

Stake Emergency Preparedness

Spiritual Preparation

Preparation is a gospel principle that ties together the temporal and spiritual sides of life. In the scriptures, the Lord tells us to "Prepare every needful thing..." (D&C 88:119); and to "...first set in order thy house." (D&C 93:44) The latter, pre-mission commandment originally pertained mainly to the obedience and spirituality of Sidney Rigdon's family; but as the Lord stated afterward, "What I say unto one I say unto all..."

The Prophet and Apostles have given us recent messages about the work of the Lord in which we are needed, and for which we need to be prepared in every way.

In the April 2018 General Conference, Elder Quentin L. Cook described the visions and visitations that occurred on Easter Sunday, April 3, 1836, one week after the dedication of the Kirtland Temple. After the Lord appeared in the Temple, "three ancient prophets, Moses, Elias, and Elijah, appeared and committed keys which were essential to accomplish the Lord's purpose for His restored Church in this dispensation. That purpose has been simply, but eloquently, defined as gathering Israel, sealing them as families, and preparing the world for the Lord's Second Coming."

In the Worldwide Youth Devotional on June 3, 2018, President Russell M. Nelson invited all the youth of the Church "to enlist in the youth battalion of the Lord to help gather Israel... the greatest challenge, the greatest cause, and the greatest work on the earth today." This was also a vivid reminder to Temple-covenant keeping adults of the work they are already enlisted in. Lest we feel overwhelmed by it all, also in April conference Elder Dallin H. Oaks quoted a teaching by the late President Howard W. Hunter, "...frequently it is the commonplace tasks ... that have the greatest positive effect on the lives of others, as compared with the things that the world so often relates to greatness."

So, let us plan and be prepared to do the commonplace things, of our own accord and as inspiration may come to us. May we be able to do them sufficiently that the Lord may say of us, "She (he) hath done what she (he) could." (Mark 14:8)

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Spiritual Insights

- In a crisis, our faith in Christ may be all we are left with
- "Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them" (Ezekiel 38:7).
- "...if ye are prepared ye shall not fear" (D&C 38:30).



By Jason Bowne

5 Areas of Self-Reliance

Through ward conferences this year there were five areas of self-reliance that were highlighted. All the youth that were in attendance at the meeting participated in a fun exercise that involved one of the youth being hand cuffed as Brother Bowne talked about the Book of Mormon story of the

people of Limhi in Mosiah 20, starting at verse 5. This story is an example of the power of involving the Lord in solving your problems.

The 5 areas of self-reliance that were discussed were as follows:

(continued below)

“All the youth that were in attendance at the meeting participated in a fun exercise that involved one of the youth being hand cuffed...”

5 Areas of Self-Reliance

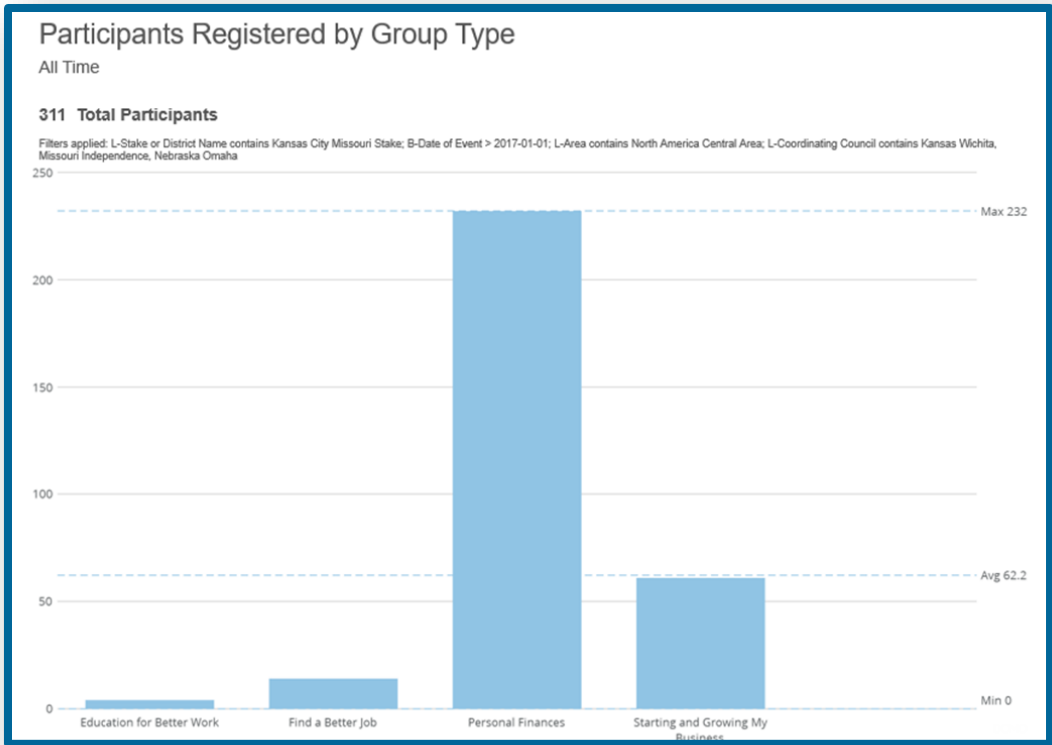
- ◆ Physical Self-Reliance
- ◆ Emotional Self-Reliance
- ◆ Spiritual Self-Reliance
- ◆ Social Self-Reliance
- ◆ Financial Self-Reliance

“The power is in them, wherein they are agents unto themselves”

(D&C 58:28).

(continued from above)

- **Physical self-reliance** – our bodies are temples and so we should be eating right, exercising in some form every day, getting the amount of sleep our body needs.
- **Emotional self-reliance** – do we interact with people more over a screen than in person? A good amount of time was spent on this subject with both youth and adults – the ‘social feedback cycle’ of social media is bad. It creates a dependency of happiness from the acceptance of posts, this gives you dopamine in your brain and you will crave getting likes.
- **Spiritual self-reliance** – where is your testimony at, really. Daily prayer (real prayer involving the Lord in your life), daily scripture reading (really learning and feeling the Spirit), attending church with gladness, and giving service because you want to (to your family and those around you). These are critical components to having Spiritual self-reliance, one of the most important areas you can be self-reliant in.
- **Social self-reliance** – Do you have friends that uphold and support you in your values and beliefs or do you have to defend your position when you know something is wrong every day. If so you may need to make the hard choice of finding new friends, getting out of your comfort zone and connect with people that have similar values and beliefs, so you can support each other.
- **Financial self-reliance** – smart AND hard work is what it takes to not depend on anyone to make a living. We have been warned of the damaging effect that debt and being in a ‘welfare’ state can be when we are able to work and provide for ourselves and our family. There are so many resources to help learn just about anything you can think of to improve your employment. Coupling this with obedience to tithing and fast offerings being given with a glad heart, brings blessings ‘so much there is not room enough to receive’.



Participants by Group Type

National Preparedness Month

September is National preparedness month and FEMA has set up a website with different items for preparedness. The website for National Preparedness Month is...

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

Each week has some themes. Although you may receive the information late, the information may be used to prepare for some emergencies in your life. Each week has a different focus and links to various articles.

- ◆ **Week 1: Sept 1-8**
Make and Practice Your Plan
- ◆ **Week 2: Sept 9-15**
Learn Life Saving Skills
- ◆ **Week 3: Sept 16-22**
Check Your Coverage
- ◆ **Week 4: Sept 23-29**
Save For an Emergency



Self-Reliance Seminar

Our next Stake Self-Reliance classes will begin in January 2019. The City of Enoch was taken up into Heaven because, "...they were of one hear and one mind, and dwelt in righteousness; and there was no poor among them. " (Moses 7:18). These classes help the members of our stake

become self-reliant spiritually and physically. As we become self-reliant, we can help our neighbor. Our stake will become more like Zion.

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)

