

August 2023

### **“I Didn’t Do It!”**

Sometimes our lives are a result of what we didn’t do as much as they are of the things we did do. If we didn’t put our shoes or keys away we will have difficulty finding them later. If we didn’t stop at a stop sign it can result in a citation or an accident. If we didn’t take the time to prepare we could find ourselves in difficult circumstances in a crisis.

It is popular to live life casually, but those promoting casual living don’t address the holes we often leave in our own lives or the pits we leave for others to fall into by doing so. The holes we leave from the things we didn’t do are sometimes referred to as the sins of omission. We often don’t think of them as sins, but as “oversights,” or we have a whole bucket load of excuses regarding them, and we blame other people and expect them to deal with the holes we made. The consequences of things we failed to do can lead to or be as serious as the sins we commit. If we fail to read scriptures, listen to the prophet, or consistently pray we will find ourselves less likely to have the Spirit or “hear Him,” and our prophet has told us that learning to hear the Lord is vital for us in our day.

It is easy to get distracted and become caught up in the things of the world and just let council “slide.” Soon there is a tendency to develop “gods of this world” by the things that become a priority to us in place of the things we should have done but didn’t. In doing this we can lose our testimony of the

true and living God. If we do this, when a crisis comes we find ourselves in difficult circumstances emotionally and spiritually.

We have to deliberately make time to keep the commandments and counsel from the Lord. We have to expend energy to avoid things that will move us farther from the Lord. We also need to make it a priority to follow the council of prophets and apostles both ancient and modern. With so many options in today’s world, which voice we listen to and what things we make a priority may be the greatest test for us in our day.

### **First Aid and Health Supplies**

One of the eight things on the list that our Area Presidency has asked us to prepare is first aid supplies and health needs such as medications. This month’s paper is focusing on this part of the list.

#### **First Aid**

A first aid kit can range from basic to elaborate. You can buy a kit already put together online or find a good list and make up your own. Here is a link to a list from the Red Cross of things that your kit should include.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>. Whatever you choose, just do it!

If you already have a first aid kit for emergencies check to make sure all the supplies are there, current and up to date. I used to keep such a kit in my car. One day when I needed it I opened it up and found that my kids had raided it. Almost everything was missing. I had no idea what I needed to replace, so I recommend keeping a list of what you have in the kit when you get it. If you use something it is a good idea to replace it the next time you are shopping.

#### **Health Supplies**

Health supplies include any medications or supplements that you depend on. Work to build up a minimum supply of two to

three months ahead. They also include things you may need for personal care. Stop and think as you go about your week and make a list of personal care items that are vital to have on hand if you couldn't go to the store for an extended period of time. This may include pain relievers and anti-bacterial gel. You may also want to have gloves on hand and things like a thermometer and tweezers. If things like bandages and nail clippers have a way of vanishing at your house be sure to have a supply stashed for emergencies.

### Stay Healthy

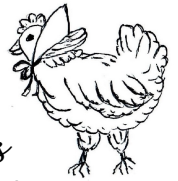
I am sure most people have heard the saying, "An ounce of prevention is worth a pound of cure." This is often true for the health of your body and also your spirit. Once a missionary told me that it was far better for Superman to avoid exposure to kryptonite than to try to resist it. Staying healthy is always better than trying to fix body or spirit or to resist illness. Here is a list of basic things you can do to stay healthy:

1. Eat well—Proper nutrition helps your body to stay healthy and fight illness
2. Adequate sleep—Enough (not too much or too little) sleep allows your brain to be more clear, your energy levels to be balanced, your mood to be more positive, and your body to repair itself.
3. Hydration—Your body depends on water to flush toxins and to keep cells functioning properly.
4. Cleanliness—Wash hands after using the bathroom and before eating or preparing food. Other habits of cleanliness are also important, but this one is vital.
5. Wearing of proper clothing for the weather and not getting chilled—While "cold does not give you a cold," it does compromise your body's ability to fight bacteria by requiring it to spend energy on keeping your core temperature up instead of fighting bacteria and viruses. People were especially vigilant regarding this before antibiotics, but in an emergency where there are not antibiotics and there may not always be the heat in our

homes that we take for granted it can be a matter of life or death.

6. Proper exercise and fitness—Exercise helps your body to continue functioning well. It helps sleep, mood, weight, movement, and muscle tone.
7. Service to others and gratitude—Mental health and mood affect physical health. Stressing and worrying about self or immediate situations, especially in a crisis, can cause fatigue and illness. Studies show that those who are focused on helping others rather than upon their distress survive better in a crisis. This also holds true in daily life.

### ————— Notes from Red Hen —————



*Dear Momma,*

*I know you tried to teach us as chicks how to stay healthy and safe. I know I didn't listen as well as I should have. Now I am away from you on another farm, and my chicks are sick. I don't know what to do. The farmer will just let them die. In fact, he may help them out of this world. I think they are sick from eating garbage. I know you told us not to do that, but the things the farmer's wife tosses out are just so tempting. I have not been wise in storing supplies in case of something like this. Please can you get a message back to me explaining what to do for them? If you can, will you send a remedy?*

*Love, your daughter,  
Midge*