

For those who may not know me, I am Michael Goodwin.  
My wife and I serve as Stake Welfare and Self-Reliance Specialists.

**I want to talk to you about Love.**

(Moses 5:8): President Holland. “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 but sent us to this world. Did he want to see how long we could survive with all the lions, tigers and bears abounding? That would be foolish to have the first and only humans on earth killed off. No.

But, He sent messengers to us to help us through. To Teach us, to coach us.

Nothing has changed from that day forth to today.

Now I’m going to speak on preparedness and self-reliance.

Who wants us to be self-reliant and independent?

God - providing us this Earth and his Son to help us.

Prophets and Apostles of the Church - through conference talks

Your area presidency - provided and supports a 4 point preparedness Guide

Your stake leadership - holds monthly welfare and Self-Reliance committee meetings

Your Bishopric - invited us here

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

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

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# The main reason for this information is to expose you to a preparedness and self-reliance resource document available to all.

A Stake Website is available to provide you with information and resources to become more self-reliant, now available in Spanish and Swahili too.

Senior MTC prep for our Mission to Bulgaria, we attended welfare square for training. Learned something different about Hershey.

## H E R S H E Y ' S

H - Physical Health

E - Literacy and Education

R - Financial and Resource Management

S - Social - Emotional and Spiritual Strength

H - Home Production and Storage

E - Career Development

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Y - You can do it -now - Year's Supply

S - Soon!

Additional Sections available are:

New Leader Training Information

General Preparedness Information

Language Learning

A pending resource will be A 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. Just ask them. From the day they are born, they are learning by doing all those things necessary for life.

Eating, tying shoes, walking, running, bicycling, swimming, building, taking apart, gardening, etc.

They even learn how to pray, work, speak in public and become leaders.

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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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 young women 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.

**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.”**

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 electives

All is done from home, remotely.

Cost: \$7200 for complete Degree, (or \$6000 if religious requirements are satisfied locally.)

You can get more than one BS degree.

Returning Missionaries and Young Service Missionaries get special treatment.

Church Self-Reliance Services courses including topics like:

- Getting a Better Job
- Starting a Business
- Education for Better Work
- Emotional Resilience
- Life Skills
- English Connect

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Inspired Leadership – Prophetic council  
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.”

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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.”

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**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 temporarily prepared.

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**North America Central Area Presidency** endorsed a Preparedness Guide

The 4 key points are:

Emergency Planning

Home Production and Storage

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.

Who else had to store food for about 1 year for people and animals, including water and seed.

Noah

The Jaredites

Lehi - after spending 8 years in the wilderness. I have wondered how they preserved their seed!

Is your food safe to eat?

What about genetically modified food, food preservatives and additives, artificial chemicals sprayed on your fresh produce, like Apeel? 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 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 have the ability to raise price of food, control what is available, how much and how safe.

The pandemic taught us some valuable lessons.

Then there were the supply issues.

**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? I hope so.

This is one example of a self-reliance skill that might be worth knowing.

How about other skills?

**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.**

Meet together with like-minded people; like in Priesthood and Relief Society Meetings. As you serve others, you also learn. Nobody knows it all, except God.

A Skill Pod Project was held with some Relief Society sisters earlier this year discussing food preservation methods. We got a chance to rub shoulders with some of wonderful people to share information.

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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**Seed Saving as a self-reliance skill**

Where did Noah, the Jaredites and Lehi’s family 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.

I grow a cherry tomato that was given to me 30 years ago. My seed is not 30 years old. I grow it out every couple of years and save the seed to have viable source in store. Is your seed supply secure? My seed storage activities ensure I will have seed for the next year, and beyond.

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.

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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 would actually need them. That makes them available to others in desperate need.

In the name of Jesus Christ, Amen.