

## Self-Reliance Newsletter

By: Michael J. Goodwin

August 2017

Self-Reliance is the buzzword for July. First, we had a HC and companion speak on Self-Reliance in sacrament meeting. Then, the PH/RS meeting lesson was Pr. Hinckley's lesson on Self-Reliance. Then on the 5th Sunday combined, we had a lesson on Self-Reliance. It focused mainly on the self-reliance presentation linked to, at the end of this document.

I think with all the flooding in the area in the last two months, emergency preparedness and self-reliance might be focused on more in the next few months. It might be a good time to review our Ward Emergency Preparedness and Response Plans, too.

For Templates, go to this URL:

<https://providentliving.lds.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide?lang=eng>

An excellent document concerning the Word of Wisdom by Elder Widtsoe can be found here:

<http://www.ldsveg.org/WidtsoeWordOfWisdomAModernInterpretation.htm>

To find Self-reliance manuals from the Ezra Taft Benson Institute on Food and Agriculture, Brigham Young University, go to this link: <http://selfrelianceclub.com/Benson.html>.

The manuals on this site include:

- Having Your Food Storage and Eating It Too.
- Getting Along with Your Garden
- Eating Right and Enjoying Life More
- Essentials of Home Production and Storage
- Small Farm Plan
- Walipinis (Underground Greenhouses)
- Small Agriculture Model
- Family Health and Safety series
- Container Gardening
- Guinea Pig Management Manual

It seems that some people are having difficulty with water storage, I've created the following document: [Water Storage Made Easy](#), click on this link or go to the end of this document.

Also regarding genealogy, check out [relativefinder.org](http://relativefinder.org). It goes into Family Search and finds famous relatives in your family lines. It appears both my wife and I are somehow related to Captain Jack Sparrow, aka, Tonto (Johnny Depp). Go Figure. Makes Genealogy more Fun.

If you wish to opt out of this email list, please send me an email of such request. Also, if you know of anyone else who might be interested, let me know.

=====

This is the Fourth Chapter from the **Education for Better Work** Booklet (US and Canada Version). I will try to intrigue you with samplings from each chapter, each month in this newsletter.

**To download a pdf of this manual and see the optional videos available for this training, see:**

<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos/na?lang=eng&old=true#9>

These new manuals were designed for use primarily in the Self Reliance Group in a facilitated setting. If you have any questions or **want to start a self-reliance group** where you can work with others on overcoming these challenges together, contact your unit employment specialist or Priesthood Leader.

## Chapter 4 Evaluate Your Training Options



This quote supports the process to create a life's mission, below.

*“Plead that the Spirit will show you what the Lord wants you to do. Plan to do it. Promise Him to obey. Act with determination until you have done what He asked. And then pray . . . to know what you might do next.”*

**HENRY B. EYRING,  
“Act in All Diligence,”  
Ensign or Liahona,  
May 2010, 63**

## ACTIVITY—CREATING A “LIFE’S MISSION”

**Step 1:** Read the quote by President Henry B. Eyring (above). The Lord has a plan for you. He has blessed you with special gifts and talents that will allow you to become anything He desires you to become. You can fulfill your mission here on earth if you are diligent in seeking to understand and obey His will for you.

**Step 2:** Answer the questions below to start creating your vision or “life’s mission.”

### MY LIFE’S MISSION

#### Where do I want to be in five years?

What skills, knowledge, or experience do I need to get there?

On page 69 of the manual, you update your self-reliance plan!

Check out the Resources section on page 72 of the manual.

#### References:

[Self-Reliance Services](#)

[Self-Reliance Presentation](#) By: Michael J. Goodwin

Other Church Employment Self-Reliance Booklets available: (see srs.lds.org for more info and videos)

[Leader Guide](#)

[My Path to Self-Reliance](#) (US and Canada)

[Education for Better Work](#) (US and Canada)

[My Foundation](#) (US and Canada)

[Starting and Growing My Business](#) (US and Canada)

[Finding a better job](#) (US and Canada)

[Personal Finances](#) (US and Canada)

---

## Water Storage Made Easy

A lot of people have trouble with water storage with all of the different containers, BPA risks, etc.

We have been encouraged to store 14 gallons of water for each member of our household, if possible. I have found that an easy to do water storage is to use 5-gallon jugs of distilled water with a hand pump or spigot crock.

I have used Dr. Stillwater, as an example, who sells distilled water in 5-gal polycarbonate jugs. The cost is \$4.95 plus tax for the water and \$6.00 deposit for the jug, picked up at the office in Machesney Park. Delivery is available too. The jug has a handle build into the side and makes for easy handling.

Other companies sell distilled water and perhaps purified water may serve your purposes. Be sure to taste the water before storing a lot of it. This included distilled water which tastes 'funny' because it has no taste to it, no dissolved minerals, chlorine, etc.

Distilled water in a bottle has no shelf-life, however it will lose oxygen over time and the taste will go flat. To overcome this, agitate them occasionally, replace periodically and/or pour the water from container to container before drinking to add air back into the water. Check expiration dates on other sources of water you are investigating. Older water can be used for cooking and finally for hand and other washing needs, toilet flushing, etc.

Another possibility is to purchase a home water distiller and create your own distilled water from your own tap or well. Distilling of water is the best way to purify water. It removes chlorine taste, all minerals, lead, 99% of other constituents of tap water. Check with your water distiller source for the purity of self-distilled water. My tabletop unit distills 3 quarts in 4 hours.

Once you empty the jugs, you can refill with chlorinated water as needed for water storage requirements.

We have been using distilled water as our only drinking water since about 1994.

=====

Some random self-reliance items to consider to teach youth, ourselves...:

- decision making
- calendar
- organization skills
- Budgeting and money management (One for the Money?)
- self-discipline
- goal setting

If your unit leadership needs any training on employment issues, please contact me.

Sincerely,  
Michael J. Goodwin  
Stake Employment Specialist  
Stake Sunday School President  
Rockford First Ward Bishopric, First Counselor  
Rockford Illinois Stake  
779-203-0451