

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



Using Agency To Act Responsibly

Emotional Resilience
 Chapter 1—Building Emotional Resilience
 Section 3—Using Agency to Act Responsibly

During stake conference, Elder Brian Rawson taught that we are agents that can act, not objects to be acted upon.

Even when bad things happen around us, we still get to choose how we respond. Taking responsibility for how we react, even when facing challenges, brings peace and power.

“As sons and daughters of our Heavenly Father, we have been blessed with the gift of moral agency, the capacity for independent action and choice. Endowed with agency, you and I are agents, and we primarily are to act and not just be acted upon. To believe that someone or something can make us feel offended, angry, hurt, or bitter diminishes our moral agency and transforms us into objects to be acted upon. As agents, however, you and I have the power to act and to choose how we will respond” ([David A. Bednar, “And Nothing Shall Offend Them,” Ensign or Liahona, Nov. 2006](#)).

Challenges or unexpected changes may seem unfair. You may be tempted to rely on “natural man” responses (Mosiah 3:19) and:

- | | |
|--|--|
| <input type="radio"/> Blame others | <input type="radio"/> Make excuses |
| <input type="radio"/> Rebel | <input type="radio"/> Complain |
| <input type="radio"/> Find fault | <input type="radio"/> Doubt |
| <input type="radio"/> Give up | <input type="radio"/> Procrastinate |
| <input type="radio"/> Get angry | <input type="radio"/> Indulge in self-pity |
| <input type="radio"/> Allow fear to rule | <input type="radio"/> Self-justify |

Becoming emotionally resilient is to recognize these responses in ourselves and use our agency to choose a more appropriate response.

ACTIVITY: Review each situation on the next page. Using the list in the previous paragraph, think of some of the unproductive responses that would apply to each situation. How are we tempted to respond and what are ways we can “act for [ourselves] and not to be acted upon” (2 Nephi 2:26).
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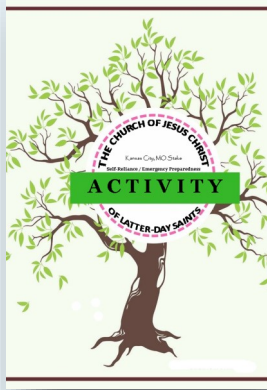


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Spiritual Insights

- 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)



ACTIVITY

- * Review each situation in the table to the right. Using the list on the previous page, think of some of the unproductive responses that would apply to each situation.
- * How are we tempted to respond and what are ways we can “act for [ourselves] and not to be acted upon” (2 Nephi 2:26).
- * When have you used your agency to act responsibly?
- * How did it help you?

SITUATION	UNPRODUCTIVE RESPONSES	WAYS TO ACT RESPONSIBLY (2 NEPHI 2:26)
<p>Example</p> <p>You weren't selected for a job you really wanted.</p>	<p>Get angry and blame others.</p> <p>Doubt your abilities.</p> <p>Lose hope you'll find a good job and quit trying.</p>	<p>Ask for feedback from others.</p> <p>Find new skills you can learn or things that would give you more experience.</p> <p>Apply for other jobs.</p>
You were misjudged or embarrassed by someone you care about.		
You made a mistake that hurt another individual.		
Someone was dishonest with you and you lost money.		
You have an illness that limits your ability to do things you could do in the past.		

When have you used your agency to act responsibly? How did it help you?

Watch: “Mountains to Climb,” [Click [HERE](#) to watch video]

Despite their challenges, what did the individuals in the video do to allow the Lord to help them?



“Having faith in Jesus Christ is to trust that because of His atoning sacrifice He will correct all injustices, restore all things lost, and mend all things broken, including hearts. He will make all things right, not leaving any detail unattended” ([Lynn G. Robbins](#),

[“Be 100 Percent Responsible” \[Brigham Young University devotional, Aug. 22, 2017\], speeches.byu.edu](#)).

How can faith in Jesus Christ help us endure challenges well?



The Evacuation of Nauvoo

Perhaps one of the greatest scenes of mass migration in our nation's history is the evacuation of the members of the church from their homes in Nauvoo, IL to the Salt Lake valley. This evacuation took planning, great effort and sacrifice. The need to flee from the persecution of mobs meant many saints left in less than desirable circumstances. But the lessons learned from looking back are many and can help us as we learn about evacuation planning.

Emergency Preparedness—Lesson #6

Evacuation Planning

“But verily, thus saith the Lord, let not your flight be in haste, but let all things be prepared before you. . .” Doctrine and Covenants 133:15

Perhaps one of the greatest scenes of mass migration in our nation's history is the evacuation of the members of the church from their homes in Nauvoo, IL to the Salt Lake valley. This evacuation took planning, great effort and sacrifice. The need to flee from the persecution of mobs meant many saints left in less than desirable circumstances. But the lessons learned from looking back are many and can help us as we learn about evacuation planning.

In some emergencies, your family may need to evacuate. This lesson will review ways that you can plan ahead so that your family can evacuate quickly and safely if needed. Evacuating can become necessary in a variety of situations and, depending on the hazards, your family may need to quickly leave your home, the neighborhood, or even your city.

Discussion: Have you, or anyone you know, had to evacuate their home in an emergency or disaster situation? What did it feel like? What was it like to come back to your/their home after the disaster? What were the long-term effects on the home? On the family?

Home Evacuation

Read: Your home may be directly impacted by an emergency or disaster incident. These evacuations usually require you to quickly exit the building, but not necessarily leave the neighborhood or surrounding area.

Discuss: What types of emergencies may require you to evacuate your home but not the neighborhood?

Read: House fires are the most common reason families must quickly evacuate their home. Minutes matter when a fire is threatening your home. Planning ahead can save precious time during a quick evacuation. Here are a few things to consider:

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- Identify two evacuation routes for each room.
- If escaping through a second story window, how will you get down safely to ground?
- If there are children, elderly individuals, or others that require assistance to evacuate, who will assist them?
- Who will make sure the pets are evacuated?
- What will be your family's rally point? A neighbor's home (not the next door neighbor) is a great option. Be sure to plan with them if you'll be using their house as a rally point.
- Where will you go if your home is no longer safe? Disasters often happen during the worst times- it may be night, cold, and poor weather when your family escapes. Plan ahead where you will go and consider what you will do if your vehicles, phone, and wallet are in your now dangerous-to-enter home.



Discuss: Practicing is an important part of your home evacuation planning. How often should your family hold a evacuation drill?

Activity 1: (5 Minutes) On the next page, draw a simple diagram of your home's floor plan. Identify two escape routes for each room.

Activity 2: Identify at least two places you can evacuate to if you need to leave your home in an emergency. These can

be in the same town or a neighboring area.

For help creating a detailed evacuation plan, visit: **National Fire Protection Association:** [Escape Planning](#)

Neighborhood Evacuation

Read: Some disasters may impact areas of a city, destroying neighborhoods, but not the city's ability to respond. These scenarios usually require quick evacuation before or immediately following an incident.

Discuss: What types of emergencies may require you to evacuate your neighborhood but not your city?

Read: Neighborhoods destroyed or heavily affected by incidents become hazardous areas and may be difficult to leave. Make sure that you take into account

bridges which may be out, power lines which may be damaged, and road intersections which may be blocked, crowded, or without power following an incident. Road signs and identifying markers may be gone as well or not visible.

Your family should select a rally point outside of your neighborhood that is far enough away from your home that the threat would not also affect the rally point.

Activity 3: Select a rally point outside of your neighborhood that is far enough away from your home that the threat would not also affect the rally point.

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SIMPLE DIAGRAM OF YOUR HOME



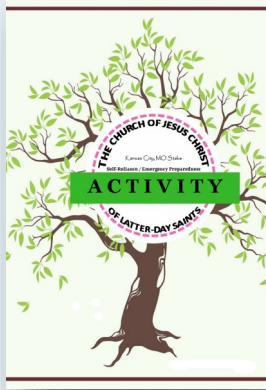
ACTIVITY 1 & 2

- In the space to the left, draw a simple diagram of your home's floor plan. Identify two escape routes for each room.
- Identify at least two places you can evacuate to if you need to leave your home in an emergency. These can be in the same town or a neighboring area.

TWO PLACES YOU CAN EVACUATE TO

- 1.
- 2.

(continued on next page...)



ACTIVITY 3

Select a rally point outside of your neighborhood that is far enough away from your home that the threat would not also affect the rally point.

WHERE TO GO

Optional Activity: Review the “[Map Your Neighborhood](#)” program about creating a neighborhood response plan. How could you implement this program with your neighbors? What resources would assist you in planning response and evacuation actions in your neighborhood?

City or Regional Evacuation

Read: Large scale disasters can impact entire metropolitan areas or even larger, regional areas. City-wide evacuations may require out-of-state relocation for long periods of time, to include resettlement in a different area for families.

Discuss: What types of emergencies may require you to evacuate your city?

Some disasters are considered catastrophic and effect entire cities with physical damage. These incidents usually include large scale storms and flooding. Evacuation from your city should be considered a very serious incident in and of itself. Local officials will make the call to evacuate your city. **While most evacuations are voluntary, any evacuation order should be taken very seriously. Many individuals have suffered or died because they did not give proper heed to official warnings. If you decide to NOT evacuate under a mandatory evacuation, please note there will be no emergency services available to you until the situation resolves.**

Video: [FEM - Shelters and Evacuations During a Disaster - YouTube](#)

Get Gas Early

When the possibility of an evacuation order for your city is looming, be sure to fill-up your vehicle gas tanks for the journey. Spare, filled gas cans will also make sure that you’re not stranded, or can help others, along the route. Remember, supplies become increasingly limited leading up to a known incident. Waiting until the call to evacuate to start preparing is TOO LATE. When in doubt, ask neighbors or natives who have had to evacuate before for help and guidance, hints and helps.

Traveling to Your Rally Point

If caravanning with loved ones to the rally point, the meeting point should be somewhere outside of the evacuation route. Exiting and entering the routes can be very difficult due to congestion. Be sure to evacuate as early as possible. The longer you wait, the more difficult travel will become. A 3-hour trip can easily take 16-hours or more in a regional evacuation. Supplies and accommodations normally found along the route may now be unavailable. Air traffic will also be congested and extremely difficult before and after an incident. Limited resources will be redirected to official response and recovery efforts.

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Once the official call to evacuate is given, the easy part of evacuating is over.

Evacuate to cities outside of known danger, preferably with loved ones or family members. Be sure to contact loved ones before leaving your city and share with them your known routes.

Evacuating After a Disaster

During evacuation, emergency services will be limited to official evacuation routes. These routes will move slowly and can cause for extra stress, but resources such as gasoline, food, and emergency help will be available throughout the route, prioritized to help with the large-scale evacuation. Deviation from these routes is possible, but please note that any non-official emergency route will not be cleared of hazardous debris and not monitored by emergency officials.

When you are told to evacuate there are 5 steps you need to take:

1. Secure your property. If there is time, secure your house. Unplug appliances. Turn off the main water valve, electricity, and main gas line. Take any actions needed to prevent damage to water pipes by freezing weather. If flooding is expected, relocate items to a higher floor of the building. Securely close and lock all doors, windows, and garage.
2. Follow your local recommended evacuation routes. Do not take shortcuts, they may be blocked.
3. Listen to the radio for emergency shelter information.
4. Carry your family disaster supply kit.
5. Bring proof of residency with you. Re-entering disaster zones is usually limited to residents only. Without this you may be prevented from returning to your home for a long time.

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. The feeling that a home may be destroyed devastates and the idea of planning for such an end terrifies many individuals. However, in an emergency or disaster incident, you may be faced with the inevitable need to evacuate your home.

Discuss: What concerns you most about leaving your home in a disaster? What would cause you to stay behind?

Activity 4: (See sidebar)

Can you see how previously creating an Emergency Plan and a Communication Plan (previous lessons) would help you in now creating an evacuation plan?

~Evacuation Planning



Activity 4

Should you need to evacuate your home for a large-scale city-wide or regional evacuation think of two out-of-area locations you can go to. You may need to have plans to evacuate to several different areas outside of the region due to the nature of the disaster.

1.

2.

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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