



Stake Self-Reliance & Emergency Preparedness

Quarterly Newsletter



Ministering in Time of Crisis

*By Jen Benson
Stake Relief Society President*

Life is wonderful.

Living life with the opportunity to learn and grow everyday is a promised blessing. But there's a part of life that can be "not so wonderful". This part of life is the trials we all face. We know that trials are a part of our learning process and are required for progression, but....they're still trials.

President Thomas S. Monson said "We learn and grow and become stronger as we face and survive the trials through which we must pass".

Some of our trials might be small while others are devastating and insurmountable. This is why we need each other. The joys in this life are meant to be shared and the difficult times are as well.

Elder Jeffrey R. Holland said, "To be called His people and to stand in His Church, we must be "willing to bear one another's burdens, that they may be light; yea, and [be] willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things."

As we look to help others in need, how do we minister to those going through a crisis?

The following are tips and suggestions on ways we can be a minister to others during a crisis.

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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)

First and foremost: **BE PRESENT**

This can mean making a phone or video call or sending a text message so people know you are thinking of them. Your presence can be calming and comforting. Offer to talk or spend time together as much as is needed.

- **LISTEN**

Don't be distracted by thinking about how you'll respond to what she or he is saying.

Remember everyone is different and will respond to crisis differently. Allow others to go through their own experiences.

- **PRAY**

Ask for the Spirit to inspire you and your family or support system and to guide you in ministering to and helping others.

Pray together with those going through a crisis. Prayer invites the Spirit and can bring peace and comfort.

- **HAVE SYMPATHY**

Remember everyone is different and will respond to crisis differently. Allow others to go through their own experiences.

- **ASK QUESTIONS**

Ask questions about how others are feeling and what they are experiencing. Avoid assuming you already know how they feel.

At times, being there for someone going through a crisis is one thing—but it's hard to know what to say or do to help ease their

pain. Ideas to help with that are:

- **BE COMPASSIONATE**

Show others that you care about them. You might say things like:

- "We love you."
- "I'm so sorry for your loss."
- "You are in my thoughts and prayers."
- "I'm here for you, and I can listen." (It's OK to just sit quietly with the person. Just being there offers support).

- **ALLOW THEM TO EXPRESS THEIR FEELINGS**

Ask questions to help others explain their experiences, but avoid forcing them to talk about feelings or subjects they aren't ready to discuss. You might consider questions like:

- "What worries you the most right now?"
- "What coping strategies are you using?"
- "What are the hardest challenges you have faced this week?"
- "What strengths do you see in yourself and others?"
- "What concerns do you have about the future?"
- "How does your faith help?"

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• NORMALIZE THEIR RESPONSES

People may be feeling sad, angry, confused, lost, numb, guilty, helpless, or many other emotions. Show others that you understand their unique experiences and help them feel it's normal to not be OK right now. You might say things like:

- “I don’t fully understand the pain you are feeling, but I know that this must be hard for you.”
- “It’s OK to feel whatever emotions you are feeling.”
- “It’s normal to feel like our thoughts and emotions are beyond our control.”
- “Everyone responds differently—it’s OK to feel strong and that you’re doing well, and it is OK to struggle.”

• SUGGEST WAYS TO COPE

You might ask questions like:

- “What are your coping strategies? What has helped you cope with difficulties in the past?”
- “How are you taking care of your physical health as well as your mental health?”
- “How is your faith helping you? How are you relying upon the Lord?”

• And finally: OFFER HOPE

In intense crisis situations, deep expressions of faith and hope often can feel trite or not helpful.

Consider hopeful statements like:

- “I’m here with you and for you.”
- “I know people who can help.”
- “I’ll keep checking in with you.”
- “I’ll give you the space that you need, and I’ll be available to help and be with you as well.”

All of the above ideas and suggestions may be helpful as you reach out to someone and minister to them as they go through a crisis. There’s no perfect way, and we will stumble as we go, but if we ask for the Spirit to guide us and we show up with a willing heart, our efforts will be accepted and appreciated.

~Jen Benson

FACING CHALLENGES

A Self-Help Guide

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

During difficult times, part of being emotionally resilient is checking in with yourself. As you identify things you are struggling with, you can choose coping strategies to help you stay healthy. You can also help others. To learn more, see the discussion guide “How Can I Minister to Others During a Crisis?”

■ STEP 1: IDENTIFY AND ACCEPT

How do you respond to difficulties? The following list includes ways people commonly respond to challenges out of our control. Recognize that responding in different ways is natural and part of being human. You may struggle, and that’s OK. You may also respond with resilience by using strengths and resources. Check all that apply to you.

Emotional	Mental	Spiritual	Resilience Responses
<input type="checkbox"/> Denial <input type="checkbox"/> Depression, grief <input type="checkbox"/> Anxiety, fear <input type="checkbox"/> Anger, agitation <input type="checkbox"/> Guilt <input type="checkbox"/> Fatigue <input type="checkbox"/> Headache <input type="checkbox"/> Sleep disturbance <input type="checkbox"/> Change in appetite <input type="checkbox"/> Muscle tension <input type="checkbox"/> Shallow breathing	<input type="checkbox"/> Impaired judgment <input type="checkbox"/> Forgetfulness <input type="checkbox"/> Distractibility <input type="checkbox"/> Distorted sense of time, reality <input type="checkbox"/> Nightmares <input type="checkbox"/> Flashbacks <input type="checkbox"/> Loneliness, withdrawal <input type="checkbox"/> Clinginess <input type="checkbox"/> Marital or relationship tension <input type="checkbox"/> Parent/child conflict <input type="checkbox"/> Protectiveness	<input type="checkbox"/> Increased reliance on God <input type="checkbox"/> Feeling abandoned by God <input type="checkbox"/> Feelings of worthlessness <input type="checkbox"/> Finding it hard to engage in religious practices such as meditation, prayer, church attendance, etc. <input type="checkbox"/> Decreased desire to live a good life <input type="checkbox"/> Loss of hope	<input type="checkbox"/> Alertness/increased readiness to respond <input type="checkbox"/> Increased focus on the present and future <input type="checkbox"/> Enhanced appreciation of loved ones <input type="checkbox"/> Feelings of determination, courage, optimism, creativity, faith <input type="checkbox"/> Desire to connect with and help others <input type="checkbox"/> Desire to meet challenges and address difficulties <input type="checkbox"/> Finding a new definition of a “good day” <input type="checkbox"/> Greater focus on quality time with family and friends <input type="checkbox"/> Increased commitment to self, family, friends, and faith

■ STEP 2: FOCUS OUR THOUGHTS

In our lives, we will experience strenuous events or circumstances beyond our control. However, how we respond and adapt to these stressful circumstances is within our control. Pay attention to your thoughts and consider how you can lead your thoughts in a healthy direction.

■ STEP 3: ACT

Identify coping strategies that work for you. Practice using these strategies in everyday life. Check the strategies below that you currently use or would like to try.

Emotional	Physical	Mental	Social	Spiritual
<input type="checkbox"/> Journal your thoughts, feelings, and experiences <input type="checkbox"/> Listen to inspiring music <input type="checkbox"/> Talk about your feelings <input type="checkbox"/> Deep breathing, meditation, positive thinking <input type="checkbox"/> Allow yourself to cry <input type="checkbox"/> Find things that make you laugh <input type="checkbox"/> Spend time with pets	<input type="checkbox"/> Drink water and eat healthy food <input type="checkbox"/> Get enough sleep <input type="checkbox"/> Physical activity <input type="checkbox"/> Take necessary medications <input type="checkbox"/> Follow a regular routine <input type="checkbox"/> Reward yourself <input type="checkbox"/> Hug/hold and show appropriate affection with family and friends <input type="checkbox"/> Get regular medical care	<input type="checkbox"/> Read or listen to uplifting books <input type="checkbox"/> Help children with schoolwork <input type="checkbox"/> Write stories or poems <input type="checkbox"/> Write a priorities and values list <input type="checkbox"/> Set short- and long-term goals <input type="checkbox"/> Seek accurate information from trustworthy sources <input type="checkbox"/> Take a break from the news	<input type="checkbox"/> Spend time with family and friends <input type="checkbox"/> Play games with others <input type="checkbox"/> Connect with important people <input type="checkbox"/> Invite others to dinner <input type="checkbox"/> Find ways to help and serve others <input type="checkbox"/> Take a break from social media <input type="checkbox"/> Join community organizations	<input type="checkbox"/> Ponder and meditate <input type="checkbox"/> Be open to inspiration <input type="checkbox"/> Focus on what is most important to you <input type="checkbox"/> Identify what is meaningful and notice its place in your life <input type="checkbox"/> Pray, sing <input type="checkbox"/> Read inspirational literature (talks, music, scripture, etc.) <input type="checkbox"/> Counsel with trusted Church leaders

■ STEP 4: DISCUSS AND SHARE

With your family, friends, or support system, share some of your responses and coping strategies. Discuss how you can support each other. Review and practice your coping strategies whenever you feel challenged or stressed.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

LOOKING FOR MORE GREAT RESOURCES?

Head over to the kcstake.org webpage and click on the “Community and Church Resources” link shown below! Or click [HERE](#).



This site contains information about events and resources related to the Kansas City Missouri Stake of the Church of Jesus Christ of Latter-day Saints.



See additional resources not listed here? Know of services that could benefit someone?

⇒ *Contact your Ward Leadership or a member of the Self-Reliance Committee and let them know!*

Don't forget about BYU—PathwayConnect!



[Informational Brochure \(click here\)](#)

[Request personalized information specific to your needs \(click here\)](#)

Website (sign up): byupathway.org

BENEFITS

- Tuition prices are *significantly less* than other schools
- Certificates & degrees are offered *completely online*, from anywhere in the world
- Increased spiritual learning by incorporating teachings from the scriptures as well as modern prophets and apostles

EVENT	SPRING 2023 (APR.-JUL.)	FALL 2023 (SEPT. – DEC.)
Application Deadline	Mar. 28	Aug. 22
Last Day to Accept Offer	Apr. 12	Sept. 6
Courses Start	Apr. 17	Sept. 11
Courses End	Week of July 17	Week of Dec. 11

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)

Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)

Kansas City Stake Self-Reliance Committee Members

President Daryl Ward

Brother Bryant Staples

Sister Karen O’Riley

Brother Arlen Tanner

Sister Patty Tanner

Brother Van Celaya



Sister Michelle Truman

Sister Jen Benson

Brother Lee Lacy

Brother Kevin Forth

Sister Libby Forth