



Self-Reliance Through Service

By Katherine Hirschi



To be truly temporally and spiritually self-reliant requires the desire and ability to help lift those around us as the Savior does.

We learn in Moses 7:18, “the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them.” How great must the desire to love and lift others been amongst this people?

President Uchtdorf taught, “The lesson we learn generation after generation is that rich and poor are all under the same sacred obligation to help their neighbor. It will take all of us working together to successfully apply the principles of welfare and self-reliance.” (Providing in the Lord’s Way, General Conference, October 2011)

Elder H David Burton said, “No matter how many temples we build, no matter how large our membership grows, no matter how positively we are perceived in the eyes of the world—should we fail in this great core commandment to “succor the weak, lift up the hands which hang down, and strengthen the feeble knees,” or turn our hearts from those who suffer and

mourn, we are under condemnation and cannot please the Lord and the jubilant hope of our hearts will ever be distant.” (Sanctifying the work of Welfare, General Conference April 2011)

“As always, we can look to our perfect example, Jesus Christ, for a pattern. As President J. Reuben Clark Jr. taught, ‘When the Savior came upon the earth he had two great missions; one was to work out the Messiahship, the atonement for the fall, and the fulfilment of the law; the other was the work which he did among his brethren and sisters in the flesh by way of relieving their sufferings.’

In a similar way, our spiritual progress is inseparably bound together with the temporal service we give to others.” Pres Uchtdorf, Providing in the Lord’s Way, General Conference October 2011).

As we strive to live the principles of self-reliance, let us do so with the goal to become more like our Savior, to use our blessings and talents to love and lift those around us. As we ponder all of the ways we have been lifted and loved by our Savior, may we pray for the desire and opportunity to help build Zion by lifting one another.

~Hirschi



Are You Prepared?

By Michael Kester

How confident am I in my ability to deal with an emergency? What worries you most about an emergency?

Importance of Preparing

By preparing now, you will be better equipped to deal with emergencies, have greater peace, and build capacity to assist others in times of need. Becoming self-reliant includes preparing, planning, developing skills, forming habits, and learning to trust Heavenly Father so that you can effectively deal with the challenges of life and serve others in need.

Prophets have counseled us to prepare ourselves for adversity by:

- Developing family emergency plans and emergency kits;
- Having a basic supply of food and water (three-month and long-term);
- Being wise stewards of our personal finances, including setting aside a financial reserve.

“The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear” L. Tom Perry, *If Ye Are Prepared Ye Shall Not Fear*,” Oct. 1995 general conference.

Planning Priorities

As a family or individual record ways to reduce risk from those hazards you rated as having moderate and high risk. On the next page are some links to websites for reducing risk:

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Points to Ponder

As members of the Church, we know that it is our responsibility to provide for ourselves and our families both in good times and in bad. Part of fulfilling that obligation is making preparations now to face whatever challenges may come our way.

President Spencer W. Kimball taught that we must be “anxiously engaged in a positive program of preparation.” It is not enough to hope for the best; we must prepare for it.

He explained, “The Lord will not translate one’s good hopes and desires and intentions into works. Each of us must do that for himself” (The Miracle of Forgiveness [1969], 8).

www.churchofjesuschrist.org



Are You Prepared? (continued from page 3...)

POSSIBLE EMERGENCIES OR HAZARDS	RISK LEVEL (NONE, LOW, MODERATE, OR HIGH)	WAYS TO REDUCE MY RISK LEVELS
FLOODS		
HURRICANES		
THUNDERSTORMS / LIGHTNING		
TORNADOES		
WINTER STORMS / EXTREME COLD		
EXTREME HEAT		
EARTHQUAKES		
VOLCANOES		
LANDSLIDES		
TSUNAMIS		
FIRES		
WILDFIRES		
CHEMICAL SPILL		
NUCLEAR POWER PLANT		
TERRORISM		
SHOOTING		
HEALTH CRISIS		
JOB LOSS		

https://www.fema.gov/pdf/areyouready/areyouready_full.pdf
 Local emergency management department.
<http://www.preparemetrokc.org/>
<https://www.redcross.org/prepare>

~Kester





Local Resources

By Mark Kitchens

Normally with self-reliance articles we focus on the capabilities to prepare for the worst life has offer. We all know that being prepared is an act of faith, believing that no matter what the future offers, we can prepare for it and head straight into an uncertain future, knowing the Lord will see us through. However, being prepared for the trials of life doesn't mean that they won't come, or that they won't hurt. In this issue, I'd like to focus not on preparation, but on mitigation; how we lessen the effects of a trial once it's upon us. Situations will come on all of us and sometimes external help is needed. Mitigating the effects of unemployment, disability, or even loss of a loved one doesn't need to be dealt with without assistance. I hope that you'll find solutions for yourself or another in making the best of a bad situation in this article.

Self-reliance entails making the best of the situation, while bettering your capabilities and prospects to provide for yourself and your family. Unfortunately, due to circumstances outside of your control, you might need assistance outside of normal means. Unemployment, low earning capability, and even health/wellness issues can all play a role in affecting the day-to-day capabilities of an individual in providing for themselves and their loved ones. The first place to look for answers is inside oneself and family. However, when the struggles and requirements of life necessitate outside

assistance, government programs can fill a much needed temporary gap. Here are some resources to look into when you might need a hand in reaching for self-reliance.

Affordable Housing Resources (Section 8): local municipal governments dedicate certain resources towards finding homes at low or no-cost rental options within their boundaries. Several of these resources exist for the Kansas City Stake area. These programs sometimes have an application period for Section 8 (federally backed rental options at reduced rates) and other vouchers available for low or no-cost housing. Even if an application period is not active for federal programs, these resources can be contacted in the search for affordable housing- many have outside assistance programs readily available throughout the year.

- **Independence Housing Authority:** Independence, MO is the county seat for Jackson County, MO. All relating housing authority questions for the county at-large (especially outside incorporated city areas) are therefore administered through the Independence Housing Authority.

<https://www.independenceha.org/>

- **Johnson County Housing Authority:** Johnson County, KS hosts the housing authority for most municipal cities in their jurisdiction. Like most local programs, their resources are limited and available over a certain application program only.

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<https://www.jocogov.org/dept/human-services/housing/housing-authority>

- **Lee's Summit Housing Authority:** The City of Lee's Summit, MO has its own housing authority that works in conjunction with other resources in the area. Housing is limited, with an application period active in only part of the year.

<https://hacls.org/voucher-program/>

- **The Housing Authority of Kansas City, Missouri:** Kansas City's housing authority is run through an individual, city-sponsored organization. It keeps listings available as well as the Section 8 voucher program. There are application periods but they are ready to help when needed.

<http://www.hakc.org/>

Employment Resources: Most municipalities will include employment resources to help you in the search for active employment. These resources can be utilized to find employers who are not only actively looking for employees, but may have available training resources available for new, onboarding employees.

- **The Full Employment Council of Kansas City, MO** offers resources in development of the skills needed to become employed as well as contacts with local businesses hiring. The resources offered are free and offered internships or apprenticeships may lead to full-time work.

<https://www.feckc.org/>

Unemployment Claims: When let-go for no fault from an employer, you may be able to apply for unemployment claims from your state resources. The funding for this program is paid for during your employment, and is available when an individual has been let-go from their employment due to circumstances outside of the employee's control.

- State of Kansas Unemployment Resources: <https://www.getkansasbenefits.gov/Home.aspx>
- State of Missouri Unemployment Resources: <https://labor.mo.gov/unemployed-workers>

Women, Infants, and Children (WIC): WIC is

offered as a subsidize nutritional program for nursing or pregnant women and their infant/unborn children, as well as for children not yet in school. Certain foods are available in grocery stores for WIC voucher credit, many times for free. WICs food options range over healthy food groups to include milk, fruit, breads, and cheese, in order to make sure that mom and child(ren) are healthy and taken care of. This supplement program is income-based and available from the federal government.

<https://www.fns.usda.gov/wic>

Supplemental Nutrition Assistance Program

(SNAP): The federal government runs SNAP as a resource for low-income families and individuals in order to supply them with vouchers and resources for food in times of need. The program is administered at the state level, but is available through the federal government. Application and explanations can be accessed here:

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Medicaid: Healthcare is an issue which many can find daunting when facing financial hardships. Costs from hospitals and medication can add-up quickly, along with doctor visits and rehabilitation from injuries. Medicaid is a federal program administered through the states. The program is income-based and can be retroactive in paying for past events within a timeframe.

- State of Missouri Medicaid: <https://mydss.mo.gov/healthcare>
- State of Kansas Medicaid: <https://www.benefits.gov/benefit/1629>

Many more resources exist from local, state, and federal government agencies. The goal is to become self-sufficient, but the road to self-reliance has many hills and obstacles. In order to mitigate the effects of some of the hardest time in our lives, we need to remember that we are not alone. Look to your family first for assistance, but be ready to utilize the assistance of government programs available. Using these programs as a temporary help, while reaching out to friends and family for educational and employment opportunities, can help bridge the gap.

~Kitchens

Five Prescriptions

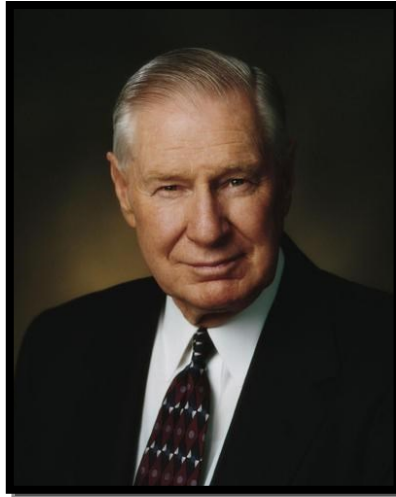
James E. Faust

1. **Practice thrift and frugality.**
There is a wise old saying: "Eat it up, wear it out, make it do, or do without." Thrift is a practice of not wasting anything.
2. **Seek to be independent.**
Members of the Church are also counseled to be independent.
3. **Be industrious.** To be industrious involves energetically managing our circumstances to our advantage. It also means to be enterprising and to take advantage of opportunities. Industry requires resourcefulness.
4. **Become self-reliant.**
5. **Strive to have a year's supply of food and clothing.** The Church cannot be expected to provide for every one of its millions of members in case of public or personal disaster. It is therefore necessary that each home and family do what they can to assume the responsibility for their own hour of need.

The Responsibility for Welfare Rests with Me and My Family

April, 1986, General Conference

James E. Faust



Self-Reliance with James E. Faust

Some of us are children of the Great Depression in the United States over fifty years ago. Most of us who passed through that period will never forget the difficult economic times almost everyone experienced. At

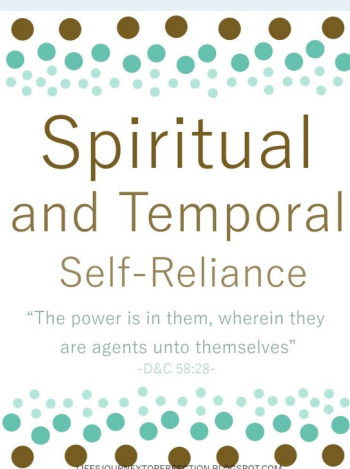
that time many banks failed; people lost their life's savings; a great many were unemployed, and some of them lost their homes because they could not pay the mortgage. Many went hungry. If we didn't eat our oatmeal cereal for breakfast, we would often have it fried for lunch or dinner. Such widespread economic problems could come again. But any of us, at any time, could meet with a personal calamity, such as sickness or an accident, which could limit or destroy our income.

The purpose of the welfare program is to care for the poor and the needy and make the members of the Church, by their obedience to gospel principles, strong and self-reliant.

The parable of the ten virgins, five wise and five foolish, has both a spiritual and a temporal application. Each of us has a lamp to light the way, but it requires that every one of us put the oil in our own lamps to produce that light. It is not enough to sit idly by and say, "The Lord will provide." He has promised that they who are wise and "have taken the Holy Spirit for their guide" will have the earth given unto them. (D&C 45:57–58.) It is further promised that "the Lord shall be in their midst, and his glory shall be upon them, and he will be their king and their lawgiver." (D&C 45:59.)

*Excerpt from the April, 1986, General Conference
The Responsibility for Welfare Rests with Me and My Family*

James E. Faust



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)

Kansas City Stake Self-Reliance Committee Members

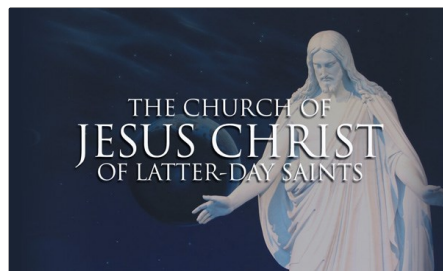
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