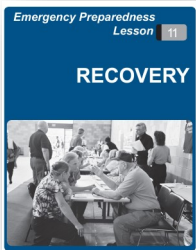


The Church of Jesus Christ of Latter-day Saints
Kansas City Missouri Stake
850 SE Church Road
Lee's Summit, MO 64063

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Stake Self-Reliance & Emergency Preparedness

Monthly Newsletter



Emergency Preparedness

Lesson #11—Recovery

“Our people for three-quarters of a century have been counseled and encouraged to make such preparation as will assure survival should a calamity come.” Gordon B. Hinckley, Oct 2005 *If Ye are Prepared, Ye Shall Not Fear*

Note: A lot of the examples given here are about recovery from widespread regional emergencies. The lessons learned from them are easily adapted to personal emergencies, affecting only yourself or family members.

The first 24-hours after the Joplin tornado was ‘chaos’, according to citizens who lived through it. The main focus was to discover who was still alive and who needed rescuing, what supplies were available and who had them. People emerged from homes and basements to a world that suddenly had no landmarks; all roads were covered in massive amounts of debris, total destruction was everywhere.

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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)



Joplin, MO

May 22, 2011

Many church members affected by the Joplin tornado not only had their homes and businesses wiped out - their food storage and emergency preparedness items were also wiped out. Many times they were asked, "What was the point of having a food storage/emergency supplies if they were wiped out? Wasn't it a waste of time, money and effort?"

One very positive thing happened though; almost as soon as the tornado sirens stopped, the sounds of chainsaws started. People banded together to help one another locate lost loved ones, remove debris so rescues could happen and clear streets so emergency personnel could enter the stricken area.

Read: One of the hardest parts of a disaster incident is getting back on your feet following an extreme trial. With heavy destruction in a community, it can seem almost impossible for things to return to normal. It's important to remember that while things seem bleak, the Lord knows your trials and also the way out of them.

Ponder: How can I better prepare my family and position in life in order to recover from an incident?

Preparing for Recovery

Read: An emergency or disaster can cause undue pain and stress if we are not prepared. Preparing for a disaster with recovery in mind may help ease some of the pain caused by emergencies. Many of these preparations have been discussed and started in previous lessons.

Discuss: What are some actions you have already taken to prepare to recover from a disaster? Why would it be wise to have at least some preparations in place?

Many church members affected by the Joplin tornado not only had their homes and businesses wiped out - their food storage and emergency preparedness items were also wiped out. Many times they were asked, "What was the point of having a food storage/emergency supplies if they were wiped out? Wasn't it a waste of time, money and effort? The unanimous answer was "No. Following the Lord's commandments is never a waste of time or money". These saints felt immense blessings because of their obedience in keeping the Lord's commandments. When the time came to call upon the Lord for help and comfort they felt confident in their worthiness to claim promised blessings. Other saints used their food storage and emergency supplies to assist with recovery. They too felt blessed to have supplies on hand that relieved suffering for so many friends and neighbors.

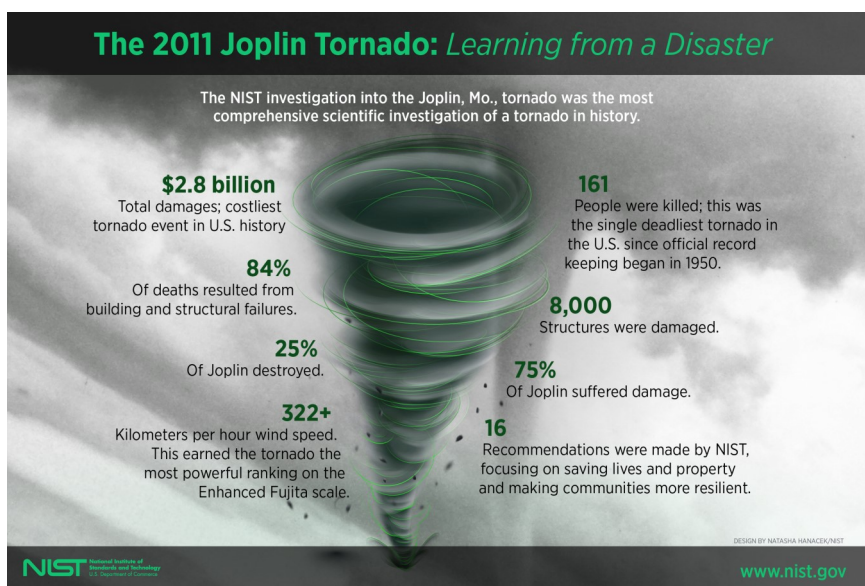
Discuss: What can we learn about obedience from the stories of the Joplin saints?

Read: In major disasters, there are programs and organizations who may be able to help with the recovery efforts.

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The American Red Cross, Salvation Army, Helping Hands from The Church of Jesus Christ of Latter-day Saints and other organizations provide temporary food, shelter and other basic necessities. Most of the disaster relief will require a couple days for organization of efforts before assistance can be provided. These assistance programs may not be available in the case of an individual emergency such as a house fire or burglary.

Returning Home



Read: Returning home after an emergency may be difficult and sometimes dangerous. Carefully inspecting the home for hazards is necessary. Do not enter the home if the smell of gas is present. Contact professionals if you do not feel comfortable with your ability to inspect the home. House fires may require inspection by the city before anyone may enter the home.

Discuss: What are some items you should inspect when re- entering your home?

Coping with Disaster

Thirty-seven church members lost their homes in the Joplin tornado. Many more also lost employment with the destruction of businesses. While the devastation for these 37 families was great, both wards were entirely affected. It soon became clear that if you didn't take a direct hit from the tornado you were still greatly affected.

Non-affected members were soon asking themselves, "What can I be doing to help others"? Immediate needs included housing

members whose homes were lost, until they could arrange more permanent housing.

Providing meals and clothing to replace what was lost was also needed.

One member, just a day before the tornado had

been impressed to completely fill five 5-gallon containers with gasoline. When the bishop contacted them about needing gas to fill chainsaws they said, 'come and get it'. This was especially needed since many gas stations were destroyed, others had long lines or were empty and it was days before stations could be restocked. Days later all five cans were returned - empty. The family felt very blessed they had listened to the prompting and was able to help in this way.

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Other families used their laundry machines to wash clothing. Every bit of clothing had sand, debris and 'stuff' embedded in pockets, creases and folds. This sand found its way into purses, wallets, and backpacks. Showers were especially appreciated since sand was also embedded in hair, ears, under nails and in skin creases.

Having a safe, quiet space to come to at the end of an exhausting day, where a bath and food were available proved immensely valuable in uplifting spirits and reviving sagging hope.

Response from the community was immediate and overwhelming. There were far more people wanting to help than there were ways to help. Sifting through the immediate chaos to discover what was most needed took time. The best ways to help were often in the small things.

Discuss: Pick an emergency on your list of things most likely to happen to you and imagine it has just happened. What actions would you appreciate? What things would be annoyances?

For the Joplin saints recovery was months and years. It took most of the summer to remove debris from the streets and home sites. Suddenly there were no houses or apartments for rental so families were forced to move many miles away. One lesson

getting back-to-normal as soon as possible. Some people were able to help with recovery every day, while others still had work responsibilities and could only work on the weekends or days off. Having routines and structure to the days and weeks helped many find hope in their pain.



One wise Young Woman leader took her girls, even the ones who had lost everything and felt they were the ones in need of being served, each Saturday to assist with recovery efforts. What these girls learned is that no matter how hard their losses felt, by reaching out and serving others their own problems diminished. Their ability to stand strong in the face of daunting obstacles grew strong.

One young man remarked, 'the Lord strengthened our backs to carry the burdens that we had. Our burdens were made lighter by serving others'.

The need for recreation and relief from the immense devastation was noted. After the first couple of weeks were past, church leaders made sure there were times reserved for relaxation and leisure. With all the stress that had been experienced it became important to make sure people could relax and recharge their batteries.

Discuss: Is disaster recovery just physical or is it

also mental/emotional? Do you know the signs of emotional stress? What can you do to alleviate emotional stress?

As the members of the Joplin wards reached out to serve others, they would ask the homeowner if they could pray with them before beginning their day of service. They were seldom refused. Bridges of friendship were built and many walls of mistrust and misunderstanding came down. The youth learned to pray for those they were serving and then learned to love them as well.

When asked what do you know NOW that you wished you knew THEN Joplin saints replied, "Train people to work. Train them now so that they know what to do and how to do it should the need arrive.

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Use the youth in more ways. Let them know they are valued, they can contribute and are needed.

Discuss: What ways can you teach your family to work and to serve, preparing them now should they ever be needed in a crisis?

In the days and weeks following the tornado life gradually developed patterns again. Community, state and federal assistance programs became the most effective way to mobilize the outpouring of help and assistance. The citizens of Joplin worked with these agencies who had far more experience in disaster recovery to establish order from the immediate chaos, rather than trying to rely on themselves individually and as neighbors for cleanup and recovery.

Read: While much of this lesson is focused on the experiences of saints in Joplin following their tornado, the experiences can be translated down to smaller, individual emergencies.

Discuss: What are some of the big lessons learned by the Joplin saints? How can they be adapted to smaller, more individual emergencies? Are there some that you particularly relate to? If you find yourself in an emergency situation or long-term crisis what assistance might you find valuable? What lessons can you start doing today as you see others around you in need of help and assistance?

Read: When a disaster hits, the time for preparation is over. Emotional and physical shock take their toll on us and hamper our ability to help ourselves. It is important in any emergency situation to be able to reach out to others, to give help and to receive help. "Wherefore, he that preacheth and he that receiveth, understand one another, and both are edified and rejoice together" (D&C 50:17-22).

Resources:

Safeguarding Documents:

[Safeguard Critical Documents and Valuables \(ready.gov\)](https://www.ready.gov/safeguard-critical-documents-and-valuables)

FEMA Recovering from Disaster:

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

Disaster Assistance:

<https://www.disasterassistance.gov>

Disaster Recovery Centers:

<https://www.fema.gov/disaster-recovery-centers>



DISCUSS

- *What are some of the big lessons learned by the Joplin saints?*
- *How can they be adapted to smaller, more individual emergencies?*
- *Are there some that you particularly relate to?*
- *If you find yourself in an emergency situation or long-term crisis what assistance might you find valuable?*
- *What lessons can you start doing today as you see others around you in need of help and assistance?*

Emergency Preparedness

Lesson #12

What now?

READ: (Read the story in the left pane)

DISCUSS: What does it mean to 'teach them to live on the mountain'? How can this apply to my everyday life? How can this apply to emergency preparedness?

ACTIVITY: Look at the synopsis for each of the past eleven lessons. Discuss the major points of each lesson and ask with each, "How does this teach me to 'live on the mountain?'".



A young, city-living couple moved to a rustic homestead for the summer, while the father worked in a nearby mill. They worried about their two young sons who did not have skills to survive on the nearby mountain. To protect his sons the father promptly constructed a small fence around the yard to keep the boys in and left for his job at the mill. Of course, the energetic and curious boys immediately got out of the yard and went exploring the mountain. When they were discovered to be gone the frantic mother contacted her husband. The entire mill was shut down as the workers combed the mountain looking for the boys. After a couple of hours, the worried parents noticed an old-timer coming down the mountain with their two sons. As he brought the boys into their yard, he looked at the fence and turned to the parents. "Tear down the fence and teach them to live on the mountain", he said and turned back the way he had come

Lesson 1: Am I Prepared? Identify your greatest threats to safety and security. Why is it better to prepare now rather than relying upon others during an emergency?

Lesson 2: Mitigation. Mitigation reduces how harmful, unpleasant or bad something is. It can reduce the loss of life and property by lessening the impact of disasters/incidents. What measures can I take NOW to lessen the impact of disasters/incidents?

Lesson 3: Create an Emergency Plan. It is not possible to plan thoroughly for every disaster that could possibly affect your family. There are so many variables. But you CAN plan for those disasters that are most likely to occur in your geographical area and specifically to your family. Creating your emergency plan starts with a simple question: "What if?"

Lesson 4: Communication. Communication networks, such as mobile phones and computers, may not work reliably during emergency situations. Creating an emergency communications plan will help you and your family members know how to reach each other and where to meet up in an emergency.

Lesson 5: Shelter in Place. Sheltering in place, especially when well prepared, will help you stay in a safe, secured location until the threat passes. Whether on the road, a store, or in many scenarios your work or office, sheltering in locations outside of the home may become a necessity as well. Am I prepared to either shelter at home or in my car/office/store, etc?

Lesson 6: Evacuation Planning. One of the most difficult things for a family to do is evacuate their home in the face of danger. The home is the center of life and the focus of great investment in family, character, and finances. However, in an emergency or disaster incident, you may be faced with the inevitable need to evacuate your home. Am I prepared to leave my home if necessary?

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Lesson 7: 72-Hour Kits. There are many types of disasters and emergencies. Many emergencies don't allow time for people to assemble even the most basic items. In many cases, a 72-hour kit could mean the difference between life and death. I have a 72-hour kit ready to go if needed.

Lesson 8: Water Storage. What if the public water in your area is suddenly unavailable and you have only what is currently in your home? How long could you last? In an emergency, water and shelter are your two most critical items to secure. Fortunately, water is relatively cheap and easy to store. Do I have long-term water storage and/or have a means to purify water for my/my family's needs?

Lesson 9: Food Storage.

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

Lesson 10: First Aid. Have you experienced a time when you needed or saw someone who needed first aid? Were you prepared to offer it? Did you notice those around you who weren't able to offer first aid? What was their reaction? Which person would you rather be? Which person would you rather be with when first aid is needed?

Lesson 11: Recovery. One of the hardest parts of a disaster incident is getting back on your feet following an extreme trial. Physical, emotional, and spiritual health are all affected by disasters. Do you know the signs of trauma? Do you know how to help someone who is suffering after a disaster?



READ: In a regional training meeting when asked by the visiting general authority asked, "What is more important? Spiritual needs or temporal needs?" a new stake president answered, "spiritual", to which he was told, "No. If the temporal needs are not being met, the spiritual needs cannot be met". If your child is hungry, they won't listen to a family home evening discussion. If they are homeless, they won't care about family scripture study.

DISCUSS: In what ways have our church leaders counseled us for natural disasters and unforeseen circumstances? During the past year, what have you learned about emergency preparedness and spiritual preparedness? What are some things you have accomplished? Do you have a plan to complete some of your preparations? How will you share your knowledge with those you minister to? As a family, voluntarily share testimonies, experiences, things you have learned, and ways in which the Lord

has blessed you over the last year.

ACTIVITY: NEXT STEPS

Many of the things we have discussed cannot be accomplished immediately. However, you should have developed the habits necessary to continue your progress toward successful emergency preparations. Continue to check and/or add to your supplies. Continue to add to your preparations. Commit to follow the Next Steps as outlined below. Individually review the steps to becoming prepared for emergencies and ponder the progress you have made over the last year. Think about the next steps of your preparedness and fill out the table below.

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Y	N	
		I understand my responsibility to prepare myself for emergencies/disasters, as much as I am able.
		I am committed to being both temporally and spiritually prepared. I trust in Jesus Christ to help me in my efforts to be prepared for things I know not of.
		I have copied important documents and put them in a safe place.
		I have inventoried, either on paper or with video, my home and property in case of emergency.
		I have established a Communication Plan with my family.
		I have prepared ways to shelter in place, wherever I am, should it become necessary.
		I am prepared to evacuate my home should it become necessary.
		I have established a 72-hour kit for each member of my family and have one in my car and at work.
		I will go through my 72-hour kit on this date _____ to rotate and check for freshness.
		I have long-term water storage for my family and/or a way to purify it should it become necessary.
		I have at least a 3-months supply of food my family usually eats and am working on a year's supply of longer-term food storage.
		I have a basic first aid kit at home and in my car and I am familiar with basic first aid.
		I understand that recovery from disasters can take weeks, months and even years.
		I am prepared to seek the Lord's help and guidance in this recovery.

Next Steps:

READ: “. . .The Lord has also counseled us to sustain ourselves and store extra for a time of need or adversity. This preparedness will help us to be self-reliant during times of personal or widespread emergency.

“Self-reliance is a product of our work and undergirds all other welfare practices,” said President Thomas S. Monson. “It is an essential element in our spiritual as well as our temporal well-being” (<https://www.churchofjesuschrist.org/church/news/viewpoint-be-prepared?lang=eng>).

This pattern was also preached in biblical times when Paul told Timothy, “If any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel” (1 Timothy 5:8. . .” Church News 30 May 2014

READ & PONDER: Congratulations! During the past year you have established new habits and become more self-reliant. The Lord wants you to continue building on these abilities and developing new ones. As we pray and listen, the Holy Ghost can help us know what things in our life we need to improve. Will you continue on the path to emergency preparedness?

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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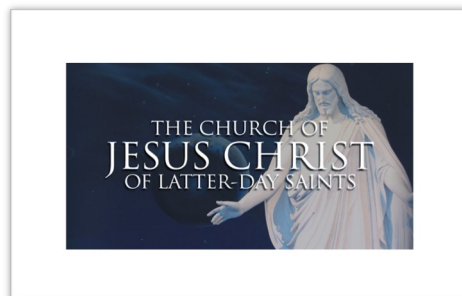
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