





Vitamin L Story ---- by Megan Andersen

Anne's father came in the room while Anne was yelling at her little sister. Her dad scolded Anne for yelling at Lacy. "But Dad, it's not my fault," she said. Dad explained to Anne that she was older and she should know better.

He also said that just like Jesus, who was a good example for everyone, that she should be setting a good example for Lacy. Anne said she was trying hard to be like Jesus, but Lacy makes her get so angry sometime and she forgets. It was hard for her to remember.

Her dad agreed with Anne that it was hard to remember. He had an idea. Maybe Anne could take an extra big helping of Vitamin L everyday, and soon it wouldn't be so hard to remember.

"Vitamin L? What's that?" Anne said.

Her dad kissed her head and said, "Love."

So every day Anne tried to remember her Vitamin L. In her morning prayers she asked Heavenly Father to help her remember. Then she imagined chewing the Vitamin L and swallowing it, and it tasted good.

But it was still hard to remember when Lacy said something mean to Anne, or took her things from her room.

On Sunday Anne's dad asked how her Vitamin L was working. Anne told him about helping Lacy make her bed and letting Lacy play with her toys.

But it still wasn't working and Anne got angry with her. Her dad reminded her of all the people that got angry with Jesus and said mean things to Him. But He loved them anyway. He urged her to keep trying.

Anne kept trying. She shared treats with Lacy and let Lacy sleep with her favorite teddy bear.

She let Lacy borrow her fluffy blue gloves one day.

Day by day, it was getting easier and easier for Anne to remember her Vitamin L. Then one afternoon Lacy walked into their bedroom holding Anne's teddy bear. She climbed onto Anne's bed.

She wrapped her arms around Anne's waist and squeezed tight. "I love you, Anne," she whispered.

Anne hugged Lacy back. "I love you too."