

# Self-Reliance Newsletter

By: Michael J. Goodwin

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## Principle #7 – Become One, Work Together

From: [My Foundation: Principles, Skills, Habits.](#)

**Note:** I have archived previous principles and will save future principles at this URL:  
[www.selfrelianceclub.com/srp.html](http://www.selfrelianceclub.com/srp.html)

The Ezra Taft Benson Institute has produced booklets including Getting Along with Your Garden, Having your Food Storage and Eating it, too, Eating Right and Enjoying Life More, and the Small-Scale Agriculture Model. If you are interested and are having trouble finding these, let me know.

The church focuses on 12 principles of employment self-reliance, as found in the newly developed booklet, [My Foundation: Principles, Skills, Habits.](#)

I wish to help you focus on the elements of Employment as it is fundamental to achieving most of the other elements. As a service, periodically, I will send information to stake and unit leaders about one of the twelve principles. Someone is available to teach in your unit for Sunday lessons on self-reliance, employment, etc.

Please share this information with anyone you can.

Do you need to have greater Unity and Oneness in your Lives, Families, Quorums, etc.?

What about greater Peacemaker skills and practice?

This lesson will help you in your goals.

Look for some of the following points in the lesson at the end of this document:

### **How to Achieve ANY Goal you want:**

Goal Setting Formula – From: Zig Ziglar

- 1 – clearly identify the goal (must be your goal)
- 2 – set a date when the goal will be accomplished
- 3 – identify the obstacles you must overcome
- 4 – identify the people you need to work with
- 5 – identify the knowledge, education, skills you need
- 6 – develop an action plan
- 7 – identify what's in it for me – why accomplish this goal?

### **5 Rules of No-Contention in the Home:**

- 1 – Speak Kind Words
- 2 – Let others have their own oppinions
- 3 – Do you fair share of the work
- 4 – Ask before you take
- 5 – Put things where they belong

# 7 BECOME ONE, WORK TOGETHER

## BECOME ONE, WORK TOGETHER

**Ponder:** What does it mean to “be one”? What does this have to do with becoming self-reliant?

**Watch:** “In the Lord’s Way” (No video? Read the next page.)

**Discuss:** What does this message teach about serving and helping each other?

**Read:** Moses 7:18; Doctrine and Covenants 104:15–17 (on the right)

**Practice:** Do the following activity:

1. On your own, quietly think about talents, contacts, or other resources you have. How can your gifts help other group members become more self-reliant? Write your ideas:

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2. As a group, share with each other the talents, contacts, and other resources you listed. Write contacts or resources others have that could help you.

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3. Now list below the resources available at a Church self-reliance center, including mentors, computers, and so on. Why do you need them?

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4. What resources do you have that can help you and the others become self-reliant?

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5. How will you help others on their path to self-reliance?

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6. How can you use help from others on your path?

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*“And the Lord called his people Zion, because they were of one heart and one mind . . . and there was no poor among them.”*

**MOSES 7:18**

*“And it is my purpose to provide for my saints, for all things are mine. But it must needs be done in mine own way; and behold this is the way that I, the Lord, have decreed to provide for my saints, that the poor shall be exalted, in that the rich are made low. For the earth is full, and there is enough and to spare.”*

**DOCTRINE AND COVENANTS 104:15–17**



**Read:** To practice becoming one, you can do the following:

- Help your family increase in unity and work together.
- Talk to members in your ward who are self-reliant. Ask what people or resources helped them. Ask if they will mentor you!
- Go to three places in your community that have resources to help you become more self-reliant. Write down the services they can provide. Start to use them!

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice working with others (work with your family, ward members, and community resources as listed above).
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

## IN THE LORD'S WAY

If you are unable to watch the video, read this script.



**PRESIDENT EYRING:** *The principles at the foundation of the Church welfare program are not for only one time or one place. They are for all times and all places....*

*The way it is to be done is clear. Those who have accumulated more are to humble themselves to help those in need.*

*Those in abundance are to voluntarily sacrifice some of their comfort, time, skills, and resources to relieve the suffering of those in need. And the help is to be given in a way that increases the power of the recipients to care for themselves (and then care for others).*

*Done in this, the Lord's way, something remarkable can happen. Both the giver and the receiver are blessed.*

*(Henry B. Eyring, address given at the dedication of the Sugarhouse Utah Welfare Services Center, June 2011, lds.org; words in brackets added by President Eyring in a March 2014 interview)*

**PRESIDENT UCHTDORF:** *Brothers and sisters, we each have a covenant responsibility to be sensitive to the needs of others and serve as the Savior did—to reach out, bless, and uplift those around us.*

*Often, the answer to our prayer does not come while we're on our knees but while we're on our feet serving the Lord and serving those around us. Selfless acts of service and consecration refine our spirits, remove the scales from our spiritual eyes, and open the windows of heaven. By becoming the answer to someone's prayer, we often find the answer to our own.*

*(Dieter F. Uchtdorf, "Waiting on the Road to Damascus," Ensign or Liahona, May 2011, 76)*

*"When we work together cooperatively ... we can accomplish anything. When we do so, we eliminate the weakness of one person standing alone and substitute the strength of many serving together."*

THOMAS S. MONSON,  
"Church Leaders Speak Out on Gospel Values,"  
Ensign, May 1999, 118

The Mentors spoken of are the people you need to work with to achieve your goals.

Note: The link to Pr. Monson's talk was not found in the May 1999 Ensign but in the June 1998 Ensign below.

Let me start off by telling you that You are a self-reliant group: consisting of one person, couple, family with children, with extended family. Basic welfare principles tell us that we are to first rely upon ourselves and then our families.

Lesson taught recently on peacemakers and unity of living together:

## Our Brothers' Keepers

[By President Thomas S. Monson - June 1998](#)

**When we can work together cooperatively to lift the level of life for so many people, we can accomplish anything. When we do so, we eliminate the weakness of one person standing alone and substitute the strength of many serving together.**

**“The real long term objective of the Welfare Plan is the building of character in the members of the Church, givers and receivers, rescuing all that is finest down deep inside of them, and bringing to flower and fruitage the latent richness of the spirit, which after all is the mission and purpose and reason for being of this Church.”<sup>6</sup>**

[September 2007](#)

## Striving for Family Unity

By Elder Donald L. Staheli

With this “unity,” Paul counseled that the Saints would “be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive” ([Ephesians 4:14](#)). What a magnificent promise—especially for parents!

Unity, harmony, goodwill are virtues to be fostered and cherished in every home.”<sup>2</sup>

The Lord made clear His feelings on contention when He said to the Nephites, “He that hath the spirit of contention is not of me, but is of the devil” ([3 Nephi 11:29](#)).

Our challenge as parents is to keep misunderstandings and disagreements to a minimum and to resolve differences quickly and amicably

Matt 18:15

15 ¶Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.

D&C 42:88

88 And if thy brother or sister offend thee, thou shalt take him or her between him or her and thee alone; and if he or she confess thou shalt be reconciled.

Sincere prayers soften contentious thoughts.

May we as parents pray for and live worthy of the Lord’s blessings so that our families may be one on earth and in the eternities to come.

# **7 effective ways to build family unity**

Familyshare.com

## **1. Communicate**

Regular communication with your spouse and children is vital to a healthy family. By allowing your children to take an active part in family business, they will be more likely to want to help with any problem that needs to be solved.

## **2. Listen to each other**

**Let Everyone have their own opinion.**

## **3. Share household responsibilities**

Explain that if your family is, indeed, a team they must all do their part in the family. Discuss with your spouse what you should expect from each child, then tell the children what you would like and what you expect.

**Do your fair share of the work.**

## **4. Assign specific chores**

This will teach your children to have pride in their work and learn responsibility.

## **5. Establish routines**

Meal-times, bed-times, etc.

## **6. Seek spiritual experiences**

Attending church or a temple as a family helps you all realize that no one goes at it alone.

## **7. Have fun together**

At least once a month, go on a family outing.

Remember that a family that works together and plays together **and prays together** — stays together.

## **BUILDING FAMILY STRENGTHS - Clemson Extension**

### **FAMILY RELATIONSHIPS - UNITY**

Families work to spend PRIME time together. They don't just take advantage of spare time to devote to the family; they actually PLAN for quality family time.

#### **CHARACTERISTICS OF FAMILY UNITY**

Family time does not come easily. Activities and overload are a sign of the times for youth and adults. The challenge is to manage and prioritize your time so that family time is possible. The benefits of increasing family unity are endless. It:

- helps everyone to feel that they are important, (let others have their own opinion),
- helps build family pride,
- keeps the line of communication open between family members, (speak kind words)
- instills an appreciation of family,

- helps family members prioritize and value family time, and
- can foster creativity and provide a fun-filled experience.

Strong families are deeply committed to the family unit and to promoting the happiness and welfare of each other.

## SUMMARY

Remember: If you are too busy to spend time as a family, You are TOO BUSY!

Family unity is a lifelong process that takes work and dedication - but the rewards are endless!

## Focus on the Family

### Teaching Children to Be Peacemakers

By [Ken Sande](#)

You can teach your children how to resolve conflicts among themselves or with their friends and other people they know. Here are 12 key principles that young peacemakers need to learn:

- 1. Conflict is a slippery slope.** Some children try to escape from a conflict, while others try to solve it by going on the attack. Few naturally try to work it out.
- 2. Conflict starts in the heart.**
- 3. Choices have consequences.**
- 4. Wise-way choices are better than my-way choices.** Selfishness is not smart and will not lead to happiness.
- 5. The blame game makes conflict worse.**
- 6. Conflict is an opportunity.** By handling it right we get a chance to glorify God, serve others and become better people.
- 7. The "Five A's" can resolve conflict.** These simple steps will almost always lead to peace. Children, like adults, can learn to confess their wrongs in a way that demonstrates they are taking full responsibility for their part in a conflict.
  - **Admit what you did wrong.** Include both wrong desires and bad choices.
  - **Apologize for how your choice affected the other person.** Express the sorrow you feel.
  - **Accept the consequences for your wrongdoing** without argument or excuses.
  - **Ask for forgiveness.**
  - **Alter your choice in the future.** Think over and plan how you are going to act differently next time.
- 8. Forgiveness is a choice, not a feeling.** By forgiving someone, we are making four promises.

#### Four Promises of Forgiveness

- I promise I will not dwell on what you did wrong. I will think good thoughts about you and do good for you.
- I promise I will not bring up this situation and use it against you.
- I promise I will not talk to others about what you did.
- I promise I will be friends with you again.

**9. It is never too late to start doing what's right.**

**10. Think before you speak.** Or before you act. Or before you confront someone.

**11. Respectful communication is more likely to be heard.**

**12. A respectful appeal can prevent conflict.**

## References:

[Self-Reliance Services](#)

[Self-Reliance Presentation](#)

Archive of Newsletters:

[Self-Reliance Newsletter #1 – Oct 2015 – Faith in Jesus Christ](#)

[Self-Reliance Newsletter #2 – Nov 2015 – Use Time Wisely](#)

[Self-Reliance Newsletter #3 – Dec 2015 – Be Obedient](#)

[Self-Reliance Newsletter #4 – Jan 2016 – Manage Money](#)

[Self-Reliance Newsletter #5 – Feb 2016 – Work and Responsibility](#)

[Self-Reliance Newsletter #6 – Mar 2016 – Solve Problems](#)

Information on 72 hr kits and water purification and storage can be found at:

<http://selfrelianceclub.com/Links.html>.

Here you will also find a Dates to Start Seed Calculator and the 7 P's of Gardening Workshop Handout.

Other Church Employment Self-Reliance Booklets available:

[Leader Guide](#)

[My Path](#)

[Starting and Growing My Business](#)

[My Job Search](#)

[Education for Better Work](#)

Sincerely,

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