

The Church of Jesus Christ of Latter-day Saints

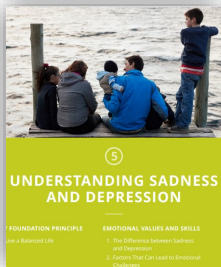
Kansas City Missouri Stake

850 SE Church Road

Lee's Summit, MO 64063

Stake Self-Reliance & Emergency Preparedness

Monthly Newsletter



Understanding Sadness & Depression

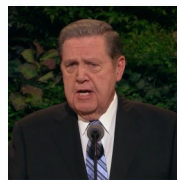
Emotional Resilience

Lesson 5—Understanding Sadness & Depression

THE DIFFERENCE BETWEEN SADNESS AND DEPRESSION

Sadness and depression are described as feelings of sorrow, unhappiness, and grief, and they are a normal part of our experience here on earth. Sadness and depression can come through difficulties resulting from rejection, interpersonal relationships, disappointments, and other pains. They are difficult, yet essential, elements in our growth.

Major depressive disorder, or severe depression, is different. It is an emotional state or condition that affects our thinking, emotions, perceptions, and behaviors. Elder Jeffrey R. Holland discussed the difference between normal sadness and depression and major depressive disorder:



VIDEO: [Like a Broken Vessel](#) [1:38]

SYMPTOMS OF MAJOR DEPRESSIVE DISORDER

The following symptoms may be signs of major depressive disorder, or clinical depression. Most people will experience these symptoms at times throughout their lives, but if you experience multiple symptoms for a long time, it may mean that you are experiencing deeper issues. If three or more of these symptoms continue over a period of time, limit your ability to function, or are difficult to escape despite personal and family efforts, you should seek professional help.

SYMPTOMS OF DEPRESSION

- Constantly feeling sad, helpless, hopeless, or worthless
- Little energy and motivation
- Change in appetite and weight loss or gain
- Trouble falling asleep, staying asleep, or waking up
- Loss of interest in activities that used to be enjoyable
- Difficulty concentrating, remembering, or making decisions
- Thoughts about death and suicide*



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*If you or others have thoughts of death or suicide, seek professional help immediately by going to the nearest hospital emergency room and reaching out to family, a friend, or a bishop or other Church leader. Suicidal thoughts should always be taken seriously. See suicide.ChurchofJesusChrist.org for help lines and resources, or call the National Suicide Prevention Line at 1-800-273-8255



Ways to Connect & Find Support

- ◆ Talk and listen to your Heavenly Father.
- ◆ Call a friend who is a great listener.
- ◆ Ask someone to check in with you or choose to check in with someone each day.
- ◆ Go for a walk, sit outside, or do something you love outdoors.
- ◆ Write down meaningful memories when you felt peace, joy, and love.
- ◆ Schedule a time to do something with friends or family members.
- ◆ Schedule an appointment with a licensed medical professional or mental health therapist.
- ◆ Join a support group or a social group with similar interests.
- ◆ Reach out to someone else who may be going through a hard time.
- ◆ Reach out to a suicide prevention line
suicide.ChurchofJesusChrist.org

WAYS TO GET HELP

ACTIVITY (5 minutes)

Step 1: Read through the list of ideas in the left of the page.

Step 2: Identify two ideas you feel would be most helpful when you are in need of support.

Step 3: On a piece of paper, write down when and how you will put your ideas into action, if needed.

~Understanding Sadness & Depression

Next month, we'll review ways to offer help to others.

Emergency Preparedness Lesson #9

Food Storage

Joseph, who was sold into Egypt by his brothers, told Pharaoh that Egypt should save food during the coming seven years, when food would grow in abundance, because in the seven years following them, there would be a famine. Pharaoh listened to Joseph, and all of Egypt had food to eat during the famine.



Read the following excuses that are given when asked about why someone does not have a food storage:

1. The prophets have stopped talking about it so it isn't important any more.
2. I'm moving in with my children / parents!
3. Isn't that what my taxes are for?
4. I donate to my church...if anything happens, they'll take care of me.
5. I have a year's supply...and the bullets to go with it!
6. The boat and the 4 wheelers are taking up all my storage space.
7. I've got 1,000 pounds of wheat...what else do I need?
8. I've decided to store non-perishables and then I'll just trade for food.
9. I can't afford scrapbooking (or insert your favorite hobby) AND food storage.
10. I'm waiting for them to sell Papa John's dehydrated pizza!

Ask yourself: "How many of these excuses have I personally used or have heard someone else use?"

Quotes from Modern-day Prophets



**President
Thomas S. Monson**

**President
Ezra Taft Benson**



Elder L. Tom Perry

**President
Spencer W. Kimball**



**President
Gordon B. Hinckley**

**President
James E. Faust**



Elder Boyd K. Packer

**President
Dieter F. Uchtdorf**



READ: Each prophet in this dispensation has counseled members to have adequate supplies on hand to provide for themselves and their family in time of need. Read each quote. If in a group, take turns reaching each aloud.

“Self-reliance is a product of our work and undergirds all other welfare practices. . . It is an essential element in our spiritual as well as our temporal well-being”

(<http://www.mormonnewsroom.org/article/food-storage>).

“The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah”

(“Prepare for the Days of Tribulation,” Ensign, Nov. 1980, 33).

“The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear”

(“If Ye Are Prepared Ye Shall Not Fear,” Oct. 1995 general conference).

We must be “anxiously engaged in a positive program of preparation.” It is not enough to hope for the best; we must prepare for it. He explained, “The Lord will not translate one’s good hopes and desires and intentions into works. Each of us must do that for himself” (The Miracle of Forgiveness [1969])

“The best storehouse is the family storeroom”

(“If Ye Are Prepared Ye Shall Not Fear,” Oct. 2005 general conference).

“The Church cannot be expected to provide for every one of its millions of members in case of public or personal disaster. It is therefore necessary that each home and family do what they can to assume the responsibility for their own hour of need. If we do not have the resources to acquire a year’s supply, then we can strive to begin with having one month’s supply.” (April 1986 Conference)

“We have been taught to store a year’s supply of food, clothing, and, if possible, fuel—at home. There has been no attempt to set up storerooms in every chapel. We know that in the crunch our members may not be able to get to the chapel for supplies. . . We need to have a source of it stored in every home.” (April 1978 Conference)

“The Lord’s way of self-reliance involves in a balanced way many facets of life, including education, health, employment, family finances, and spiritual strength. [Church Welfare] is a self-help program where individuals are responsible for personal self-reliance.” (October Conference 2011)

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BASICS of FOOD STORAGE

- 3-month supply of regular foods
- A least a 9-month supply of long-term food basics for an extended emergency
- Keep food sealed and stored in a cool, dry location
- Learn to use these items to make food you and your family will eat
- Store heirloom seeds for a garden to create a longer-lasting food source



Resources

[Longer-Term Food Supply \(churchofjesuschrist.org\)](http://churchofjesuschrist.org)

[Food and Water \(fema.gov\)](http://fema.gov)

[Food Safety in a Disaster or Emergency | Food-Safety.gov](http://foodsafety.gov)

[Food, Water, Sanitation, and Hygiene | Natural Disasters and Severe Weather | CDC](http://cdc.gov)

[Food and Water Safety During Power Outages and Floods | FDA](http://fda.gov)

DISCUSSION: Now that you have read what our prophets have said go back to the excuses given to NOT have a food storage on page 2 and see how many of them are still valid. How do they reflect a lack of faithfulness and trust in the Lord?

Ask yourself, “What is preventing me from acquiring and keeping a complete food supply?” “What excuses am I using that allow me to put off meeting this commandment of the Lord?”

The Basics of Food Storage

It is recommended that you keep a 3-month supply of regular foods on hand containing items your family is accustomed to eating. This includes foods you will easily rotate through in your everyday life and your family is used to eating and making. Please note when you will have to make some substitutions to make your supply shelf-stable rather than perishable (i.e. – canned chicken vs fresh chicken). It is recommended that you keep at least a 9-month supply of long-term food storage basics for your family for an extended emergency.

Make sure foods are sealed and stored in a cool, dry location for the longest lasting preservation.

As many of these items are basic cooking items, be sure to learn how to use these items to make foods you and your family will eat. Getting a cookbook, wheat grinder, manual can opener, etc. will help you use your food storage properly. Don't forget to include some basic spices to make your basics more palatable.



A store of heirloom seeds for planting a garden will help you create and maintain a longer-lasting food source in case of a large and long-lasting disaster. Heirloom seeds are important as they have the best chance of producing seeds you can later plant and grow from.

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PONDER: What are the circumstances that could come into your life that would prompt you to have a need to use your food storage?



ACTIVITY - Short Term Food Storage

Two big reasons people don't have a long-term food storage is a lack of space and a clear picture of what is needed. Take a moment now to look at your storage options and decide where you could store additional food items. Write them here:

Now decide on three basic things you eat on a regular basis (at least once weekly) i.e. spaghetti, macaroni and cheese, etc.

- 1.
- 2.
- 3.

Then figure out how many of these items you will need to purchase so you have a three-month supply. (i.e. I will need x number of jars of spaghetti sauce and x number of spaghetti noodle packages).

1.



2.



3.

Once you have figured out how many jars and packages you will need you can simply purchase an extra one or two when you go to the store each week. Or wait until they go on sale a stock up. You will be surprised at how quickly you can get what you need of these basic items.



ACTIVITY - Long Term Storage:

Long-term food storage is slightly different. There are many inexpensive food items that can be successfully stored for many decades. Having some of these on hand can help extend your short-term (three-month supply).

Visit: [Food Storage Calculator – Provident Living Family Preparedness](#) and calculate how much food storage you should have on hand for your family. Keep in mind this is a general guideline and adjust according to your family's particular needs. Remember to include more familiar foods if you have young children, as well as any dietary special needs.

“When things turn bad, there is a tendency to blame others or even God. Sometimes a sense of entitlement arises, and individuals or groups try to shift responsibility for their welfare to other people or to governments. . . But God intends that His children should act according to the moral agency He has given them, ‘that every man may be accountable for his own sins in the day of judgment.’ It is His plan and His will that we have the principal decision-making role in our own life’s drama.”

- Elder D. Todd Christofferson
(October Conference 2014)

What are the most meaningful things I learned today?

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

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)

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)

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Brother Bryant Staples

Sister Michelle Truman

Brother Jason Bowne

Sister Tammi Iba

Sister Karen O’Riley

Brother Brent Ellibee

Brother Arlen Tanner

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