

Instructions to make thaumatrope:

Cut out circles on dotted line. Glue back to back, making sure the narrow part of the path and the woman's head are both positioned up, and that the punch holes line up. Punch holes where indicated. Loop a string through each hole. Hold thaumatrope with the woman facing towards you. Pull strings taught, and twist between thumb and pointer finger, so the paper spins rapidly. Persistence of vision will make it appear that the woman is on the track.



"I was with an eight-year-old girl on the day of her baptism. At the end of the day she said with all confidence, "I have been baptized for a whole day, and I haven't sinned once!" But her perfect day did not last forever, and I am sure she is learning by now, like we all learn, that as hard as we try, we do not always avoid every bad situation, every wrong choice. . . .

" . . . It is not possible to make real change all by ourselves. Our own willpower and our own good intentions are not enough. When we make mistakes or choose poorly, we must have the help of our Savior to get back on track. We partake of the sacrament week after week to show our faith in His power to change us. We confess our sins and promise to forsake them."

-Julie B. Beck, Relief Society general president

