

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE STAKE

Earthquakes, pandemics, and fires! Oh, my! Earthquakes, pandemics, and fires! Oh, my! What's a person to do?! *Answer: Just one thing!* Each month of 2021 we are going to focus on *just one thing* that you can do so that you and your household are better prepared for future emergencies. It will be a small and simple task that won't be too overwhelming and you will have the whole month to accomplish it.

Several years ago our stake launched an initiative called *The Power of 3 Member Preparedness Program*. It's a great way to prioritize the most essential items you need to be prepared for future emergencies and it will be our preparedness guide this year. Even though it is broken into small sections, it's still a lot to tackle all at once, so we will slowly go through it over the course of the year. Even if you "did The Power of 3" before, you can still revise, update, and replace your supplies as needed.

*The Power of 3* breaks preparedness down into being prepared for the first 3 minutes of an emergency, then 3 hours, 3 days, 3 weeks, 3 months, and one year. However, first and foremost, it also talks about 3 very important aspects of being spiritually prepared: Daily prayer, daily scripture study, and making and keeping sacred covenants. Your family's preparations should start with being *spiritually prepared*. As you embark on this preparedness journey, you should prayerfully consider what is appropriate for you to do in your current circumstances. "If ye are prepared, ye shall not fear," but "all things must be done in order."

IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:

## January's ONE Thing

### Print & Read *The Power of 3 Member Preparedness Plan*

This will be our preparedness blueprint throughout the year.  
As for now, read it and pray about what your family should do next. That's it.

**You can do this!**

You can find the plan at <https://www.orangestakelinks.com/>  
It's the fifth item down the list on the *Local Links* tab.

"For decades, the Lord's prophets have urged us to store food, water, and financial reserves for a time of need. The current pandemic has reinforced the wisdom of that counsel. I urge you to take steps to be temporally prepared. But I am even more concerned about your spiritual and emotional preparation."

--President Russell M. Nelson General Conference October 2020

# Time For More?

WHEN YOU FINISH “JUST ONE THING” AND HAVE TIME TO DO MORE

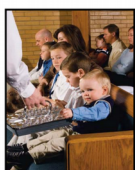
## SPIRITUAL Preparedness



Daily Prayer  
*Individually and as families*



Daily Scripture Study  
*Individually and as families*



Make and Keep Sacred Covenants  
*Weekly Sacrament Meeting Attendance*  
*Regular Temple Attendance*  
*Service*

I hope that you had time to print out, read, and pray about *The Power of 3 Member Preparedness Plan*. When we think about emergency preparedness, we usually think in terms of 72 hour kits, a year supply of food, and so forth, but it is important to note that *spiritual preparedness should be the foundation of your readiness efforts*. In our recent October 2020 General Conference, there were several powerful talks related to being prepared. If you have *time for more* this month, I hope that you will read and ponder those talks and how they apply to you.

Here is a pertinent quote from the talk, “There Was Bread,” by Bishop W. Christopher Waddell: He says that we need “...to understand that all things are spiritual to the Lord, “and not at any time” has He given us “a law which was temporal.” Everything, then, points to Jesus Christ as the foundation upon which we must build even our temporal preparedness.”

Next month we’ll start with more temporal preparedness tasks, but I hope you will always be working hard to keep your spiritual foundation strong.

### IF YOU HAVE TIME TO DO A LITTLE MORE PREPARING THIS MONTH, READ THESE GREAT TALKS:

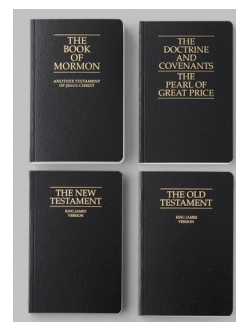
“We Will Prove Them Herewith” by David A. Bednar <https://www.churchofjesuschrist.org/study/general-conference/2020/10/12bednar?lang=eng>

“There Was Bread” by W. Christopher Waddell <https://www.churchofjesuschrist.org/study/general-conference/2020/10/25waddell?lang=eng>

“Embrace the Future With Faith” By Russell M. Nelson <https://www.churchofjesuschrist.org/study/general-conference/2020/10/37nelson?lang=eng>

### DID YOU KNOW...?

Did you know you can buy pocket -sized scriptures? Each book is only 3 3/8" by 5 1/8" in size. You can buy all four standard works for \$14 or buy individual books for \$3 - \$5.50 each book. They would make a great addition to your emergency supplies. Bonus Tip: Put your scriptures in a quart-sized ziplock bag so that you can keep them safe from water damage and wear and tear. You could also put a red pencil in your bag so you can mark meaningful passages in your scriptures. Note: **The print is small, so don't forget to keep a spare pair of glasses in your emergency supplies.** You can find them online at: <https://store.churchofjesuschrist.org/usa/en/pocket-size-scripture-set>



Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! You *can* do this!