The Plano Texas Stake Preparedness Challenge

For March—“Be Charitable”

“And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.”(Mosiah 2:17)

We can bring the Spirit of Christ into our lives by being a little more charitable, kind, and caring toward others. Wise King Benjamin set an example for his people (and for us) on how important it is to make charitable acts part of our daily lives. In the address from which the above scripture is taken King Benjamin further explained, “Behold, ye have called me your king; and if I, whom ye call your king, do labor to serve you, then ought not ye to labor to serve one another?” (Mosiah 2:18)

Not only are the recipients of our kind acts blessed for our service, but we are also blessed to be instruments in the hands of our Savior to help in caring for His children. President Dieter F. Uchtdorf said, “As we extend our hands and hearts toward others in Christlike love, something wonderful happens to us. Our own spirits become healed, more refined, and stronger. We become happier, more peaceful, and more receptive to the whisperings of the Holy Spirit.” (“You Are My Hands,” April 2010 Conference)

Spiritual Goals:

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.**

By making prayer a habit, we are opening the way to receive personal revelation. Alma explains that the sons of Mosiah were powerful teachers not only because they had studied the word of God but also because, “. . . they had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation and when they taught, they taught with power and authority of God.” (Alma 17:3)

**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). A wealth of information on making successful Family Home Evenings can be found on the Church’s website: [www.lds.org](http://www.lds.org) Click on “Serve and Teach,” then “Lessons and Teaching” then, “Family Home Evening.” Try having at least one FHE this month on the theme “Be Charitable.”

**Third Spiritual Goal: Have daily personal and family scripture study.**

The suggested scripture reading for the month of March is 2 Nephi 18 through Jacob 4. 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/> (the website for the New Family Search). See your Ward clerk (for your member number) if you do not yet have an account. Make plans to attend the temple regularly throughout the coming year. 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: Create or update your will.** If you can afford a lawyer, that is helpful. If you cannot afford a lawyer there are many online or computer programs where you can generate your own will. You should have a medical “advance directive” should you become incapacitated and unable to determine what medical interventions should be taken for you. Share this with your family or others who would be called upon to make these decisions. Other key components are on the Wills Checklist which you will find Stake website: [www.preparednessplano.org](http://www.preparednessplano.org) in the “Resources” section for March under the “Preparedness Challenge” tab.

**Second Financial Objective: At the end of this month, you should have met 25% of your financial goal for the year.** See: [www.providentliving.org](http://www.providentliving.org) and click on “Finances” for more information and help on financial planning. The Stake website [www.preparednessplano.org](http://www.preparednessplano.org) also has a debt reduction worksheet and a budget worksheet that you can download to continue making budgets on a monthly basis (or any other time segment that works for you). These can both be found under the “Resources” section for February under the “Preparedness Challenge” tab. Do not despair or give up if you are not where you wanted to be at the end of the first quarter in your financial goals. It may be time to re-evaluate whether or not your goals were realistic. At any rate, go forward in your attempts to make this the year you become better at determining and meeting financial objectives.

Emergency Preparedness Tasks:

**First Preparedness Task: Plan and Plant a Garden.**

The handouts in the resources section of this month’s Preparedness Challenge on the Stake Preparedness website [www.preparednessplano.org](http://www.preparednessplano.org) can help you. If you cannot plant a garden, consider growing a small kitchen window herb garden or learning to sprout.

**Second Preparedness Task**: **Make a family Emergency Plan with emphasis on how your family will communicate in the event of an emergency or disaster**.

The handouts in the “Resource” section of this month’s “Preparedness Challenge” on the Stake Preparedness website: [www.preparednessplano.org](http://www.preparednessplano.org) can help. Check with your Ward or Branch Preparedness Specialist and Communication Specialist to learn how communication will be handled to determine the status and needs of your Ward members in the event of a disaster. Consider signing up for classes in Amateur Radio which are held periodically in the Stake.

**Third Preparedness Task: Store tomato and pasta products.**

The Family Home Storage Center Products Order Form lists the shelf life of its Macaroni and Spaghetti products as being good for 30 years. This would assume they were stored properly—oxygen free at 74° F (or less). Tomato products are very high in nutrition. Our bodies can extract the nutrients from cooked tomatoes more easily than fresh. Determine how often you eat these products and buy extra—up to a three month supply.

**Caution:** Do not store (or eat from) cans that are dented, rusted, or bulging. Make sure seals are sealed properly on bottled foods. A sealed lid should be depressed or slightly indented and have no “give” or movement when you press down on it. Follow the old food safety adage: “If in doubt, throw it out.”