The Plano Texas Stake Preparedness Challenge

For September—“Be Hopeful”

“Wherefore, if a man have faith he must needs have hope; for without faith there cannot be any hope.”(Moroni 7:42)

“The word hope is sometimes misunderstood. In our everyday language, the word often has a hint of uncertainty. For example, we may say that we hope for a change in the weather or a visit from a friend. In the language of the gospel, however, the word hope is sure, unwavering, and active. Prophets speak of having a “firm hope” (Alma 34:41) and a “lively hope” (1 Peter 1:3). The prophet Moroni taught, “Whoso believeth in God might with surety hope for a better world, yea, even a place at the right hand of God, which hope cometh of faith, maketh an anchor to the souls of men, which would make them sure and steadfast, always abounding in good works, being led to glorify God” (Ether 12:4).”

(The above quote was taken from: [www.lds.org/topics?lang=eng&letter=h](http://www.lds.org/topics?lang=eng&letter=h) click on “Hope” and read the rest of the information on this important topic.)

Spiritual Goals:

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.** We live in an age of apostasy. Many are losing their faith and hope in the Gospel of Jesus Christ and in His atoning sacrifice. One of the first steps on the slippery slope to apostasy is to neglect our daily prayer and scripture study.

**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.” To help in teaching the gospel, the Church has provided visual aids. Go to: [www.gospelart.lds.org](http://www.gospelart.lds.org) to view pictures online and get help with your lessons. Try having at least one FHE this month centered on the Savior and on the theme “Be Hopeful.” See the first emergency preparedness task below for another suggestion for a Family Home Evening during this month.

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

The suggested scripture reading for the month of September is Helaman 2 through 3 Nephi 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 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: Meet 75% of your financial goal for the year.** With only one quarter of the year left, you should have met three fourths of your financial goals for the year at the end of this month. If you have not yet started a savings or debt reduction plan yet, there is still **hope**. Visit: [www.providentliving.org](http://www.providentliving.org) and click on “Finances” for help in getting started.

**Second Financial Objective: Home Protection and Safety (Fire, health, children, theft)** Make sure you have done all you can do to protect your family from becoming victims of crime and accident. Have adequate health and home (or renter’s) insurance. If you have not already done so, purchase smoke detectors and carbon monoxide monitors for your home.

Emergency Preparedness Tasks:

**First Preparedness Task: Plan for how you would cook your food if you were without electricity or natural gas.** Check out the following website to see many different possibilities for emergency cooking: [www.peaceofpreparedness.com/EmergencyCookers.html](http://www.peaceofpreparedness.com/EmergencyCookers.html). In your storage have charcoal briquettes, lighter fluid, propane, wood, and any other fuel you may need for use in cooking when the power is out. Consider making “Buddy Burners” in Family Home Evening with your family to use with a tin can stove (see handout “Tin Can Cookery” in the “Resource” section of this month’s Preparedness Challenge on the Stake Preparedness website: [www.preparednessplano.org](http://www.preparednessplano.org)).

**Second Preparedness Task**: **Emergency Preparedness Books.** There are many good resources in print and online. Use caution that the information gathered is correct. Especially be careful where preserving food is concerned. For example, some sources give different methods for preserving eggs. Egg shells are somewhat permeable so anything that is put on the outside shell will likely find its way into the egg to be ingested. Another example is that some preservation methods eliminate oxygen. If the moisture content is high and oxygen is low or absent, this can make for an environment where the botulinum (botulism) toxin can grow in some foods. Follow the guidelines given by the Church by clicking on the following link: [www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng#3](http://www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng#3) (see information under “Packaging Recommendations”). Find good resources and learn from them.

**Third Preparedness Task: Store Meat and Potatoes.** The Carrollton Home Storage Center has Potato Flakes in #10 cans. These will last 30+ years if stored properly in a cool (74° or less), dry area. They also have Potato Pearls which have a much shorter shelf life but could be part of a three month supply if used and rotated. These need no seasoning and have been a favorite of LDS families for years. There are many forms of meat available to be purchased and stored. You also have the option of purchasing fresh meats, poultry, and fish which you can bottle using a pressure canner. If stored (in a cool dark area) these will be good for at least three years. Freeze dried meat products can be purchased from many reputable sources. They are already cooked and can be re-hydrated and eaten or used in your recipes. Most have a shelf life of 25 years. This is one way to store a lot of meat in a little space. Canned meats and products containing meat (spaghetti sauces, stews, etc.) are available at your grocery store.