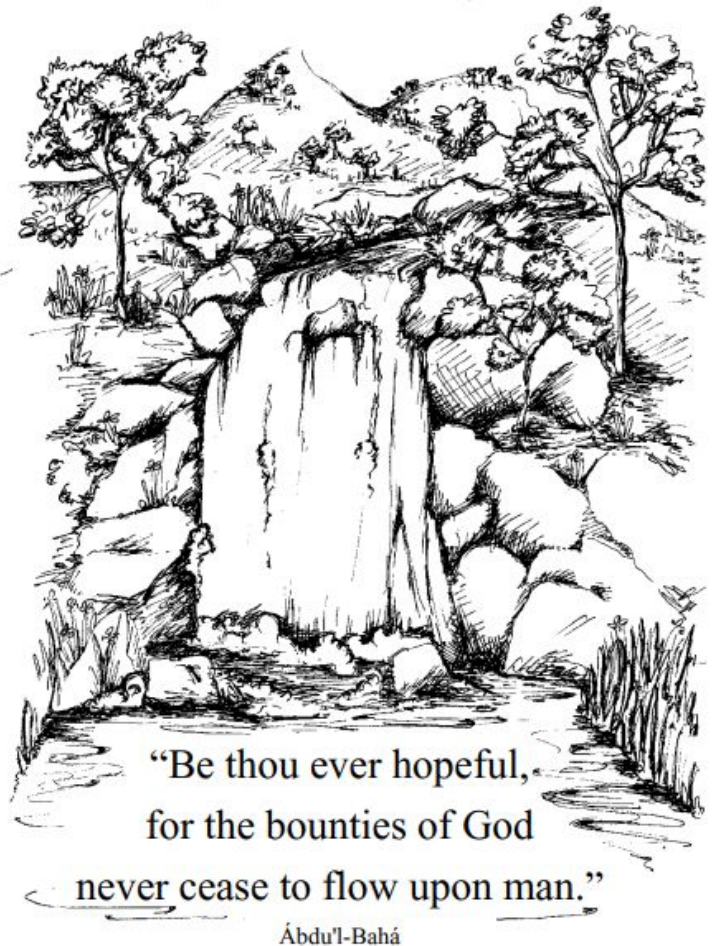
Teach the Word of God
Be courageous in your deeds
Follow His path
To happiness it leads

Lesson: Hopefulness



God's love is always with us. He will never leave us alone and promises to help us throughout our lives. Though we do not know what will happen from one day to the next, we remember that the gifts and bounties of God are all around.

And so we are hopeful when we look to the future, confident that we will receive a share of His infinite blessings. With hearts full of hope, we constantly anticipate the outpouring of God's bounties upon us. To help us remember the importance of the quality of hopefulness, let us memorize these words of 'Abdu'l-Bahá:



"Be thou ever hopeful,
for the bounties of God
never cease to flow upon man."

Abdu'l-Bahá

Vocabulary:

Hopeful

1. Ming planted a seed in a sunny spot and watered it each day. She looked forward to seeing it grow. Ming was **hopeful** the seed would one day become a strong plant.
2. Matt's good friend Antonio moved to another town. Matt missed his friend, but he was **hopeful** that they would see each other again soon.



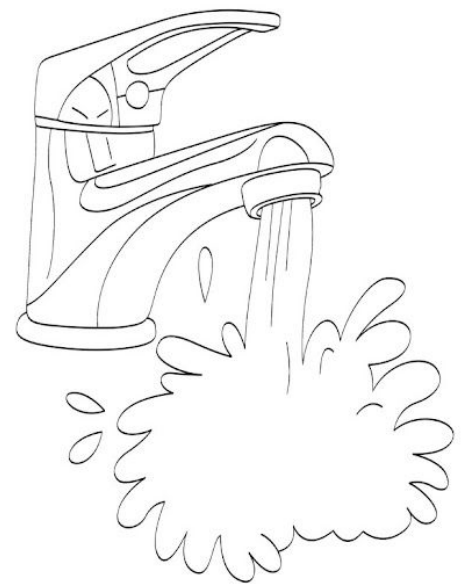
Bounties

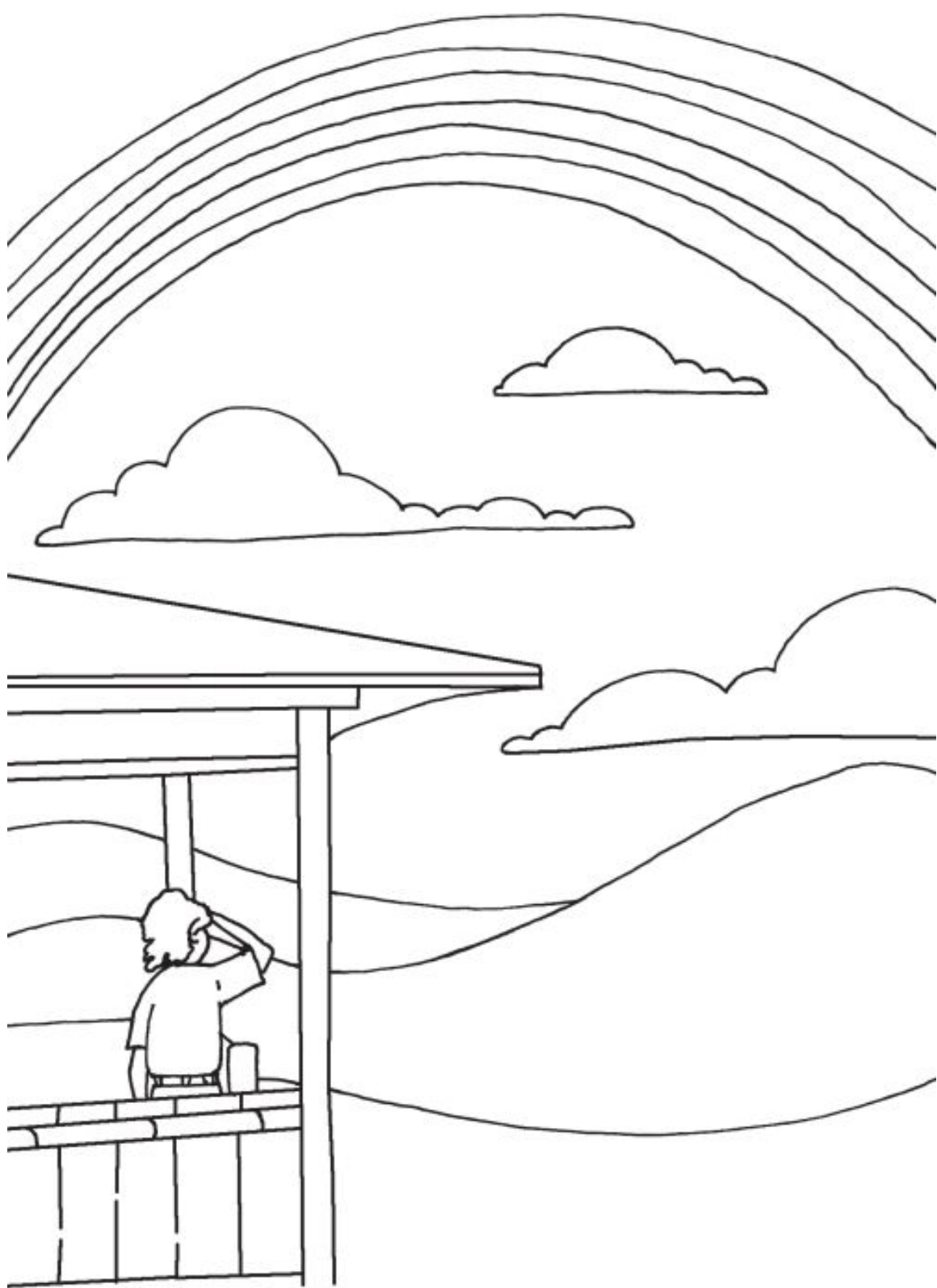
1. Every night when Lilian prays she thinks about the many things she is fortunate to have. She thinks about her parents, her friends, her teachers, and even the bed in which she sleeps. Lilian is always thankful for the **bounties** she has been given.
2. Rajesh has many friends and relatives who love him and help him grow. Rajesh is grateful for the **bounty** of their love and support.



Cease

1. When Tahir turns off the tap, the water stops coming out; the water **ceases** to flow.
2. Even on cloudy days, the rays of the sun warm the earth. The sun's rays never **cease** to reach the earth.





"Be thou ever hopeful, for the bounties of God never cease to flow upon man."

Lesson: Hopefulness

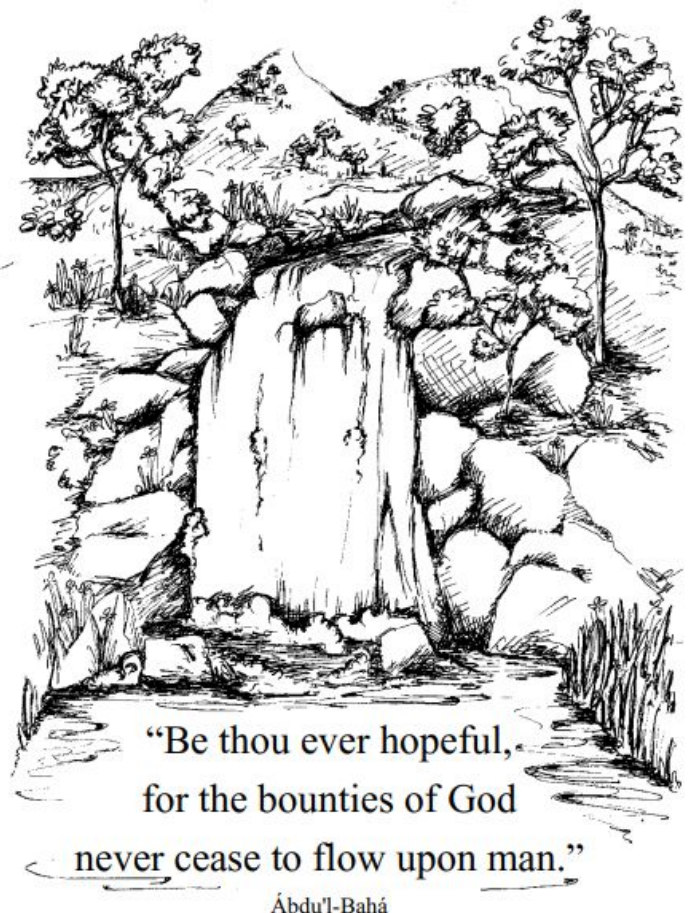
We remember from the last lesson that God loves us all and will never leave us alone. He will always give us many gifts and bounties even though we might not know what happens from one day to the next. So we should always be hopeful when we think about the future because we know God will always help us.



Remember the quote:

Questions:

1. If we fail in a task, should we lose hope in our ability to do that task? Why or why not?
2. How can we stay hopeful when times are hard?



“Be thou ever hopeful,
for the bounties of God

never cease to flow upon man.”

Ábdu'l-Bahá

Story

His despair had been changed into hope



There was once a man with no home, who lived alone on the banks of the River Thames in London. He was very sad and had lost all hope for happiness in life. One day, he walked past a shop and a photograph in a newspaper caught his eye. It was the face of ‘Abdu’l-Bah.. The man stood frozen, staring at the face. He had never seen ‘Abdu’l-Bah. before and did not know who He was, but he was certain that he must meet Him.

The address of a house was given in the newspaper, so the man started walking, hoping to find Him there. It was a very long distance—thirty miles—but he kept walking until he reached the house.



The man was tired and hungry when at last he arrived, and the lady of the house kindly invited him in, gave him some food, and let him rest for a while. As he rested, he told his story to the woman and then asked her whether ‘Abdu’l-Baha was there. “Will He see me?” he asked. “Even me?”



Just as the woman replied that she was certain 'Abdu'l-Baha would see him, the Master Himself appeared at the door. The man stood up, and 'Abdu'l-Baha stretched out His arms to greet him. It was as though the man was an old friend whom 'Abdu'l-Baha had long been expecting. He welcomed him with love and compassion and asked him to sit down next to Him.



Then 'Abdu'l-Baha, who always knew how to bring lost joy back people's hearts, began to speak to the man. He encouraged him to let go of his sadness, reminding him that he was rich in the Kingdom of God! As 'Abdu'l-Baha showered the man with compassion, His comforting words began to heal his heart and give him strength. Little by little his sadness drifted away. Before he departed, the man told 'Abdu'l-Bah. that he would not let his poverty bring him sadness anymore; instead he would find work in the fields and save his money so that he could buy a bit of land, on which he would grow violets to sell in the market. His despair had been changed into hope.

Song

There's a New Wind Blowin'

CHORUS:

*There's a new wind blowin' across the sea
There's a new wind blown' a callin' me
It's a new way for a new Day,
Gonna set all men free*

*It makes you strong as a mountain
You move like the sea
With wings like a bird flying
Through eternity*

CHORUS

*It sings of love and one world
And one mankind
With no more war we will
All have peace of mind*

CHORUS



Lesson: Trustworthiness



One of the greatest qualities in the sight of God is trustworthiness. A trustworthy person is truthful and honest and can be counted on to keep his or her word. We should not say one thing but do another. Our actions should always reflect our words.

When we are trustworthy, others can be sure that we will do our best to fulfill our responsibilities and carry out our duties. In this way, people are able to work together in harmony, knowing that everyone will do his or her part. To help us remember the importance of trustworthiness, let us memorize the following quotation:

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

Bahá'u'lláh

Vocabulary:

Trustworthiness

1. Athos promised his mother that he would help her to prepare dinner. When his friends came to his house to invite him to play outside, Athos remembered the promise he had made to his mother and told his friends he would play with them another time. Athos showed the quality of **trustworthiness**.
2. The coach told Sunita that he had accepted her on the volleyball team, but he asked her not to mention it to anyone until he made the official announcement. Though Sunita was very excited, she did not tell even her closest friends. Sunita acted with **trustworthiness**.



Tranquillity

1. Whenever Emilio has to make an important decision, he tries to find a quiet place to think and meditate. He goes to a nearby garden, and in its **tranquillity**, he is able to clear his mind and heart.
2. Once the great storm had passed, everything became unusually quiet and still. Peace and **tranquillity** followed the storm.



Security

1. When a baby animal is frightened, it will often run back to its mother for safety. The mother provides **security** to her offspring.
2. When Tabitha got lost in the mountains, the guides from the village below came to look for her. She felt a sense of **security** when they found her, knowing that they would lead her back to safety.





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

Lesson: Trustworthiness

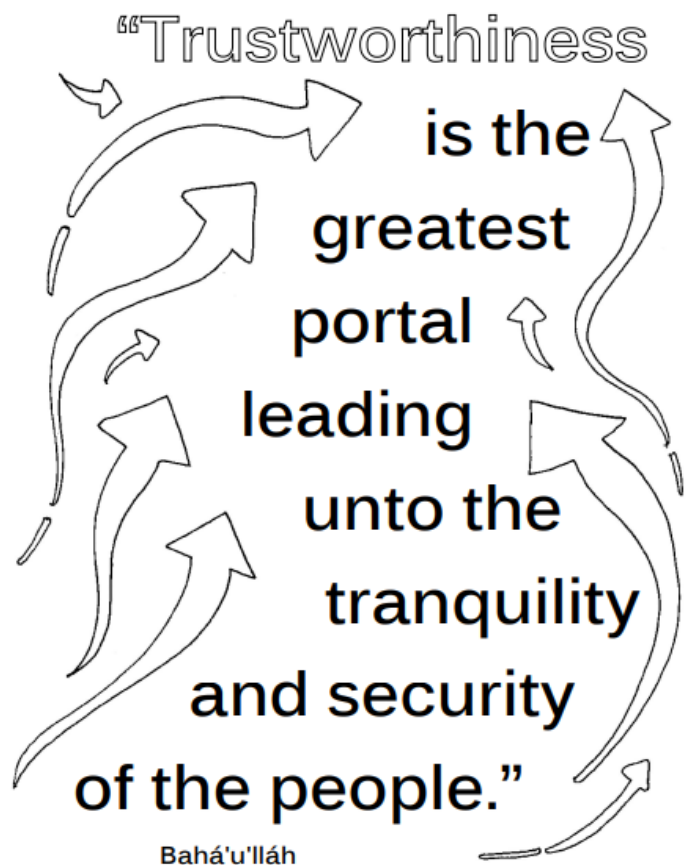
Remember from the last lesson, we learned about what it means to be trustworthy. You know a trustworthy person is always truthful and honest, and never breaks a promise. They do the best they can to keep their word and fulfill their responsibility. If everyone works to be trustworthy, then they are working towards unity!



Remember the quote:

Questions:

1. Should we ever make a promise we can not keep?
2. Are you a good friend if you are not trustworthy?



Story

Siyyid Muhammad-Taqi Manshadi



Years ago, in the early days of the Faith, there were only a small number of Baha'is, spread out over several countries. They faced many challenges, and often wrote to Baha'u'llah, and later to 'Abdu'l-Bah., in the Holy Land, conveying news of the progress of the Faith and posing various questions. Their letters traveled over long distances before reaching their destination, and Bah.'u'll.h and 'Abdu'l-Baha would answer each one with great love and care. The beautiful verses that flowed from Their pens were as precious gifts to the believers that received them. Their words of encouragement strengthened those early Baha'is and cheered their hearts. And so it was crucial that this stream of communication not be disrupted.



During one of the darkest periods in the history of the Faith, its enemies rose up against 'Abdu'l-Baha. Jealous of His growing influence, they hoped to bring about His exile, or worse still, His execution. Spies were planted all around His house, and He was kept under constant watch. How pleased His enemies would have been if they could have stopped the flow of correspondence and broken the link between 'Abdu'l-Baha and the devoted friends; how much more if they could have stolen some document that could be used to mislead the authorities! 'Abdu'l-Baha, however, was not deterred. He could often be seen late into the night, writing by the light of His lamp; for He had ensured a secure means for the receipt and dispatch of mail, a task that could only be given to the most trusted of believers.



There lived in the area a man named Siyyid Muhammad-Taqi Manshadi. He had come from Persia when he was fairly young and had established a small business in Haifa. There, he welcomed to his home the many friends who visited the Holy Land. He helped them in making travel arrangements and became known for his unwavering reliability. So dependable was he that his home had become a center through which passed nearly all of the mail for the Baha'is in the Holy Land and the responses sent abroad. Everyone knew that he could be trusted to make sure each piece of mail was delivered promptly and securely.



Of course the enemies of the Faith knew this as well, and so Siyyid Muhammad-Taqi Manshadi was in great danger. 'Abdu'l-Baha could see that they would use every means possible to harm the Cause. They would no doubt try to intercept the mail, and Muhammad-Taqi would soon become the target of their schemings. So what do you think 'Abdu'l-Baha did? Such confidence did He have in Muhammad-Taqi that He did not want to let go of his valuable services. So He sent him to safety in nearby Port Said in Egypt and arranged for others, that His enemies would not suspect, to carry mail back and forth to him. And there, in Port Said, Muhammad-Taqi continued to dispatch and receive mail for Baha'is in distant lands as he had always done, never faltering in the trust 'Abdu'l-Baha had placed in him. So it was that even in the darkest of times, the light of guidance that shone forth from the Holy Land continued to reach the friends in the most remote places.

Song

Busy Hands

CHORUS

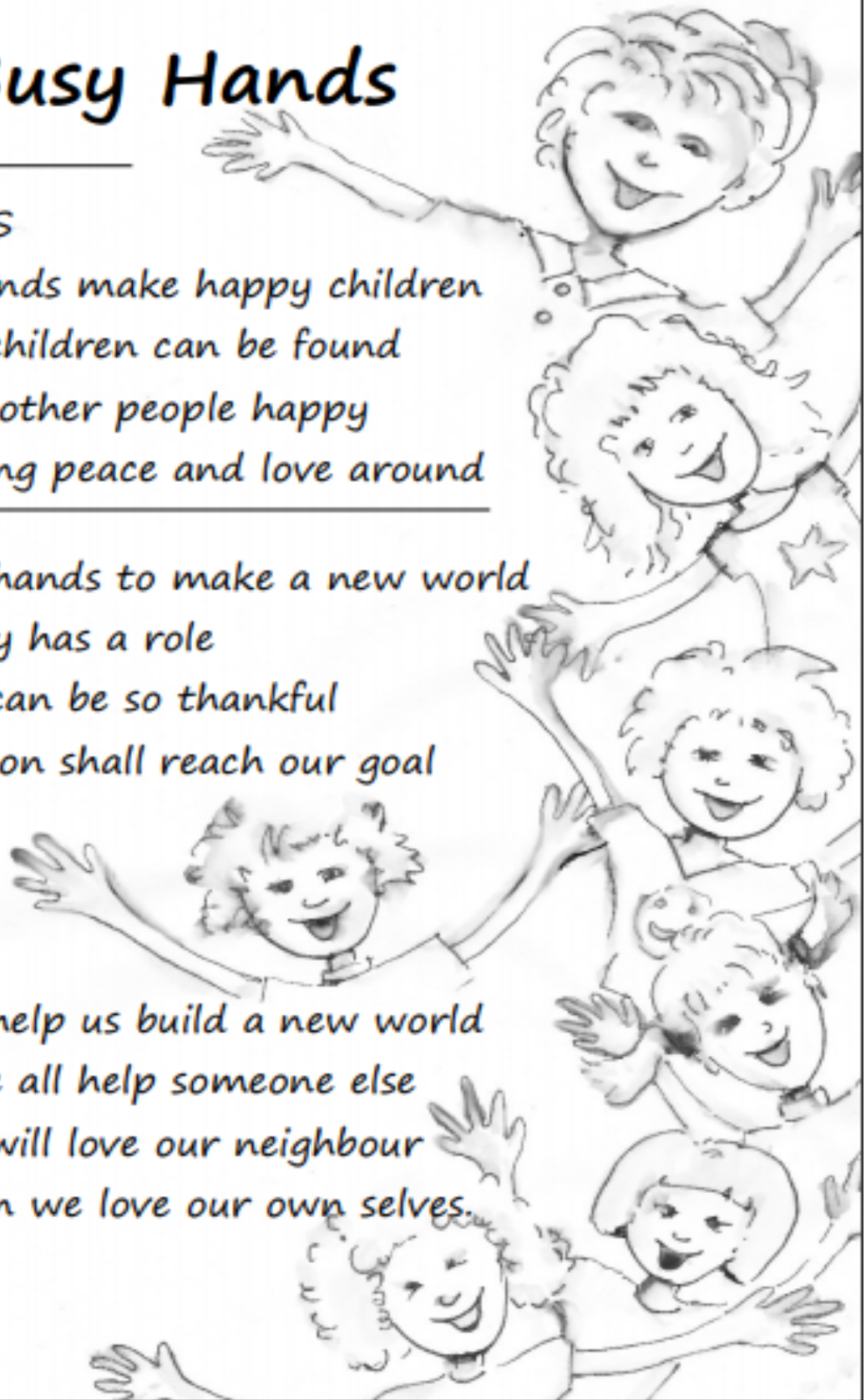
Busy hands make happy children
Happy children can be found
Making other people happy
Spreading peace and love around

Working hands to make a new world
Everybody has a role
All of us can be so thankful
For we soon shall reach our goal

CHORUS

God will help us build a new world
Where we all help someone else
All of us will love our neighbour
More than we love our own selves.

CHORUS



Lesson: Enkindlement

Every human being was created to know God and to love Him, and we all have the spark of His love in our hearts. It is important that we feed the flame of the love of God by praying to Him daily and by serving others.



And as this flame burns with greater and greater intensity, it can be felt by all those who cross our path and its light can illumine their minds. When we are so enkindled, we become like burning candles that cannot help but to give forth light. Let us memorize the following quotation:



Vocabulary:

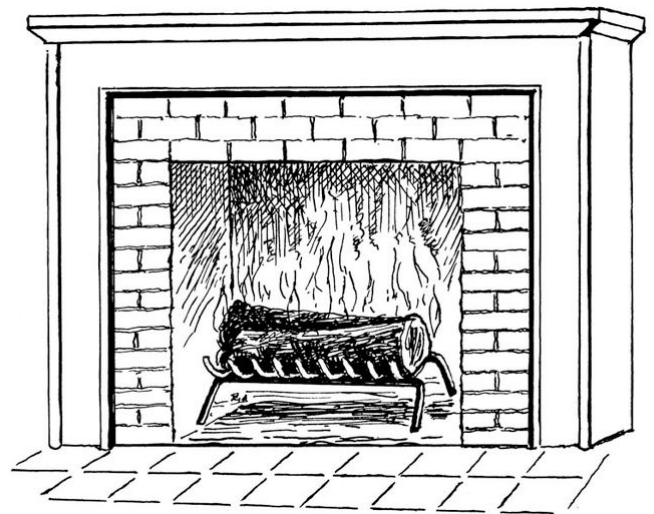
Supplicate

1. One day, George, a most trusted servant, went to his King in need of assistance. George's daughter was very ill, and he asked whether the King's doctor might come to see her. George **supplicated** the King to send the doctor to help his daughter.
2. At school Tatiana heard about children in another part of the world who were suffering greatly because a flood had washed away all their homes. Tatiana was very concerned for her far away brothers and sisters, and that night she remembered them in her prayers, asking God to help them. Tatiana **supplicated** God for His assistance.



Enkindle

1. The house was cold, so Axel's father decided to start a fire. He put large logs in the stove and lit some small twigs below. The wood soon became **enkindled**, and the fire warmed the room.
2. A scientist came to the school and explained to the students many interesting things about the workings of the universe. They began to ask her various questions after the talk. She had **enkindled** in the students a desire to know more about the world.





“Verily, I supplicate God to enkindle in thy heart the fire of His love . . .”

Lesson: Enkindlement

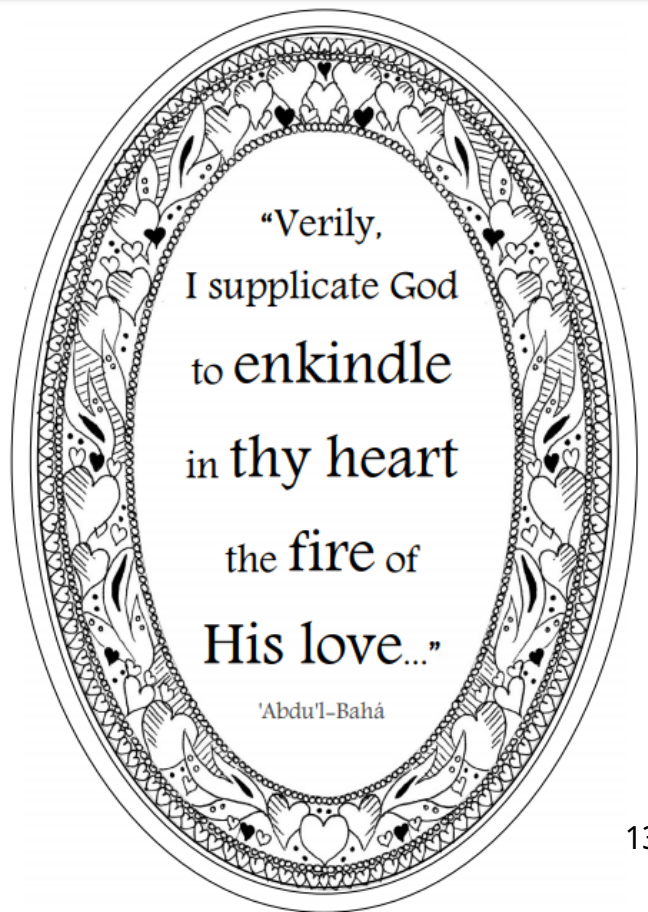
Remember from the last lesson, we learned about this imaginary flame we all have in our hearts which is our love of God. When we follow God's commandments, pray, and serve others, we grow this flame brighter and brighter. When it's really bright, anyone who comes across us is attracted to it and becomes illumined, so we must try our best to grow our flame as big and bright as we can!



Remember the Quote:

Questions:

1. Can this flame of our love for God ever go away and diminish?
2. How else can we grow this flame?



Story

Thomas Breakwell



Thomas Breakwell (1873_1902)



Thomas Breakwell with a bahai group in Paris

Thomas Breakwell was a young Englishman who lived at the turn of the 19th century. He held an important position in a cotton mill in the southern United States and spent his vacations in Europe. On his way to Europe in the summer of 1901, he met a woman on a steamship and began talking with her about spiritual subjects. When they arrived in Paris, the woman took him along to meet a friend of hers who lived in an apartment in the city and who, she knew, had similar interests.

The young woman welcomed them, and the three talked for some time. Before leaving, Breakwell asked his hostess whether he might return to speak further. He was invited to come back the next morning.

When he arrived, the young woman noticed that his eyes were shining brightly and his voice was full of emotion. She asked him to be seated. Breakwell looked at her intently for a moment, and then described for her a strange experience. After he had left her home the day before, he had walked along an avenue, alone, in the warm and heavy evening air. Not a leaf stirred around him. Then, all of a sudden, a great wind came up and he could hear in that wind a voice, sweet and powerful, speaking of the coming of a new message from God. The young woman urged him to be calm. You see, she knew of the message to which Breakwell referred. During the next three days, over the course of many hours, she told him everything she could about the Bahai Faith—its history and its teachings—and about ‘Abdu’l-Baha, the Perfect Exemplar of those teachings, who was living in the prison-city of ‘Akka, in the Holy Land.



By the end of three days, Breakwell's heart was so filled with joy and hope that he wanted nothing other than to travel to 'Akk. and visit 'Abdu'l-Bah.. It happened that there was another young man who had already made plans to go to the Holy Land for this very purpose and who was most pleased to have Breakwell accompany him. So, a message was sent to 'Abdu'l-Bah. requesting permission for him to come and, in a short time, they were on their way.

When the two men arrived at 'Abdu'l-Bah.'s home, they were taken into a room where several other men were gathered. Looking around, Breakwell became deeply troubled.

There was no one in the room to whom his heart was drawn, and thinking that 'Abdu'l-Bah. must be among those present, he feared that he had failed to recognize that Heavenly Being about whom he learned in Paris. He sat down in despair. At that moment, a door opened, and Breakwell looked up. He saw there a brilliant light, from which the figure of 'Abdu'l-Bah. emerged. He immediately knew that his dearest wish had been fulfilled.

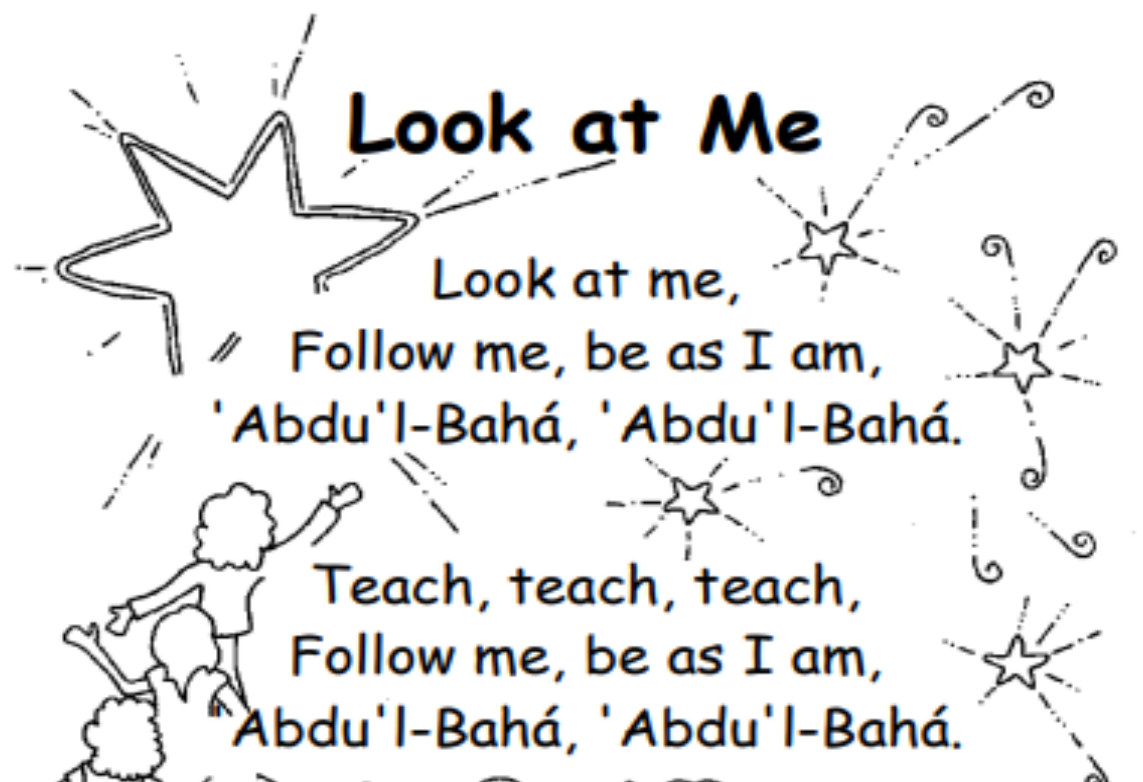


Breakwell spent two glorious days in the presence of 'Abdu'l-Bah., during which the fire that had been enkindled in his heart grew stronger and stronger. When Breakwell told 'Abdu'l-Bah. about his job at the cotton mill, where children were used as workers, 'Abdu'l-Bah. advised him to resign from his post, which he did without hesitation. At the end of his visit, he returned to Paris, his spirit ablaze. He no longer had income from his well-paying position in the cotton mill, and he suffered greatly from illness. But these things did not dim his joy in the least. He burned like a bright candle, sharing his light with everyone he met until at last, overcome by his illness, he died. Upon his passing, 'Abdu'l-Bah. revealed a Tablet in his honor, which includes the following verse:

"O Breakwell, O my dear one! Thou hast lit a flame within the lamp of the Company on high, thou hast set foot in the Abh. Paradise, thou hast found a shelter in the shadow of the Blessed Tree, thou hast attained His meeting in the haven of Heaven."

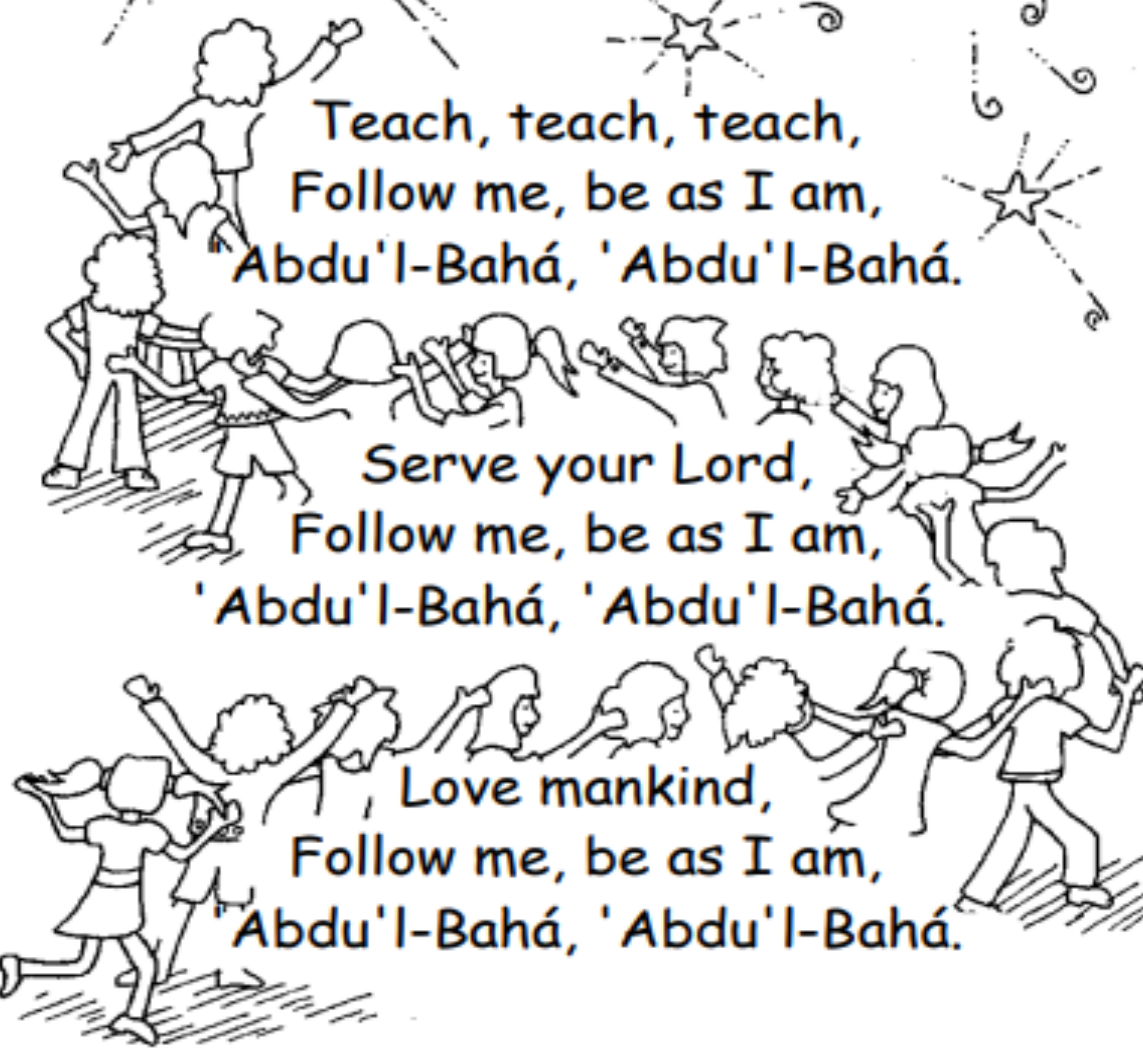
Song

Look at Me



Look at me,
Follow me, be as I am,
'Abdu'l-Bahá, 'Abdu'l-Bahá.

Teach, teach, teach,
Follow me, be as I am,
'Abdu'l-Bahá, 'Abdu'l-Bahá.



Serve your Lord,
Follow me, be as I am,
'Abdu'l-Bahá, 'Abdu'l-Bahá.

Love mankind,
Follow me, be as I am,
'Abdu'l-Bahá, 'Abdu'l-Bahá.

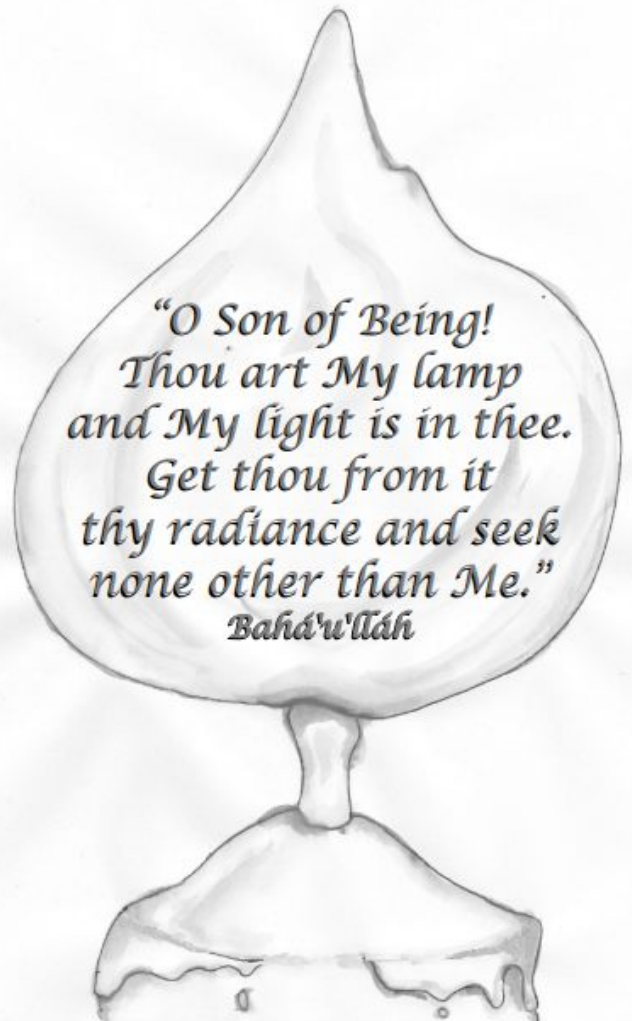
Lesson: Radiance



The light of the love of God never ceases to illumine our hearts. As this light grows brighter and brighter, the warmth of our love and kindness becomes ever stronger.

And those around us can feel the warmth of our love through our joyful and kind deeds and our bright and shining faces.

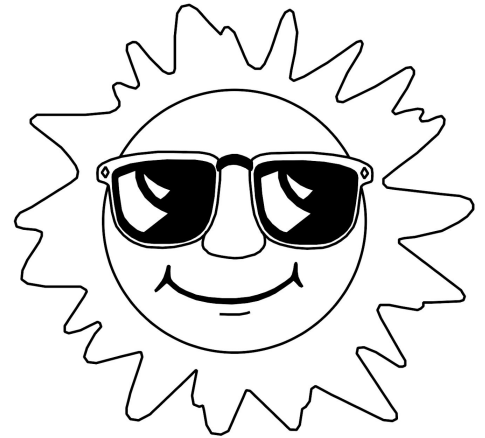
They feel drawn to the glow that lights up our hearts. To help us remember the importance of the quality of radiance, let us memorize the following quotation:



Vocabulary:

Radiance

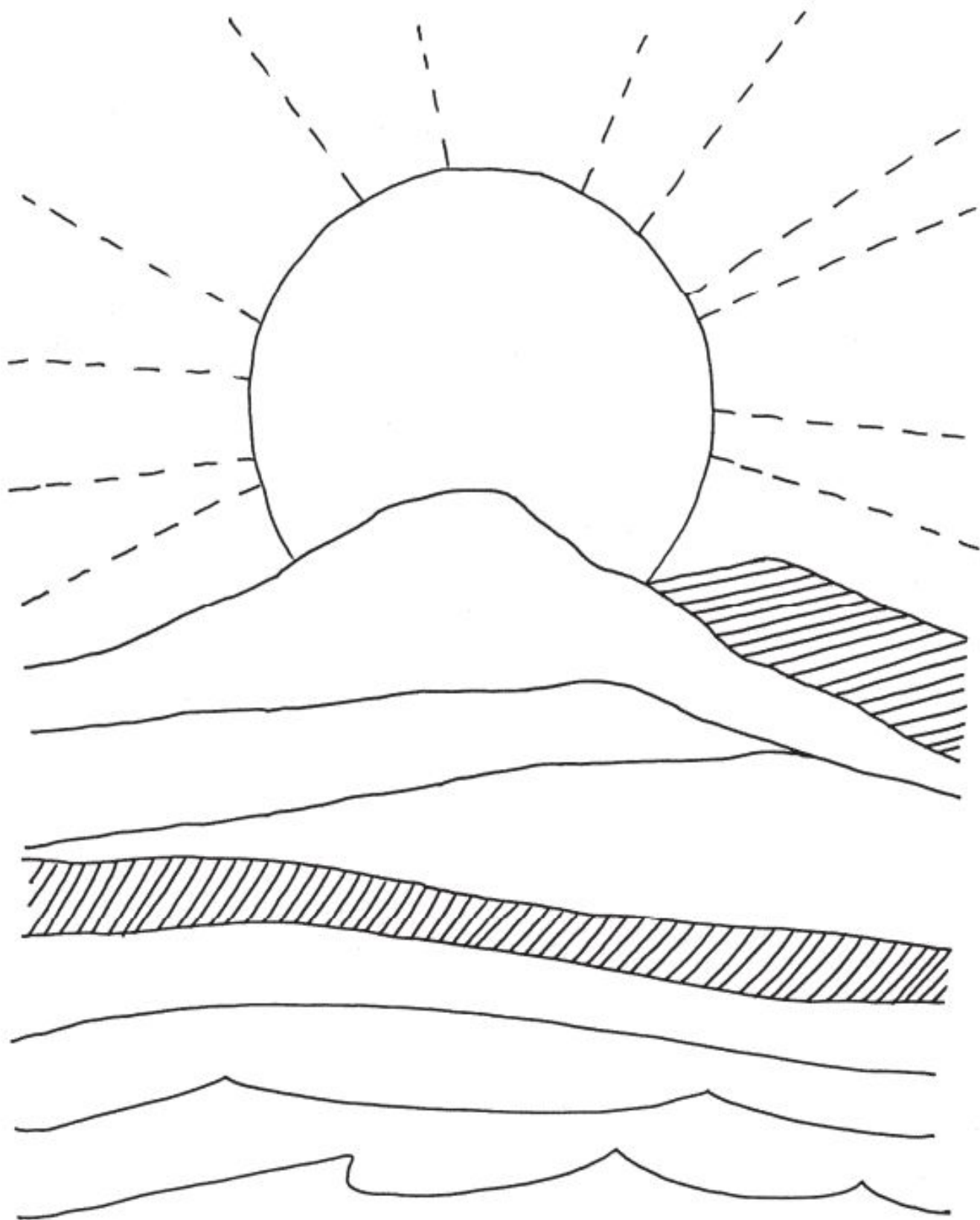
1. Sometimes, when we leave a dark room and go outside, we have to cover our eyes until they get used to the bright light. We have to shield our eyes from the **radiance** of the sun.
2. Mrs. Santos loves everyone like her own family. She is always generous, kind and helpful towards others. The love in her heart is felt by all the people she meets, bringing them joy. Everyone is touched by her **radiance**.



Seek

1. When a baby bird hatches, the mother will look for food to feed it. The mother bird will **seek** food for the new chick.
2. The school invited all the students on a special outing. In order to attend, they needed their parents' permission. All the students were asked to **seek** approval from their parents to go on the outing.

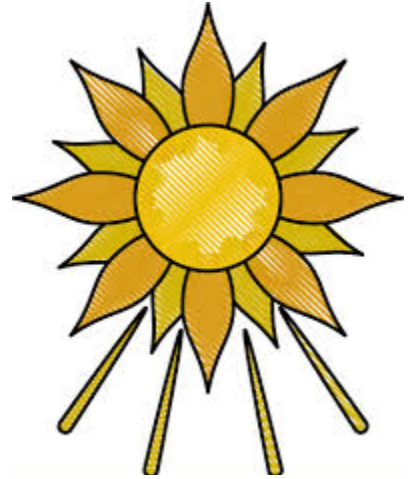




**"O Son of Being! Thou art My lamp and My light is in thee.
Get thou from it thy radiance and seek none other than Me."**

Lesson: Radiance

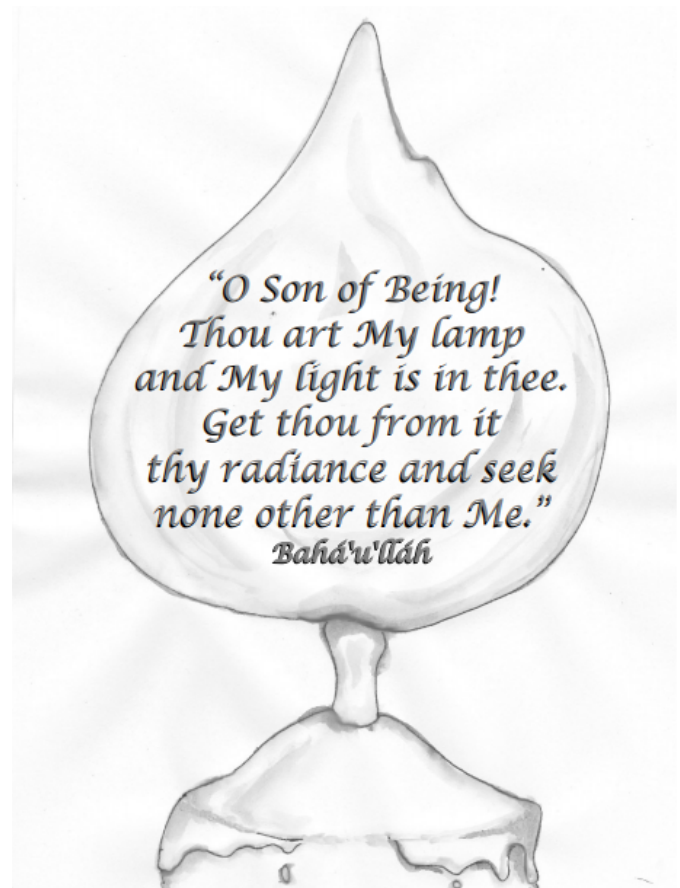
We learned from the last lesson that the light of the love of God never goes away. Instead, when we do good, its flames burn brighter and bigger and make us more loving and kind. Those who are in our lives can see how this light brings more warmth in our words and deeds, causing everyone to become attracted to it. When this happens to us, we become radiant.



Remember the quote:

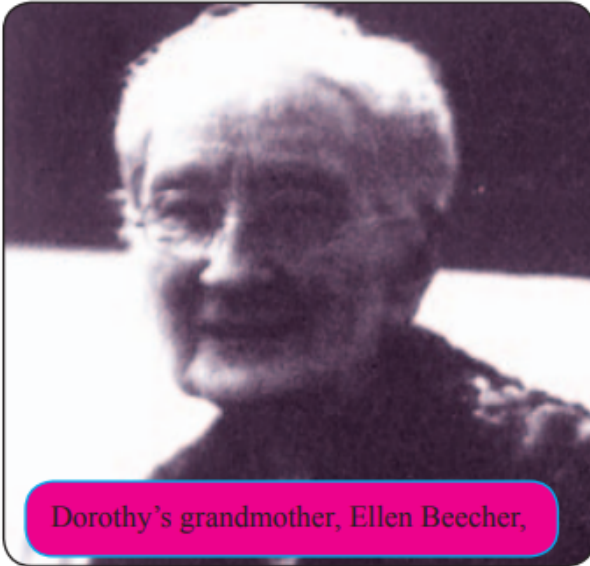
Questions:

1. How can we try to be radiant?
2. If we are mean and rude to our friends, are we being radiant?



Story

Dorothy Baker



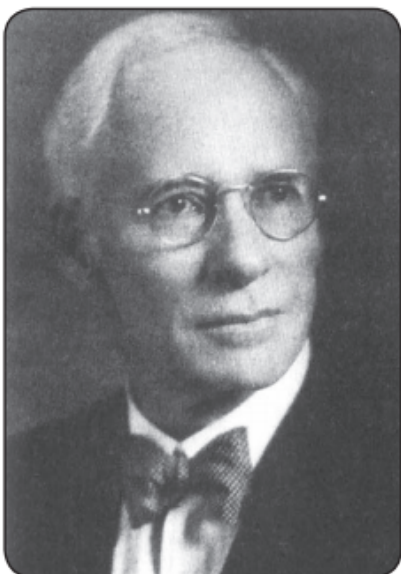
Dorothy's grandmother, Ellen Beecher,



Dorothy Baker life (1898_1954)

Dorothy Baker was a noble and distinguished lady and one of the great figures of the Bahai Faith. When she was a young girl, she had the honor of meeting 'Abdu'l-Baha during His travels in the West. She was so drawn to His radiance and love that she longed to follow in His footsteps.

It was Dorothy's grandmother, Ellen Beecher, who took her to meet 'Abdu'l-Baha. Arriving at a house that she had never been to before, Dorothy entered a room in which many people were talking quietly and reverently while waiting for 'Abdu'l-Baha to speak.



Dorothy's father, Henry Beecher in 1933



Dorothy with her brother David in 1912



Dorothy was a very shy child. Without looking up from the floor, she carefully walked past the people who were sitting around Him to reach the footstool near His feet.

While 'Abdu'l-Baha spoke, she sat with her eyes down, staring at her black shoes. He did not look at her, and she did not have the courage to look at Him. Dorothy was nervous and continued looking down, afraid of the unknown. But gradually she relaxed, and soon her fear was gone. A feeling of deep longing had come over her. She was filled by a strong desire for her soul to be lost in the greatness of 'Abdu'l-Baha's love. She was touched by His radiance, wrapped in the warmth of His presence.

Dorothy's fear had been replaced by a greater force. She could not imagine being separated from 'Abdu'l-Baha for even one moment. His loving eyes seemed to speak to her, telling her of the spiritual worlds of God. His radiance was magnetic. Without even realizing that she had moved, Dorothy found herself turned in His direction, with her elbows on her knees and her chin in her hands, gazing at 'Abdu'l-Baha's luminous face.

Dorothy could not remember what 'Abdu'l-Bah. spoke about that day. All she could remember was His kind face, His melodious voice, and the warmth of His presence. The love she had in her heart was so strong that at last she decided to write a letter to 'Abdu'l-Bah.. In her letter, she begged Him to let her serve Him and the Cause of His Father, Baha'u'llah. In His answer to Dorothy, 'Abdu'l-Baha praised her goal, assured her of God's bounties, and expressed the hope that she would succeed in her desire. And, indeed, Dorothy dedicated her entire life to serving God and humanity.



Song (Radiance)

E A
As we reflect the light that shines from above
B E
Our hearts will radiate with kindness and love
E A
As we are joyful, illumined and bright
B E
All those around will feel the warmth of His light

CHORUS:

E A
O Son! O Son of Being!
B E
Thou art My lamp and My light is in thee!
E A
O Son! O Son of Being!
B E
Thou art My lamp and My light is in thee!

The love of God never ceases to flow
As we arise to serve its brightness will grow
Don't hesitate! Just radiate! With all of your might
Till each and every heart is filled with His light

CHORUS (*with last line repeated*)

Lesson: Faithfulness

A faithful soul never forgets its love for God. It is out of our faithfulness to Him that we always put forth effort to follow His teachings and obey His laws, even when it becomes difficult. So it is that we work hard to serve others and to do worthy deeds, with no other thought than attaining His good pleasure. For the faithful soul, there is no greater joy than striving to please God.



Let us memorize this quotation of Bahá'u'lláh:

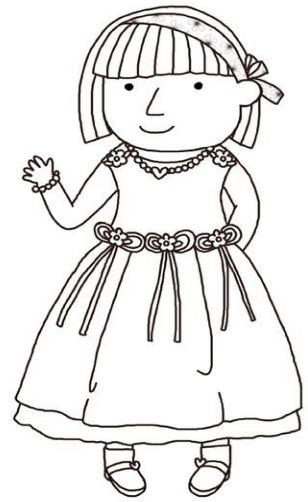
“Happy
is the faithful
one who is attired
with the vesture of
high endeavor
and hath arisen to
serve this Cause.”

Bahá'u'lláh

Vocabulary:

Attired

1. Mae has a good dress that she only wears on special occasions. She put on her dress for the community gathering. Mae was **attired** in her special dress.
2. For the ceremony, the King put on his velvet robe. He was **attired** in his finest clothes.



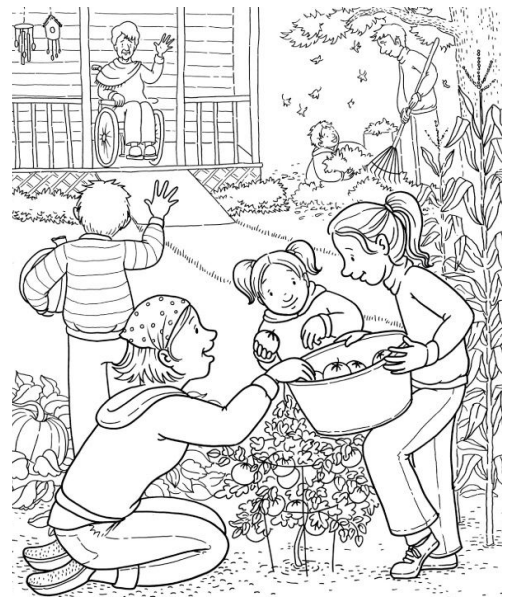
Vesture

1. In some places, judges must wear a white wig and a long black robe in a court of law. They must wear the full **vesture** of judges.
2. Before leaving the palace, the prince puts on his sash and crown. He puts on his royal **vesture**.



Endeavor

1. The students decided to plant trees around the school. The community supported their **endeavor** by providing seedlings and soil.
2. Pierre and Arlene decided that they would climb to the top of the mountain. They knew that this would be a difficult **endeavor**, but they were determined to try.





**"Happy is the faithful one who is attired with the vesture
of high endeavor and hath arisen to serve this Cause."**

Lesson: Faithfulness

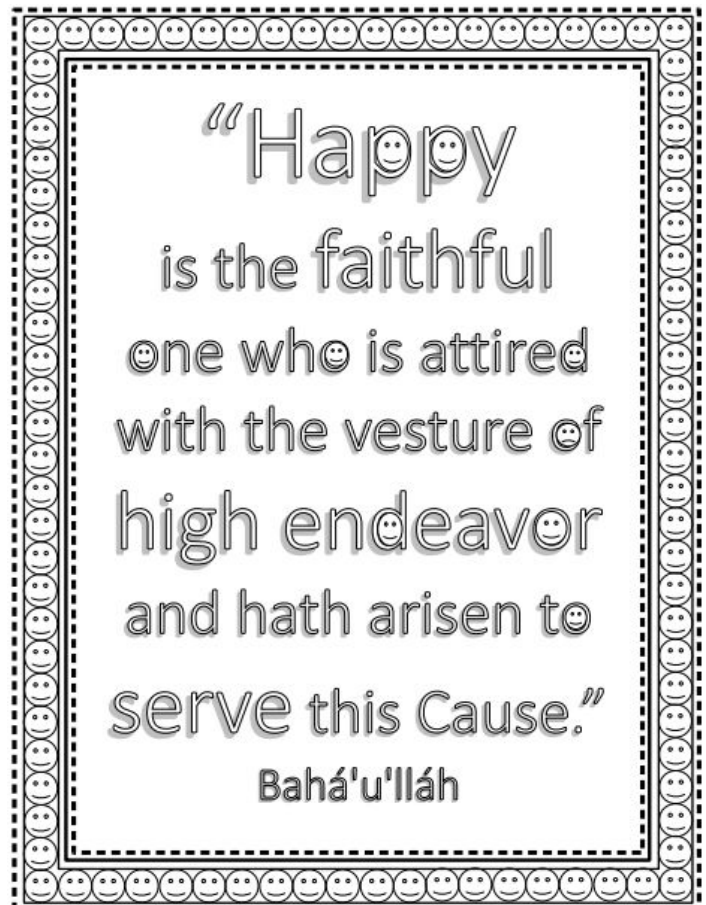


Remember from the last lesson that when we are faithful to God, we put our trust in him and follow his teachings and commandments. With our thoughts only on God, we serve others and do praiseworthy deeds without needing to be seen. This helps us be faithful and never forget our love for God.

Remember the quote:

Questions:

1. Does praying help us stay faithful?
2. Should we do good things to receive praise?
3. When we are faithful, we never forget _____.



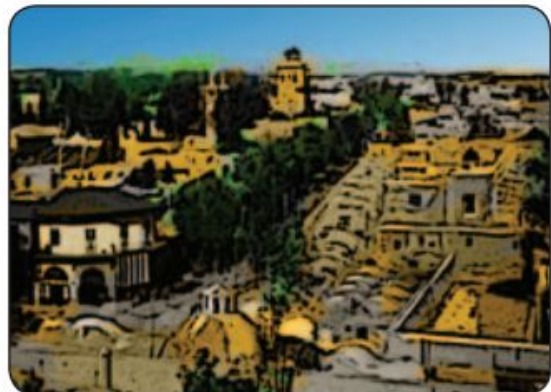
Story

Isfandeyar the servant of Baha'u'llah family



When 'Abdu'l-Baha was a young boy, His family, which was part of the nobility of Persia, had a servant by the name of Isfandeyar. He was very loyal to the family, and they trusted him a great deal. When the authorities, out of prejudice and ignorance, had 'Abdu'l-Baha's beloved Father, Baha'u'llah, arrested, all of the family's possessions were taken away. They were left with nothing, and anyone close to Baha'u'llah was in danger. Still, Isfandeyar continued to look after the family. Knowing that many officers would be looking for Isfandeyar, 'Abdu'l-Baha's mother urged him to leave the city. But Isfandeyar would not leave. "I cannot go," he said, explaining that he owed money to many shopkeepers for items he had purchased. "How can I go?" he asked. "They will say that the servant of Baha'u'llah has bought and consumed the goods and supplies of the storekeepers without paying for them. Unless I pay all these obligations, I cannot go. But if they take me, never mind. If they punish me, there is no harm in that. If they kill me, do not be grieved. But to go away is impossible. I must remain until I pay all I owe."

For one month Isfandeyar went about in the streets and bazaars, selling small things he owed. When he had paid every last debt, he went to the family and said good-bye, for he knew he could stay with them no longer. A minister agreed to take him in and protect and shelter him during this dangerous time.





Many months later, Baha'u'llah was released from prison and He and His family were exiled from Persia by the authorities. They went to Baghdad, a city in the neighboring country. Isfandeyar, ever faithful to Baha'u'llah, journeyed to Baghdad to ask whether he could once again serve in His household. Baha'u'llah said to him, "When you left us, there was a Persian minister who gave you a place to stay when no one else could give you protection.

Because he gave you shelter and protected you, you must be faithful to him. If he is satisfied to have you go, then come to us; but if he does not want you to go, do not leave him."


Of course, Isfandeyar was so upright, so trustworthy and loyal, that the minister did not want him to go. "O Isfandeyar!" he exclaimed, "I am not willing that you should go, yet, if you wish to go, let it be according to your own will."



But Isfandeyar remembered Baha'u'llah's words. He remained in the minister's service until, some time later, the minister passed away and Isfandeyar once again returned to the family he so loved, serving 'Abdu'l-Baha to the end of his days.

Song


I Want to Be Happy



There is something you must know.
In this faith we have to show,
We are men of deeds, not words.
Our very life should show our Faith
to friend and foe.

CHORUS:

I want to be happy,
I want to be strong,
To be His servant
My whole life long.
So, I must obey the laws of God.
Yes, I must obey the laws of God.



There is something you must know.
In this world of pomp and show,
People are tired of empty speech.
They want to see you practice
what you teach.

CHORUS

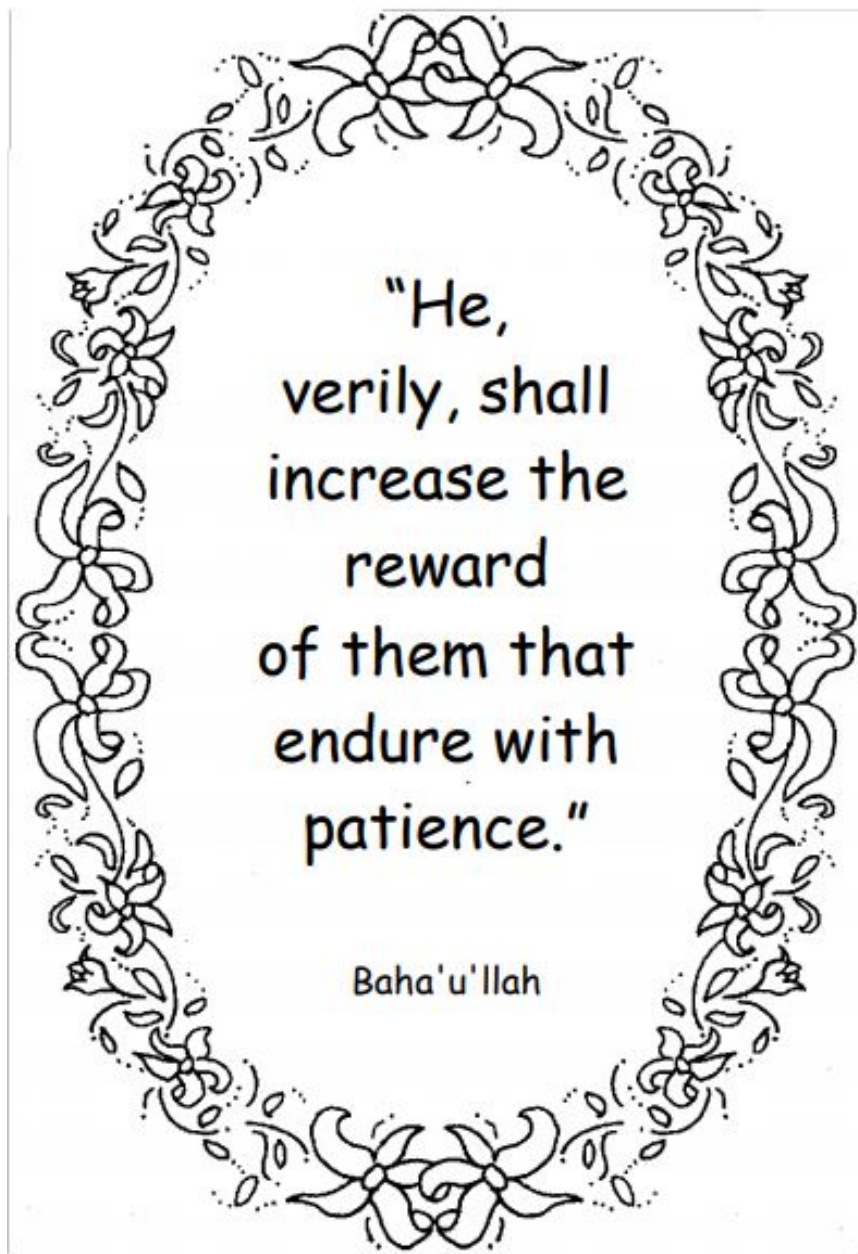


Lesson: Patience



Patience is one of the most important qualities we can possess. Without patience we can achieve little in this life. In our studies, in our work, in our friendships with others, in our efforts

to grow spiritually, patience is necessary. Not all things in life can be done quickly. Many things can only be done little by little, day after day. When we exercise patience, we do not try to hurry those things that require time. We need to be patient with others and ourselves, because we are all learning and growing. Let us memorize the following quotation:



Vocabulary:

Endure

1. Aliya and her family moved to a faraway place. For the first few months, they had many difficulties. But, with the help of their kind neighbors, they were able to **endure** these difficulties and are now very happy in their new home.



2. Hugh became ill. He was in a great deal of pain, but did not complain. He **endured** his suffering with patience.





“He, verily, shall increase the reward of them that endure with patience.”

Lesson: Patience

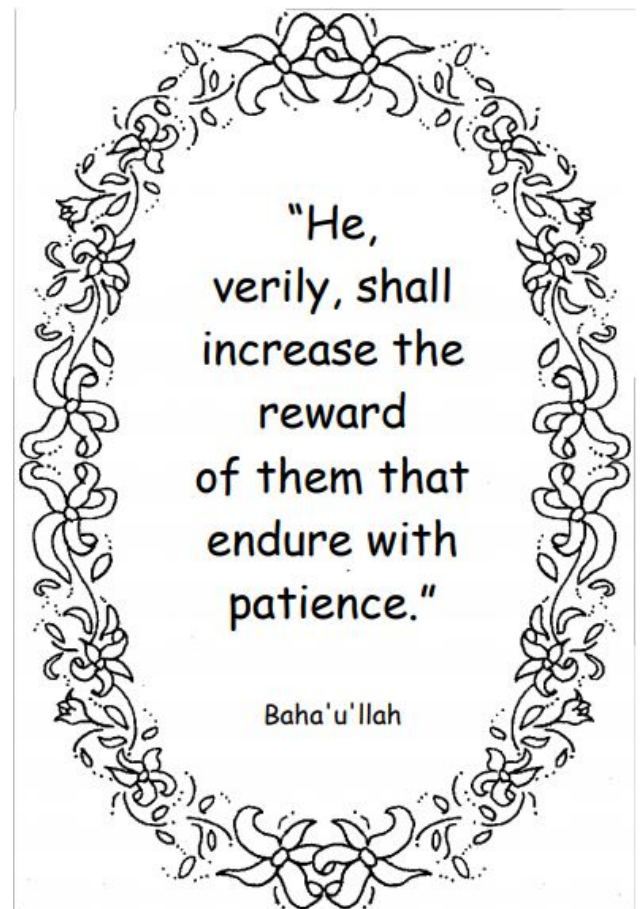
We remember from the last lesson that patience is need everyday! When we wait in line, write a test, or learn a new skill, we have to be patient with ourselves and others to learn and progress. When we do thinks quickly, then we might make a mistake! So we have to be patient and careful inorder to do things right.



Remember the Quote:

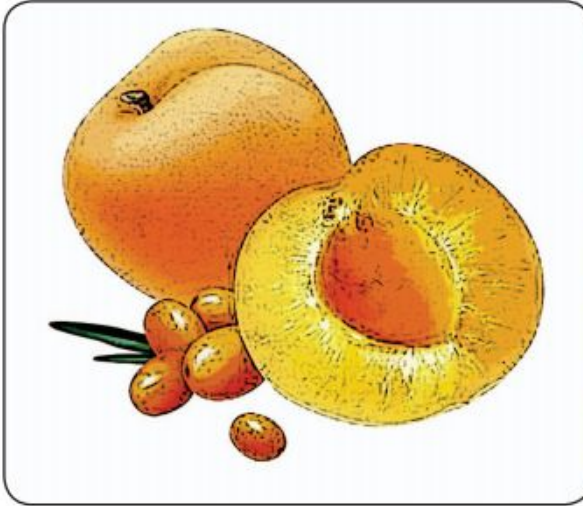
Questions:

1. Does patience always mean waiting?
2. If our siblings or parents aren't doing what we want, should we cry? What should we do instead?
3. If our friend keeps making a silly mistake, should we get mad at them?



Story

Li Xin and peaches



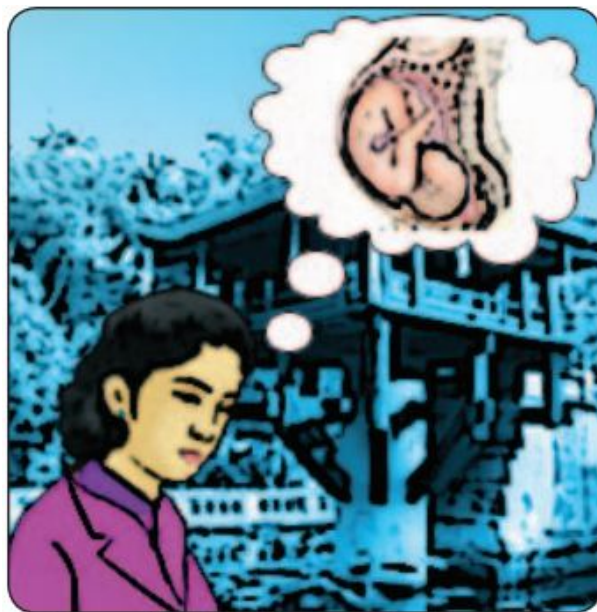
Li Xin was very fond of peaches. They were one of his most favorite foods. Every day, he would bring a peach with him to school and eat it during his lunch break. He enjoyed every bite, but he always threw away the pit, with the seed inside.



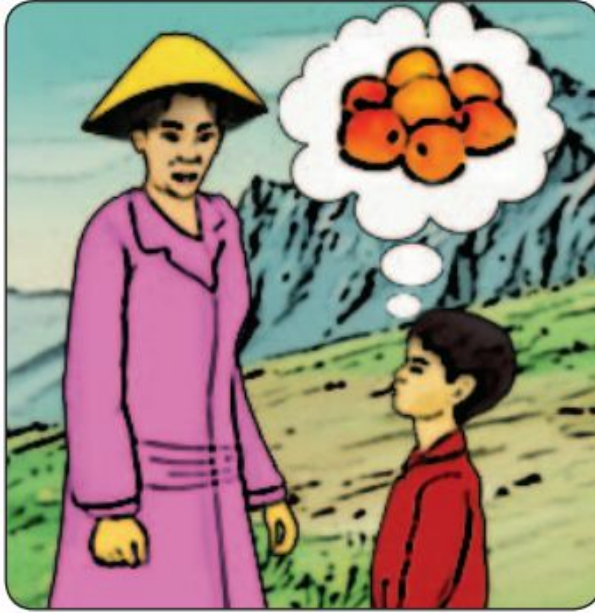
One day, Li Xin's class was learning about seeds. This gave Li Xin an idea. He would plant a seed from his peach and help it grow into a tree! At lunchtime, he saved the pit from his peach and wrapped it in a piece of paper. When school ended, he raced home and asked his father to help him find a place to start growing his tree. His father reminded him that he would have to wait for the pit to dry before he could get the seed out. Still, Li Xin wanted to plant the pit right away. "Li Xin," said his father, "if you don't have the patience to dry the pit, how will you have the patience to wait for the seed to sprout?" So Li Xin set the pit out to dry.



A few days later, Li Xin was finally able to crack the pit and pull out the seed. His mother showed him a corner of the yard where the tree could grow big and tall. Li Xin dug a small hole and dropped in the seed, then covered it with a mound of moist earth. He grinned with excitement. His tree was finally on its way!



Every day, Li Xin would visit the mound, hoping to see some sign that the seed had sprouted. But no sprout appeared for weeks, and Li Xin grew disheartened. Seeing Li Xin's concern, his mother asked him what was wrong. "My seed is not growing," Li Xin said. "I wonder if I will ever have a tree." "Well," said his mother, "this seed has a lot of growing to do. In that way it is very much like you. When you were born, you were just a tiny little thing and all you did was eat and sleep. And now look at you! You are a young boy, walking, talking, and thinking for yourself! This tree may take many years to grow, but, if you care for it well, then someday you will be able to sit in its shade and enjoy its fruit." Thinking of this, Li Xin grew hopeful again. He knew from his class that a seed had to go through many changes before it could even become a sprout.



Then, one spring day, Li Xin went out to visit the mound, as he always did, and to his great excitement he saw a tiny green sprout poking up through the earth! His tree was growing! He ran to his neighbor, who was a farmer, and told her the exciting news. She gave him advice on how to care for the tree while it was so young and vulnerable, and he listened to her every word, eager to nurture it as best he could. "Soon I will have many peaches to give you as thanks for your good advice," said Li Xin. But the neighbor just smiled. "Li Xin, do you remember how you had to be patient while you waited for the pit to dry?" Li Xin nodded. "And do you remember how you needed even more patience while you waited for your seed to sprout?" Li Xin remembered this, too. "Well," said the neighbor, "it will take even longer before your sapling becomes a tree and some time after that before it gives fruit. It could be years before the tree is ready to produce any peaches for you to enjoy."



And so Li Xin cared for the tree and tended to its needs as it grew from a sprout to a sapling and from a sapling to a tree. Little by little, it grew taller and broader, just as he did. And then one day, as Li Xin returned from school, he saw the tree's first peaches beginning to emerge where only blossoms had been before. Once again, he felt the joy that filled his heart when the seed had first sprouted. And once again he knew that he would have to exercise patience. For it would be some time still before the peaches would be ready to eat.

Song

Patience

Your legs are getting tired
And the road is very long, long, long
You want to give up trying
And the sun is beating strong
No sense getting' impatient
It's useless if you cry
If you take it step by step
The time goes rushing by

CHORUS

Patience is the answer
When you're sad and blue
Patience is rewarded
It brings happiness to you

Your brother doesn't understand
But you've explained it more than twice
You really ought to try again
And do your best to be nice
No sense gettin' impatient
It's useless to be stern
If you show him kindness
It's the way to help him learn

CHORUS

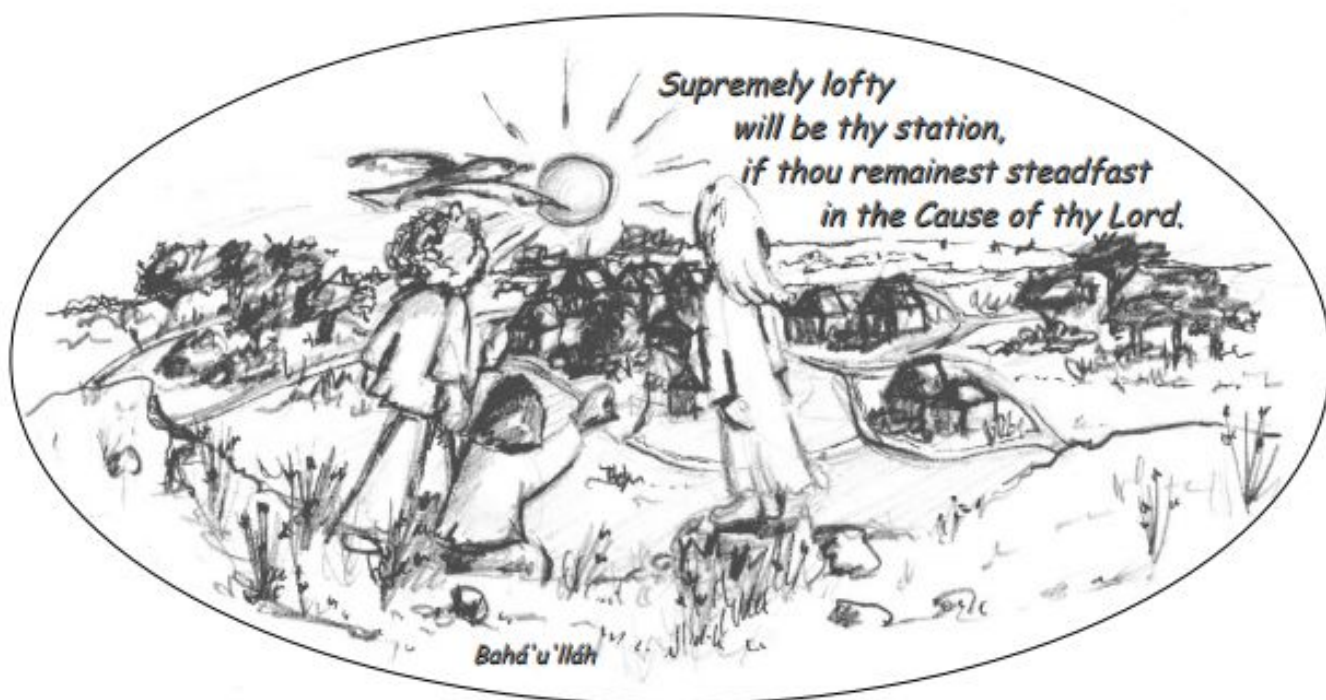
You want to do much better
But still you don't succeed
You wonder why make an effort
And where it all will lead
No sense getting' impatient
It's silly to do less
If you keep on striving
You'll eventually progress

CHORUS



Lesson: Steadfastness

One of the most important qualities of a person who truly loves God is steadfastness. No matter what happens in life, we always remember God and our love for Him. Therefore, nothing that others can say or do to us can affect our faith in Him. We love Him and obey His laws and teachings. In order to remember the importance of steadfastness, let us memorize the following quotation of Bahá'u'lláh:



Vocabulary:

Supremely

1. The gardens were **supremely** beautiful, more beautiful than any that had ever been seen.
2. Maria's mother made a very special cake for the family. They ate it with great enjoyment and all said it was **supremely** delicious.



Loft

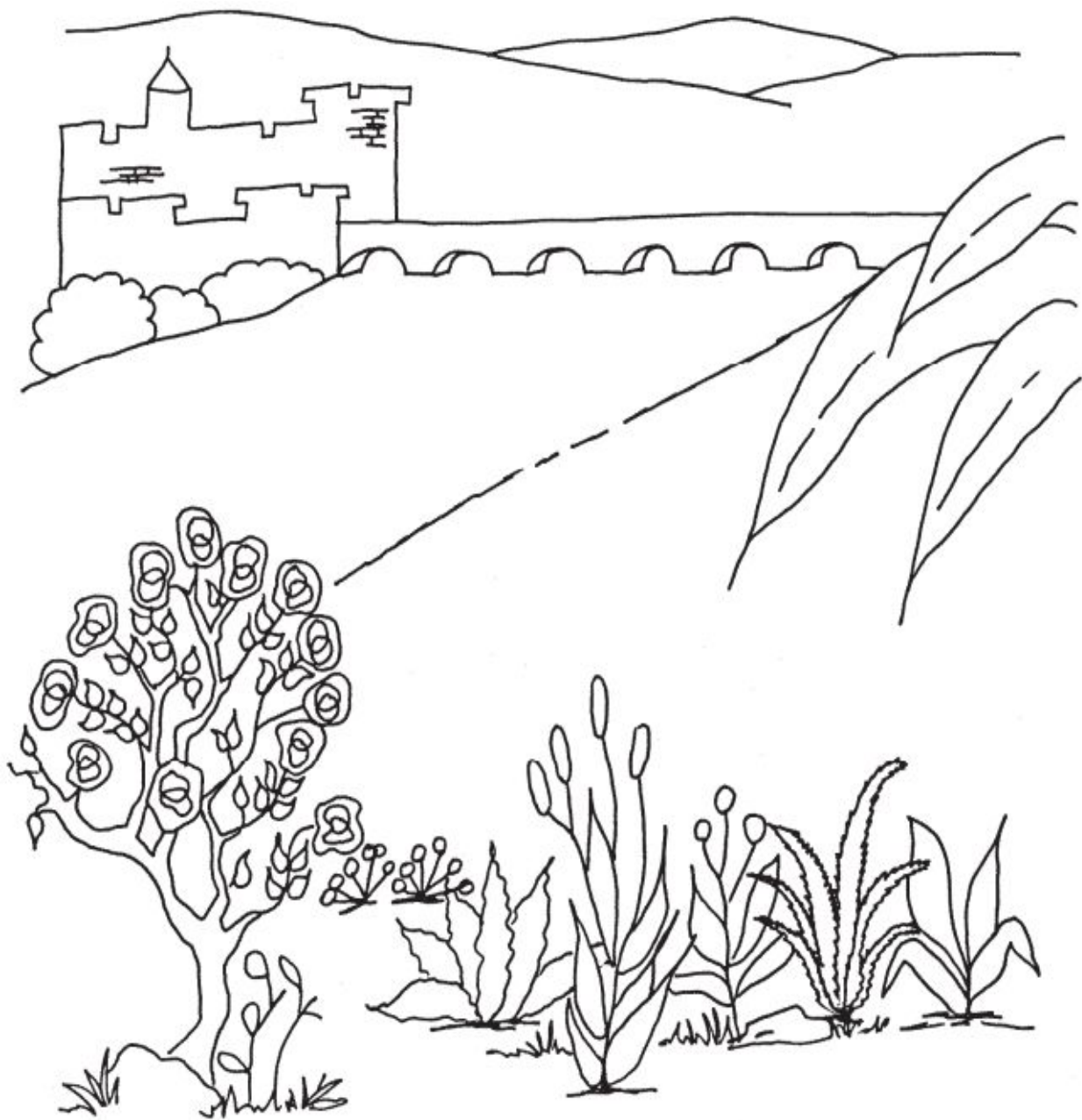
1. Each night before she sleeps Martha prays and feels close to God. When she goes to sleep her spirit is in a **lofty** state.
2. At the meeting, Kumar is giving a talk about world peace and the goodness of humanity. Kumar is speaking of **lofty** things.



Remain steadfast

1. Her friend keeps telling Rosemary that stars are white spots painted on the sky, but Rosemary has learned that each star is really a far-away sun. Rosemary does not change her mind. She **remains steadfast** in what she knows to be true.
2. Someone told Mona that it is not important to pray every day, but she kept praying because she knew it was a law of God to pray. Mona **remained steadfast** in following the law of prayer.





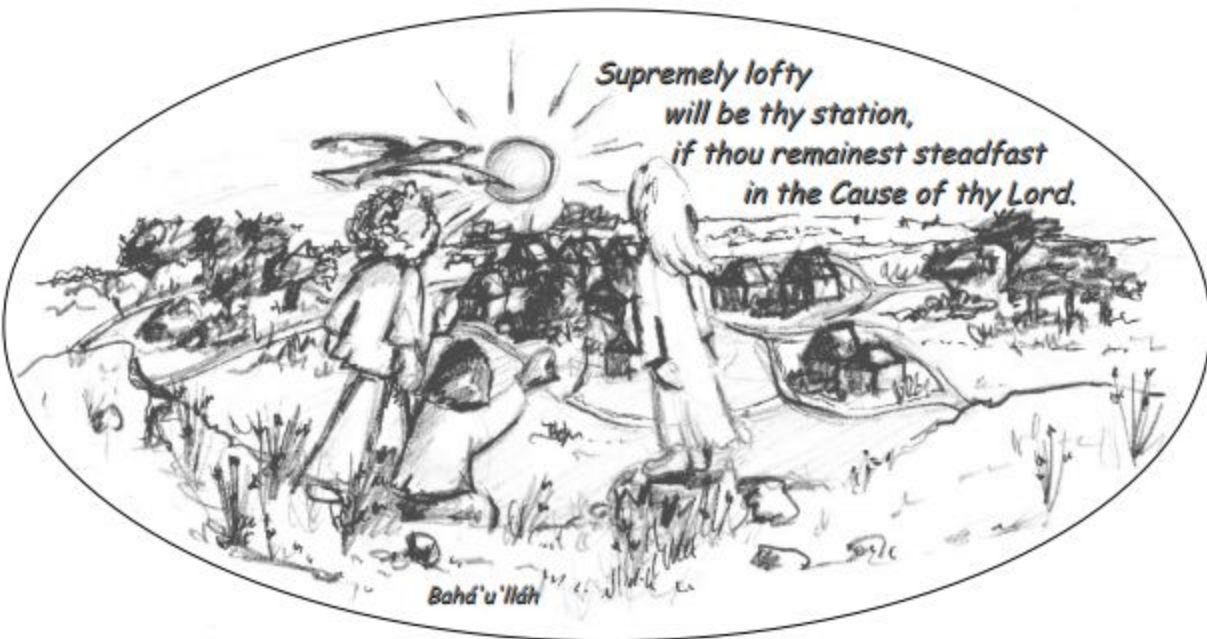
**"Supremely lofty will be thy station, if thou
remainest steadfast in the Cause of thy Lord."**

Lesson: Steadfastness

Remember from the last class, we talked about how steadfastness means to always remember God and be firm as a tree in our faith for him. No matter what anyone says, a steadfast person never doubts what they believe in. We should always be steadfast in our faith in God and follow his teachings and commandments.



Remember the quote:



Questions:

1. Do prayers help us stay steadfast?
2. If we follow God's teachings even when it's hard, are we being steadfast?

Story

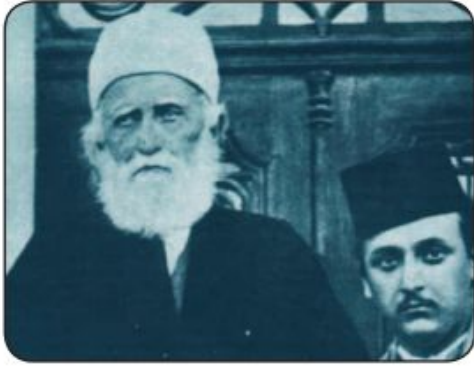
Baheyyih Khanum sister of Abdul Baha



Perhaps you know that Baheyyih Khanum was the younger sister of ‘Abdu’l-Baha. She was only six years old when their beloved Father, Baha’u’llah, was arrested and sent to prison by an unjust government, that was fearful of the truth of the Divine message He proclaimed. Her family had been one of the wealthiest in the city. Now all of their possessions were taken away. At times she had only a handful of flour to eat in place of bread.

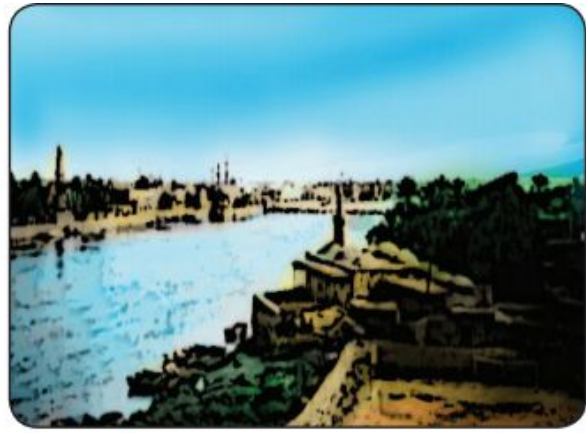


When her Father was released at last and forced by the government to leave their homeland, Bah.yyih Khanum and her family set out on mules for the city of Baghdad, in a neighboring country. The journey took three months in the bitter cold of winter. Never again would she return to the land of her birth. For ten years, the family remained in Baghdad, where Baheyyih Khanum passed the rest of her childhood. Then, suddenly, her Father was ordered by the authorities, still threatened by His growing influence, to leave Baghdad, and Baheyyih Khanum, now a young woman, went with her family, first to far off Constantinople and then to Adrianople. Danger was at its height. Opposition to her Father grew, and eventually an attempt was made on His precious life.



During that time the Father she so loved departed this world, and with His passing, it now became Bah.yyih Khanum's duty to support her beloved Brother, Who had been appointed the Head of His Father's Faith. Many of their friends and relatives, jealous of 'Abdu'l-Baha, turned against Him. But Baheyyih Khanum faced each blow with quiet patience and fortitude.

And when 'Abdu'l-Baha passed into the next world many years later, Baheyyih Khanum became the greatest supporter and staunchest defender of His grandson, young Shoghi Effendi, as he took over the duties that fell on him as his Grandfather's successor. Baheyyih Khanum was now an old woman, some seventy years of age. Her life had been filled with turmoil and upheaval. It moved from adversity to adversity, from calamity to calamity. But her spirit remained constant, and her heart always filled with the love of God. She was steadfast and firm. The dignity and joy, the kindness and grace, that were hers as a child stayed with her until the final days of her life.

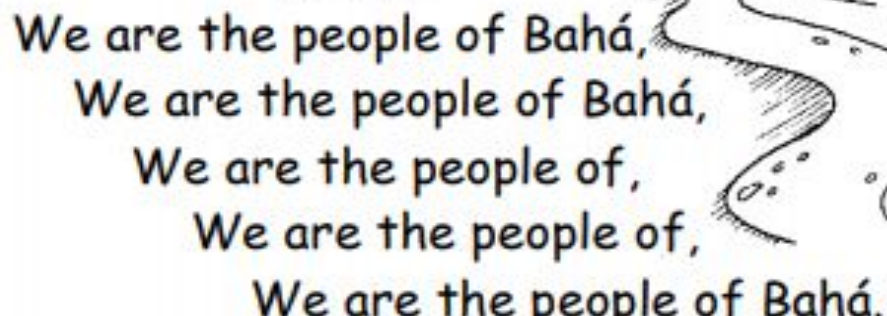


After almost five years in Adrianople, living under such stress and strain, dear Baheyyih Khanum was uprooted once again when the government banished her Father to the prison-city of 'Akka. For some forty years, that gentle soul lived with her family as a prisoner among the worst of criminals within the walls of the desolate city.




Song



We are the People of Baha



We are the people of Bahá,
We are the people of Bahá,
We are the people of,
We are the people of,
We are the people of Bahá.



Yá Bahá'u'l-Abhá,
Yá Bahá'u'l-Abhá,
We are the people of,
We are the people of, ★
We are the people of Bahá.



Firmly we walk the path of God,
Firmly we walk the path of God,
Until the very last,
We will be steadfast,
Firmly we walk the path of God.