The Plano Texas Stake Preparedness Challenge

For February—“Be Doers”

“I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men save he shall prepare a way for them that they may accomplish the thing which he commandeth them.” (1 Nephi 3:7)

Spiritual Goals:

The spiritual goals for this month will be the same as those for January. Only the scripture selections have changed. If you are already doing well in a spiritual goal, consider choosing another one that you can improve in.

**First Spiritual Goal: “Do” make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.**

Klarise Richmond, a former member of our Stake gave a lesson on prayer several years ago in a Relief Society meeting. She advised the sisters who were having challenges getting in their morning prayers not to stand up when getting out of bed in the morning, but to slide out of bed immediately to their knees. Find ways to make prayer a habit in your life. Remember to **kneel before you stand**.

**Second Spiritual Goal: “Do” 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). Click this link to find some good FHE resources, ideas, and information: [www.lds.org/search?lang=eng&query=family+home+evening](http://www.lds.org/search?lang=eng&query=family+home+evening)

**Third Spiritual Goal: “Do” have daily personal and family scripture study.** The suggested scripture reading for the month of February is 1 Nephi 20-2 Nephi 17.

**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:

**Underlying Financial Principle**:“If our tithing is the first obligation met, our commitment to this important gospel principle will be strengthened and the likelihood of financial mismanagement will be reduced” (from the “Finances” page of providentliving.org). “Do” pay tithes and offerings.

**First Financial Objective: “Do “create your family budget for the year.** Using the record of your expenditures for the month of January, the anticipated expenses for necessary items (such as insurance) that may not happen monthly, and the information provided to you in January, create your family budget for the year. Look at what you spent money on in January. How much of that spending was frivolous or wasteful? Look for creative ways to enjoy life without spending money unnecessarily. Remember, the goal is to get out of debt, spend less than you earn and save for emergencies, retirement, and other worthy endeavors (such as mission service).

**Second Financial Objective: “Do” set your financial goals for the year.** See the booklet “One For the Money” and the pamphlet “All is Safely Gathered In—Family Finances” to help you set your financial goals. Debt reduction and a savings program should be paramount in getting your financial house in order. It is suggested that at a minimum, we have savings to cover all our necessary expenditures for at least three months. Set realistic goals for the year. See [www.providentliving.org](http://www.providentliving.org) and click on “Finances” for more information and help on financial planning,

Emergency Preparedness Tasks:

**First Preparedness Task: “Do” assemble a family and/or individual emergency kit that you could use to survive for at least 72 hours**. The handouts which can be found on the website: [www.preparednessplano.org](http://www.preparednessplano.org) can help you. Look for them in the “Resources” section (for February) under the “Challenge Calendar” of the “Preparedness Challenge” Tab. Remember; we are not to go into debt to acquire these items. As a start, assemble what you have and put these items into an easily portable container such as a back pack or bucket. Slowly build your kit as finances allow.

**Second Preparedness Task**: **“Do” become knowledgeable about Tornados**. Learn what to do to prepare your family to survive if one of these destructive forces of nature were to come through your area. See the website: [**www.ready.gov**](http://www.ready.gov)**.** In a green box entitled “Know Your Risks,” Click on “Tornados” to learn what you should do to prepare for and survive one. Figure out where in your home is the safest place to seek shelter. Teach children to follow the instructions of school personnel if a tornado (or any disaster) should happen during the day while they are at school. An inexpensive NOAA radio can be purchased to help alert you to possible dangers in your area.

**Third Preparedness Task: “Do” store foods for breakfast.** Using the record of foods your family ate (“Third Preparedness Task” in January), make up breakfast menus and begin to purchase breakfast foods for a three month storage. If your family is used to cold cereal, we suggest you store a certain amount of it while you transition them to cooked cereals (which have a longer shelf life and store in a much smaller space). See the handouts provided in the “Resources” section for this month on the website listed in the First Preparedness Task above. The Carrollton Home Storage Center has many items which are already packaged to store long term. They also have pancake mix that could be part of your three month breakfast storage. Make sure you have enough flour, wheat, or other grains to prepare nutritious foods for breakfast. Consider looking into powdered eggs and freeze dried meats to get your protein. Don’t forget fats, oils, and other recipe ingredients. Canned or freeze-dried fruits are also great breakfast items.