

363: March 29: Soul Hunger (House Church, Book of Mormon Week 11)

Reading: Enos-Words of Mormon

EGD Updates!

Episodes: Updating to once a week, because now every week is pertinent. Every week is house church.

Next steps: Figuring out how to live broadcast, probably over Zoom, also will be recorded
Looking into how we can do split screen interviews etc.

Upcoming Schedule:

March 30-April 5 (Week 12) General Conference

364: April 6-April 12 (Week 13) Easter

365: April 13-19 (Week 14) Mosiah 1-3

366: April 27-May 3 (Week 15) Mosiah 7-10

New format of podcast:

Corona Check in

Isolation Ideas

House Church (We are encouraged to meet virtually; I'm doing my part)

Song: Nearer My God to Thee

Prayer:

Sacrament

Lesson:

Sharing/Discussion:

Closing (Devotional)

Corona Check in (I'll dig into this more in upcoming episodes, but for now, please stay home!)

What if we are overreacting? That would be such a gift. But we are already seeing we are not.

This is war. We will need to post updates and how we are managing, supporting each other.
This is a systems check, and none of our systems are ready for this. My cautious hope is that this will motivate some real needed changes in insurance and infrastructure, for example.

A thought I shared on social media: This is World War III.

What if we were as good at saving lives as taking them? What if we were as good at mobilizing medical staff as we are at mobilizing soldiers? What if we spent as much on hospitals and medical equipment as we spend on bases and bombs?

All my life I've heard about World War III. When I was a child, the fear was nuclear bombs, which could wipe out most civilization and life. This is a much better case. This WWIII scenario is all of humanity against a virus, and all of us against flawed and inadequate systems. The virus is bombing us and we need to shelter in place.

This is conscription. Fortunately, we are being conscripted mostly to stay home and comfortable if we can. Stay home so that our special forces medical staff can save all the lives they can, so that researchers can work toward management, possibly a vaccine, even a cure. But right now we mostly need to buy them time.

Spain has turned ice skating rinks into morgues. This is real. This is here. Our turn is coming right up.

We will see hospitals overflowing in the next weeks. The US now has the most cases, with incredibly limited testing. Many governors are telling citizens to shelter in place. Stories from my health care friends and coworkers are very sobering.

The immediate goal is that we slow the spread enough that our hospitals can keep up.

This is what a nurse friend over the ICU unit shared:

I have any friends who are still not convinced of the seriousness of staying at home right now, imagine this:

The entire world getting Chickenpox at the SAME time. Most children recover fine, but it kills many adults (just like Covid). There is no herd immunity for this new disease either, it attacks whomever it wants, even those who seem healthy. Covid ravages your lungs quickly in severe cases.

Now imagine if you needed to go to the hospital because you felt short of breath and couldn't breathe very well. Once you get to the hospital, you hope that you'll start feeling better but instead you feel worse a few hours later. But your hospital has 25 ventilators and they are all in use because there are also 25 other people with the same disease who got as sick as you did, but got lucky enough to have arrived sooner and got a ventilator. YOU DIE!

Imagine a different scenario now: You go to the hospital and unfortunately some of the other patients on your floor are doctors, nurses, respiratory therapists and other healthcare providers. Because they also were exposed to the virus, they also became ill. Your nurse has 10 patients, your doctor has 25 critically ill patients, the 25 ventilators are taken and will be taken for several weeks. Your nurse is doing the best he or she can, but can't possibly keep up with 10 patients!

YOU DIE in your room because nobody can help, you can't get the oxygen you desperately need.

Imagine yet again a different scenario: It's 1 year from now. The medical team has learned a lot about Covid. There are more treatments that are seeming to work. There are 10 ICU patients with 8 on ventilators, you arrive at the emergency room and start feeling worse, gasping for air. The doctor decides you need to be intubated immediately. There are 17 more ventilators available still. There are 3 doctors in the ICU, 1 of whom will take over your case. Your nurse will have just you and perhaps 1 other patient. Your healthcare team will have enough equipment and will also be able to have a break nurse who will ensure your RN gets to eat lunch and take 2 breaks during a 12 hour shift. You are sick for weeks... and might even die when your heart stops but they are able to "bring you back" because they have a whole team saving you. Hopefully you still don't die, but you have a fighting chance. Hopefully a month later YOU LIVE and walk out of the hospital, breathing on your own, yet have lasting damage and need to see a pulmonologist and take certain medicines for the rest of your life.

If only we can slow the spread, lives will be saved because hospitals will have the resources they need. This isn't "just the flu." This is SARS-CoV-2, the virus that causes the disease Covid-19. It wrecks the lungs of people like you and me. And unfortunately you won't know until you have it if you have a mild, moderate or severe case.

There is no titer test available yet to be able to test if someone has had it already, for people who were exposed and never had symptoms. Just do the right thing! **STAY AT HOME SO YOUR HEALTHCARE TEAM CAN TAKE CARE OF YOU WHEN YOU GET IT TOO!!!!**

Here's a sense of the scale:

Immediately, we are trying to slow down exponential growth. That will likely require radically limited interaction for about two months.

This is a "viral winter" not a "viral snowstorm". We have never seen anything like this, not even the Spanish Flu of 1918 that killed 50 million.

This is called "Novel" Coronavirus because it jumped from animal to human (Watch Contagion) and none of us have immunity. Another bit of bad news is that viruses evolve incredibly fast, so we are already seeing multiple strains.

The goal is for us to stay safe enough that we can get treated.

What we SHOULD be doing about this:

"In one of the most vivid scenes in the HBO miniseries "Chernobyl" (among many vivid scenes), soldiers dressed in leather smocks ran out into radioactive areas to literally shovel radioactive material out of harm's way. Horrifically under-protected, they suited up anyway. In another

scene, soldiers fashioned genital protection from scrap metal out of desperation while being sent to other hazardous areas.

Please don't tell me that in the richest country in the world in the 21st century, I'm supposed to work in a fictionalized Soviet-era disaster zone and fashion my own face mask out of cloth because other Americans hoard supplies for personal use and so-called leaders sit around in meetings hearing themselves talk. I ran to a bedside the other day to intubate a crashing, likely COVID, patient. Two respiratory therapists and two nurses were already at the bedside. That's 5 N95s masks, 5 gowns, 5 face shields and 10 gloves for one patient at one time. I saw probably 15-20 patients that shift, if we are going to start rationing supplies, what percentage should I wear precautions for?

Make no mistake, the CDC is loosening these guidelines because our country is not prepared. Loosening guidelines increases healthcare workers' risk but the decision is done to allow us to keep working, not to keep us safe. It is done for the public benefit - so I can continue to work no matter the personal cost to me or my family (and my healthcare family). Sending healthcare workers to the front line asking them to cover their face with a bandana is akin to sending a soldier to the front line in a t-shirt and flip flops.

I don't want talk. I don't want assurances. I want action. I want boxes of N95s piling up, donated from the people who hoarded them. I want non-clinical administrators in the hospital lining up in the ER asking if they can stock shelves to make sure that when I need to rush into a room, the drawer of PPE equipment I open isn't empty. I want them showing up in the ER asking "how can I help" instead of offering shallow "plans" conceived by someone who has spent far too long in an ivory tower and not long enough in the trenches. Maybe they should actually step foot in the trenches.

I want billion-dollar companies like 3M halting all production of any product that isn't PPE to focus on PPE manufacturing. I want a company like Amazon, with its logistics mastery (it can drop a package to your door less than 24 hours after ordering it), halting its 2-day delivery of 12 reams of toilet paper to whoever is willing to pay the most in order to help get the available PPE supply distributed fast and efficiently in a manner that gets the necessary materials to my brothers and sisters in arms who need them.

I want Proctor and Gamble, and the makers of other soaps and detergents, stepping up too. We need detergent to clean scrubs, hospital linens and gowns. We need disinfecting wipes to clean desk and computer surfaces. What about plastics manufacturers? Plastic gowns aren't some high-tech device, they are long shirts/smocks...made out of plastic. Get on it. Face shields are just clear plastic. Nitrile gloves? Yeah, they are pretty much just gloves...made from something that isn't apparently Latex. Let's go. Money talks in this country. Executive millionaires, why don't you spend a few bucks to buy back some of these masks from the hoarders, and drop them off at the nearest hospital.

I love biotechnology and research but we need to divert viral culture media for COVID testing and research. We need biotechnology manufacturing ready and able to ramp up if and when treatments or vaccines are developed. Our Botox supply isn't critical, but our antibiotic supply is. We need to be able to make more plastic ET tubes, not more silicon breast implants.

Let's see all that. Then we can all talk about how we played our part in this fight. Netflix and chill is not enough while my family, friends and colleagues are out there fighting. Our country won two world wars because the entire country mobilized. We out-produced and we out-manufactured while our soldiers out-fought the enemy. We need to do that again because make no mistake, we are at war, healthcare workers are your soldiers, and the war has just begun.”

-Josh Lerner, MD. (ER doctor in MA)

The hammer and the dance:

<https://medium.com/@tomaspueyo/coronavirus-the-hammer-and-the-dance-be9337092b56>

Strong coronavirus measures today should only last a few weeks, there shouldn't be a big peak of infections afterwards, and it can all be done for a reasonable cost to society, saving millions of lives along the way. If we don't take these measures, tens of millions will be infected, many will die, along with anybody else that requires intensive care, because the healthcare system will have collapsed.

Suppression can shift deaths from millions to thousands.

Suppression would get us:

- Fewer total cases of Coronavirus
- Immediate relief for the healthcare system and the humans who run it
- Reduction in fatality rate
- Reduction in collateral damage
- Ability for infected, isolated and quarantined healthcare workers to get better and back to work. In Italy, healthcare workers represent [8% of all contagions](#).

(I'll let you read the rest of the article)

https://www.theatlantic.com/health/archive/2020/03/how-will-coronavirus-end/608719/?utm_source=pocket-newtab

The third scenario is that the world plays a protracted game of whack-a-mole with the virus, stamping out outbreaks here and there until a vaccine can be produced. This is the best option, but also the longest and most complicated.

Also, remember that economic recovery is easier than mass resurrection... even with Easter coming up.

Isolation Ideas

How are you all doing? We have different challenges. I'm completely alone

I read a meme that said: The single folk are asking what ten hobbies they should pick up, while the parents are saying, "Those moments of quiet from 11 to 11:04pm were really nice"

I'll share more of these in future episodes as well.

House Church

Song: (I had that seminary one about Enos going through my head, but I recommend listening to BYU/Vocal Point's Nearer My God To Thee. Love it).

Prayer:

Sacrament however you are approved to do so.

Lesson:

These small books are kind of like adventures in journal writing...

And because of my Don Bradley interview, I saw so much more! There is some serious intrigue and mystery here!!

- Lessons from Enos
 - This is not a conversion story, the way it is for the Almas. This is a beautiful and intimate look at profound deeping of spiritual growth and transformation.
 - Prayer is EFFORT, not just words! (note struggle language)
 - Enos was meditating during his normal day to day
 - One of my favorite things about Enos is how his prayers and the answers line up. Faith has made the whole, pray with his whole soul, etc.
 - What does it mean to be "whole"? Shelem. (He wasn't just seeking forgiveness... this triggered transformation)
 - Order of operations: As we are well, our desire for welfare of others increases (himself, then his people, then his enemies)
 - What does your soul hunger for??
 - Live our prayers
 - Themes: Wholeness, joy, diligence, rest.
- Jarom: "believe in him to come as though he already was" (11) Incredibly powerful approach. Move forward as if we already were/had something. I'm on that path now and it feels amazing. (Lamanites exceedingly more numerous than Nephites. Exogamy vs. Endogamy, also defecting!! Words of Mormon 16)
- Omni. Fascinating stuff!!

- The more wicked part of the people were destroyed (1:5) WHAT?! I'll have to ask Don about that. (him handing the plates to his brother indicates he had no living children)
- Amaleki: Mosiah the first flees out of the land of his inheritance, then takes over the Land of Zarahemla! I find Orson Scott Card's theory compelling.

Speculation on Zarahemla. Let me offer an aside on the matter of Zarahemla and the Mulekites. Much has been made of the statement by King Zarahemla that his people were descended from the youngest son of King Zedekiah. Extraordinary and completely unconvincing efforts have been made to find such a son, overlooked by the Babylonian captors of Jerusalem; just as much effort has been devoted to explaining how a good Jaredite name like Mulek could show up in the family of an Israelite king. But is this really necessary?

In Meso-American culture, every ruling class had to assert an ancient ancestor who was a god or, at the very least, a king in an admired culture. Whoever ruled in the Valley of Mexico always had to claim to be descended from or heirs of the Toltecs. Rival Mayan cities would play at ancestral one-upmanship. Imagine, now, the vigorous and dangerous Nephites, coming down the valley of the Sidon River from the highlands of Guatemala. King Zarahemla is negotiating with King Mosiah. Mosiah tells him of his ancestry, of course, and the story of how God led Lehi and Nephi out of Jerusalem at the time when Zedekiah was king of Israel.

To Mosiah, what he is doing is bearing his testimony and asserting the divine guidance that he receives as the legitimate king of a chosen people. To Zarahemla, what he is doing is claiming that his lineage gives him the right to rule over the people of Zarahemla and displace him from the kingship. So what does Zarahemla do? Well, Mosiah admits that his ancestors were not kings in Israel. So Zarahemla picks his most noble ancestor, Mulek, and then declares him to be the son of that last king of Israel. Thus if anybody has the right to rule over anybody, it's Zarahemla who has the right to rule over Mosiah and his people. But Mosiah kindly points out that if Zarahemla and his people are descended from Israelites, they certainly seem to have forgotten the language and writing, and therefore have obviously degenerated from the high culture of Israel. The Nephites, on the other hand, have preserved a writing system that no one else uses, and which Zarahemla can't read. They have a history accounting for every year since they arrived in America, which Zarahemla of course cannot produce.

In the end, whatever negotiation there was ended up with Zarahemla bowing out of the kingship and his people becoming subject to rule by the Nephites. But the story of Mulek served a very useful purpose even so -- it allowed the people to merge, not with the hostility of conquerors over the conquered, though in fact that is what the relationship fundamentally was, but rather with the idea of brotherhood. They were all Israelites. Thus no one had any reason to question the Mulek story, because, while it failed in its original purpose, to allow Zarahemla to prevail over Mosiah, it still served the valuable function of uniting the newly combined nation as a single tribe. It wasn't completely successful, of course, or there wouldn't have been a later revolt of Kingmen against Nephite Freeman, but considering that the people of Zarahemla

outnumbered the people of Mosiah by quite a bit, the Mulek story may well have contributed to the ultimate victory of the judges in that struggle.

- “Offer your souls as a whole offering to him”
- We are losing lots of people here... people keep going back to the land of Nephi, including Amaleki’s brother, which is why he instead gave the plates to Benjamin. Amaleki is of the line of Jacob. I still wonder whether Benjamin is of the line of Sam...
- Words of Mormon
 - Mormon will be our guide through most of the rest of the Book of Mormon
 - As a Bible scholar I am delighted by how transparent and self-aware the composition of the Bible is. I find Omni 1:9 to be amusing: Now I, Chemish, write what few things I write, in the same book with my brother; for behold, I saw the last which he wrote, that he wrote it with his own hand; and he wrote it in the day that he delivered them unto me. And after this manner we keep the [records](#), for it is according to the commandments of our fathers. And I make an end.
 - God works for a wise purpose, works “in us according to his will” (7)
 - King Benjamin, the prophet king. We know him best from his amazing sermon we are covering next episode, but he did it all! (read 12-18)

Sharing/Discussion: (what my life is like right now)

Activity:

- you could only write about one event in your life, what would it be? (Going through Chaplain training?) A single, single event?
- Do something and then have everyone describe what happened in their own words
- Then have someone else summarize those accounts, or work them all into a single account

Closing (Devotional)

History will remember when the world stopped

And the flights stayed on the ground

And the cars parked in the street

And the trains didn’t run

History will remember when the schools closed

And the children stayed indoors

And the medical staff walked towards the fire

And they didn't run
History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song
History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all
History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again
Kinder than before!
Donna Ashworth (of Ladies Pass It On)
Closing