

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

How the year has flown by! It's January and it's time to do a Power of 3 reset again. We're going to start back at the beginning of the program, which means that we are going to be focusing on our spiritual foundations this month. Although we mostly focus on the temporal aspects of the program, we should never forget that *spiritual preparedness* should be the foundation of our preparedness efforts.

In his closing remarks at the October 2021 General Conference, President Nelson stated, "I plead with you to make time for the Lord. Make your own spiritual foundation firm and able to stand the test of time by doing those things that allow the Holy Ghost to be with you always." So take the time to take stock of where you are spiritually and make adjustments to your habits and activities as needed. Make sure you are spiritually prepared by (1) Praying daily, (2) Reading scriptures daily, and (3) Making and keeping sacred covenants.

As we go through the Power of 3 program this year, I also want you to be thinking of how you could share this program with others, like your neighbors. Starting in February, we'll start talking about ways to use the Neighbor Helping Neighbor program in conjunction with the Power of 3 program so that we can help our neighbors be better prepared too. Start thinking about people you could share this program with, then stay tuned for more ideas on how to go about doing that.

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

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

January's ONE Thing

EVALUATE THE STATE OF YOUR SPIRITUAL FOUNDATION.

**THEN DO WHATEVER IS NEEDED TO SHORE UP YOUR
TESTIMONY AND UNDERSTANDING OF THE GOSPEL.**



The Power of 3



Those of you who are new to this newsletter might not know what the *Power of 3 Member Preparedness Program* is. Simply put, it's an incremental approach to emergency preparedness. It shows you what you need to be ready for the first 3 minutes, hours, days, weeks, and months of an emergency, and beyond. Our stake adopted this program about a decade ago, but many people have forgotten about it, or moved into the area after the original introduction of the program and don't know about it. Sadly, the majority of members in our stake, as well as the population in general, are not as prepared as they should be for future emergencies.

The purpose of this newsletter is to remind people of this great resource and to encourage them to do "*just one thing*" each month to get better prepared. I strongly encourage you to go to the link listed below and print up a copy of the plan, then use it to help you get better prepared. This newsletter will further break down each topic and give you additional information and resources. You can also check out the previous two years of newsletters.

Go to <https://www.orangestakelinks.com/emergency-preparedness> to learn more.

This is our third year of gradually preparing by going through The *Power of 3 Member Preparedness Plan*.

You can find The *Power of 3* plan at <https://www.orangestakelinks.com/>

See the "*Emergency Preparedness*" tab for previous issues of this newsletter and additional information.

Time For More?

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

SELF-RELIANCE CLASSES

Being prepared is not just about being ready for an earthquake or wild fire, it's about being self-reliant. "Self-reliance is the ability, commitment, and effort to provide spiritual and temporal necessities of life for self and family. As members become self-reliant, they are also better able to serve and care for others." (Handbook 2:Administering the Church (2010), 6.1.1)

The Orange Stake is offering a series of self-reliance classes starting this month(January 2023). There are both in-person and virtual courses. Topics include financial education, job search support, start a business, emotional health, and BYU Pathways. Contact Peter Watkins for more information. pedrothebruin@gmail.com



"Keep studying the scriptures, keep doing the things that build your faith in Jesus Christ and then notice the wise choices you are naturally drawn to make."

-President Russell M. Nelson



RECIPE CORNER

Last year I started including a monthly recipe using food storage items that could be purchased in bulk from a Church Home Storage Center or through the Church's online store:

<https://store.churchofjesuschrist.org/usa/en/food-storage>. I got some positive feedback about having recipes, so I'll continue to have recipes, however, this year I won't limit myself to just what you can purchase through the Church.

Legumes, like beans, peas, and lentils are wonderful to have in your food storage. The church doesn't sell peas or lentils, but I highly recommend including them in your food storage. They are easy to find in the grocery store, relatively inexpensive, very nutritious, and have a long shelf-life.

Split Pea Soup

1 Tbsp. Olive oil
2 Tbsp. Butter
1 Onion, diced
3 Stalks of celery, diced
2 Bay leaves
¼ tsp. Dried thyme leaves
3 Carrots, chopped (or toss in a handful of dehydrated carrots)
4 Cloves Garlic, pressed or finely minced
¼ tsp. Pepper
6 cups broth
1 tsp. Liquid Smoke (optional)
Meat Options (All are optional. The soup is also good without meat.)
6 slices bacon, chopped OR
1 leftover ham bone OR
2-3 cups leftover ham, diced

Instant Pot Directions: Using the sauté function, cook the onions, celery, bay leaves and thyme until onions start to turn translucent Add carrots and garlic and cook for 1 minute. Add remaining ingredients. Cancel sauté function switch to manual. Put on lid and cook for 18 minutes at high pressure. Allow it to naturally release for 15 minutes. Remove bay leaves and ham bone before serving.

Stovetop Directions: Instead of using the Instant Pot, you can sauté as above, then simmer on low on the stove for about an hour and 15 minutes, until peas are tender. Stir occasionally. Remove bay leaves and ham bone.

Crockpot Directions: Skip the butter and oil, but add all the ingredients into a crockpot and cook on low for 7-8 hours or high for 4-5 hours. Remove bay leaves and ham bone before serving.

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. This humble newsletter is my attempt to help myself and others get better prepared for life's emergencies, both big and small. Please join me on the journey and feel free to share this info with anyone and everyone.

If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*