The Plano Texas Stake Preparedness Challenge

For November—“Be Grateful”

“Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day. (Alma 37:37)

Spiritual Goals

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.** The beautiful counsel from Alma (above) is certainly to be heeded. If we pray as he has prescribed each and every day, we will have the Holy Spirit as our constant companion. He will help to direct our actions. We will be inclined to keep the commandments. We will also be able to help influence our family members and those around us for good. If we keep all of the commandments, we will insure ourselves Eternal Life in the kingdom of our Father with Him and His Son.

**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). Try having at least one FHE this month centered on the Savior and on the theme **“Be Grateful.”** Our Stake Young Men’s President, Craig Crandall and his wife Becky (who serves as First Counselor in the Stake Young Women’s Presidency) made their ward aware of a series of videos especially produced for the youth of the church. Here is a link to one of them on our theme for the month of November: [www.lds.org/youth/video/give-thanks?lang=eng](http://www.lds.org/youth/video/give-thanks?lang=eng). You can find videos, pictures, and articles on the church website ([www.lds.org](http://www.lds.org)) to support almost any gospel topic you feel inspired to teach your family. We certainly have a lot to “**be grateful”** to our Heavenly Father for. In addition to everything else He has given us, He has also provided many wonderful resources to help us rear our children (and His) in righteousness in these latter-days.

**Third Spiritual Goal: Have daily personal and family scripture study.** The suggested scripture reading for the month of November is 3 Nephi 26 through Ether 5. If this does not fit in with your family, go at your own pace or select other scriptures to fit your family needs.

**Fourth Spiritual Goal: Do family history work and attend the temple regularly**. Fulfill the Plano Stake Goals of spending at least **one hour of indexing** each month, **one hour of family history** each month and of taking **one family name to the temple** each year. Contact your ward or branch family history specialist to find out more. Register yourself at: <https://familysearch.org/>. Make plans to attend the temple regularly. If you do not currently possess a temple recommend, see your Bishop or Branch President to make plans to obtain one.

Financial Objectives:

**First Financial Objective: Review your holiday budget. Make plans to live within your holiday budget.** The holidays can be a very expensive (and financially stressful) time of the year if we let them be. Consider cutting back on gift giving in order to make your budget. Items you make yourself may be very appreciated and treasured by the recipients. Consider compiling family histories and making copies as a novel gift idea. These can be distributed in CD or electronic form as well as hard copy.

**Second Financial Objective: Analyze your finances for the current year. Plan your budget for the year to come.** Now is a great time to make financial plans for next year. Take stock of what was spent by you and your family during the past year. Determine where you may need to make changes. Decide how much should be saved and invested to provide support for you and your family in the future. Write your plan down. If there are other members of your family, include them in the discussion where appropriate.

Emergency Preparedness Tasks:

**First Preparedness Task: Heating and Cooling. Make plans as to how you will handle heating and cooling needs should the power and natural gas fail.** There is not a lot we will be able to do in the summertime should our electricity fail and we are unable to cool our homes. This may be where a backup generator may be a very useful item to have on hand. It would take a lot of fuel to power it sufficiently to keep your home cool, but you may be able to keep water and ice in the refrigerator and freezer to help cool family members. Small space heaters could be useful in the winter months to heat rooms should our natural gas fail. Make sure the heaters you use are safe. Every year house fires happen due to improper use of space heaters. If you have a fireplace, make sure you have a good supply of firewood. Extra blankets and/or sleeping bags are a must to have stored.

**Second Preparedness Task**: **Store clothing**. You should have a supply of clothing for your family. For children, store clothing they can wear as they grow. Make sure to have clothing stored for both cool and warm weather. A good winter coat and sweaters or lightweight jackets are suggested as outerwear. Don’t forget sleepwear. Make sure children’s sleepwear meets safety standards for sizes and flammability. Keep clothing items made from natural fibers (cotton, linen, wool, etc.) stored in such a way as to protect them from insect damage.

**Third Preparedness Task: Master the Basics of Baking.** Make sure to store the ingredients needed for baking. Go through your recipes to determine what ingredients are needed for the items you commonly bake (or will bake if the need arises). Have the necessary equipment to prepare meals in the event you do not have power. (See <http://peaceofpreparedness.com/EmergencyCookers.html> for how to cook when the power fails.) Items such as bread pans, rolling pins, measuring cups and spoons, wooden spoons, whisks, pastry blenders, mixing bowls and etc. come in handy when preparing meals from scratch. Be familiar with baking and cooking terms and practices (see the handout “Culinary Terms” in the “Resources “section of the “Preparedness Challenge” for November on the Stake Preparedness website: [www.preparednessplano.org](http://www.preparednessplano.org)).