

# OIL IN MY LAMP

· PROVIDENT LIVING & RELIEF ·

HUNTINGTON BEACH CALIFORNIA NORTH STAKE RELIEF SOCIETY

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## What is Provident Living?

by *Lyn Montes*

When we talk about disaster Preparedness, provident living and being self reliant, we often speak in the terms of, food & water, storage, go-bags, emergency medicine, evacuations routes, family plans as well as securing our homes and vehicles etc. Rarely do we talk about what we can do personally to ensure our own safety (physically and spiritually). In this issue I thought it would be a good time to discuss a few Simple things that we can do on a daily basis that will help us to be more aware and ready should something happen.

While researching what to put in this issue, I came across this great definition of what Provident living is. It is defined as being "wise, frugal, prudent, making provision for the future while attending to immediate needs." Provident living is also an "orderly approach to using the resources, gifts, and talents the Lord shares with us" and "joyfully living within our means, being content with what we have, avoiding excessive debt, and diligently saving and preparing for rainy-day emergencies." "Self-reliance is the ability, commitment, and effort to provide the necessities of life for self and family." Provident living and self-reliance are two terms for the same principles.

When we are self-reliant, we make it possible for us, to better serve others and provide relief to those in need. Provident living is essential. It contributes to spiritual growth. Elder McConkie said "Industry, -thrift, and self-respect are essential to salvation." Marion G. Romney stated "Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle. Salvation is an individual matter, and we must work out our own salvation, in temporal as well as in spiritual things."

How can I become spiritually self-reliant?

Spiritual self-reliance is essential to our eternal well-being. When we are spiritually self-reliant, our testimonies do not depend on the testimonies of others. We seek our own spiritual experiences through praying daily, studying the scriptures, and exercising faith in Jesus Christ. We turn to our Heavenly Father for His help to resolve our own difficult problems. We are also able to strengthen others in their times of spiritual need.

Not too long ago while searching the Web I came across something that really excited me and wanted to share these "Emergency contact Numbers" (For the SOUL)) with you. I made copies for my family and am going to laminate them for each of our wallets. I hope that you too will find them useful.

## EMERGENCY CONTACT NUMBERS

When you are searching for the purpose of life.....	Moses 1:39
When you really need an answer.....	1 Nephi 15:11
When you wonder if it makes a difference.....	Alma 37:6-7
When you need strength.....	Ether 12:27
For a testimony of the Book of Mormon.....	Moroni 10:3-5
When you have a broken heart.....	Psalms 147:3-5
When you need courage to do hard things.....	Joshua 1
When you are feeling judgmental.....	Matthew 7:1-3
When you need to solve conflicts.....	Matthew 18:15
When you feel alone in your faith.....	Romans 8:31
When you wonder if God answers prayers.....	JSH 1:15-20
When you are afraid.....	D&C 6:36
When you need a win.....	D&C 10:5
When you need faith in the prophet.....	D&C 1:37-38
How to recognize a revelation.....	D&C 8:2-3
When you need to feel loved.....	D&C 18:10-11
When you're scared to share the gospel.....	D&C 18:15-16
When you need encouragement to keep going.....	D&C 25:13
When you're waiting to get started.....	D&C 58:27
When someone has wronged you.....	D&C 64:9-11
When you're struggling to feel gratitude.....	D&C 78:19
When your prayers aren't being answered.....	D&C 98:1-3
Help to obey the word of wisdom.....	D&C 89:18-21
Help with your classes and tests.....	D&C 136:32
When it feels impossible.....	D&C 104:82

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## Stake Relief Society Social Media

HBN Stake Website: <http://www.hbnstake.org>  
HBN Stake RS Blog: <http://hbnreliefsociety.blogspot.com>  
HBN Stake Facebook RS Page: <https://facebook.com/HbNorthStakeReliefSociety>  
HBN Stake RS Twitter Account: <https://twitter.com/HBNStakeRS> (@HBNStakeRS)  
Google+: <https://plus.google.com/u/0/+HbnreliefsocietyBlogspot>  
Pinterest: <http://www.pinterest.com/hbnrelief> (HBN Relief Society)  
Instagram: <http://instagram.com/hbnreliefsociety> (@HBNReliefSociety)

## Personal Safety

*By Dave Bridgewaters  
Westminster Police Officer -Retired*

When most people think of Personal safety they think of fighting off numerous bad guys like Jet Li. This is great for the movies but in real life personal safety is something far different. Sure it would be great if we all had martial arts skills but for most of us it is made up mainly of small things.

The greatest tool in our personal safety tool bag is common sense. Most people get in trouble when they fail to heed common down to earth principals. Things like knowing where you are at all times. What are the streets that you are on? What is the address of the building you are having lunch at? Paying attention to what is going on around you. Does anything seem out of place? Keeping track of exits and routes to escape when going into a building. If there is a fire or another emergency what is the fastest way out of where you are? Instead of burying your heads in our cell phones when walking keep our eyes on what is in front of us, and more important what is behind us. Let's face it, walking into a pole can be very embarrassing. When driving are we looking around us with our "heads on a swivel" or are we focused on what is straight ahead without a clue who is behind us or to the side. How many times have you driven next to a friend for miles waving to get their attention and they never knew you were there?

The Prophets have told us to avoid putting ourselves in situations that could cause us to stray. The same is true in personal safety. If we avoid situations where we can be in peril then we stand a higher chance of staying safe. Do we go to places we know are not in the best areas to be in after dark, but we go anyway? Who is the better driver? The person who tries to see how close they can drive to the cliff or the one that stays as far as possible from it?

When we use our heads and think about what we are doing it is easier to stay safe. We will never be quoted as saying "I knew it wasn't a good idea but I did it anyway, or I didn't think it would happen to me". It is the goal of every police officer to go home to their families at the end of the day. We need to do the same.

## Are you prepared?

Disasters can mean different things to different people. They can and will range in severity and also in type. They can start as simply as someone getting ill, the loss of a job, due to an accident or even a power shortage. They can be small and just effect your family or they can be enormous spanning miles around and thousands of people. But one thing is sure they will happen! The question is will you be ready? Do you have what you need to sustain yourself and your family in time of need?

Too often we get complacent and think it won't happen to us, or there is plenty of time. The question is are you willing to take that chance? What you do today can and will make a difference. The more prepared you are the better off you and your loved ones will be.

Yes it is a large task, yes it will take time and money, but slow and sure wins the race. **Now** is the time to put on your running shoes, because **the race is on...**

*Lyn Montes*

