

Lamplight

A Newsletter of the US Disaster Program



"Be dressed, ready for service and keep your lamps burning." — LUKE 12:35

A Note from the Team

Issue #36 | March 2016

Hi, Everyone!

For many church folks, Holy Week is one of the busiest times of year. Now that we have made it to Easter season, we hope that you can take a moment to pause, exhale and celebrate your work.

The importance of self-care seems to have permeated popular culture. Our seminaries, magazines and loved ones all offer advice on building resilience in the face of pressure.

Although some of these recommendations are more helpful than others, hopefully their messages don't ring hollow. Both routine and acute stress have an insidious way of transforming into distress and burnout, and the effects of burnout can lead to negative symptoms ranging from cognitive errors to physical pain.

Self-care is important because it allows caregivers to be more fully present for others in times of emergency and disaster. [Click here](#) to learn more about the importance of self-care after a disaster.

Fortunately, our faith tradition offers a host of rituals to ground and nurture ourselves. We hope that you will partake in the practices that resonate most deeply with you.

Wishing all of you a joyful and restorative Easter



Join "Ready to Serve":
[Sign up here](#) to offer your services to your vulnerable neighbors after a disaster.

A Season of Resilience is our new five-week curriculum designed to encourage preparedness. [Check it out!](#)

Episcopal Relief & Development-supported Projects:

Disaster Response:

Episcopal Diocese of Louisiana

After record storms resulted in widespread flooding and evacuations in March 2016, the Diocese of Louisiana is responding to needs through gift card assistance, housing assistance and a local Meals-on-Wheels program.

Episcopal Diocese of Western Louisiana

After severe flash flooding in March 2016 caused property damage and led to widespread evacuations. The Diocese of Western Louisiana is responding to physical, emotional and spiritual needs

season!

In Peace,

Katie, Lura, Sara and Tamara

FIRST RESPONDERS

REL

Program Update: Episcopal Church in Navajoland



Photo courtesy of Katie Mears

For several months now, our partners in the Episcopal Church in Navajoland have been responding to needs in Bluff, Utah and Upper Fruitland, New Mexico following [a dam break last summer in southwestern Colorado](#), which caused neon-yellow, contaminated water to surge into the Animas River.

The river winds its way onto the Navajo reservation, where it is the major source of water for many local farmers. Episcopal Relief & Development partnered with the Episcopal Church in Navajoland on two projects: St. Christopher's in Bluff is providing clean water to residents, and St. Michael's in Upper Fruitland is providing emergency assistance to affected persons. The situation continues to be difficult, as it is not clear how clean the water is now and what will happen this planting season.

Katie Mears, Director of the US Disaster Program, recently paid a visit to our partners to see the amazing work they've been doing. [Photos from her visit are available on Episcopal Relief & Development's Facebook page.](#)

Recovery Continues in Flint, Michigan

through housing assistance and spiritual care.

Episcopal Diocese of Mississippi

The Diocese of Mississippi is responding to needs in Holly Springs after a tornado ripped through in late December 2015, destroying almost 90 homes and damaging many more.

Episcopal Diocese of Dallas

On Dec. 26, 2015, several tornadoes smashed through Texas, destroying hundreds of buildings. The Diocese of Dallas is responding to local needs in Garland by providing gift cards to low-income families so that they may replace school uniforms and school supplies.

Episcopal Diocese of Eastern Michigan

Due to lead contamination in the water system making city's water unusable, the Diocese of Eastern Michigan is supporting the residents of Flint by distributing water filters and gallons of water to those affected.

The Episcopal Church in Navajoland

Due to a dam burst near the Animas River causing the water supply to become contaminated, The Episcopal Church in Navajoland is responding to those affected by providing water to the community near Bluff, Utah and to the farmers of the Navajo Nation near Upper Fruitland, New Mexico.

Episcopal Diocese of Southern Ohio

Due to flash flooding in July 2015 impacting more than 800 homes across the state, St. Peter's Episcopal Church and the Diocese of Southern Ohio are providing assistance in the rebuilding process for homes in Gallia County as well as providing spiritual and emotional care to impacted residents.

Disaster Recovery:

Episcopal Diocese of New Jersey

The Diocese of New Jersey is aiding vulnerable individuals and communities by providing direct assistance, partnering with various long term recovery groups and working with parish-based programs following Hurricane Sandy.

Episcopal Diocese of Oklahoma

The Diocese of Oklahoma is working with congregations and long-term recovery groups around the state to meet the needs of vulnerable people following tornadoes in the spring of 2013.

Resources for Disaster



Photo courtesy of The Episcopal Diocese of Eastern Michigan

The Episcopal Diocese of Eastern Michigan has been responding to needs of residents in Flint, Michigan, since last fall, when testing uncovered very high levels of lead in the municipal water system. Episcopal Relief & Development has been partnering with the Diocese of Eastern Michigan since October 2015 in their relief efforts.

Lead poisoning can cause abdominal pain and [other symptoms](#), and long-term exposure in children can cause developmental delays. The Diocese of Eastern Michigan is moving towards a long-term response by providing nutrient-rich foods that can help mitigate the effects of lead poisoning and cooking classes to teach residents how to best use these ingredients. Episcopal Relief & Development will be a continued partner in their long-term response and is [collecting donations online](#).

[Read more](#) about the incredible work being done in the Diocese of Eastern Michigan.

Louisiana and Western Louisiana Respond after Widespread Flooding

Episcopal Relief & Development is supporting the response efforts of the Episcopal dioceses of Louisiana and Western Louisiana, following storms that knocked out power and caused widespread flooding across the state. Both dioceses are working through local churches and community ministries to care for vulnerable people and assist with needs such as food, fuel, temporary housing and supplies to clean and repair damaged homes and other property.

[Read more](#) about the critical work being done in the Diocese of Louisiana and the Diocese of Western

Preparedness and Response:

Visit Episcopal Relief & Development's online [Resource Library](#) for numerous case studies and best practices in disaster response at the diocesan and congregational level.

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Louisiana as they respond to the storms.

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