

## ***Stake Self-Reliance & Emergency Preparedness***

### Monthly Newsletter



#### **Receiving Revelation & Answers to Prayers**

*By Henry Kester*

The first thing to recognize in seeking answers to prayers is that Heavenly Father knows all things. He knows you better than you know yourself. He knew you as His spirit child, and He knows who you will be in the eternal worlds.

As an all-knowing Father, He knows how to best nurture you through this mortal existence. The scriptures tell us He will not test you beyond your capacity to endure. However, He will stretch you to the very limit of your capacity in order to teach and prepare you to return to live in His presence.

With this in mind, Heavenly Father's "work and glory" is to help you be successful in your sojourn here on earth. For you to progress and grow in your faith and knowledge, you need to learn how to communicate with Him to receive answers to your prayers. Heavenly Father is always there and ready to tell you what you need to know. When you don't receive an answer to your prayers, it is not a question of where He is, but where you are.

To prepare yourself to receive answers to prayer, you must clean your heart and mind of anything that would prevent the Holy Spirit from communicating with your spirit. If you are clean in your thoughts and actions, the Holy Spirit will be a constant companion who dwells within you. However, the Holy Spirit simply cannot dwell in an unclean house. By being clean in your thoughts and actions, you will find you are entitled to receive continuing revelation and answers to your prayers.

Sometimes it is difficult to receive answers because we are not familiar with how answers are given. The Holy Spirit uses a variety of ways to communicate with us. Answers may come as a positive feeling of peace and reassurance. They can be whispered thoughts that will enlighten your mind. The Spirit may communicate in a still, small voice speaking in words and sentences. How Heavenly Father communicates with you may depend on how you ask the question. Are you asking your question in a way that allows Him to answer "yes" or "no"? Have you studied the matter out in your mind so that you understand what you really want to ask Him? Are you asking for confirmation of a decision or are you asking for a solution that gives directions of what you should do?

The way in which Heavenly Father answers your prayers will be based on where you are in your preparation to hear an answer. Answers will come to those who are prepared to receive them.

You should ask yourself, have I done all I can to prepare myself to talk with Heavenly Father? Am I willing to be patient in waiting for Him to give answers to my prayers? Have I prepared myself spiritually to hear the promptings of the Holy Spirit when He whispers? Will I accept a "no" answer if that is what is given?

"Behold, I say unto you, go forth as I have commanded you; repent of all your sins; ask and ye shall receive; knock and it shall be opened unto you." (Doctrine and Covenants 49: 26)

*~Kester*



#### **Inside this issue**

Receiving Revelation & Answers to Prayers.....	1
EP Lesson 2.....	2-5
Lesson 2 Activity.....	3-5
Survey Question.....	6
Principles of Self-Reliance.....	6

#### **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

## MITIGATE

### Lesson #2: Mitigation

“The glory of God is intelligence, or, in other words, light and truth” (D&C 93:36). God wants you to have intelligence. He wants you to know what to do in this life. He wants you to know how to provide for yourself and your family, both spiritually and temporally.

**READ:** What is Mitigation? Mitigation is action taken to reduce or eliminate long-term risk to hazards. Mitigation is the part of preparedness that happens before an emergency.

Why do we do it? 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. An effective, maintained mitigation plan will help reduce the risks and/or impacts of disasters... if and when they strike.

**Alma 49:1-9** Moroni is tasked with preparing the Nephites to defend themselves against the invading Lamanites. He looks at what he has: their lands, their homes, their armor, and battle strategies. By mitigating their situation, with the Lord’s help he leads the people in defeating the Lamanites and preserving their homes, their families and their religion. The principle of mitigation is taught throughout the scriptures.

Our loving Heavenly Father has given us the most important mitigation measures. Here are a few examples:

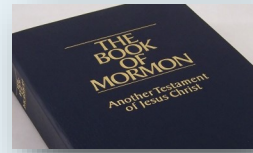
1. Prayer
2. Tithes and offerings
3. Sabbath Day Observance
4. Obedience to and faith in our Lord Jesus Christ

Here are examples of temporal mitigation measures:

1. Insurance coverage to lessen the financial impact of disasters, such as the loss of property, expensive medical care expenses, loss of income due to an accident or illness, or impact from liability claims or lawsuits. This is the first line of defense and recovery.
2. Emergency preparation plans and drills to more effectively, and correctly, respond to disasters. Knowing what to do avoids further costs due to hesitation or wrong decisions.

*(continued on next page...)*

## Alma 49: 1-9



*1 And now it came to pass in the eleventh month of the nineteenth year, on the tenth day of the month, the armies of the Lamanites were seen approaching towards the land of Ammonihah.*

*2 And behold, the city had been rebuilt, and Moroni had stationed an army by the borders of the city, and they had cast up dirt round about to shield them from the arrows and the stones of the Lamanites; for behold, they fought with stones and with arrows.*

*3 Behold, I said that the city of Ammonihah had been rebuilt. I say unto you, yea, that it was in part rebuilt; and because the Lamanites had destroyed it once because of the iniquity of the people, they supposed that it would again become an easy prey for them.*

*4 But behold, how great was their disappointment; for behold, the Nephites had dug up a ridge of earth round about them, which was so high that the Lamanites could not cast their stones and their arrows at them that they might take effect, neither could they come upon them save it was by their place of entrance.*

*5 Now at this time the chief captains of the Lamanites were astonished exceedingly, because of the wisdom of the Nephites in preparing their places of security.*

*6 Now the leaders of the Lamanites had supposed, because of the greatness of their numbers, yea, they supposed that they should be privileged to come upon them as they had hitherto done; yea, and they had also prepared themselves with shields, and with breastplates; and they had also prepared themselves with garments of skins, yea, very thick garments to cover their nakedness.*

*7 And being thus prepared they supposed that they should easily overpower and subject their brethren to the yoke of bondage, or slay and massacre them according to their pleasure.*

*8 But behold, to their uttermost astonishment, they were prepared for them, in a manner which never had been known among the children of Lehi. Now they were prepared for the Lamanites, to battle after the manner of the instructions of Moroni.*

*9 And it came to pass that the Lamanites, or the Amalickiahites, were exceedingly astonished at their manner of preparation for war.*

3. Be mindful of location. Avoid building in a floodplain; or if not possible, then build in a manner, and with materials, that can withstand the floods.
4. Emergency funds allows one to cover emergency expenses not covered by insurance without going into debt.
5. Additional education to improve our sources of income, to provide aid and service to others, and improve knowledge of how to further mitigate risks in our lives.

## Mitigation Plan and Action

You started your mitigation plan with last month's lesson. By identifying your greatest threats and your weaknesses, you identified those areas in highest need of mitigation. Review that chart you completed. Are there any additional risks or hazards you identified this past month? If so, add it now.

**DISCUSS:** How do you feel keeping the Lord's commandments mitigates our risks?

**READ:** Most mitigation actions will take one or more of the following: time, investigation, budget, resources, experts, testing/validation, implementation, and review. Having a plan for each of your mitigation actions is important for their success.

Plans help us decide all of what is needed to be done, along with timelines and milestones for completion of the measure. Plans are especially important if an action requires either a lot of details and/or time to implement.

## ACTIVITY

Use this time to consider the things you control or have stewardship over. As you read the following questions & examples to guide your thoughts, write those thoughts down. You will use them later when we make your mitigation plans.

**HOME:** These 9 areas are common hazards in homes that can easily be modified or changed to reduce risks. Examine your home for these hazards. Are any changes necessary?

Fire	Choking	Strangling
Falls	Cuts	Drowning
Carbon monoxide	Poisoning	Burns

**Example:** *The Smith family will soon have an aged grandparent come to live with them. While they have room for and welcome this addition, as they look through their home, they realize there are several tripping hazards that need to be addressed, the bathroom needs additional accessibility aids, and many rooms need brighter lighting. Prior to the grandparent's arrival, they replaced jagged countertops and throw rugs, added handrails and no slip flooring in the bathtub, and upgraded lighting fixtures.*

**CAR:** Your automobile is a big investment and is necessary for most of us to get to work, school, church, and all our day-to-day activities. It is vital that you do regular upkeep and maintenance, replace worn tires when needed and do all you can to keep it in good condition. What things you have done regularly? What things still needing to be done?

*(continued on next page...)*



*Consider the following—as needed—in your plan:*

- *What is the mitigation measure supposed to accomplish?*
- *What investigation, analysis or research tasks do I need to do?*
- *What resources (experts, materials, etc.) will I need?*
- *What budget will I need and my financial plan for obtaining the budget?*

**HEALTH:** Take a good look at your health. Once good health is lost it is often lost forever. But there are things you can do today to start making a difference in your health. Small changes today can make a big difference tomorrow. Look at your diet, your activity level, your sleep habits, etc. Are there things you could do differently? What are some things you are doing right?

**INSURANCE:** There are all kinds of insurance and what level of coverage you need changes from year to year. Most insurance companies will do an annual plan review for free if you ask for it. This can help you answer your questions. What insurance do you currently have? Is this enough? Is it too much?

**ALERTS:** Many emergency agencies have apps that can be downloaded to your phone or email that will alert you to emergency situations in your area. These include but are not limited to FEMA, local news stations and others. Most of these are updated regularly. What apps do you already have? Are there other good ones to get?

<https://www.fema.gov/integrated-public-alert-warning-system>

There are other areas you could examine, but we will be covering many of them in future lessons.

Now that you have identified some possible areas that need mitigation, it is time to create a plan.

**Step 1:** Using your notes from the previous activity, make a list of all the mitigation actions necessary to reduce your threats and risks on left column of the chart below. Prioritize the list from most important to least important.

**Step 2:** Consider the following, as needed, in your plan:

- What is the mitigation measure supposed to accomplish?
- What investigation, analysis or research tasks do I need to do?
- What resources (experts, materials, etc.) will I need?
- What budget will I need and my financial plan for obtaining the budget?

After all the above items are completed, what is the next step for each mitigation action? When do you plan to complete the action? What do you need to do to test or verify the mitigation is successfully implemented?

*(continued on next page...)*

Possible mitigation action:	What investigation, analysis or research tasks do I need to do?	What resources (experts, materials, etc) will I need?	What is the mitigation action supposed to accomplish?	Approximate cost	Approximate completion date

**DISCUSS:** As a family, discuss your top action and mitigation plan. Discuss how you will successfully implement this plan.

### REASSESSMENT

**READ:** Designate a time of year for the plan to be updated. This is a living document that must be consistently reviewed and adapted, especially as seasons change or additional threats come to bear, such as civil unrest. A family or national holiday is a good time to do this since it can be a reminder for you to get this done.

**PONDER:** Think about what you have learned today and consider what the Lord would have you do. Read the scripture or quote below and write responses to the questions.

“I say unto you, be one; and if ye are not one ye are not mine” (D&C 38:27).

What are the most meaningful things I learned today?

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

**READ:** Now that you have identified those areas that pose the greatest threat to you and ways that you can lessen their impact, you will be ready to start preparing your Emergency Plan in next month’s lesson.

### MY COMMITMENTS

#### Possible commitments for the next month:

1. I will identify my mitigation measures, make a plan for each one, and reassess my threat/risk matrix this week.
2. I will hold a family council and discuss our mitigation plans.
3. \_\_\_\_\_

### RESOURCES

Sample hazards analysis and information are available at

<https://www.ready.gov/>

<https://www.fema.gov/integrated-public-alert-warning-system>

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!

Bryant Staples (Stake High Councilor)

[bryant.staples@gmail.com](mailto:bryant.staples@gmail.com)

Becky & Todd Hendrickson (Stake Self-Reliance Directors) [tohendricks@gmail.com](mailto:tohendricks@gmail.com);

[Thfdic@gmail.com](mailto:Thfdic@gmail.com)

### 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)

Please go to the following link and answer this one-question survey:

[Click HERE for survey](#)

## One-Question Survey

I am currently interested in the following classes:

- Emotional Resilience
- Personal Finance
- Find a Better Job
- Education for Better Work
- Starting & Growing My Business

### 12 Principles of Self-Reliance

- Exercise Faith in Jesus Christ
- Use Time Wisely
- Be Obedient
- Manage Money
- Work: Take Responsibility (
- Solve Problems
- Become One, Work Together
- Communicate: Petition and Listen
- Persevere
- Show Integrity
- Seek Learning and Education
- Stay On Task, Receive Ordinances

## Kansas City Stake Self-Reliance Committee Members

President Martin Cooper

Brother Bryant Staples

Sister Michelle Truman

Brother Gary Arnett

Sister Tammi Iba

Brother Jason Bowne

Brother Brent Ellibee

Sister Karen O'Riley

Brother Todd Hendrickson

Brother Mark Kitchens

Sister Rebecca Hendrickson

