The Plano Texas Stake Preparedness Challenge

For August—“Be Compassionate”

“The Lord is gracious, and full of compassion; slow to anger, and of great mercy.” (Psalms 145:8)

Our Savior, Jesus Christ set the example for us on how to show compassion for and nurture others. His entire life here in mortality was devoted to nurturing others physically (as when He healed the sick, and fed the multitudes); spiritually (as when He delivered the Sermon on the Mount); and emotionally (as when He showed compassion to the family of Lazarus and wept with them). His ultimate act of compassion toward us was His great atoning sacrifice. We should all take stock of how we are doing as nurturers of those around us. Are we being thoughtful of and kind and caring toward our family members? How are we doing as Home or Visiting Teachers? Are there friends or neighbors whom we should reach out to more? For the month of August (and at all times), let us “Be Compassionate.”

Spiritual Goals:

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.** In the award winning musical, “Fiddler on the Roof,” Jewish father, Tevye looks heavenward and talks to God as he goes about his daily work as a dairyman. Perhaps we should be more like Tevye and in doing so follow the advice found in Alma 34:27: “Yea, and when you do not cry unto the Lord, let your hearts be full, drawn out unto him continually for your welfare, and also for the welfare of those who are around you.”

**Second Spiritual Goal: Hold weekly Family Home Evenings with your family**.

Follow the advice of our modern day prophets and hold weekly Family Home Evenings (preferably on a Monday night). For a fun FHE activity, try playing one or more of the Dice Games from the “Resources” section under the Preparedness Challenge section for this month on the Stake website: [www.preparednessplano.org](http://www.preparednessplano.org). The games take from 1-7 dice which fit well in 72 Hour kits as “boredom busters.” It would help to have your favorite games memorized so you could play without having to read instructions and figure the games out. Give these games a try. (Preparedness has never been so fun!)

**Third Spiritual Goal: Have daily personal and family scripture study.** The suggested scripture reading for the month of August is Alma 45- Helaman 1. If this does not fit in with your family, go at your own or select other scriptures to fit your family needs.

**Fourth Spiritual Goal: Do family history and Temple work.** Fulfill the Plano Stake Goals of spending at least **one hour in indexing** each month, **one hour of family history** each month and of **taking one family name to the temple each year.** Make plans to attend the temple regularly. If you do not currently possess a temple recommend, see your Bishop or Branch President to determine what you need to do to obtain one.

Financial Objectives:

**First Financial Objective: Review Home and Car Insurance**. Determine whether or not you are adequately covered by homeowners (or renters) and car insurance. Also determine whether or not you are getting the best coverage for the money you are spending.

**Second Financial Objective: Continue working on your financial goals.** Continue making and living by your budget. Work toward reducing and getting out of debt. Continue to build your savings.See [www.providentliving.org](http://www.providentliving.org) for more information and help on financial planning. Click on “Finances.”

Emergency Preparedness Tasks:

**First Preparedness Task: Plan for what you would do in the event that you were without power and light.** Post the phone numbers you would call if your power (electric and/or gas) is disrupted. Store fuel in the form of wood logs, propane canisters, charcoal briquettes, and etc. to use for emergency heating and cooking. Store flashlights and lanterns to use as sources for light. Make sure to store the batteries (or fuel) for these. Candles may come in handy for longer term power outages. Make sure these are attended constantly when in use. Matches and lighters are necessary storage items. Store these items safely out of the reach of children.

**Second Preparedness Task**: **Make sure each child in your household has an emergency kit.** Choose a container (back pack, bucket, etc.) that your child can handle by him or herself. Make sure the kit contains no items that could cause harm to your child (i.e. medicines, plastic bags, chemicals, sharp objects, etc.). Update clothing in children’s kits as the child grows. Food for children’s emergency kits should need no preparation. Make sure to include “boredom busters” in your child’s kit. These are items to help entertain family members in evacuation-type situations. If batteries are needed store these in the parent’s kit. See the handout “72 Hour Emergency Kit Checklist” in the “Resources” section for February of the “Preparedness Challenge” on the Stake Website: [www.preparednessplano.org](http://www.preparednessplano.org). Also see the handouts “Surviving the Unthinkable,” and “Boredom Busters” in the “Resources” section of the “Preparedness Challenge” for this month.

**Third Preparedness Task: Have your home storage goals for the year two thirds completed.** If your goal for the year is to have your three-month supply completed by the end of the year, you should have a two-month supply by the end of this month.

**Fourth Preparedness Task: Store Fruits and Vegetables**. These can be canned, freeze-dried or dehydrated. Consider storing freeze-dried or dehydrated berries to supply a lot of nutrition in a small storage space. Raisins and other dehydrated foods are another tasty source of nutrition and can also go well as snacks in emergency kits. The Home Storage Center in Carrollton has dehydrated apple slices, carrots, and onions, already canned for your storage. These have a 25-30 year shelf life if stored properly (74° or less). Determine how many fruits and vegetables your family should eat for three months and add as much as possible of this amount to your storage.