



...December 2012...

Prepared NOT Scared Newsletter
12th Edition



Here's what the Prophet's and Apostles have to say...

"We are living in the prophesied time 'when peace shall be taken from the earth' (D&C 1:35,) when 'all things shall be in commotion' and 'men's hearts shall fail them' (D&C 88:91.) There are many temporal causes of commotion, including wars and natural disasters, but an even greater cause of current 'commotion' is spiritual"

(Elder Dallin H. Oaks).

"What is the most important item to have stored in your year's supply? My response was seriously given--'personal righteousness.'"

(President Marion G. Romney).

"And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall." - **Helaman 5:12**

...The Focus for December is Spiritual Preparedness...

Spiritual and Temporal Preparedness go hand in hand...You can't do one without the other!

We have been promised many blessings as we follow the counsel given by Prophet's and Apostles to:
HAVE FAMILY PRAYER MORNING AND NIGHT, STUDY THE SCRIPTURES DAILY, HOLD REGULAR FAMILY HOME EVENING, ATTEND THE TEMPLE, AND PAY OUR TITHES AND OFFERINGS.

With the new year just around the corner, NOW is a great time to step back and evaluate where you are as a family.

Where do we need to work a little harder to do a little better? Set goals as a family to become more prepared

SPIRITUALLY. Set these items as a top priority and don't let the distractions of the adversary get in the way.

Total Amount Needed:

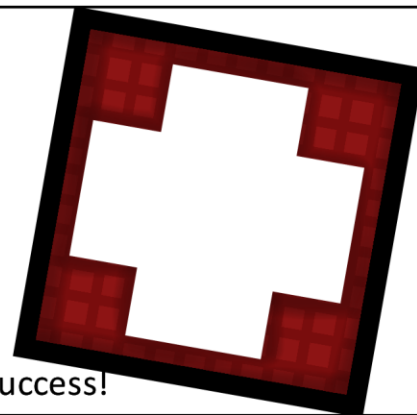
Goal Date:

Complete:

"Spiritual" Safety Check: Teach as You Go!

This is the perfect time to teach your family members how to keep your **HOME** and **FAMILY** safe!

- ☐ Week One: Pray as a Family every morning and night this month!
- ☐ Week Two: Hold FHE each week in December.
- ☐ Week Three: Read from the Scriptures as a family every day this month.
- ☐ Week Four: Attend the Temple at least one time this month.
- ☐ Week Five: PRACTICE...PRACTICE...PRACTICE! Consistency is the key to success!



Back to the Basics Challenge: Baking from Scratch

There are 3 ways to get cake...Make one from scratch...Buy and Prepare a Mix...Buy a Premade Cake!

Each will provide a cake but the difference in cost will amaze you!

- ☐ Learn how to bake from scratch...NO MIXES!
- ☐ Gather old family recipes and give them a try.
- ☐ Compare the cost of cooking from scratch and premade mixes.
- ☐ Try making a few homemade mixes. (They will save you time, money, and you will be able to pronounce every ingredient.)
- ☐ Make a family favorite for Family Home Evening this month!

...Spiritual Preparedness...

December Primary Theme and Scripture:

Jesus Christ Is the Son of God

"Behold, I am Jesus Christ, the Son of God. I am the life and the light of the world"
(D&C 11:28).

Challenge Family Members to MEMORIZE this scripture!

Vital Records Assignment:

Just one assignment a week is all it takes to put your important documents in order!

- ☐ Week One: Mortgage Statements and Appraisals
- ☐ Week Two: Homeowners or Renters Insurance, Deeds and Coverage Information
- ☐ Week Three: Property Tax Bills (Recent)
- ☐ Week Four: Land Survey and Title Policy
- ☐ Week Five: Home Inventory List with Photo's, Video, and Insurance Appraisals

All of the Vital Records Forms can be found on: www.preparednotscared.blogspot.com



Purchase Recommendations:

Storage Goal:

1 Starter Kit per person
Salt
Yeast
Oil/Shortening
Baking Soda/Baking Powder
Flour/Sugar

72 Hour Kit Goal:

Multi-Tool
Pocket Knife
Head Lamp
Small Book of Mormon
Consecrated Oil

Other Purchases: Purchase 5-gallon buckets to store dry goods. Add an oxygen absorber to each bucket with the exception of the SUGAR, YEAST and SALT.



Dry Pack Cannery Ingredient: Baking Items

Nothing tastes better than HOMEMADE!

Baking Items: All of these items are not available at the drypack cannery, but will add a lot of variety to your basic food supply. By adding: Salt, Baking Soda, Baking Powder, Oil, Shortening, Yeast, Vanilla, Cocoa Powder, and Spices...you will be able to make almost anything! Store each of these items in dark, cool places with low humidity to extend the shelf life. These are items you will want to rotate, so keep them in an area of your storage that will be easy to access. Gamma lids are perfect for these items because they are easy to twist on and off the bucket. Storing these ingredients will allow you to be able to make the comfort foods and in an emergency situation...**I CAN'T THINK OF ANYTHING BETTER!**

To find out exactly how much you will need of each item, check the Food Storage Calculator at:
<http://lds.about.com/library/bl/faq/blcalculator.htm>



Dry Pack Cannery Recipes for the Month:

Texas Sheet Cake ... Oh Boy Waffles ... Best Ever Chocolate Chip Cookies ... Slicker doodles
Pretzels ... Cinnamon Rolls ... Scones ... Pie Crust ... Brownie Mix ... Basic Cookie Mix
Sugar Cookies ... Cake Mix ... Hot Roll Mix ... Muffin Mix ... Quick Mix

All of these recipes can be found on:

www.preparednotscared.blogspot.com