

Hi, I'm Kaarina.
Temporal Preparedness

1. What have you found that works? (food and water, fuel when necessary= heating)

Things that have worked for me.

- buying 7 gallons of distilled water weekly to add to our storage
- We use a Berky Water filter daily, so if water doesn't run out, we can always use that for our main water source.
- We also have those "LifeStraws" for our last resort.
- Wheat in bulk (grains are going up in price lately)
- Canned foods on sale (salmon, mackerel, & sardines - good omega 3) (beef, chicken, green beans) foods we enjoy. (grateful my kids love fish - they've been eating it since they were at least 1 year old)
- We are low carb/highly fat right now- so having those foods like coconut flour, flaxseed flour, canned coconut put into rotation has been nice - things you use to put into rotation is smart especially when you have children.
- We bought a lot of collagen peptides on sale from COSTCO- great source of protein
- Whey protein is also another great thing to have. We got it for cheap during Covid
- Trace minerals, Himalayan salt, Redmond's Sea salt, iodine, B-12, Zinc, D3, lemon powder(Vitamin C), Cod Liver oil
- Beef Jerky, Biltong, pemmican (learn how it make them)
- Ghee, powdered milk, powdered butter, powdered buttermilk are nice fats to have in storage. Fat is very important for the body...we will talk more about fats later
- Toilet paper, paper towels, and detergent are nice to have but are not essential to survive. Matches would be good to have on hand.
- Since we live with my parents in law, they have a generator and that has been nice
- We learned how to ferment and pickle veggies.
- A big thing is to get out of debt and stay out of debt:
- Fasting helps save some money - we will talk about this a little later

- After taking the Financial Self-Reliance class and praying in the temple, we felt strongly we needed to get out of debt ASAP, so we move into the basement apartment of my parents-in-law home. What would have been a 25 yr payment plan has now turned into a 6 yr plan since we've been married. Since Covid we have been able to put a lot towards it, but just these last few months there has been a huge loll in more clients. Our goal to pay off the student loan debt was end of April 2021. It's coming up, prayers for a miracle we can. Other wise, I guess the Lord has different plans for us.
- Another way we have been saving money has been because we go to a food bank. They give away almost expired and already expired foods from Whole Foods, Sprouts, and King's Soopers (Krogers or Fry's). Lots of fruits, veggies, eggs, dairy, frozen meats, premise meals, breads, desserts, etc. It's really nice.
- Also at the food bank they give away canned items, cereal, flours, sugar, etc. Items we add to our food storage because the items have a 1 to 2 year expiration date left on it
- Getting creative on how and where to get items has helped us become more temporally prepared.
- We get a lot of clothes given to us so we haven't bought a lot of clothing for our children. I love that we are not name brand people.
- Our kids get very minimal screen time so if there was a power outage, they would be just just fine with their creativity (drawing, reading, playing)

2. What have you found to be less effective? What have you found to be setbacks or hindrances and how have you overcome these obstacles?

- We have tried gardening, but we are still very much beginners. It's hard when your don't have your own area to garden , but trying to overcome that, we do have some pots and have grown, one dinky little corn, parsley, basil, cilantro, ginger, and have attempted apple trees from seed. We will try again this year.
- Living paycheck to paycheck is not effective at all. Overcoming this would be to take the Financial Self-Reliance class, maybe getting a better job or starting your own business. Pray, research, prays some

more and move forward in faith, even if you have to move across the country.

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3. How do we go about raising awareness of this (temporal preparedness)?

Small story of when I was 12 yrs old to raise some awareness.

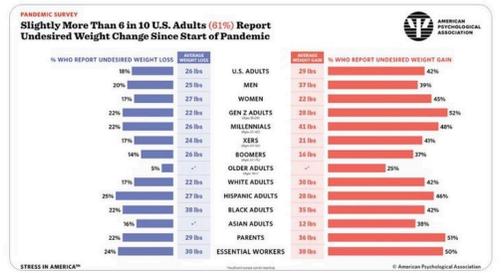
I was going to stay the night at a friend's house after our dance class. We went back to her house. She has 3 sisters. So all together there is 6 in the family, including her parents, just like my family. That night was the worst winter storm I had ever experienced. They called it El Niño. I was stuck at her house for 4 days. That night I had already had dinner that my mother packed, but when I woke up the next day, my friend's mom had said that she had just a loaf of bread and a box of crackers. She was supposed to go to the store that morning, but we were all snowed in and they had no food storage. I wanted to be home so badly. We had food storage, a ton! And always a full fridge and freezer. I was so confused because they had nothing in their fridge or freezer, absolutely nothing! Their family homeschooled too, which to me makes it more confusing because you'd think a family who homeschools would prep those kinds of things, but no...We all (7 of us) lived off of the white bread and crackers for those 4 days until my father with his Land Rover and a wooden device that he built for the front of his Land Rover (in those 4 days) to plow his way to their house to rescue me. This was a time without cell phones and the land lines were not working. He brought a huge food backer that my mother made for the family and then we adventures home. There at home I was able to relax, EAT, be with my family. I was so grateful for my father, that he was able to bring me home.

I would like to state some facts to think about in order to raise awareness for how we(at least the USA) are doing with temporal preparedness

- Back in 2019, 7 out of 10 homes were living paycheck to paycheck - I don't know what the numbers are now since Covid, but I'm sure the numbers has risen.
- Back in January of 2019 as well, over a million families had liquidated their homes to put it on a credit card for whatever they are buying. I also can't imagine the liquidation that has been going on since.
- Since Covid, the average American...



Holy cow: 42% of Americans report undesired weight gain during Covid 19. The average weight gain is 29 lbs. And 41 lbs for Millennials! This will ramify for years to come. mailchi.mp/20625980cc22/f...



- “The senior population (those aged 65 years and **older**) comprises 13.7% of the US population but uses 40% of all prescription **drugs**. People aged 65-69 years fill an **average** of 14 **prescriptions** per year and adults aged 80-84 years **average** 18 **prescriptions** per year.” https://www.medscape.com/viewarticle/847187_2
- More than half of us now regularly **take** a prescription **medication** — four, on **average** — according to a new nationally representative Consumer Reports survey of 1,947 adults. **Many** in that group also **take** over-the-counter **drugs** as well as vitamins and other dietary supplements. <https://www.consumerreports.org/prescription-drugs/too-many-meds-americas-love-affair-with-prescription-medication/>
- If you want to look more into what children are even taking, here is another link: <https://www.cdc.gov/nchs/products/databriefs/db334.htm>
- My concern is, CAN you have a full year of these medications ready? I have family member who can only refill once their medication/s are almost out. The refill is only for a month at a time. This being the case, how can one ween off medications to be more temporally prepared? I don't have the answer, but it is a question on my mind a lot.
- More than one-third of adults in the United States are obese. In the United States, **36.5 percent** of adults are obese. Another **32.5 percent** of American adults are overweight. In all, more than two-thirds of adults in the United States are overweight or obese. <https://www.healthline.com/health/obesity-facts>

- If your **BMI** is less than 18.5, it falls within the underweight **range**. If your **BMI** is 18.5 to <25, it falls within the normal. If your **BMI** is 25.0 to <30, it falls within the **overweight range**. If your **BMI** is 30.0 or higher, it falls within the **obesity range**. <https://www.cdc.gov/obesity/adult/defining.html>
- A couple of reasons I am talking about weight:
 - 1. It's one of the leading causes of death with Covid, as is hypertension, type 2 diabetes, and blood clots (which can come with aging)
 - 2. It's an amazing source food storage! Dr. Jason Fung talks about how we can access this food storage: https://youtu.be/7E_641uY67w
- Here is another link for more about diabetes from him: <https://youtu.be/SoKsp4RBEQo>
- A pound of fat 3,500 calories. An average person burns about 1,300 to 1,800 calories a day. If you are 30 pounds overweight, then you can survive without food for about 60 days as long as you have water. I'm not saying you should do that, but it has been done before.
- "Scottish **man** Angus Barbieri (1939 – 7 September 1990) **fasted** for **382 days**, from June 1965 to July 1966. He lived on tea, coffee, soda water and vitamins, living at home in Tayport, Scotland, and frequently visiting Maryfield Hospital for medical evaluation. Barbieri's starting weight was recorded at 456 pounds (207 kg) and he stopped fasting when he reached his goal weight of 180 pounds (82 kg)." https://en.m.wikipedia.org/wiki/Angus_Barbieri%27s_fast
- So, even if you didn't have enough food storage in your basement, maybe you might have enough to to have one small meal a day and the rest of your calories can come from your body storage. Just a thought.
- As for children, I think it is crucial to make sure they have enough to grow properly.
- A thought that comes to my mind with the Law of Consecration with food addiction is how can it work if people are so addicted and selfish with food? I don't have an answer, it's just a question I have.
- I know in some countries it is impossible to have food storage, even illegal. With that, I would maybe learn how to survive like the indigenous cultures, like the Inuit or the Hadza.
- I would love to learn how to hunt, even without a gun, and even understand the plants that can be eaten and which ones cannot. There is a time and a place for everything, and at this time, that is only what I can watch online.

- Since Covid, substance abuse, child trafficking, domestic violent, depression, and weight have all gone up! What does this have to do with being temporally prepared?
- We can't become a Zion people when this is what happens in a crisis. I guess this is part of the separation of the righteous and the wicked.

This is all I will speak about, but the rest of the paper has 2 talks and a bunch of resources put together from the Church of Jesus Christ's Website that I believe would be very beneficial, but you don't have to add it if you don't feel it needs to be there.

Teach LDS Women Self-Sufficiency
Barbara B. Smith

My dear brothers and sisters, this morning and in the welfare meeting last October, our Presiding Bishop, Victor L. Brown, quoted from the Doctrine and Covenants, section 78, verses 13 and 14, in which the Lord says he is preparing us to withstand the tribulations that shall come upon us so that "the church may stand independent above all other creatures beneath the celestial world." (D&C 78:14.)

We have been told that the gaining of this independence will come to Church members only in proportion to their obedience to the word of the Lord in this matter. Obedience brings security and self-sufficiency. It breeds confidence and a peaceful attitude.

Relief Society officers are in a position to materially assist the women of the Church to respond obediently to the advice of our leaders regarding home production and storage, that each family may be prepared to take care of its basic needs for a minimum of one year. Latter-day Saint women should be busily engaged in growing, producing, and conserving food, within their capabilities to do so. Relief Society should help them be provident in the use of the resources available to them, however great or small these resources may be. By provident, I mean wise, frugal, prudent, making provision for the future while attending to immediate needs.

Relief Society can help give direction to women by providing them with expert instruction and learning experiences. The best place for this teaching is in the ward homemaking meeting, in lessons and in miniclasses. Instruction could also be given in homemaking fairs, seminars, and workshops sponsored by stake and district Relief Societies. Home storage could be a topic for summer visiting teaching messages and could be a suggested theme for talks in ward and stake meetings. Stake and district Relief Society teachers could make this matter a subject of active planning and enlist the cooperation of ward Relief Societies in implementing it.

Each ward or branch Relief Society presidency should make an assessment of the general circumstances of the sisters living within their area and prepare a one-year plan for homemaking meeting instruction to be given on subjects relating to home production

and storage, according to the needs and conditions of the women. These classes could include the following guidelines to provident living:

How to save systematically for emergencies and home storage.

How to, what to, and where to store.

How to store seeds, prepare soil, acquire proper tools for gardening.

How to grow your own vegetables.

How to can and dry foods.

How to teach and help your family eat foods needed for physical health.

How to do basic machine and hand sewing, mending, and clothing remodeling.

How to plan and prepare nutritious, appetizing meals using the resources available, and foods from home storage shelves.

The resources of libraries, extension services, and government agencies should be wisely used. Instruction should be given that will help each sister understand how to make a good home storage plan in council with her husband, that he might direct their family.

May I suggest that when approving such plans, each Relief Society presidency use the following checklist:

Are we as Relief Society officers motivating and actually training the sisters in the necessary skills of family preparedness, and then helping them to put these into practice?

Are we counseling among ourselves and with our priesthood leaders so that adequate and realistic plans for home storage and production are being developed and carried out?

Do our homemaking miniclass plans respond to the various needs of the women in our ward?

Are we helping the sisters know how to estimate needs and replenish their home production and storage program?

If we do these things, when trouble comes we will be like a family I know who experienced unexpected financial reverses last year. The father became severely ill, and they were temporarily without employment income. As the fresh produce in the refrigerator was eaten, the family began to use the food they had stored. When the father recovered, he had to look for work in another community. While he was gone,

there was a breakdown in the town water system. The family had gallons of water stored which were used for several days before the water line was repaired. Throughout this experience there was no panic, no sense of being overwhelmed. They were prepared for the emergency. Adequate advance provision had been made, including money saved. The basic household bills were paid, and the family was able to care for itself independently.

The principles of family preparedness and a woman's part in them were not given for our time alone. I consider the women described in the thirty-first chapter of Proverbs a provident woman. Recall her wisdom, prudence, frugality, and preparation, as "She seeketh wool, and flax, and worketh willingly with her hands. ...

"With the fruit of her hands she planteth a vineyard. ...

"She layeth her hands to the spindle, and her hands hold the distaff. ...

"She is not afraid of the snow for her household: for all her household are clothed with scarlet. ...

"She looketh well to the ways of her household, and eateth not the bread of idleness." (See Prov. 31:13–31.)

From the beginning it was planned that reverses and trials would be a part of our earthly experience, but the Lord has mercifully provided ways for us to withstand these problems if we are obedient to his revealed truth.

The guidelines for Relief Society sisters now are the same as they were in biblical days: Obey, Plan, Organize, Teach, and Do. Obedience is training and doing.

Relief Society sisters have always been known to do that which they have been given divine direction to do with excellence, commitment, and the vision that makes it possible for them to have the rewards and the joy of righteous endeavor.

I pray that we may all become provident homemakers and help each other to perform his or her role in family preparedness effectively. I know that this is the desire of our Heavenly Father for us, his children, whom he loves. In the name of Jesus Christ.

Amen ■

Family Preparedness
Spencer W. Kimball
President of the Church

Brethren and sisters, I commend to you the excellent addresses that have been given here this morning by Sister Barbara Smith, president of the Relief Society, and the Brethren.

As I listened to their addresses, I kept thinking over and over of something the Savior said, "Why call ye me Lord, Lord, and do not the things which I say?" It rolled over and over and over in my mind: "Why call ye me, Lord, Lord, and do not the things which I say?" (Luke 6:46.)

There are many people in the Church today who have failed to do, and continue to argue against doing, the things that are requested and suggested by this great organization.

The Lord said also, "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." (Matt. 7:21.) And I was thinking that there are as many wards and branches in the Church as there are people in this room, one for one. And what great accomplishment there would be if every bishop and every branch president in all the world, wherever it's possible (of course there are a few places where this is not permitted), had a storage such as has been suggested here this morning—and took to their three or four or five hundred members the same message, quoting scripture and insisting that the people of their wards and branches do the things the Lord has requested, for we know that there are many who are failing.

And then I hear them argue, "Well, suppose we do put away a lot and then someone comes and takes it from us, our neighbors who do not believe." That's been answered this morning.

And so my feeling is today that we emphasize these two scriptures: "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." And the other: "Why call ye me, Lord, Lord, and do not the things which I say?"

Think of the number of people represented here this day by the stake presidents, mission presidents, and others who are directors, who have many people under them. Our 750 stakes—all of them including hundreds, sometimes thousands, of members—could that we have, if we go to work and actually push this matter until it is done. We talk about it, we listen to it, but sometimes we do not do the things which the Lord says. Brethren and sisters, we've gathered here this morning to consider the important program which we must never forget nor put in the background. As we become more affluent and our bank accounts enlarge, there comes a feeling of security, and we feel sometimes that we do not need the supply that has been suggested by the Brethren. It lies there and deteriorates, we say. And suppose it does? We can reestablish it. We must remember that conditions could change and a year's supply of basic commodities could be very much appreciated by us or others. So we would do well to listen to what we have been told and to follow it explicitly.

The story came from England during their siege of strikes, power blackouts, and three-day work weeks. A shop in a small British town carried a banner on its front window: "By candle power, battery power, and willpower, we will open six days a week." That willpower apparently is the most important.

There are some countries which prohibit savings or surpluses. We do not understand it, but it is true. And we honor, obey, and sustain the laws of the country which is ours. (See A of F 1:12.) Where it is permitted, though, which is most of the world, we should listen to the counsel of the Brethren and to the Lord.

Recognizing that the family is the basic unit of both the Church and society generally, we call upon Latter-day Saints everywhere to strengthen and beautify the home with renewed effort in these specific areas: food production, preservation, storage; the production and storage of nonfood items; fixup and cleanup of homes and surroundings. We wish to say another word about this in the next meeting.

We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden as neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities.

What President Romney has just said is basic. Children should learn to work. Parents should not spend their nights and days trying to find something to interest their children. They should find something to occupy them and get them busy doing something that is worthwhile.

Develop your skills in your home preservation and storage. We reaffirm the previous counsel the Church has always given, to acquire and maintain a year's supply—a year's supply of the basic commodities for us. And Brother Featherstone has pretty well outlined those commodities for us.

Wherever possible, produce your nonfood necessities of life. Improve your sewing skills; sew and mend clothing for your family. All the girls want to learn to type, they all want to go to an office. They don't seem to want to sew anymore, and to plant and protect and renew the things that they use. Develop handicraft skills as the sisters have told us, and make or build needed items.

We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, "Why call ye me, Lord, Lord, and do not the things which I say?" How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says.

Keep in good repair and beautify your homes, your yards, farms, and businesses. Repair the fences. Clean up and paint where needed. Keep your lawns and your gardens well-groomed. Whatever your circumstance, let your premises reflect orderliness, beauty, and happiness. Plan well and carry out your plan in an orderly and systematic manner.

Avoid debt. We used to talk about that a great deal, but today everything is seemingly geared toward debt. "Get your cards, and buy everything on time": you're encouraged to do it. But the truth is that we don't need to do it to live.

From local sources seek out reliable information on food and nonfood preservation. If additional information is needed, priesthood and Relief Society leaders may write, "Home Production and Storage," 50 East North Temple Street, Salt Lake City, Utah 84150, and get all the information you need. We encourage all Latter-day Saint families to become self-reliant and independent. The greatness of a people and of a nation begins in the home. Let us dedicate ourselves to strengthening and beautifying the home in every way we can.

It was Paul who wrote, "Neither did we eat any man's bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you.

"For even when we were with you, this we commanded you, that if any would not work, neither should he eat.

"For we hear that there are some which walk among you disorderly, working not at all, but are busybodies.

“Now them that are such, we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread.” (2 Thes. 3:8, 10–12.)

“But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse [worse!] than an infidel.” (1 Tim. 5:8.)

I’m so grateful for the inspiration of the Brethren who have helped once again to fasten our attention on the particular matters involved in the Priesthood Welfare Program. I appreciate the long-time devotion and leadership of President Romney in this important cause. I cannot think of the Priesthood Welfare Program and how we would do things without him.

The Lord’s way builds individual self-esteem and develops and heals the dignity of the individual, whereas the world’s way depresses the individual’s view of himself and causes deep resentment.

The Lord’s way causes the individual to hasten his efforts to become economically independent again, even though he may have temporary need, because of special conditions, for help and assistance. The world’s way deepens the individual’s dependency on welfare programs and tends to make him demand more rather than encouraging him to return to economic independence.

The Lord’s way helps our members get a testimony for themselves about the gospel of work. For work is important to human happiness as well as productivity. The world’s way, however, places greater and greater emphasis on leisure and upon the avoidance of work.

Now please be careful, brethren, that we do all that we do within the law of the land, wherever we are.

Let us become efficient in our production operations, so that we don’t merely go through the motions of having welfare farms. The time will come when we will need all the products and more from our projects—even more than we do now.

Do what you can to make our projects economically viable, so that we don’t rationalize that the welfare project is good simply because it gets men together. Even though it is good for the priesthood to labor side by side, we can have the brotherhood of labor and the economic efficiency too.

We must ever remind ourselves and all members of the Church to keep the law of the fast. We often have our individual reasons for fasting. But I hope members won’t hesitate to fast to help us lengthen our stride in our missionary effort, to open the way for the gospel to go to the nations where it is not now permitted. It’s good for us to fast as well as to pray over specific things and over specific objectives.

I’ve been grateful for the experience I had under the tutelage of my own father to wash with Castile soap the harnesses and grease them to preserve them. I learned to paint the picket fence, the water tank, the carriage shed, the granary, the buggy and the wagon, and finally the house. And since the days when I wore the occasional blister on my hands, I have not been sorry for those experiences.

I’ve always felt to commend the sisters who tat and knit and crochet, who always have something new and sparkling about the place. We’ve always been pleased when we’ve found young women who could make their own clothes and sew well and cook meals and keep the house tidy.

It seems to be the idea these days that we just entertain our young people. We spend so much of our time trying to find ways to keep them interested. I see no disadvantages

in work. I believe it was one of the clever and most important and necessary creations of our Father.

My admiration almost had no bounds one day when a young man from Murray came in to be interviewed for a mission. He'd saved \$2,900 for his mission from his Marine pay in three years and nine months and fifteen days. By doing odd jobs which others wished to escape, he had \$2,900 for his mission. Just a boy without a job, without a place, without a home, without somebody to keep him busy. But he caught the idea and went out and did other people's work on the ship, and saved his money for this important thing.

Through the ages there have been many laws repealed, but we know of no divine repeal of the law of work. From the obscure life organs within the body to the building of the moon landing craft, work is one of the conditions of being alive. We have been told that everyday work is a purposeful activity requiring an expenditure of energy with some sacrifice of leisure.

Sir William Osler, a great physician of Canada, said that work is the master word in ongoing life. It's the touchstone of progress, the measure of success, and the fount of hope. It is directly responsible, he said, for all advantages in medicine and technology. (See Harvey Cushing, *Life of Sir William Osler*, vol. 1, ch. 14.)

I'm always distressed when I see clerks in stores and banks and offices who complain of their workload and are stingy with their efforts and who fear to give more than their pay would seem to compensate. I know their hours are long and that there are many laws controlling these things nowadays. But at least their attitudes can be right.

Only a week or so ago we sat in a restaurant and for a long time received no attention. Finally we heard one girl say to the other, "Why don't you wait on those people?" The answer was, "They're not in my assignment." But there they were, standing over there, without anything apparently to do.

Perhaps we need the compelling urgency of our forefathers. They had to work hard to survive. We have securities of this and that sort to make sure that we do not starve. Dr. D. Ewen Cameron, a psychiatrist, wrote *This Life Is for Living*, and in it he said, "For half a century we have heard the most moving of lamentations from employers over the passing of the old-time worker, the fellow who really loved his work, who hung around until he was satisfied that the job was done, who would think out ways to do it better. This kind of worker has not disappeared from the job; it is his kind of job that has done the disappearing."

Brethren and sisters, I'm sure it is time that I should close. But I want to commend the words of Sister Smith and the Presiding Bishopric and President Romney to you and say that this is a gospel of action and whatever we learn we should put into action. God bless us that we may have the determination to carry forward all of these commandments of the Lord which have been conveyed to us. I say this in the name of Jesus Christ. Amen.

What can I do to prepare?

Preparing for emergencies or difficult situations can help us stay safe and feel more secure. Additionally, being prepared allows us to provide for our own needs, our family's

needs, and the needs of others when a disaster or unexpected event occurs. Following the guidelines below will help you get started.

Spiritual Foundations of Temporal Preparedness

We have been instructed “Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” (Doctrine and Covenants 88:119). Following this counsel will allow us to better provide for our own needs and for the needs of others should challenges occur.

Bishop W. Christopher Waddell taught, “In an ever-changing world, we must prepare for uncertainties. Even with better days ahead, we know that the temporal peaks and valleys of mortality will continue. As we seek to become temporally prepared, we can face the trials of life with increased confidence [and] peace in our hearts” (“[There Was Bread](#),” October 2020 general conference).

In Wisdom and Order

Be wise and plan within your means for both immediate and future needs. You will be blessed as you gradually build up storage and savings to prepare for life’s challenges.

Small and Simple Means

By “small and simple things are great things brought to pass.” ([Alma 37:6](#)). As you take small and simple steps to prepare physically, emotionally, and financially, you can have faith that the Lord will magnify your consistent efforts.

Peace to Your Mind

When you prepare prior to an emergency, you will have greater peace of mind. Because you are prepared, you will have more choices available to you as you work to adapt to changing circumstances. As we strive to follow the Lord’s counsel to prepare, we are entitled to the protection and peace that comes from obedience.

As the Brother of Jared prepared his family to enter the barges and cross the sea, he thought carefully about what they would need—light, air, food, and so on. After asking the Lord for guidance and working together to prepare for the likely hardships on their journey, the Brother of Jared and his companions “got aboard of their vessels or barges, and set forth into the sea, commending themselves unto the Lord their God” ([Ether 6:4](#)).

There Was Bread

By Bishop W. Christopher Waddell
First Counselor in the Presiding Bishopric

As we seek to become temporally prepared, we can face the trials of life with increased confidence.

Prior to travel restrictions caused by the current pandemic, I was returning home from an international assignment which, due to scheduling issues, created a Sunday layover.

I had time between flights to attend a local sacrament meeting, where I was also able to share a brief message. Following the meeting, an enthusiastic deacon approached me and asked if I knew President Nelson and if I had ever had a chance to shake his hand. I answered that I did know him, that I had shaken his hand, and that, as a member of the Presiding Bishopric, I had the opportunity to meet with President Nelson and his counselors a couple of times each week.

The young deacon then sat down on a chair, threw his hands in the air, and shouted, "This is the greatest day of my life!" Brothers and sisters, I may not throw my hands in the air and shout, but I am eternally grateful for a living prophet and for the direction we receive from prophets, seers, and revelators, especially during these times of challenge. From the beginning of time, the Lord has provided direction to help His people prepare spiritually and temporally against the calamities and trials that He knows will come as part of this mortal experience. These calamities may be personal or general in nature, but the Lord's guidance will provide protection and support to the extent that we heed and act upon His counsel. A wonderful example is provided in an account from the book of Genesis, where we learn of Joseph in Egypt and his inspired interpretation of Pharaoh's dream.

"And Joseph said unto Pharaoh, ... God hath shewed Pharaoh what he is about to do. ...

"Behold, there come seven years of great plenty throughout all the land of Egypt: "And there shall arise after them seven years of famine; and all the plenty shall be forgotten in the land of Egypt."¹

Pharaoh listened to Joseph, responded to what God had showed him in a dream, and immediately set about preparing for what was to come. The scriptures then record:

"And in the seven plenteous years the earth brought forth by handfuls.

"And he gathered up all the food of the seven years. ...

"And Joseph gathered corn as the sand of the sea, ... until he left numbering; for it was without number."²

Once the seven years of plenty had passed, we are told that "seven years of dearth began to come, according as Joseph had said: and the dearth was in all lands; but in all the land of Egypt there was bread."³

Today we are blessed to be led by prophets who understand the need for us to prepare against the calamities "which should come"⁴ and who also recognize the limitations or restrictions that we may encounter in striving to follow their counsel.

There is a clear understanding that the effects of COVID-19, as well as devastating natural disasters, are no respecter of persons and cross ethnic, social, and religious boundaries on every continent. Jobs have been lost and incomes reduced as the opportunity to work has been affected by layoffs and the ability to work has been impacted by health and legal challenges.

To all who have been affected, we express understanding and concern for your situation, as well as a firm conviction that better days are ahead. You have been blessed with bishops and branch presidents who seek out members of their congregations with temporal needs and who have access to tools and resources that can help you reestablish your lives and place you on the path to self-reliance as you apply principles of preparedness.

In today's environment, with a pandemic that has devastated whole economies as well as individual lives, it would be inconsistent with a compassionate Savior to ignore the reality that many are struggling and ask them to begin building a reserve of food and money for the future. However, that does not mean that we should permanently ignore principles of preparation—only that these principles should be applied “in wisdom and order”⁵ so that in the future we might say, as did Joseph in Egypt, “There was bread.”⁶ The Lord does not expect us to do more than we can do, but He does expect us to do what we can do, when we can do it. As President Nelson reminded us in our last general conference, “The Lord loves effort.”⁷

Church leaders have often encouraged Latter-day Saints “to prepare for adversity in life by having a basic supply of food and water and some money in savings.”⁸ At the same time, we are encouraged to “be wise” and “not go to extremes”⁹ in our efforts to establish a home storage supply and a financial reserve. A resource entitled *Personal Finances for Self-Reliance*, published in 2017 and currently available on the Church website in 36 languages, begins with a message from the First Presidency, which states:

“The Lord has declared, ‘It is my purpose to provide for my saints’ [[Doctrine and Covenants 104:15](#)]. This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance. ...

“... Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.

“We invite you to diligently study and apply these principles and teach them to your family members. As you do so, your life will be blessed ... [because] you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance.”¹⁰

This resource includes chapters devoted to creating and living within a budget, protecting your family against hardship, managing a financial crisis, investing for the future, and many more and is available for everyone on the Church website or through your local leaders.

When considering the principle of preparedness, we can look back to Joseph in Egypt for inspiration. Knowing what would happen would not have been sufficient to carry them through the “lean” years without a degree of sacrifice during the years of abundance. Rather than consume all that Pharaoh’s subjects could produce, limits were established and followed, providing sufficient for their immediate, as well as their future, needs. It was not enough to know that challenging times would come. They had to act, and because of their effort, “there was bread.”¹¹

This leads to an important question: “Therefore, what?” A good place to begin is to understand that all things are spiritual to the Lord, “and not at any time” has He given us “a law which was temporal.”¹² Everything, then, points to Jesus Christ as the foundation upon which we must build even our temporal preparedness.

Being temporally prepared and self-reliant means “believing that through the grace, or enabling power, of Jesus Christ and our own effort, we are able to obtain all the spiritual and temporal necessities of life we require for ourselves and our families.”¹³

Additional aspects of a spiritual foundation for temporal preparedness include acting “in wisdom and order,”¹⁴ which implies a gradual buildup of food storage and savings over

time, as well as embracing “small and simple” means,¹⁵ which is a demonstration of faith that the Lord will magnify our small but consistent efforts.

With a spiritual foundation in place, we can then successfully apply two important elements of temporal preparedness—managing finances and home storage.

Key principles to manage your finances include the payment of tithes and offerings, eliminating and avoiding debt, preparing and living within a budget, and saving for the future.

Key home storage principles include the storage of food, the storage of water, and the storage of other necessities based on individual and family needs, all because “the best storehouse”¹⁶ is the home, which becomes the “most accessible reserve in times of need.”¹⁷

As we embrace spiritual principles and seek inspiration from the Lord, we will be guided to know the Lord’s will for us, individually and as families, and how best to apply the important principles of temporal preparedness. The most important step of all is to begin.

Elder David A. Bednar taught this principle when he said: “Taking action is the exercise of faith. ... True faith is focused in and on the Lord Jesus Christ and always leads to action.”¹⁸

Brothers and sisters, in an ever-changing world, we must prepare for uncertainties. Even with better days ahead, we know that the temporal peaks and valleys of mortality will continue. As we seek to become temporally prepared, we can face the trials of life with increased confidence, peace in our hearts, and like Joseph in Egypt, we will be able to say, even in stressful circumstances, “There was bread.”¹⁹ In the name of Jesus Christ, amen.

Tips for Making an Emergency Plan

Thinking about emergency situations can feel frightening and overwhelming, but we are promised “If ye are prepared, ye shall not fear” (Doctrine and Covenants 38:30).

Preparing for emergencies can help us feel more secure and can help us stay safe when a disaster or unexpected event occurs.

Preparation is necessary in many areas, including financial, home storage and food production, emotional preparedness, and emergency planning. If we have these plans in place, we can be prepared when challenges occur.

Planning for Challenges

When planning for disasters, it’s helpful to:

- Consider the disruptions possible in your area.
- Make plans for the disruptions that may happen to you.
- Make a communication and reunification plan.
- Think about your family’s special needs.
- Update your plans on a regular basis.

To learn how to plan for disruptions in your area, see the [Personal and Family Emergency Preparedness Planning Guide](#). In the guide, you can find activities and charts to help you make plans.

Emergency Kit Basics

An emergency kit can help you be prepared if you need to leave your home for a brief period. Think through these needs as you put together a portable supply kit:

- Shelter
- Food and water
- Medical supplies
- Light
- Communication
- Critical documents
- Cash
- Change of clothing
- Entertainment/comfort items (games, balls, puzzles, coloring books and crayons, books.)
- Other needs unique to your situation

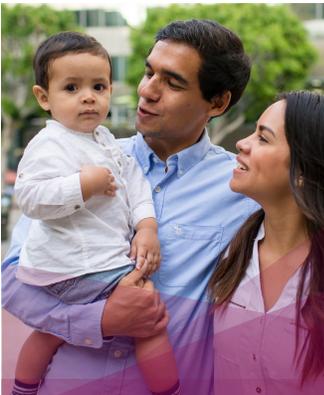
Once you have created your emergency kit, be sure to check it regularly. Children grow out of clothes, food expires, and plans change. See the [Temporal Preparedness Guides for Your Area](#) for more specifics.

There is a 7 pg PDF that the church has created for Personal and Family Emergency Preparedness - it's online as a PDF

Personal and Family Emergency Preparedness

PLANNING GUIDE

Date last updated:



<https://www.churchofjesuschrist.org/life/AreaPreparednessGuides?lang=eng>

Tips for Being Financially Prepared

Making good decisions with your money helps you have confidence and be prepared for life's ups and downs. Heavenly Father has given us everything, including our money, and He can help us use it wisely. Read on for some general tips on how to manage your finances: Part of becoming like the Savior includes experiencing hardships during this life. Learning some basic skills can help us prepare to face challenges and disappointments with resilience. Learn how to gain these skills.

- Pay tithing and fast offerings first. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see [Isaiah 58:6–12](#); [Malachi 3:10](#)). Paying tithing and fast offerings also allows us to live the second great commandment to love our neighbor by ministering to temporal needs (see [Matthew 22:37-39](#)).
- Make a budget. A budget is simply a plan for how you will use your money. Begin with your income, and then build a plan for where your money goes, like donations, savings, food, housing, transportation, etc. Consider using the resources below and the budgeting activity in the [Personal Finances for Self-Reliance](#) workbook.

- Once you have a budget, adhere to it. It can be hard to stick to your budget, and it is okay if things don't go perfectly. Learn from those moments and ask Heavenly Father to help you.
- Spend less money than you make. This is key to financial stability. It may mean that you need to look at your expenses and decide where you should spend less. It could also mean that you need to look at ways to increase your income.
- Avoid debt. With just a few exceptions, like buying a modest home or investing in education, you should avoid debt. If you are in debt, try to pay it off as quickly as possible, and consider using the resources below to help.
- Save and budget for unexpected expenses. Plan to have a few months of money set aside in case of an emergency, or if you lose your job or livelihood. Planning for the unexpected can help you feel less panicked when tough financial situations arise.
- Save for the future. Set financial goals that you would like to achieve, like buying a home, planning for a life event, or other possibilities.
- Seek education. Consider certifications, trainings, and trade school, college, or university degrees that might enrich your mind and help you make a living. President Thomas S. Monson reminded us of the blessings of receiving an education: "Your talents will expand as you study and learn. You will be able to better assist your families in their learning, and you will have peace of mind in knowing that you have prepared yourself for the eventualities that you may encounter in life" ("Three Goals to Guide You," Ensign or Liahona, Nov. 2007, 119).

Tips for Food Storage and Production

We've been taught to organize ourselves and "prepare every needful thing" ([Doctrine and Covenants 109:8](#)). You can prepare for hard times with a supply of food and other necessities to help you get through any unexpected challenging times.

Part of becoming like the Savior includes experiencing hardships during this life.

Learning some basic skills can help us prepare to face challenges and disappointments with resilience. Learn how to gain these skills.

Across the world, we each live in different situations. We may not all be able to buy or store the same amount of food. Make goals for your own situation to help you be as prepared as possible.

Read the suggestions below to figure out what you should store and how to get started.

What to Store

As you think about what you need to store, consider basic items (hygiene supplies, medication, important documents, clothing, and so on) and food that you may need to sustain yourself and your family for short-term and long-term periods. Learn about what to store for your area's specific needs in the Temporal Preparedness Guides for Your Area.

Basics of Home Storage

You may find yourself needing your short-term or long-term food supply when you face unemployment, a community disaster, or a pandemic when the supply chain is disrupted.

- Start with a short-term supply that includes foods that are part of your normal diet and that is reasonable for your circumstances.
 - Maintain a small supply. Cook with this food in your normal routine so that you use it before it expires.
 - Replenish whatever you use in your normal grocery shopping trips.
 - Consider your family's dietary needs.
- Then build your longer-term supply, which should include staples that will last for a long time.
- If you do not have much space for food storage, or you are prohibited by law from storing large amounts of food, just store as much as your circumstances allow.

See a list of specific food items to store long- and short-term in the Temporal Preparedness Guides for Your Area.

Production

- If it makes sense where you live, consider planting a garden as a supplement to your food storage (learn more about how to start by reading the "[Gardening](#)" Gospel Topics page).
- If you don't have much space for food storage, or you are prohibited by law from storing large amounts of food, just store as much as your circumstances allow. You can consult the [Temporal Preparedness Guides for Your Area](#) for ideas.

Self Reliance: Storing a Water Supply

<https://www.churchofjesuschrist.org/inspiration/self-reliance-storing-a-water-supply?lang=eng>

How to Begin a 3-12 Month Food Supply

<https://www.churchofjesuschrist.org/inspiration/latter-day-saints-channel/blog/post/how-to-begin-a-3-12-month-food-supply?lang=eng>

A Complete Guide to Home Canning

https://nchfp.uga.edu/publications/publications_usda.html

Financial Calculators

<https://providentliving.churchofjesuschrist.org/self-reliance/finances/financial-calculator?lang=eng>

Self Reliance: Three-Month Food Storage - Store What You Eat, Eat What You Store

<https://www.churchofjesuschrist.org/inspiration/latter-day-saints-channel/blog/post/three-month-food-storage-use-what-you-eat-and-eat-what-you-store?lang=eng>

Tips for Becoming Emotionally Resilient

Part of becoming like the Savior includes facing challenges and hardships during this life. Dealing with life's challenges successfully requires faith in Jesus Christ and emotional resilience. Emotional resilience is:

- The ability to adapt to emotional challenges with courage and faith centered in Jesus Christ.
- Helping yourself and others the best you can.
- Reaching out for additional help when needed.

Learning some basic skills for dealing with life's challenges and disappointments can help us prepare to face hardships with emotional resilience. Here are some of the principles of emotional resilience. Learn more in the [Temporal Preparedness Guides for Your Area](#).

Developing Healthy Thinking Patterns

Your thoughts are important. How you talk about yourself and how you think about things impacts how you feel and how resilient you can be. Your thoughts play a great role in how you feel, interact with others, and perceive the world around you.

Understanding Our Body and Emotions

Your loving Heavenly Father has provided you with the gift of a body to house your spirit. A healthy body is important to be emotionally resilient. As you take better care of your physical health, your emotional health will also improve, and vice versa.

Managing Difficult Emotions

Stress, sadness, and worry are normal parts of life. We know that even Jesus felt strong emotions (see John 11:35).

No matter how resilient we are, we will still experience stress, sadness, and worry. Some stress can be helpful for us, such as helping us come to school or work prepared. However, experiencing too much stress for too long can be harmful and too much worry can cause anxiety.

We can learn techniques to help us manage the stress we experience. As we learn to manage difficult emotions, we can be more resilient.

Building Healthy Relationships

In the scriptures, we are taught that "that same sociality which exists among us here will exist among us there [in the celestial kingdom]" (Doctrine and Covenants 130:2). Our relationships can be eternal and long-lasting.

Developing strong and healthy relationships with others is important to our emotional well-being. When difficulties happen, we can receive support from those whom we have good relationships with. We can also be prepared to help others when we have strong relationships.

Providing Strength to Others

At times, you may need to help others with their challenges. Here are some tips to help you strengthen others.

- Spend time just listening.

- Remember that you do not have to have all the answers. It is not your job to solve the problem for them.
- Turn to God and seek His help as you support others.

Learn more about each of these principles in the [Temporal Preparedness Guides for Your Area](#).

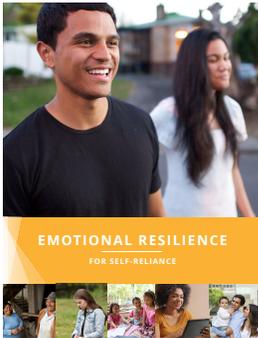
Additional Strategies for Help

These resources can help you learn more about emotional health and preparing yourself to become emotionally resilient.

Mental Health

Mental health challenges can impact anyone, regardless of education, geography, faith, calling, or family. They are nothing to be ashamed of and should be met with love.

<https://www.churchofjesuschrist.org/get-help/mental-health?lang=eng>



The church has an Emotional Resilience: For Self-Reliance Manual. Maybe a good thing to check out.

Ward and Stake Preparedness:

<https://www.churchofjesuschrist.org/study/manual/stake-and-ward-preparedness/creating-a-stake-or-ward-plan>

- Step 1: Identifying Likely Disasters
 - Step 2: Gather Critical Information
 - Step 3: Outline Assignments and Procedures
 - Step 4: Identify Emergency Communication Methods
 - Step 5: Encourage Member Preparation
- Emergency Planning Guide and Worksheet