

Stake Emergency Preparedness & Self-Reliance

Quarterly Newsletter



Home Storage

By Arlen & Patty Tanner
Stake Welfare & Self-Reliance Specialists

"If ye are prepared, ye need not fear" *Doctrine & Covenants*
38:30

We all know self-reliance includes having something set aside for a "rainy day." (See, Gordon B. Hinckley, *If Ye Are Prepared Ye Shall Not Fear*. Oct, 2005 General Conference.) The Personal Finance classes help teach us how to set aside money for an emergency fund, but what about food storage? "For decades, the Lord's prophets have urged us to store food, water and financial reserves for a time of need.... I urge you to take steps to be temporally prepared." Russell M. Nelson, "*Embrace the Future with Faith*," Liahona, Nov. 2020, 74.

Just as we don't create a large emergency saving all at once, we don't build a three month or one year supply of food storage all at once. It starts with a plan. The Church's website has a resource section on preparedness ([Living Life->Life Helps->Preparedness](#)). One of the important things it teaches is to get prepared by taking "small and simple" steps; but to take those small steps regularly. In this preparedness section are articles, guidelines and links to help members and others plan and build a basic home storage.

In this preparedness section are links to the Church's [home storage centers](#) and to the [online store](#). The online store has prepackaged storage items such as canned flour, beans, and pasta that can be shipped to your home. Home storage centers have additional items for pickup, depending on availability. We have a Church Home Storage Center in our area: 4051 NE Kimball Drive, KCMO, (816) 453-2398. It is open Tuesdays and Wednesdays from 9 am to 5 pm. You can fill out and print the [order form](#) and take it with you to the Home Storage Center. It is a good idea to call first to find out which items are in stock. *(continued on next page...)*



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Spiritual Insights

- Preparation, both spiritual and temporal, can dispel fear
- "...if ye are prepared ye shall not fear" (*Doctrine and Covenants 38:30*).
- "The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear" (Elder L. Tom Perry)

With these resources everyone can begin or enlarge their home storage and be prepared as prophets have encouraged and warned us “for decades.” “The Lord does not expect us to do more than we can do, but He does expect us to do what we can do, when we can do it. As President Nelson reminded us... ‘The Lord loves effort.’” Bishop W. Christopher Waddell, *There was Bread*, Oct. 2020 General Conference.

~Arlen & Patty Tanner

Storage Center Information

From the [Home Storage Center Prices and Locations](#) website:

- **What can I buy at a Home Storage Center?**

Home storage centers help Church members and others build a basic supply of food for their longer-term home storage needs. Several prepackaged items are also available through the online store.

- **Prices effective as of January 1, 2022**
- **Before placing a bulk order, please view the Home Storage Center Return Policy**
- **Allergen Information**

Products are packaged in a facility that uses wheat, milk, soy, almonds, and coconut

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Home Storage Center Order Form (U.S.)

www.providentliving.org

Prices effective January 1, 2022

Home Storage Center Products (U.S.)

Product	Storage Life (in years)*	Quantity	Weight	Price	Item Total
Packaged Items					
Apple Slices (#10 Can)	30		1.0 lb.	\$ 9.58	
Beans, Black (#10 Can)	30		5.5 lb.	\$ 7.39	
Beans, Pinto (#10 Can)	30		5.2 lb.	\$ 7.49	
Beans, Great Northern (#10 Can)	30		5.3 lb.	\$ 8.23	
Carrots (#10 Can)	10		2.1 lb.	\$ 8.92	
Cocoa, Hot (Pouch)**	2		32.5 oz.	\$ 5.32	
Flour, White (#10 Can)	10		4.0 lb.	\$ 5.38	
Macaroni (#10 Can)	30		3.0 lb.	\$ 4.88	
Milk, Nonfat Dry (Pouch)	20		28 oz.	\$ 4.98	
Oats, Quick (#10 Can)	30		2.4 lb.	\$ 5.03	
Oats, Regular (#10 Can)	30		2.8 lb.	\$ 5.25	
Onions, Dry (#10 Can)	30		2.1 lb.	\$ 8.36	
Pancake Mix (Pouch)**	2		4.0 lb.	\$ 6.24	
Potato Flakes (#10 Can)	30		1.8 lb.	\$ 7.28	
Rice, White (#10 Can)	30		5.4 lb.	\$ 7.50	
Spaghetti Bites (#10 Can)	30		2.7 lb.	\$ 4.75	
Sugar, Granulated (#10 Can)	30		5.6 lb.	\$ 8.80	
Wheat, Hard Red (#10 Can)	30		5.5 lb.	\$ 5.78	
Wheat, Hard White (#10 Can)	30		5.5 lb.	\$ 5.84	
Bulk Items					
Wheat, Hard Red (Bag)	30		25 lb.	\$ 16.81	
Wheat, Hard White (Bag)	30		25 lb.	\$ 17.10	
Other Items					
Box				\$ 1.00	
Plastic Lid				\$ 0.25	
Product Information			Totals		

*When packaged properly and stored in a dry place below 75 degrees Fahrenheit (24 degrees Celsius). Product availability varies by home storage center. Call for details. Items are not for resale. Prices are subject to change without notice.

Return Policy

You may return defective prepackaged products in the original packaging with a valid receipt within 30 days for a full refund or exchange. Bulk items cannot be returned or exchanged. Refunds may be issued in the form of a check sent from the Global Services Department.

** May not be available in all locations.



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Return Policy (from the [Home Storage Center](#) website)

You may return defective prepackaged products in the original packaging with a valid receipt within 30-days for a full refund or exchange. Bulk items cannot be returned or exchanged. Refunds may be issued in the form of a check sent from the Global Services Department.



In Moments of Crisis

Pres. Daryl Ward
Second Counselor
Kansas City Stake Presidency

Individuals who are suffering with suicidal thoughts or any other mental health or substance abuse crisis can now get immediate help by dialing or texting 9-8-8. The new [988 National Suicide and Crisis Lifeline](#) is a lot like 911, but connects individuals to mental health professionals. Anyone may dial 988 if they are concerned about the well-being of a friend or family member and need help deescalating the situation.

This change is more than just the creation of the new-easy-to-remember number. Increased funding is allowing federal, state, and local agencies to collaborate in filling gaps that existed in the previous National Suicide Prevention system. The goal is to eliminate any hold times and spur the development of more mental health crisis resources. Dialing 988, instead of 911, also frees up police and ambulance resources for situations where they are often not needed. 988 operators do have the ability to dispatch police and or an ambulance when required.

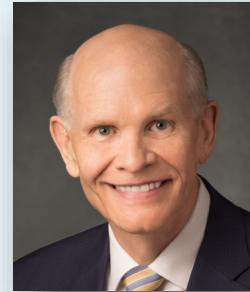
In many cases, intense suicidal thoughts are temporary. If an individual survives, the odds are very good that they will go on to live a happy and productive life. Connecting with others and breaking through isolation can be an important factor to surviving. The 988 Lifeline offers that connection in moments of crisis.

Please visit 988lifeline.org for more information and resources, includes resources for [attempt survivors](#) and [loss survivors](#). Additional resources can also be found at suicide.churchofjesuschrist.org.

Members who are suffering with mental health challenges are encouraged to contact their bishops (especially for the youth related issues) and Relief Society or Elder's Quorum presidents (for adult related issues). These leaders can provide spiritual guidance and help connect individuals and families to professional counseling with the Church's Family Services or other mental health professionals in the community.

But remember, in moments of crisis, dial 988.

~Daryl Ward



Elder Dale G. Renlund

Quorum of the Twelve Apostles
Church of Jesus Christ of Latter-day Saints

"Reach out in love and caring for those who have suicidal thoughts, who have attempted suicide, who feel marginalized in any way. We need to reach out with love and understanding."

"The 'old sectarian notion that suicide is a sin and that someone who commits suicide is banished to hell forever' is totally false."

"We know from all the statistics out there that someone in the ward is hurting. Someone is having suicidal thoughts in your ward. And as we come together as families, as churches, in a community, we can do better than we're doing now." ~Renlund

- **For more information pertaining to Church teachings, assistance, and resources, visit the [Suicide Prevention and Ministering website at suicide.ChurchofJesusChrist.org](https://suicide.ChurchofJesusChrist.org)**

Self-Reliance Services

What is Self-Reliance?

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” (Handbook 2: Administering the Church[2010], 6.1.1).

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3)

12 Principles of Self-Reliance

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that “it must needs be done in [His] way” (D&C 104:16). To receive the blessings of self-reliance, we must accept and live the principles of self-reliance, which include the following:

Exercise Faith in Jesus Christ (D&C 104:15)

Use Time Wisely (Alma 34:32)

Be Obedient (D&C 130:20–21)

Manage Money (D&C 104:78)

Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)

Solve Problems (Ether 2:18–19, 23; 3:1, 4)

Become One, Work Together (Moses 7:18; D&C 104:15–17)

Communicate: Petition and Listen (D&C 8:2)

Persevere (Hebrews 12:1; D&C 58:4)

Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)

Seek Learning and Education (D&C 88:118–119)

Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)

Kansas City Stake Self-Reliance Committee Members

President Daryl Ward

Brother Bryant Staples

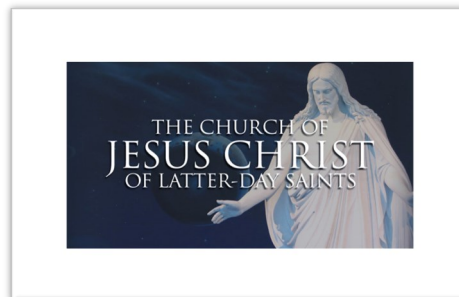
Brother Jason Bowne

Sister Karen O’Riley

Brother Arlen Tanner

Sister Patty Tanner

Brother Van Celaya



Sister Michelle Truman

Sister Rhonda Bonner

Brother Brent Ellibee

Brother Lee Lacy

Brother Mark Forth

Sister Libby Forth