

Just remember we are getting close to the end of the year, a time when some people set goals for the new year. Please remember this as we go through this presentation.

I hope you will find something to take away from this meeting.

Most of what I know, I have learned from others.

Please treat this as a council where all are entitled to inspiration to share with the group, and please share.

Introduction:

Military experience – teaches you to be humble from the git go:

Big game hunting guide and outfitter school learning outdoor living (not camping), horsemanship and tracking in the Montana/Idaho wilderness areas, 9 day pack horse trip into the National Wilderness.

Alaskan experience for 13 months

No running water, electricity, propane, telephone, wood heat, small gasoline stove, kerosene lamp for light

Learned a lot there.

Soloed the Boundary Waters Canoe Area

Over 5 decades learning and living preparedness and self-reliance.

Starting when I joined Boy Scouts at 12. My Motto also became: Be Prepared

Heavenly Father has allowed me to experience and learn many things about life and allowed me the mental capacity to remember some of them to share. Hopefully there will be something here for you to take away.

We recently studied D&C 88 in Come Follow Me and verse 81 states:

“Behold, I sent you out to testify and warn the people, and it becometh every man who hath been warned to warn his neighbor.”

This brings me to you here, today. If not a warning, then perhaps an enlightenment.

Sharing with you what I have learned.

You have many strong members in your ward, many who have a desire to become stronger.

President Nelson: “The Lord loves effort, because effort brings rewards that can’t come without it.”

<https://www.churchofjesuschrist.org/study/general-conference/2020/04/14jones?lang=eng>

Obedience brings blessings. Jane Ziegler Stake Conf 11/8/25

Share abundance with others.

Administer relief to the sick and afflicted

Serve Lord in the capacity you are called.

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I want to talk to you about Love.

(Moses 5:8): President Holland relating to Adam and Eve in the Garden of Eden: "Why are they to call upon God? Is this a social visit? Is it a friendly neighborhood chat? No, this is a call for help from **the lone and dreary world**. This is a call from the brink of despair".

Heavenly Father loves us so he sent us to this earth He created. After the fall of Adam, did Heavenly Father want to see how long we could survive with all the lions, tigers and bears abounding? He put us here to live, grow and survive.

But, He sent messengers to us to help us through. To Teach us and to coach us.
Nothing has changed to this day.

Now I'm going to speak on **temporal preparedness and self-reliance**.

Who wants us to be self-reliant and independent?

God - providing us this Earth, His Son and the Spirit to help us.

Prophets and Apostles of the Church - through conference talks

Your area presidency - provided a 4 point preparedness Guide: see below.

Your stake leadership - holds monthly welfare and Self-Reliance committee meetings and others, to help everyone to become more self-reliant.

Your Bishopric

Your Family does: Just ask them.

I Do.

Self-Reliance is the Goal; Preparedness is the Means.

Sacrament Talks are supposed to be spiritual, so is self-reliance spiritual or temporal? YES
"All things unto me are spiritual, and not at any time have I given unto you a law which was temporal" D&C 29:34.

Church Handbook Section 22.

Church members are also counseled to **strengthen their own self-reliance through diligent work and with the help of the Lord**. Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family. As members become more self-reliant, they are also better able to serve others.

In Gospel Topics under Self-Reliance, it states:

"The purpose of becoming spiritually and temporally self-reliant is to better serve the Lord and care for others. The Savior invites us all to act, to stand independent, and to become as He is. **He will help us.**"

DOCTRINES OF SELF-RELIANCE

1. The temporal and spiritual are one

2. The Lord commands us to be self-reliant and has all power to help us

3. Self-reliance is a principle of exaltation

If Interactive meeting: Ask what do you want to know about self-reliance and preparedness???

What do you want to accomplish?

How can we Help you?

How can we help you help yourselves?

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2 - This talk is to introduce to you a table of contents of a resource document available online to help you and your stewardship become better prepared and more self-reliant. It follows the original Personal and Family Preparedness Wheel format.

The link is: selfrelianceclub.com.

Note: there are no ads and you are not forced to eat cookies.

During Senior MTC preparation for our Mission to Bulgaria, we attended welfare square for training. Learned something different about the word Hershey's.

HERSHEY'S

H - Physical Health – This is what eventually kills you. No one gets off this plant alive! Astronauts?

I witnessed young men in SE Asia eating a baggie of white rice for lunch, every day.

Over ½ world's population using rice as main source of energy

If you put starchy foods, ie, bread, rice, pasta, potatoes in the refrigerator/freezer before eating, you increase the amount of resistant starch, increasing probiotic activity (gut health) and reducing glucose spikes. The result is called retrograde starch.

January 2025 Neuroscience Journal research has shown that gut health actually affects your brain activity, improves mood and reduces anxiety and depression, ie, emotional regulation, even bi-polar disorders. Basically a complex bidirectional communication system known as the gut-brain axis via the Vagus Nerve.

As I was writing this, I remembered we just talked about the Vagus nerve with a family we ministered to last Monday. I confirmed this with Debra and she had learned about this in her lymphodemia studies. Her dietician told us about the retrograde starch process that same week. Are there any such things as coincidences?

Hmm, improves mood, reduces anxiety, depression, emotional regulation, maybe this should be included in the Emotional Resilience Self-Reliance Course.

I don't think any of us want to be sent home from our mission Early!

Watch for the appetites of the flesh: saturated fats, sugar, etc.

Years of bad eating and living habits will finally catch up with you.

Not obeying our mission rules: Word of Wisdom, 10 Commandments, etc.

For some people, occupational hazards: oil filled rooms, battery operations, working with asbestos, etc.

Hereditary medical challenges cannot be avoided.

E - Literacy and Education – “learn all we can, make ourselves valuable”. Hidden Figures

R - Resource Management – money, tools, stuff and TIME

S - Social - Emotional and Spiritual Strength

H - Home Production and Storage

Year's supply of food? Overwhelming?

One day's worth of food storage is a great start.

Something to build upon.

Doctrine and Covenants 10:4

"Do not run faster or labor more than you have strength and means provided..."

One Year's Supply is not just food! Everyday essentials.

1974 Alaska, manufactured toilet paper shortage.

Gasoline shortage too!

Why grow your own food?

Recent and not so recent developments:

Covid 19 pandemic – store shelves were stripped clean and then the supply chain problems
Burpee Seed Company had to shut down their order desk for 2 weeks to keep up with the orders.

Bird flu –egg and chicken prices increased

Inflation has increased the price of everything.

USDA cuts close down ag centers across the country, reducing support to farmers and output

Alien deportation hurts ag industry country wide

Farm imports and exports are disrupted by tariff wars

\$1 billion+ cuts to food banks and pantries across the country

Self-reliance, independence and freedom result from gardening.

Recent laws in Illinois:

Free exchange of seeds and plants

Sale of plants at Farmer's Markets and roadside stands allowed.

Sale of plants at residential lots allowed.

Jan 1 2022

Right to Garden, 2nd state in US to pass.

Guaranteed right to garden - (505 ILCS 87/) Garden Act.

<https://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=4180>

E – Employment/Career Development

Y - Year's Supply

S - Soon!

Additional Sections available are:

New Leader Training Information

General Preparedness Information

Language Learning

A NEW resource is The Children Youth and Mothers Page.

Inspired by Relief Society General President Camille N. Johnson's global Initiative for Women and Children. 26 June 2024 - SALT LAKE CITY From the Church News

25 Ways to Participate

All are invited to take part in the global initiative by serving in their own spheres
Children are never too young to learn about self-reliance. From the day they are born, they are learning by doing all those things necessary for life. Feeding themselves, tying shoes, walking, running, bicycling, swimming, building, taking apart, gardening, etc. They even learn how to pray, work, speak in public and become leaders.

End of web page disclosure.

Go back to Hershey for details.

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Brigham Young, Journal of Discourses, Vol. 12, 240.)

DO NOT IGNORE COUNSEL

Many seem to act upon the faith that God will sustain us instead of our trying to sustain ourselves. . . . Have I any good reason to say to my Father in heaven, "Fight my battles," when He has given me the sword to wield, the arm and the brain that I can fight for myself? Can I ask Him to fight my battles and sit quietly down waiting for Him to do so? I cannot. I can pray the people to hearken to wisdom, to listen to counsel; but to ask God to do for me that which I can do for myself is preposterous to my mind.

Church is changing its terminology from Emergency Preparedness to Temporal Preparedness.

The word "Emergency" instills a level of anxiety and fear and for some, make it hard to function. But, if we are prepared in our everyday lives and practice with food and water storage, emotional resilience, spiritual preparedness, develop the skills and talents necessary when normal public services are not available; an extraordinary event becomes just another Thursday

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3 -David O McKay 1936:

"It is something to supply clothing to the scantily clad, to furnish ample food to those whose table is thinly spread, to give activity to those who are fighting desperately the despair that comes from enforced idleness, but after all is said and done, the greatest blessings that will accrue from the Church [welfare program] are spiritual. Outwardly, every act seems to be directed toward the physical: re-making of dresses and suits of clothes, canning fruits and vegetables, storing foodstuffs, choosing of fertile fields for settlement—all seem strictly temporal, but permeating all these acts, inspiring and sanctifying them, is the element of spirituality." (In Conference Report, Oct. 1936, p. 103. Pr. David O McKay.)

April 1999 Elder Wirthlin

"The temporal and the spiritual are linked inseparably. As we give of our time, talents, and resources to tend the needs of the sick, offer food to the hungry, and teach the dependent to stand on their own, we enrich ourselves spiritually beyond our ability to comprehend."

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April 23, 1834. 190 years ago.

The Lord has declared, "It is my purpose to provide for my saints"

(D&C 104:15). "This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members."

An example that God is helping man to be prepared.

Alma 46:40 About 73-72 B.C.

“And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the **excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases,** to which men were subject by the nature of the climate.”

Let me mention medicinal herbs:

Before modern medicine, people used the plants of the earth to heal themselves.

For Young Womens camp one year, some of the girls went to Gambino park and picked plantain, a common weed (*Plantago major*), to make an infused oil to relieve the itching from bug bites. This is one result from Alma 46:40 we just heard. God loves us.

(see Feb 2024 Newsletter).

Education is the Key to Self-Reliance.

“The more prepared you are by increasing your knowledge and skills to do more for yourselves, you increase your level of self-reliance where you need to depend on others less.”

Hidden Figures Movie: Learn all you can, make yourselves valuable!

BYU Pathway Worldwide - Requires proficiency in the English Language.

New parameters and costs as of May 2024:

You can get a 3-year Bachelor of Science degree by omitting the electives

All is done from home, remotely.

Cost: \$7200 for complete Degree, (or \$6000 if religious requirements are satisfied through local church programs.)

Also, you can get more than one BS degree. A rarity in today's world.

Returning Missionaries and Young Service Missionaries get special treatment.

Church Self-Reliance Services courses including topics like:

Personal Finance – link on web site for supplemental information

Getting a Better Job

Starting a Business

Education for Better Work

Emotional Resilience

Life Skills

English Connect

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4 - Inspired Leadership – Prophetic council

My Foundation Booklet:

Pr. Monson quoting Marion G Romney 1976 conf talk:

“Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle.”

“Time is all the capital stock there is on the earth. . . . If properly used, it brings that which will add to your comfort, convenience, and satisfaction. Let us consider this, and no longer sit with hands folded, wasting time.” BRIGHAM YOUNG

Preach My Gospel:

“I am so thoroughly convinced that if we don't set goals in our life and learn how to master the techniques of living to reach our goals, we can reach a ripe old age and look back on our life only to

see that we reached but a small part of our full potential. **When one learns to master the principles of setting a goal, he will then be able to make a great difference in the results he attains in this life.**

– ELDER M. RUSSELL BALLARD, TALK GIVEN TO SALT LAKE AREA YOUNG ADULTS, OCT. 18, 1981

Zig Ziggler Goal Setting Formula

- 0 – Pray for heavenly help
- 1 – Clearly define the goal
- 2 – set a date when to be accomplished
- 3 – obstacles to be overcome
- 4 – people and organizations to work with
- 5 – skills and resources required
- 6 – plan of action
- 7 – identify the benefits

Angus C. Ensign, former bishop of the Freeport Ward: Give me 5!

Rules for no contention in your life:

- 1 – speak kind words
- 2 – let others have their own opinion
- 3 – do your fair share of the work
- 4 – ask before you take
- 5 – (recent addition) put things back when you are done with them.

(These can be represented by the fingers on one hand: 1 and 2 are self-explanatory, 3 represents the letter W for work, 4- in olden times they cut off your thumb for sealing and 5 – you have all 5 fingers to put things back. Developed by David Aamodt.)

October 2020 General Conference Talks:

We Will Prove Them Herewith

Elder Bednar, Saturday Morning Session

Stated in a way that only Elder Bednar could do, he said: “Some Church members [believe] that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in general conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades. The consistency of prophetic counsel over time creates a powerful concert of clarity and a warning volume far louder than solo performances can ever produce.”

Saturday Afternoon Session

There Was Bread

Bishop Waddell

“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.

As we prepare for the future, “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.”

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

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” is the home, which becomes the “most accessible reserve in times of need.”
The most important step of all is to begin.”

Embrace the Future with Faith **By President Russell M. Nelson**

October 2020 General Conference, Evening session to Relief Society

Now, I would love to know what you have learned this year. Have you grown closer to the Lord, or do you feel further away from Him? And how have current events made you feel about the future? The Lord told us how with simple, but stunning, reassurance: “If ye are prepared ye shall not fear.”7 D&C 38:30

30 I tell you these things because of your prayers; wherefore, treasure up wisdom in your bosoms, lest the wickedness of men reveal these things unto you by their wickedness, in a manner which shall speak in your ears with a voice louder than that which shall shake the earth; but if ye are prepared ye shall not fear.

If preparation is our key to embracing this dispensation and our future with faith, how can we best prepare?

For decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. **The current pandemic has reinforced the wisdom of that counsel.** I urge you to take steps to be temporally prepared.

ARP Manual: Step 11: **Study the scriptures and the teachings of modern prophets to guide our meditations.**

Some of my favorite conference talks are by Prs. Romney, Kimball and Benson and Elder Bruce R. McConkie in 1979 regarding preparedness.

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5 - United States Central Area Presidency

Endorsed a Preparedness Guide

The 4 key points are:

Emergency Planning

Home Storage and Production

Financial Preparedness

Emotional Resiliency

Food Storage is recommended for everyone. The Counsel is to store food and other items to last you and your family for 1 year. In Joseph’s time, he had to store grain for 7 years, wait, didn’t the church originally recommend 7 years too?

By 1868, Mormon president and territorial governor Brigham Young implemented a seven-year food plan for each family to follow to “preserve against a day of want.”

The food storage directive from the church has changed over the decades.

<https://www.phoenixmag.com/2015/01/01/saintly-stockers>

Throughout history,

Who else had to store food for about 1 year for people and animals, including water and seed, AND had to haul it on a boat?

Noah and his family

The Jaredites

Lehi and his family - after spending 8 years in the wilderness. I have wondered how they maintained the viability of their seed!

Is your food safe to eat?

What about genetically modified food, gene edited food, food preservatives and additives, artificial chemicals sprayed on your fresh produce, like Apeel to preserve freshness, and no one is required to tell you what is on or in it? To me, these are good reasons to produce and prepare my own food as much as possible. I know what goes into it, and I can pronounce it.

The prophet said have a garden.

In 1976, as part of a general conference address on family preparedness, President Spencer W. Kimball said, "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 ... can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden ... neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities."

Satan wants us to break our association with the soil. Knowing that we came from the dust, we have an obligation to care for the dust and the plants that are nourished by it.

The law of working the soil brings blessings predicated upon that law, maintains our connection with Nature.

Satan also wants man to be dependent upon others for his food, knowing that whoever controls the food, controls him and thus removes his agency.

When we are dependent on others for our food source, they can raise price of food, control what is available, how much and how safe.

There again, we know what goes into it and be able to pronounce it.

The pandemic taught us some valuable lessons.

Then there were the supply chain issues.

Introduction Guide to Children and Youth Program: **Keep Moving Forward**

To me, this means learning new skills and developing talents:

Recently, I have been working on a new skill: Plastic Surgery!

It is actually welding broken plastic items together with heat. It is a fascinating process that anyone can do. Perhaps even as a side business.

What new skills are you learning, or that you want to learn. Are you keeping moving forward?

6 - Do you like tortillas, especially corn?

Directed to the Hispanic community: What would you do if you went to the store and they had no masa harina? Would you be able to go to a farmer and buy corn and make your own?

This is one example of a **very simple self-reliance skill that might be worth knowing**, cooking the corn in lime water, wood ashes, etc., called nixtamalization.

So what's the big deal?

Between 1906 and 1940, about 100,000 people died each in Europe and America due to pellagra, a niacin or vitamin B3 deficiency. They ate a diet predominately made of corn. Foreigners loved the latin American corn products **but didn't take that simple skill with them.** What a tragedy.

Note, you can also make your own ramen noodles from spaghetti using a process similar to this one.

We can learn from each other if we meet together with like-minded people; like in Priesthood and Relief Society Meetings, service projects. As you serve others, you also learn. Nobody knows it all, except God. Remember the past newsletter taking about an Elders Quorum Connection? This could be changed into a Relief Society Connection quite easily, however the sisters of the church already get together often to work on projects.

A Skill Pod Project was held with some Hispanic Relief Society sisters in early 2024 where food preservation methods were discussed. We got a chance to rub shoulders with some wonderful people to share information and learning and delicious foods.

In a weekly meeting we recently had, the lesson taught was “As you serve your brothers and sisters and teach them by word and by example, you will share with them His living reality in your life.”

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A skill worth investigating: Gardening. No place for a garden, ask me about container gardening.

7 - Seed Saving as a self-reliance skill

I mentioned earlier about Noah, the Jaredites and Lehi's families. Where did they get seed to plant in the new lands? They brought it with them across the seas.

Where do you get your seed for gardening?

Your garden seed supply can be turned off in an instant. During the pandemic, many seed companies could not handle the surge in seed demand and shut down their order departments for some time and some ran out of seed.

Vaughn J. Featherstone

<https://www.churchofjesuschrist.org/study/general-conference/1976/04/food-storage?lang=eng>

“Follow the prophet. He has counseled us to plant a garden and fruit trees. This year don't just think about it—do it. Grow all the food you possibly can. Also remember to buy a year's supply of garden seeds so that, in case of a shortage, you will have them for the following spring.”

I grow a cherry tomato from seed that was given to me 30 years ago from Melvin Bystrom. My seed is not 30 years old. I grow it out every couple of years and save the seed to have a viable source in store. One tomato produced 89 seeds, a Black Cherry Tomato produced 122 seeds!

Is your seed supply secure? My seed storage activities ensure I will have seed for the next year, and beyond. For the seed I do buy, I buy seed this year for next year's crop, following Vaughn J.

Featherstone's council above.

The Lord says “That through my providence, notwithstanding the tribulation which shall descend upon you, that the church may stand independent above all other creatures beneath the celestial world.”

D&C 78:14 March 1, 1832 - 192 years ago.

Addendum: -The Teachings of Spencer W. Kimball, p.375

“Maintain a year's supply. The Lord has urged that his people save for the rainy days, prepare for the difficult times, and put away for emergencies, a year's supply or more of bare necessities so that when comes the flood, the earthquake, the famine, the hurricane, the storms of life, our families can be sustained through the dark days. How many of us have complied with this? We strive with the Lord, finding many excuses: We do not have room for storage. The food spoils. We do not have the funds to do it. We do not like these common foods. It is not needed -- there will always be someone to help in trouble. The government will come to the rescue. And some intend to obey but procrastinate.”

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My Testimony

As you live the teachings of the church, practice its doctrines and participate in the ordinances thereof, you will be blessed beyond measure, while on this earth and beyond.

Your obedience to preparedness and self-reliance principles may actually protect you from a disaster where you might actually need them. Then, make them available to others in desperate need. In the name of Jesus Christ, Amen.

Michael Goodwin

Rockford Stake Welfare and Self-Reliance Specialist