

The Redrock Readiness Newsletter

Episode 13: Meeting the Elephant

“...[W]e believe that all men are justified in defending themselves, their friends, and property, and the government, from the unlawful assaults and encroachments of all persons in times of exigency, where immediate appeal cannot be made to the laws, and relief afforded.”

—*Doctrine & Covenants 134:11*

Beau: Today we're going to talk about self defense.

B: It's kind of the elephant in the room. [Maybe talk about how, in dire grid-down situations, things *do* get ugly, people will steal and rob and hurt to get stuff, and it's OK for you to protect your friends and your stuff?]

Danielle: Ever since we were called as the Ward Preparedness Specialists, I've wondered how we were going to tackle this particular topic. Maybe I'm wrong to judge y'all, but I've personally thought, "Maybe we shouldn't talk about it. Mormons like to stay positive and believe in brotherhood and love and conversion. Maybe our ward can't handle this." But you guys see what's going on out there—and I'd hate for something bad to happen to any of my ward family because I didn't speak up.

So, I hope our discussion of this invites the Spirit, gives the topic appropriate gravity, but doesn't make you feel that by talking about this, we want you to become anxious, paranoid, or militant.

If this topic makes you feel superuncomfortable, I highly recommend reading [this article by Kathy Jackson](#), about how thinking about self-defense doesn't automatically make you a paranoid Debbie Downer. (OK, that entire website is a favorite place of mine.)

D: Although I'd always believed a gal my size had a right to seriously defend herself against bad guys, after meeting Beau and learning about firearms, I felt I should see what the Lord had to say about self defense. Besides the D&C scripture in our heading, there are a number of scriptures on self-defense in the Book of Mormon: Alma [43:46-47](#), Alma [48:14](#),

Alma [48:23-24](#). After reading about Captain Moroni, I think he might agree with my shorthand: Mormons don't start conflicts—*they END them*. Decisively.



While those two were goofing off eating samples of hummus (whatever that is!), I got the scoop on some cool things you can add to or replace in your pack!

Instead of: Saline solution, just get more bottled water—it'll be clean enough to rinse a boo-boo!

Think about: Getting a new package of bedsheets and keeping it in your kit—while not hospital sterile, they'll also be clean enough to shred into bandages or tie into a makeshift litter! White sales

ahoy!

Consider adding: Some foil packets of water in addition to your bottles. A few extra slipped into your pack would be rather nice, eh?

And finally: Get your pet crate-trained so if you two gotta go, you won't have to chase him down!