



Ione Ward Relief Society Preparedness Newsletter
May 2013

Dear Sisters,

We live in a day of great contrasts. On one hand, the world is ripening in iniquity, the foundational institutions and morals of society are under fierce attack, the earth is in upheaval and we witness wars and rumors of wars among all nations. But the Lord is also hastening His work. The word of the Lord and his Priesthood power are available as never before in the history of the earth, Temples dot the land and the work of the Lord moves forward at an increasing pace. Ours is the great privilege to participate in laying the foundations of the Millennium, to prepare the way of the Lord and to build Zion. We were reserved for this time for this work, to be an example and a strength to those around us. The Lord has blessed us with living Prophets to help us to navigate these latter-day waters and to prioritize how we spend our time, energy and resources. Among those invaluable directions is the repeated warning to become prepared for what lies ahead. The Lord requires a people who are both physically and spiritually ready for the challenges of our day in order to accomplish what needs to be done before He comes again.

Our goal on these pages is to help you to hearken to the counsel we have been given, by breaking down larger goals into manageable tasks, providing a forum to share the knowledge each of us has gained, and finding solutions to common obstacles and problems. We hope that this will be useful to you and your families and that the Lord will bless you greatly as you strive to keep His counsel.

May the Lord bless your efforts!

The Ione Ward Relief Society Preparedness Committee



*** Food Storage ***

Introduction and Month One



To make getting prepared less daunting, we have broken down three versions of a year's supply into monthly purchases. *All plans are for one person for one year.*

The first of the plans is **The Bare Minimum**. This plan is according the Church's long-term supply suggestions and will require a monthly average purchase of about \$42, with the year's total \$500. The complete plan works out to a little more than a pound of grain daily, a little more than a pound of beans weekly, a little milk, oil, salt, sweetener, plus a gallon of water per day for two weeks.

The second of the plans is **Expanded Storage**. It is a bit more comprehensive and more costly. It includes more of the basics as well as fruits and vegetables and a longer-term water supply. I am still working on a total cost, but it looks like the monthly purchases will come in between \$125-\$175.

The third is **Gluten-Free Storage**. The list came from a gluten-free lds mom blogger. As a disclaimer, I have gone wheat-free, but never gluten-free so I have limited understanding here. I have simply broken down her list. It works out to about \$85 per month, with the year's total \$1017 and is pretty close to The Bare Minimum plan but with some gluten-free additions and adjustments.

We hope this is helpful!

The Bare Minimum

5 quarts oil \$12.50
8 lbs salt \$8

14 gallons drinking water \$14
TOTAL \$34.50

Expanded Storage

1 case (12 cans) fruit	\$15
2 #10 (abt 2 lbs) cans instant potatoes	\$6.50 (lds cannery)
6 #10 cans (abt 4 lbs) cans dry milk	\$51.60 (lds cannery)
50 lbs wheat	\$22.90 (lds cannery)
9 lbs yeast	\$18 (costco)
TOTAL	\$114

Gluten-Free Storage

50 lbs white rice	\$24 (lds cannery)
7 5-gallon food-grade buckets	\$42 (lowe's)
8 lbs salt	\$8
14 gallons water	\$14
TOTAL	\$88

(Store names provided where I thought they might be helpful in keeping costs down. If you are having a hard time finding items for the price listed, let me know and I will give you my pricing info.)

* Financial Preparedness *

Habits: Pay Tithing and Track Spending



The Lord has promised great blessings to those who **pay a full and honest tithe** so any financial preparedness program should begin there. By returning a tenth to the Lord, we exercise our faith, show gratitude for His blessings and open the windows of heaven to receive help and guidance as we work to become better prepared. Please contact the bishop if you have questions or concerns.

The second goal for the month is to **keep track of what you spend**. Hang on to all receipts, bills and invoices. Record these amounts regularly. Most find recording either daily or weekly works best, as the transactions are still fresh in one's mind and the quantity of work is very manageable. The record-keeping can take place in a notebook, in a spreadsheet or on a computer budgeting program. Some banks and credit unions even offer such tools as part of their services. Just find a method that works for you and begin. This is an important preliminary step for setting up a budget, which we will do next month!

Basic budget sheet:

https://www.lds.org/bc/content/shared/english/pdf/callings/welfare/72727_FamilyBudgetWorksheet_pdf.pdf?lang=eng

“Wherefore, be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great.” D&C 64:33

* Emergency and Disaster Response*

Emergency Communication



In the event of a natural disaster or other emergency our usual ways and means of communication may become difficult or impossible to use, and yet it can be crucial to send and receive information. This month's goals are to:

1. **Assemble an emergency contact list and provide each household member with a copy.** During a local emergency, phone lines may be congested to the point that making a call across town will be difficult, but it is often possible to place a long-distance call. If family members are separated and unable to reach each other, they should call an agreed upon out-of-state contact who is willing to relay messages as needed. Page 2 of the pdf below has cards that can be filled out and carried by family members at all times.

http://www.family-survival-planning.com/support-files/family_emergency_contacts_plan.pdf

2. **Add one item to your emergency communications equipment or learn to text.** This can be a hand-cranked am/fm radio or cell phone charger, a corded landline phone, walkie-talkies, CB radios, a weather radio or even a whistle! Make sure that you test and learn to use your new equipment, so that you won't be struggling with it in an emergency. Alternatively, spend a little time learning to send and receive text messages. These will often go through when calls will not and will wait in queue until they can be sent.

* Home Production and Gardening*

Learn to Grow Sprouts



What you will need:

- *Sprouting seeds (Alfalfa, broccoli, etc)
- *A jar and screen lid – This can be either piece of muslin, window screen, or netting that allows air to reach the seeds. Some people even use clean pieces of old pantyhose.
- *A rubber band or canning jar lid used to attach the screen to the jar. One suggestion is to repurpose a Mason jar lid, minus the center part.

Grow it:

1. Put 1 Tablespoon of seeds in the jar and cover with 1 Cup of water.
2. Attach the screen to the jar and let the seeds soak overnight.
3. The following day, drain the water from the jar through the cloth/mesh lid.

4. Rinse the seeds with fresh water and drain well. Lay the jar on its side.
5. Drain and rinse the seeds twice a day. A good time to do this is in the morning after breakfast and in the evening after dinner.
6. When the sprouts have grown to their desired height, open the jar and enjoy!

What do you use sprouts for?

Use in salads, sandwiches, stir fry or even on top of burgers! Also, sprouts make a good filler in soups. The opportunities are endless.

Where can I buy seeds for sprouting?

Seeds can be bought in most health food stores, garden/nursery and online (sources below)

<http://www.sprouthouse.com/>

<http://sproutpeople.org/>

www.amazon.com

*** Spiritual Preparedness ***

Seek the companionship of the Holy Ghost



The Lord has promised that we do not need to fear if we are prepared. We have been taught that it is a good idea to store food and sometimes fuel in the event that we experience financial adversity. We have also been admonished to have a savings account for emergencies. The act of putting aside goods for later, takes planning and budgeting, but most of us are actively engaged in this effort for the benefit of ourselves and our loved ones. There is, however, another part of being prepared that is often neglected. It is the aspect of spiritual preparedness. As with preparing temporally, some of us feel confident and we have been preparing for a long time, but some of us would like to know where to begin. Some sisters wonder how to be sure they have enough and others want to know how to store it safely. Some want more variety and new ideas. As we go forward this year in Relief Society, we hope to lay out a plan for spiritual preparedness that will address your concerns, but will also be easy to follow and customize for each of our sisters' individual needs.

First, let's discuss where to begin by looking at the parable of the Ten Virgins in Matthew 25. We know that all ten of the virgins wanted to meet the bridegroom because they all took their lamps and went to wait for Him. The virgins had a while to wait, but finally the cry came to go and meet him. Five of the virgins were prepared but five had no oil in their lamps and had to go and get oil from the seller. When they came back the door to the marriage had been shut. The virgins cried, "Lord, Lord, open to us. But he answered and said, Verily I say unto you, I know you not." We don't know why the virgins didn't have oil when it was needed but we can imagine

their disappointment at missing the marriage, especially after waiting for so long.

This story explains the starting place for us to begin preparing spiritually. The ten virgins represent the church. The oil in the lamps symbolizes our conversion and the bridegroom is the Savior. Working out our own conversion to the gospel so that we can be prepared for adversity is what the Lord expects of us as we go forward in his church. How, then, do we become converted?

Conversion is the manifestation of the Holy Ghost that testifies to us and makes it possible for us to know the truth. The bible dictionary explains that complete conversion comes after many trials and much testing. Therefore we must live so that we can store up enough spiritual strength and spiritual experience that we do not run out as we wait for the Savior to come again.

Spiritual Preparation ideas for May:

- 1. Live in a way that the Holy Ghost can be with you.**
- 2. Pray for spiritual experiences**
- 3. Plan activities to invite feelings from the Holy Ghost. (ie. Attend the temple, work on family history, help someone in need)**

Coming Soon!

- **Cooking With Food Storage**
- **72-Hour Kits**
- **Preparedness Equipment and Supplies**

This newsletter is also available online at:
<http://prepareeveryneedfulthing.wordpress.com/>

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