



A Season of Resilience - Week 1

For a five-week period, these worship inserts will help you take steps to prepare for disasters and put together an emergency kit. Don't worry if you can't do all of the suggested activities all at once! Even having a few extra items will make a big difference in improving your safety and comfort in the event of a disaster. When we are prepared, we're in a better position to help our neighbors after a disaster.

THINGS TO DO

New this week:

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, online passwords, leases or deeds, etc.

Try not to store your username, passwords, and websites in the same location. Remember to update this list as you change your passwords.

You should keep hard copies in a secure location and save digital scans on a flash drive. Store copies of these documents in your emergency kit so that you can easily access them if you need to evacuate quickly.
- Create a list of your family and friends' current cell and landline numbers and emails and print it out. This information will be useful if you cannot access the contact lists on your computer or phone. Be sure to include at least one out-of-state contact; this person may be easier to connect with than a local contact after a disaster.

Keep a copy in your home and in your wallet or purse so that you will always have your loved ones' contact information with you. Try adding birthdays and other important dates to your contacts list. That way you will be habit of regularly checking and updating your list!

Prayer for Times of Disaster by The Rev. Lyndon Harris:

O God, Our times are in your hand. In the midst of uncertainty lead us by your never-failing grace as we seek to be agents of healing and hope. Walk with us through difficult times; watch over us in danger, and give to us a spirit of love and compassion for those who suffer and mourn. And finally, remind us that you have promised never to leave us so that even in the valley of the shadow of death your love may be felt, through Jesus Christ our Lord.
Amen.

The US Disaster Program works to connect, inspire and equip leaders of The Episcopal Church to prepare for and to respond to disasters in order to ensure that vulnerable people make a full and sustained recovery. For more information about disaster preparedness, contact your Diocesan Disaster Coordinator and visit <https://www.episcopalrelief.org/preparedness>.

A special thank you to Canon Bruce Linsenmayer of the Episcopal Diocese of Los Angeles for his vision for this project.

A Season of Resilience - Week 1

EMERGENCY KIT

Each week, we will suggest items to gather or purchase for your emergency kit. Once you have your items, place them in a waterproof bag or container so that they will be safe and in an easy-to-grab place.

This list was generated with one adult in mind, so multiply to accommodate everyone in your household.

Week 1 - Important Information

- A large waterproof container or bag to store your emergency kit items
- Copies of important papers - you can keep paper copies or store them on a flash drive
- Contact information - the list should include phone numbers and emails of your family and friends, including one out-of-state contact
- Cash in different denominations - shoot for \$100 total or as much as you can; try saving a couple dollars each week this season
- A spare set of keys for your house and car
- A map of your area and any known evacuation routes

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A Season of Resilience - Week 2

For a five-week period, these worship inserts will help you take steps to prepare for disasters and put together an emergency kit. Don't worry if you can't do all of the suggested activities all at once! Even having a few extra items will make a big difference in improving your safety and comfort in the event of a disaster. When we are prepared, we're in a better position to help our neighbors after a disaster.

THINGS TO DO

New this week:

- Know how to shut off the water, power and gas in your home. After a disaster, being able to turn off these utilities can help ensure your safety and reduce the risk of further damage to your home.
- Back up your computer files on cloud storage and/or external hard drive. Save all files that are important to you.
- Have a conversation with your family members about what you would do if a disaster happens when you are all at home. Check out this planning resource: <http://bit.ly/PersonalPrep>

From previous weeks:

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, passwords, leases or deeds, etc.
- Create a list of current family phone numbers and emails.

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A Season of Resilience - Week 2

EMERGENCY KIT

Each week, we will suggest items to gather or purchase for your emergency kit. Once you have your items, place them in a waterproof bag or container so that they will be safe and in an easy-to-grab place.

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Week 2 - Food

- 3 gallons of water - include some in gallon jugs and some in smaller bottles
- 3 cans of food you'd like to eat such as beans, meat, fish, pasta or soup that would taste good cold
- 1 can of fruit or veggies
- Lots of tasty snacks such as dried fruit, nuts, seeds, crackers, granola bars, wasabi peas and peanut butter
- A beverage that you would like to drink such as juice, a sports drink or oral electrolyte solution
- Comfort food such as candy or chips; be sure your chocolate has a candy coating so that it doesn't melt!
- Eating utensils
- Manual can opener

Previous Emergency Kit Items

- A waterproof bag
- Copies of important papers
- Emergency contact information
- Cash
- A spare set of keys
- A map



A Season of Resilience - Week 3

For a five-week period, these worship inserts will help you take steps to prepare for disasters and put together an emergency kit. Don't worry if you can't do all of the suggested activities all at once! Even having a few extra items will make a big difference in improving your safety and comfort in the event of a disaster. When we are prepared, we're in a better position to help our neighbors after a disaster.

THINGS TO DO

New this week:

- Make copies of your credit card numbers, including customer service numbers, and store with other important documents. It will be easier to replace lost or stolen cards if you have this information on hand.
- Memorize an emergency contact phone number (or two). This will come in handy if your cell phone is ever broken, missing or stolen.

From previous weeks:

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, passwords, leases or deeds, etc.
- Create a list of current family phone numbers and emails.
- Know how to shut off your water, power and gas in your home.
- Back up your computer files.
- Have a conversation with your family members about what you would do if a disaster happens when you are all at home.

Prayer for Times of Disaster by The Rev. Lyndon Harris:

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A Season of Resilience - Week 3

EMERGENCY KIT

Each week, we will suggest items to gather or purchase for your emergency kit. Once you have your items, place them in a waterproof bag or container so that they will be safe and in an easy-to-grab place.

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Week 3 - Health

- A week's supply of medication and vitamins
- Health Items - first aid kit, thermometer, allergy and pain medication, menstrual supplies, gloves, hand sanitizer, spare glasses or contacts
- Toiletries - may include comb, soap, shampoo, deodorant, washcloth or a small towel
- 1 roll of toilet paper

Previous Emergency Kit Items

- A waterproof bag
- Copies of important papers
- Emergency contact information
- Cash
- A spare set of keys
- A map
- 3 gallons of water in bottles and gallons
- 3 cans of food
- 1 can fruit or veggies
- Tasty snacks
- Comfort food
- Eating utensils
- Manual can opener

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A Season of Resilience - Week 4

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THINGS TO DO

New this week:

- Have a conversation with your family members about what you would do if a disaster happens during when you are separated. Identify a meet-up point and develop a communications plan. Check out this planning resource: <http://bit.ly/PersonalPrep>

During your conversation, be sure to talk through your feelings. How would you feel? What would be most difficult? What will you want to do (often our impulse is to immediately contact a partner, kids, parents)? What should you do?

From previous weeks:

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, passwords, leases or deeds, etc.
- Create a list of current family phone numbers and emails.
- Know how to shut off your water, power and gas in your home.
- Back up your computer files.
- Have a conversation with your family members about what you would do if a disaster happens when you are all at home.
- Make copies of your credit card numbers, including customer service numbers.
- Memorize an emergency contact phone number (or two).

Prayer for Times of Disaster by The Rev. Lyndon Harris:

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EMERGENCY KIT

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Week 4 - Tools

- Cell phone charger
- Basic tools - screwdriver, utility knife, pliers and duct tape
- Pen, marker and notebook
- Disinfecting wipes
- Whistle
- Flashlight with an extra set of batteries
- Scissors

Previous Emergency Kit Items

- A waterproof bag
- Copies of important papers
- Emergency contact information
- Cash
- A spare set of keys
- A map
- 3 gallons of water in bottles and gallons
- 3 cans of food
- 1 can fruit or veggies
- Tasty snacks
- Comfort food
- Eating utensils
- Manual can opener
- A week's supply of medications
- First aid kit
- Menstrual supplies
- Hand sanitizer
- Toiletries
- 1 roll of toilet paper

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A Season of Resilience - Week 5

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THINGS TO DO

New this week:

- Conduct a disaster drill with your loved ones. Practice connecting with each other and getting to the appropriate location. Make any changes necessary to your plan.

From previous weeks:

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, passwords, leases or deeds, etc.
- Create a list of current family phone numbers and emails.
- Know how to shut off your water, power and gas in your home.
- Back up your computer files.
- Have a conversation with your family members about what you would do if a disaster happens when you are all at home.
- Make copies of your credit card numbers, including customer service numbers.
- Memorize an emergency contact phone number (or two).
- Have a conversation with your family members about how to meet if a disaster happens when you are separated from each other.

Prayer for Times of Disaster by The Rev. Lyndon Harris:

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A Season of Resilience - Week 5

EMERGENCY KIT

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Week 5 - Other Items

- Change of clothes
- Reusable water bottle
- Matches
- Mylar emergency blanket or regular blanket
- Tissues or paper towels
- Special needs: Take some time to think about any additional items you might need. Do you need to include additional items for pets, infants, children and seniors? Diapers, pet food and extra batteries for hearing aids may easily be forgotten.
- Climate specific: Include items like bug spray, sunscreen, rain gear or cold weather gear as needed.
- Spiritual Resources: Disasters can be incredibly stressful. Include a couple of small items in your kit to help you feel more calm and centered, such as a Bible, an icon, photo, book of poetry or a copy of a special prayer.
- Entertainment: These could include reading material, brainteasers, playing cards, yarn and knitting needles.
- Extra credit items: These are items that go above and beyond a standard emergency kit, but you may choose to include: a solar-powered cellphone charger, work gloves, rope, plastic sheeting and plastic bags.

Previous Emergency Kit Items

- A waterproof bag
- Copies of important papers
- Emergency contact information
- Cash
- A spare set of keys
- A map
- 3 gallons of water in bottles and gallons
- 3 cans of food
- 1 can fruit or veggies
- Tasty snacks
- Comfort food
- Eating utensils
- Manual can opener
- A week's supply of medications
- First aid kit
- Menstrual supplies
- Hand sanitizer
- Toiletries
- 1 roll of toilet paper
- Cell phone charger
- Basic tools
- Pen, marker and notebook
- Disinfecting wipes
- Whistle
- Flashlight and batteries
- Scissors

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