

Stake Self-Reliance & Emergency Preparedness

Monthly Newsletter

Message from the Stake Self-Reliance Committee



This year we are happy to announce a slight change in the format and purpose of the emergency preparedness newsletters. An exceptional and informative 12-lesson Emergency Preparedness course has been created and we feel that this information needs to be published and easily available to everyone. With this in mind, we have

concluded that this material can be effectively presented and circulated in a monthly newsletter and can be communicated now instead of waiting to create small group sessions, as has been done in the past with other self-reliance or emergency preparedness subjects. As such, we will present a new Emergency Preparedness lesson each month this year via the newsletter for families to read and act upon. We believe by disseminating one lesson per month, this will give families time to work on one concept at a time, which will in turn aid in building upon their spiritual, emotional, and temporal preparedness over the course of the year.

This month will feature lesson #1, which begs the question: Am I prepared? The topics will focus on aspects such as the importance of preparing, preparing in the Lord's way, and planning priorities. There is also a terrific and informative activity that members can complete and will attempt to highlight ways to reduce risks.

In addition to the Emergency Preparedness lessons, we are also pleased to present emotional resilience articles from various experts throughout the Stake. These articles are anticipated to focus on a multitude of topics identified and selected by Ward and Stake leaders as being the most important or relevant to the members of the Stake.



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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)



Emergency Preparedness

Lesson #1: Am I Prepared?

Emergencies happen in all shapes and sizes. They also happen to everyone. Here are a few emergencies that have recently happened to members of our stake and elsewhere:

- Fire completely destroys the family home
- A family member becomes lost at sea
- Rapid-onset health problem puts the main wage-earner in intensive care. Recovery is months, not days. This household now has no income and major medical bills.
- A car-accident has destroyed one of two family vehicles. While the occupants are safe, the family only carried liability insurance on the vehicle and need both cars for work. Buying a replacement will strain the family finances considerably.
- Bad weather has stranded a homeward bound college student at a distant airport for three days with limited food, funds and hygiene supplies
- For several days you have been watching a wildfire that is burning near your town. Just when officials thought things were safe the winds change and your entire town is ordered to evacuate immediately

1. Importance of Preparing

Ponder: Quietly ponder the following question and write down your thoughts:

How confident am I in my ability to deal with an emergency? What worries me most about an emergency?

Read: By preparing now, you will be better equipped to deal with emergencies, have greater peace, and build capacity to assist others in times of need. Becoming self-reliant includes preparing, planning, developing skills, forming habits, and learning to trust Heavenly Father so that you can effectively deal with the challenges of life and serve others in need.

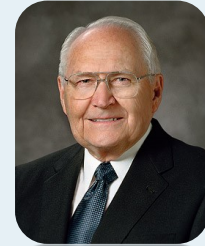
Prophets have counseled us to prepare ourselves for adversity by:

- Developing family emergency plans and emergency kits
- Having a basic supply of food and water (three-month and long-term)
- Being wise stewards of our personal finances, including setting aside a financial reserve.

Discuss: Why is it better to prepare now rather than relying upon others during an emergency?

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“If Ye are Prepared, Ye Shall Not Fear”



On a daily basis we witness widely fluctuating inflation; wars; interpersonal conflicts; national disasters; variances in weather conditions; innumerable forces of immorality, crime, and violence; attacks and pressures on the family and individuals; technological advances that make occupations obsolete; and so on. The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear, as guaranteed to us by the Lord in the Doctrine and Covenants: “If ye are prepared ye shall not fear” (D&C 38:30).

*L. Tom Perry
October, 1995
General Conference*

2. Preparing the Lord's Way

Watch Video: [Elder Henry B. Eyring - 2005 October Conference](#)



(Text from talk below)

“Most of us have thought about how to prepare for storms. We have seen and felt the suffering of [others], caught in hurricanes, tsunamis, wars, and droughts. One reaction is to ask, “How can I be prepared?” And there is a rush to buy and put away whatever people think they might need for the day they might face such calamities.

But there is another even more important preparation we must make for tests that are certain to come to each of us. That preparation must be started far in advance because it takes time. What we will need can't be bought. It can't be borrowed. It doesn't store well. And it has to have been used regularly and recently.

What we will need in our day of testing is a spiritual preparation...However much faith to obey God we now have, we will need to strengthen it continually and keep it refreshed constantly...Learning to start early and to be steady are the keys to spiritual preparation. Procrastination and inconsistency are its mortal enemies.

Let me suggest to you four settings in which to practice quick and steady obedience:

- *Obey the command to feast upon the word of God.*
- *Pray always.*
- *Obey the commandment to be a full-tithe payer.*
- *Escape from sin and its terrible effects.*

Each takes faith to start and then to persevere. And all can strengthen your capacity to know and obey the Lord's commands...I will pray that the Holy Ghost will help me know what God would have me do. “Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.”

I will act quickly on what the Holy Ghost tells me I should do...Decisions now to exercise faith and be steady in obedience will in time produce great faith and assurance. That is the spiritual preparedness we all will need. And it will qualify us in the moments of crisis to receive the Lord's promise that ‘if ye are prepared ye shall not fear’. “

Read: President Eyring suggests four ways that we can prepare spiritually:

- Obey the command to feast upon the word of God.
- Pray always.
- Obey the commandment to be a full-tithe payer.
- Escape from sin and its terrible effects.

Ponder: What changes do you feel impressed to make to increase your spiritual preparedness?

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“If Ye are Prepared, Ye Shall Not Fear”



“Just as it is important to prepare ourselves spiritually, we must also prepare ourselves for our temporal needs. Each of us needs to take the time to ask ourselves, What preparation should I make to care for my needs and the needs of my family? ”

“Start now to create a plan if you don’t already have one, or update your present plan. ...”

“The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future.. ”

L. Tom Perry
October, 1995
General Conference

3. Planning Priorities

Read: We are encouraged to make an emergency plan and update it regularly.

The first step in preparing an emergency plan is to identify the hazards that may impact your community, the risk level these hazards pose, and ways to reduce those risks.

ACTIVITY (15 minutes)

Step 1: As a family, review the list below of possible hazards in the table on the next page and add additional hazards not listed.

Step 2: Next, rank the risk level each hazard poses as none, low, moderate, or high.

Step 3: Discuss and record ways to reduce risk from those hazards you rated as having moderate and high risk.

~complete the activity on the next page~

Discuss: How can you learn more about the risks that you face?

Read: Next month, you will explore ways to reduce (or mitigate) risks. With that information, you will be better equipped to start planning for emergencies.

Ponder:

What are the most meaningful things I learned today?

What will I do as a result of what I learned today?

Possible commitments for the next month:

1. I will use resources below to better understand the hazards that I face.
2. I will council with the Lord about my spiritual preparedness
3. _____

Resources:

https://www.fema.gov/pdf/areyouready/areyouready_full.pdf

Local emergency management department.

<http://www.preparemetrokc.org/>

<https://www.redcross.org/prepare>

If you would like assistance completing this month’s activities or have questions about preparing yourself or your family for emergencies, please reach out to someone on the stake self-reliance committee. We are eager to help anyone who wants it!

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POSSIBLE HAZARDS	RISK LEVEL none, low, moderate, or high	WAYS I CAN REDUCE MY RISK
Health Crisis		
Job Loss		
Floods		
Hurricanes		
Thunderstorms and Lighting		
Tornadoes		
Winter Storms and Extreme Cold		
Extreme Heat		
Earthquakes		
Volcanoes		
Landslides		
Tsunamis		
Fires		
Wildfires		
Chemical Spill		
Nuclear Power Plant		
Terrorism		
Shooting		

Distance Learning Tips

- Designate quiet learning spots
- Have all learning materials in one spot & nearby each day
- Keep electronics charged and ready
- Know your child's meeting schedule
- Set timers & alarms
- Check with teachers about recorded lessons
- DO NOT do the schoolwork for your student(s)
- Know and understand the platform your school district uses for meetings, assignment, and/or scores
- Follow up on submitted assignments
- Reach out to the teacher if your learner is struggling
- Allow other family members and the Savior to influence learning and the time you are given at home together

Tips for a Better Distance Learning Experience

By Michelle Truman



COVID 19 has brought many challenges to each of us, one of those facing many is the new online or virtual learning platforms. Many of us haven't chosen to teach our children at home, nonetheless, that is where we find ourselves and it can be challenging. Here are just a few tips that might make the learning time in your homes go a little more smoothly each day.

Creating a Successful Learning Environment

- Set up a designated QUIET learning spot for each learner in your home. Some may need to be near adults to help them stay on task. Many teachers suggest this not be the child's bedroom- kids need to be out of bed to go to school.
- Have ALL learning materials in one spot and nearby each day. This would include pencils, paper, younger learners may need crayons, scissors and glue. This does not include phones and other digital distractions. Phones and other distractions should be put away during the "school" day.
- Chromebooks should be kept charged and ready. Keep the charging cords nearby and close to plugin access.
- Designate Chromebooks as learning tools, only.

Tips for Class Attendance

- KNOW your child's meeting schedule. Consider writing out the daily meeting schedules for each learner in your family and keep it close to the learning space. Include any needed meeting codes so everything is ready to go.
- Set timers or alarms for meeting times, even the youngest learner can be self sufficient in getting to meetings on time.
- Many teachers are recording their Google Meet lessons. Check with your child's teacher to see if this is possible. Then if your child has to miss a lesson or is not understanding the lesson, he or she can go back and watch the video.

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Helping with & Following up on Coursework

- When giving help to your learner, be sure that you are not doing the work for them. Students learn best by grappling with the lesson.
- Know how to look in Schoology, PowerSchool, or the platform your school district uses for assignments and scores. Match PowerSchool grades to assignments in Schoology by looking at the date the assignment was due and finding the assignment through Schoology by date as well. If you need help, ask your child's teacher. Request a time that the teacher can meet on Google Meet and share the screen so the teacher can walk you through the Schoology page.
- Follow through on when assignments were submitted with your learner. Have them show the actual assignments using their Schoology account, and that the assignments have been submitted in Schoology. If your learner is struggling, ask for help. Contact teachers if you and your learner do not understand the assignment. Be nice when asking for help. Your student should have paid attention when the assignment was explained. Don't blame the teacher if

you don't understand either. You weren't there for the instruction.

Help for You is Available

- If your learner is struggling, reach out to the teacher.
- Encourage stronger family unity. Take the time that you are given to be at home together to come closer together and to the Savior. Start the school portion of your day with prayer. Let older siblings help younger siblings. If you are feeling overwhelmed, share the load; give some responsibility for schooling a younger child to an older child, have older children cook a meal once a week, add some helping around the house into the school day.
- Remember that even if you are not a teacher by vocation, you have something even more important- inspiration from the Lord. You are entitled to receive revelation for your family and your children. The Lord cares about the education of your children, and He will inspire and lead you the whole way.



~Truman

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)

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Sister Karen O'Riley

Brother Todd Hendrickson

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Sister Rebecca Hendrickson

