

## What You Can Do – How You Can Join Other Faith Leaders & Communities in Making a Difference

What can you do during the first few days after a disaster?

When we see images of people suffering, we want to do something. However, sometimes outside help complicates a response. Here are some ways you can be helpful while you watch from afar and wait until the time is right to help.

**Pray.** Continue to hold those directly impacted by a disaster in your hearts throughout every phase of a disaster. Say a prayer for first responders, survivors and all those involved in providing relief. This is a great way to put your faith into action and release your anxious thoughts. Prayers for times of disaster can be found on our [website](#).

**Refrain from Sending Supplies.** In disasters that cause severe damage, communities might need items or volunteers to assist in rebuilding, but sometimes not right away. Please refrain from sending supplies and clothes or self-deploying to the affected area until a request is made. Read more at the FEMA disaster volunteer and donation [website](#).

**Make a Financial Contribution.** Monetary donations in the early stages of a disaster give affected communities more agency and flexibility and boost the local economy. Contributing to Episcopal Relief & Development makes helping in times of disaster easy; we work with impacted communities to assess what's needed and when. Donate today by clicking [this link](#) and selecting the area of relief you would like to support financially.

**Prepare for a Disaster in Your Area.** This is such an important and often overlooked way to serve. Helping your community with preparedness reduces the impact of many disasters. While the news is focused on a major event, always remember that disasters can happen anywhere at any time. Familiarize yourself with the disaster risks that exist in your community. Once you do, make a plan.

**Stay Informed.** To get a monthly update about how Episcopal Relief & Development is engaged in current disasters and how you can support this work, subscribe to our electronic newsletter, Lamplight, by clicking [here](#) and entering your email address. The newsletter contains preparedness tips, success stories and other information about how you can continue to partner with us for lasting change.

*“We cannot prevent disasters, nor can we remove all threats and hazards from our lives. But we can increase our resilience to them — our capacity to absorb, mitigate, adjust to and recover from adverse events and circumstances.”*

— Dr. Janice Proud, Anglican Alliance Disaster Response and Resilience Manager