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### Money can't buy happiness...

... but **helping others** can lead to long-term contentment, according to a recent survey by consultancy firm ISR for City & Guilds' annual Happiness Index.

Other studies suggest that a major component of happiness is **overcoming difficulties** rather than the absence of problems in our lives.

So how do today's children begin to learn these truths?

The Bible contains wise advice for all generations but children don't find it easy to access and to understand!

*"That's why we created Friends and Heroes," said Alison Dorricott - Executive Producer. "We have created themed animated TV programmes in which the 2D adventure story provides a living context for the telling of Bible stories in amazing 3D animation."*

*"This themed approach means that every Bible story is presented in such a way that the meaning of the story and how we might apply it in our own lives is clear to the children watching! We hope that by watching our programmes, today's children will come to understand that the Bible has a great deal to offer us as we pursue happiness and fulfilment in life."*

**Helping Others and Overcoming Difficulties** are the themes of Friends and Heroes DVD12!



Using the story of Jesus feeding the five thousand and Elisha and the woman with olive oil Episode 22, The Big Lift, explores how Macky, a teenage rebel living near besieged Jerusalem, helps the starving people within the walls by finding a stash of grain and getting it into the city.

Episode 23, Home, sees Isaac, one of the rebel leaders, and his family facing huge difficulties as they are about to see their home destroyed. But that's not the only problem they face - Isaac's home contains underground passages to all the rebel safe houses and its demolition will reveal the



network to the Romans. Macky puts himself in danger in order to help Isaac overcome his difficulties!

Each episode lasts twenty-five minutes and every DVD includes at least two episodes plus fun extras such as quizzes and a gallery of stills from each story.

Quality TV with admirable values...

Series 1 of Friends and Heroes, the award-winning animated adventure TV programme, was shown on BBC2 last year as part of their Schools material.

*"Entertainment and fun is the aim of our programme," said David Dorricott, Executive Producer. "We created Friends and Heroes to appeal to children between the ages of 6 and 10 wherever they are watching - in school, at home or in church and we know that they love it!"*

Presented with the Christian Broadcasting Council's Gold Award as "The Best Youth/Children's Programme of 2007", Friends and Heroes has also been commended by many viewers: *"My children love Friends and Heroes, and so do the children of my friends. This is high quality adventure for children, which supports the values we all want to see in action where we live. What a fantastic series."*  
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Currently showing on television around the world Friends and Heroes will soon be available to broadcasters in ten languages! Log onto [www.friendsandheroes.com](http://www.friendsandheroes.com) to hear trailers for Friends and Heroes in Portuguese (Brazilian), Chinese (Mandarin), Russian, Spanish (South American) and more. Subtitles are already available on all DVDs including Arabic, Cantonese, Punjabi and English for the Deaf and Hard of Hearing.

Friends and Heroes DVDs, each costing £15, can be purchased from many Christian Bookshops or direct from [www.friendsandheroes.com](http://www.friendsandheroes.com)

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Background material:

[http://www.timesonline.co.uk/tol/life\\_and\\_style/career\\_and\\_jobs/secretarial/article590399.ece](http://www.timesonline.co.uk/tol/life_and_style/career_and_jobs/secretarial/article590399.ece)

[http://www.365stepstopracticalspirituality.info/Book/329\\_Happiness\\_Is\\_An\\_Attitude/](http://www.365stepstopracticalspirituality.info/Book/329_Happiness_Is_An_Attitude/)

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Additional information about Friends and Heroes can be found on the following websites:

[www.friendsandheroes.com](http://www.friendsandheroes.com)

[www.friendsandheroes.tv](http://www.friendsandheroes.tv)