

## Make a Disaster Kit for Someone Else

When we are prepared, we are in a better position to help our neighbors after a disaster. Churches, families and individuals are encouraged to do their best to have supplies on hand that will come in handy during evacuation or while sheltering-in-place. Below is a list of items to gather for your neighbors and friends in need ahead of a disaster. Please remember to ask about allergies and cultural preferences.

- ☐ Reusable water bottle
- ☐ Snack bar
- ☐ Chips and other snacks
- ☐ Pen, marker and notebook
- ☐ 1 roll of toilet paper
- ☐ Scissors
- ☐ Flashlight and batteries
- ☐ Menstrual supplies
- ☐ Hand sanitizer
- ☐ Face mask
- ☐ Canned fruits and vegetables
- ☐ Socks
- ☐ Disinfecting wipes
- ☐ Basic tools
- ☐ Whistle
- ☐ Eating utensils
- ☐ Manual can opener
- ☐ A book
- ☐ Bug spray and/or sunscreen
- ☐ A prayer card
- ☐ Toiletries
- ☐ First aid kit
- ☐ Electrolyte drink or other juice

### A SEASON OF RESILIENCE

*This checklist was adapted from the [A Season of Resilience](#) five-week worship activity. Please visit the document to print out the information in the form of worship inserts.*

### 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.*