

Anchored in Faith, Ready for the Storm

ROOTED

AND

READY

**A Biblical Preparedness Guide
for Black Christian Families**



Tori Cole

FOREWORD

A Word to the Faithful

Faith, Preparation, and the Storms Ahead

In every crisis this nation has placed before us — slavery, Jim Crow, 911, Katrina, COVID-19, the Flint water crisis, the 2021 Texas Freeze — the Christian Church and the heritage of faith, family, and community have been the center of survival. Not the government. Not the relief agencies. The Believers in Christ - Our faith, our community, our hands.

This book was written because you deserve a complete guide — one that takes your faith seriously and your vulnerability honestly. One that prepares you for the storms you can name: hurricanes, nuclear events, blackouts, civil unrest, pandemics. And one that roots every preparation in the Word of God, the wisdom of our ancestors, and the power of the Beloved Community.

"Go to the ant, consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest."

— Proverbs 6:6-8 (NIV)

Noah built the ark before the rain. Joseph stored grain before the famine. The wise virgins filled their lamps before the bridegroom came. Preparation is not a lack of faith. It is faith made tangible — faith that loves its children enough to plan, faith that trusts God and also fills the water barrel.

This guide is for you — for your family, your church, your block. Read it together. Pray together. Plan together. Prepare together.

When the storm comes...and it will come...YOU and YOUR FAMILY will be ready.

In faith and preparedness,

Tori M. Cole

Author, Rooted and Ready

LEGAL DISCLAIMER AND WAIVER

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Rooted in Faith. Ready for the Future.

Chapter 1

Faith Foundation

Rooting your preparedness in Scripture, prayer, and the Black church tradition

Why Faith and Preparation Are Not Opposites

The American prepping movement has often been associated with fear, isolation, and a theology of self-reliance. That is not our tradition. The Black church has always combined spiritual trust with communal action. We pray AND we organize. We trust God AND we prepare the benevolence fund. We believe in miracles AND we stock the food pantry.

Our ancestors did not survive 400 years of targeted violence, systematic poverty, and deliberate neglect through faith alone — though their faith was the foundation. They survived because they built community institutions, preserved food, shared resources, and looked out for one another. That is our inheritance.

FAITH AFFIRMATIONS
Speak these aloud every morning — God's Word is your armor

<p style="text-align: center; color: red; font-weight: bold;">Isaiah 41:10</p> <p style="text-align: right; color: red;">+</p> <p>Fear not, for I am with you; be not dismayed, <i>for I am your God. I will strengthen you.</i></p>	<p style="text-align: center; color: blue; font-weight: bold;">Psalm 46:1</p> <p style="text-align: right; color: blue;">+</p> <p>God is our refuge and strength, <i>an ever-present help in trouble.</i></p>
<p style="text-align: center; color: green; font-weight: bold;">Philippians 4:19</p> <p style="text-align: right; color: green;">+</p> <p>My God shall supply all your need <i>according to His riches in glory by Christ Jesus.</i></p>	<p style="text-align: center; color: orange; font-weight: bold;">Psalm 91:1-2</p> <p style="text-align: right; color: orange;">+</p> <p>He who dwells in the shelter of the Most High <i>will rest in the shadow of the Almighty.</i></p>
<p style="text-align: center; color: blue; font-weight: bold;">Romans 8:28</p> <p style="text-align: right; color: blue;">+</p> <p>All things work together for good <i>to those who love God, called according to His purpose.</i></p>	<p style="text-align: center; color: purple; font-weight: bold;">Joshua 1:9</p> <p style="text-align: right; color: purple;">+</p> <p>Be strong and courageous. Do not be afraid; <i>for the LORD your God will be with you.</i></p>
<p style="text-align: center; color: green; font-weight: bold;">Proverbs 6:6-8</p> <p style="text-align: right; color: green;">+</p> <p>Go to the ant, consider its ways and be wise! <i>It stores provisions in summer and gathers at harvest.</i></p>	<p style="text-align: center; color: red; font-weight: bold;">Jeremiah 29:11</p> <p style="text-align: right; color: red;">+</p> <p>'For I know the plans I have for you,' declares the LORD, <i>'plans to give you hope and a future.'</i></p>

Daily faith affirmations — speak these over your family every morning

Speak These Aloud — Daily

Our grandmothers spoke Scripture over their sleeping children. Our deacons opened every meeting with a word of promise. Spoken words shape the mind, the body, and the spirit. These are not just inspirational — they are spiritual armor.

<p style="color: red; font-weight: bold;">For Protection & Safety</p> <ul style="list-style-type: none"> • Psalm 91:1 — Shelter of the Most High 	<p style="color: green; font-weight: bold;">For Provision & Strength</p> <ul style="list-style-type: none"> • Deuteronomy 28:1-14 – We are blessed
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<ul style="list-style-type: none"> • Isaiah 41:10 — Fear not, I am with you • Psalm 46:1 — God is our refuge and strength • Proverbs 18:10 — Name of the LORD is a strong tower • Psalm 27:1 — The LORD is my light and salvation 	<ul style="list-style-type: none"> • Philippians 4:19 — God shall supply all your need • Matthew 6:31-33 — Seek first the Kingdom • Joshua 1:9 — Be strong and courageous • Romans 8:28 — All things work together for good • Philippians 4:13 — I can do all things through Christ
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The Full Armor of God — Ephesians 6:10-18

The Apostle Paul wrote Ephesians 6 from a prison cell — from inside a catastrophe not of his own making. He wrote not about surrender but about standing firm. Read this together as a family. It is your preparedness prayer.

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."
 — Ephesians 6:13-14 (NIV)

Psalms for Crisis Moments

These psalms have sustained our people through the unsurvivable. Print them. Memorize them. Pray them in the dark.

- Psalm 23 — 'The LORD is my shepherd; I shall not want' — pray when resources feel scarce
- Psalm 46 — 'God is our refuge and strength, an ever-present help in trouble' — pray when afraid
- Psalm 91 — The shelter psalm — pray for your household's protection in any disaster
- Psalm 121 — 'I lift my eyes to the hills — where does my help come from?' — pray when uncertain
- Psalm 27 — 'The LORD is my light and my salvation; whom shall I fear?' — pray against fear

The Prayer of Salvation — The Foundation of Everything

Before water storage, before go-bags, before shelter plans — there is this. Every preparation in this guide is built on the foundation of a living relationship with Jesus Christ. If you have never made that commitment, or if you want to renew it, this is the most important page in this book.

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."
 — Romans 10:9 (NIV)

"For whosoever shall call upon the name of the Lord shall be saved."
 — Romans 10:13 (KJV)

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

— John 3:16 (KJV)

Salvation is not earned by good works, good preparation, or good intentions. It is received by faith — by turning from sin, believing that Jesus died for you and rose again, and confessing Him as Lord of your life. This is the starting point. This is where peace begins.

THE SINNER'S PRAYER — THE PRAYER OF SALVATION

Pray this from your heart. Mean every word. God hears you.

Heavenly Father,

I come before You just as I am.

I know that I am a sinner, and I know that my sin separates me from You.

I am sorry, Lord — truly sorry — and I turn away from my sin right now.

I believe that Your Son, Jesus Christ, died on the cross for my sins,
that He was buried, and that You raised Him from the dead on the third day.

I believe He is alive right now, and that He hears this prayer.

Lord Jesus, I open the door of my heart and invite You in.

Come into my life. Forgive my sins. Wash me clean.

I receive You as my Lord and my Savior.

From this moment forward, I belong to You.

Lead me. Guide me. Fill me with Your Holy Spirit.

Help me to live for You — in good times and in hard times,
in peace and in storm, in plenty and in want.

I am Yours, Lord. Now and forever.

In the name of Jesus Christ, I pray — Amen.

IF YOU PRAYED THIS PRAYER — WHAT COMES NEXT

You are saved. Romans 10:13: 'Whosoever shall call upon the name of the Lord SHALL be saved.' That promise is yours.

Tell someone — your pastor, a family member, or a trusted Christian friend. Faith grows in community.

Get baptized — an outward declaration of the inward change God has made in you (Matthew 28:19).

Read your Bible daily — start with the Gospel of John. God speaks to you through His Word.

Find a church home — the Church has always been the center of our survival, spiritually and practically. Find a church home where you can grow spiritually and connect with likeminded believers.

Pray every day — God is your Father now. Talk to Him out loud, from your heart, honestly.

You are never alone again. Not in this life. Not in any storm.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

— 2 Corinthians 5:17 (NIV)

Now — and only now — does the rest of this guide make its deepest sense. We prepare not in fear, but in faith. Every jar you fill, every document you protect, every neighbor you check on is an act of love. And love is the whole of the law.



MY DAILY FAITH PLAN

"Your word is a lamp for my feet, a light on my path." — Psalm 119:105

1. Write 3 scriptures your family will commit to memory for times of fear or crisis.
2. Write a household prayer for protection, provision, and peace over your home.
3. Which faith leader's example most inspires your preparedness? How will you follow it?
4. What does faith-based preparation look like for your family — spiritually and practically?

Name: _____ Date: _____ My Church: _____

Chapter 2

Know Your Risk

Understanding the unique vulnerabilities Black families face in catastrophic disasters

When disasters strike, they do not strike equally. Black communities are disproportionately exposed to disaster risk, last to receive relief, and slowest to recover — not because of any lack of resilience, but because of systemic inequality in housing, wealth, infrastructure, and political power.

Hurricane Katrina: 80% of those stranded in New Orleans were Black residents. COVID-19: Black, Latino, and Native American people died at dramatically higher rates. The 2021 Texas winter storm: predominantly Latino communities were left without power for weeks. This is the pattern — and knowing it is the first step to protecting yourself.

CATASTROPHIC DISASTER THREAT MATRIX
Know your risks — every threat demands a different response

NUCLEAR FALLOUT 15 min	HURRICANE & FLOODING 24-72 hr	EXTENDED BLACKOUT No warning
<ol style="list-style-type: none"> 1 Get inside immediately 2 Go to basement/interior 3 Seal doors & windows 4 Turn off all HVAC 5 Stay 24-48 hrs minimum 6 Tune NOAA radio only 	<ol style="list-style-type: none"> 1 Evacuate if ordered 2 72-hr bag ready to go 3 Board all windows 4 Fill tubs with water 5 Know shelter routes 6 Drive evacuation route now 	<ol style="list-style-type: none"> 1 Generator/solar ready 2 72-hr food on hand 3 Manual can opener 4 Car charger backup 5 Cash in small bills 6 Water already stored
WILDFIRE & SMOKE Hours	CIVIL UNREST Variable	PANDEMIC & DISEASE Days-weeks
<ol style="list-style-type: none"> 1 Evacuate EARLY 2 N95 masks essential 3 Close all vents/HVAC 4 Air purifier inside 5 Wet towels at doors 6 Go-bag by door 	<ol style="list-style-type: none"> 1 Shelter in place 2 Know your rights 3 Community network active 4 Cash not cards 5 Avoid social media 6 Trust pastor/elder 	<ol style="list-style-type: none"> 1 30-day medication supply 2 N95 masks stockpiled 3 Hand sanitizer 4 Isolation protocols 5 Telehealth contacts 6 Mental health plan

Catastrophic disaster threat matrix — know your risks and your response

<p>Vulnerabilities to Address</p> <ul style="list-style-type: none"> • Lower median household wealth • Older, less resilient housing stock • Environmental racism — living near hazard sites • Less political power to demand resources • Historical trauma reducing trust in institutions 	<p>Strengths to Leverage</p> <ul style="list-style-type: none"> • Extended family networks provide deep resilience • Community bonds and mutual aid traditions • Ancestral knowledge of sustainable living • Strong religious and community organizations • Cultural practices that build self-sufficiency
<p>ACTION ITEM: KNOW YOUR HAZARDS NOW</p> <ol style="list-style-type: none"> 1. Visit ejsscreen.epa.gov — look up environmental hazards within 5 miles of your home 2. Visit msc.fema.gov — check if your address is in a flood zone 3. Search your county + 'nuclear power plant' to know your proximity to nuclear facilities 4. Sign up for your county emergency alert system — Google '[your county] emergency alerts' 5. Know your nearest official emergency shelter — note the address and route right now 	

Chapter 3

Water — The First Priority

Storing, sourcing, and purifying water for every disaster scenario

"Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."
 — John 4:14 (NIV)

Draw from the living water in prayer, and draw from the well of preparedness in practice. Do both.

WATER — YOUR FIRST PRIORITY

"He leads me beside still waters, He restores my soul." — Psalm 23:2

<p>Drinking ½ gal per person/day ~8 cups</p>	<p>Cooking ¼ gal per person/day ~4 cups</p>	<p>Hygiene ¼ gal per person/day ~4 cups</p>	<p>Pets ¼ gal per pet/day per animal</p>	<p>Heat/ Illness +50-100% extra needed hot weather</p>
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MINIMUM 1 gal / person / day
 RECOMMENDED 1.5-2 gallons / person / day · Family of 4 = 120-240 gal for 30 days

<p style="text-align: center; font-weight: bold; color: #008000;">BOIL</p> <p style="font-size: 0.8em;">Rolling boil 1 min 3 min at altitude</p>	<p style="text-align: center; font-weight: bold; color: #000080;">BLEACH</p> <p style="font-size: 0.8em;">8 drops/gal clear 16 drops cloudy</p>	<p style="text-align: center; font-weight: bold; color: #000080;">FILTER</p> <p style="font-size: 0.8em;">Sawyer Squeeze or Berkey system</p>	<p style="text-align: center; font-weight: bold; color: #000080;">TABLETS</p> <p style="font-size: 0.8em;">Iodine or chlorine dioxide tablets</p>
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Water needs and purification — your complete water preparedness guide

Storage

- Minimum: 1 gallon per person per day (FEMA standard)
- Recommended: 1.5–2 gallons per person per day — especially in summer heat
- Family of 4 for 30 days = 120–240 gallons — build incrementally
- Use food-grade containers only — 55-gallon blue barrels or designated water storage containers
- Rotate water every 6–12 months — label with fill date

Nuclear Water Safety

Nuclear Fallout & Water

- Sealed containers (bottles, barrels, canned goods) are SAFE — fallout cannot penetrate them
- Open outdoor sources (rivers, rain barrels, ponds) are contaminated after a nuclear event
- Running tap water from a sealed municipal supply is generally safe
- If uncertain: boil AND filter AND use purification tablets — the triple method
- Water from your hot water heater tank is safe if it was sealed before fallout



MY WATER PLAN

"He leads me beside still waters, He restores my soul." — Psalm 23:2

1. How many people and pets in my household? What is my 30-day water goal in gallons?
2. Where will I store water? What containers do I need to purchase?
3. What purification methods do I currently have? What do I still need?
4. Where is my nearest natural water source? What would I need to purify it?
5. What is my nuclear-specific water safety plan if fallout is reported?

Name: _____ Date: _____ My Church: _____

Chapter 4

Daily Bread

Building a culturally rooted emergency food supply

"So do not worry, saying, 'What shall we eat?' But seek first his kingdom and his righteousness, and all these things will be given to you as well."
 — **Matthew 6:31-33 (NIV)**

God met Israel's need for manna after they had already moved in faith. Joseph stored grain for seven years before the famine. Faithful preparation and divine provision are not in conflict.

DAILY BREAD — YOUR EMERGENCY PANTRY
"Give us this day our daily bread." — Matthew 6:11

GRAINS & STARCHES				
<input type="checkbox"/> White Rice <i>25-30 yr life</i>	<input type="checkbox"/> Cormeal/Grits <i>Soul food base</i>	<input type="checkbox"/> Oats <i>Quick-cooking</i>	<input type="checkbox"/> Pasta/Noodles <i>Rotate 2 yrs</i>	<input type="checkbox"/> Flour <i>Cornbread essential</i>
PROTEINS & LEGUMES				
<input type="checkbox"/> Black-Eyed Peas <i>Cultural staple</i>	<input type="checkbox"/> Lentils <i>Fast-cooking</i>	<input type="checkbox"/> Canned Sardines <i>Omega-3 rich</i>	<input type="checkbox"/> Peanut Butter <i>8g protein/2tbsp</i>	<input type="checkbox"/> Canned Meats <i>Chicken, corned beef</i>
FLAVOR & SOUL FOOD				
<input type="checkbox"/> Soul Seasoning <i>Lawry's, Tony's</i>	<input type="checkbox"/> Garlic & Onion <i>Foundation flavor</i>	<input type="checkbox"/> Hot Sauce <i>Frank's, Crystal</i>	<input type="checkbox"/> Bouillon <i>All varieties</i>	<input type="checkbox"/> Honey <i>Shelf-stable, healing</i>

Daily bread — your culturally rooted emergency pantry

Soul Food Emergency Pantry

- Black-eyed peas, field peas, and crowder peas — cultural staples since the era of the enslaved
- Grits, cornmeal, and masa — ground corn in all its forms
- White rice (25-30 yr sealed shelf life), dried pasta, rice noodles
- Canned sardines, salmon, and tuna — omega-3s and complete protein
- Peanut butter — 8g protein per 2 tbsp; long shelf life
- Soul food seasoning: Lawry's, Tony Chachere's Creole, Old Bay
- Hot sauce (Frank's, Crystal, Tabasco) — shelf-stable, morale-essential
- Bouillon cubes — chicken, beef, ham — for greens, soups, and braises

✓	SOUL FOOD EMERGENCY PANTRY CHECKLIST
<input type="checkbox"/>	White rice — 25 lbs minimum per person
<input type="checkbox"/>	Cornmeal or grits — 5 lbs
<input type="checkbox"/>	Dried black-eyed peas or field peas — 5 lbs
<input type="checkbox"/>	Dried kidney, pinto, or navy beans — 5 lbs
<input type="checkbox"/>	Dried lentils — 3 lbs (fastest-cooking dried legume)
<input type="checkbox"/>	Canned sardines or salmon — 24 cans
<input type="checkbox"/>	Canned chicken — 12 cans
<input type="checkbox"/>	Peanut butter — 4 jars (rotate every 18 months)
<input type="checkbox"/>	Canned tomatoes — 24 cans
<input type="checkbox"/>	Canned sweet potatoes or yams
<input type="checkbox"/>	Canned collard greens or mixed greens
<input type="checkbox"/>	Salt, black pepper, garlic powder, onion powder, paprika, cayenne
<input type="checkbox"/>	Soul seasoning salt (Lawry's, Tony Chachere's, or your family's blend)
<input type="checkbox"/>	Hot sauce — at least 3 bottles
<input type="checkbox"/>	Vegetable or canola oil — 2 liters
<input type="checkbox"/>	Honey (natural preservative, indefinite shelf life if sealed)
<input type="checkbox"/>	Bouillon cubes or powder — chicken, beef, and shrimp
<input type="checkbox"/>	Multivitamins for all family members



MY FOOD SECURITY PLAN

"Give us this day our daily bread." — Matthew 6:11

1. List the 10 most important foods for my family's comfort, culture, and nutrition.
2. What seasonings and sauces are absolutely non-negotiable for my household?
3. What grandmother's or elder's recipes would I want to make in a crisis?
4. What is my 90-day plan to build a 30-day emergency food supply on my budget?

Name: _____ Date: _____ My Church: _____

Chapter 5

Nuclear Fallout

What to know, where to shelter, how to survive — and how to trust God through it

"He shall cover thee with His feathers, and under His wings shalt thou trust: his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day."

— Psalm 91:4-5 (KJV)

Preparation is not fear. It is love. This chapter gives you honest, accurate, faith-grounded information.

NUCLEAR FALLOUT — PROTECTION & SURVIVAL

FEMA: Get In — Stay In — Tune In

IMPORTANT

- Most Cold War-era public shelters are no longer stocked — the structure may shield, but bring your own food, water, and meds.
- FEMA now recommends shelter-in-place over traveling to a designated shelter. Get inside the nearest sturdy building immediately.

GET IN · STAY IN · TUNE IN

Go to nearest sturdy building · Stay 24–48 hrs minimum (up to 2 weeks) · NOAA hand-crank radio

PROTECTION FACTOR BY BUILDING TYPE — HIGHER = MORE RADIATION BLOCKED

PF 1	Outside No protection — never stay outside	PF 1-2	In a car Nearly zero — do NOT shelter in vehicle
PF 2-3	Wood home, main floor Minimal — last resort only	PF 10	Wood home, basement 90% blocked — FEMA minimum standard
PF 40+	Brick/concrete, basement 97.5%+ blocked — good protection	PF 100+	Multi-story concrete, interior 99%+ blocked — excellent
PF 200-1K	Large concrete, basement 99.5–99.9% — BEST available	PF 10-40+	Church basement/sanctuary Varies by construction — know your building

INSIDE YOUR SHELTER — TIME + DISTANCE + SHIELDING = SURVIVAL

- Go to basement or interior room — away from all exterior walls
- Seal doors, windows, and vents with duct tape and plastic sheeting
- Turn off ALL HVAC — stop outside air from circulating in
- Stay tuned to NOAA hand-crank radio — follow official guidance only

Source: FEMA, CDC, American Red Cross, TruePrepper.com
Radiation declines to ~1% of initial level within 2 weeks · First 24 hours are most critical

Nuclear fallout shelter guide — protection factors and FEMA's shelter-in-place protocol

FEMA's Official Guidance: Get In — Stay In — Tune In

- **GET IN:** Go to nearest sturdy building immediately — do NOT try to drive home if a closer building exists
- **STAY IN:** Go to basement or center of building — maximize walls between you and the outside
- **SEAL IN:** Seal ALL doors, windows, and openings with plastic sheeting and duct tape.
- **TUNE IN:** NOAA hand-crank weather radio is your only reliable information source
- Do NOT go outside to check on anything during the first 24 hours
- Do NOT try to pick up children from school — schools have shelter-in-place plans

Known Fallout Shelter Locations — By State

⚠ Before Using Any Public Fallout Shelter

- Most U.S. public shelters are Cold War-era (1950s–1980s) and are NO LONGER stocked or maintained
- FEMA now recommends SHELTER-IN-PLACE over seeking a designated shelter
- Cold War shelter signs mean the structure may shield — not that supplies are inside
- BRING YOUR OWN: food, water, medications, and supplies to any public shelter
- Hawaii: ALL official designations REMOVED — shelter in nearest sturdy building only
- Full interactive maps: trueprepper.com/fallout-shelters

KNOWN FALLOUT SHELTER LOCATIONS BY STATE

Cold War-era structures — buildings may shield; NO stocked supplies. Verify with local emergency management.

⚠ These are Cold War-era (1950s–1980s) designations. Most are unstocked. The structures still provide radiation shielding.
 Source: TruePrepper.com, FEMA Civil Defense Records. Verify any location with your county emergency management office.

Alabama	Many	Government buildings, schools, courts, post offices built pre-1970 — Birmingham, Montgomery, Huntsville, Mobile
Alaska	Moderate	Documented in Anchorage and Fairbanks; some caves and remote buildings
California	Hundreds	Los Angeles, San Francisco, Sacramento, San Diego — federal/state buildings, subways, post offices built pre-1970
Colorado	Moderate	Denver has high density; Colorado Springs/NORAD area has extensive underground infrastructure
Florida	Moderate	Tampa and Jacksonville have most; Miami/Orlando are limited — seek concrete buildings, post offices built pre-1970
Georgia	Moderate	Concentrated in Atlanta metro; courthouses and federal buildings statewide, post offices built pre-1970
Hawaii	None	All official designations REMOVED — shelter-in-place in nearest sturdy building ONLY
Illinois	Limited	Chicago was a nuclear target — few public shelters; downstate cities have more options
Indiana	78 verified	Indianapolis, Fort Wayne, and Bloomington have highest density
Maryland	Hundreds	Baltimore and D.C. suburbs have extensive shelter infrastructure
Michigan	Hundreds	Detroit, Grand Rapids, Lansing, Ann Arbor — significant density
Minnesota	14 verified	State Capitol (18,000-person capacity), Roy Wilkins Auditorium, St. Paul, Minneapolis
New York	Thousands	NYC, Buffalo, Rochester, Syracuse — NYC subway provides excellent shielding
North Carolina	Moderate	Charlotte, Raleigh-Durham, Greensboro, Winston-Salem documented
Ohio	Moderate	Columbus, Cleveland, Cincinnati, Dayton, Toledo all documented
Pennsylvania	Moderate	Philadelphia and Pittsburgh documented; significant legacy Civil Defense infrastructure; post offices built pre-1970
Tennessee	Moderate	Nashville, Memphis, Knoxville — federal and state buildings
Texas	Hundreds	Dallas, Houston, San Antonio, Austin, Fort Worth all have significant density; post offices built pre-1970
Virginia	Many	Northern Virginia (D.C. suburbs) very high density; Richmond and Norfolk documented; post offices built pre-1970
Washington D.C.	Most Dense	Highest shelter density in America — subways, federal buildings built pre-1970, underground infrastructure
Washington State	Moderate	Concentrated in Seattle and Spokane; Portland/Vancouver metro area covered
Wisconsin	Hundreds	Milwaukee, Madison, Green Bay, Racine — strong Civil Defense records

All Other States	Varies	Visit trueprepper.com/fallout-shelters — interactive map by state
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Known fallout shelter locations by state — verify locally; bring your own supplies



MY NUCLEAR PREPAREDNESS PLAN

"God is our refuge and strength, an ever-present help in trouble." — Psalm 46:1

1. What is the best shelter location in my home? (basement, most interior room, most walls?)
2. What is the most protected public building within 10 minutes of my home? My workplace?
3. What supplies do I still need for a 14-day home shelter stay? List with estimated costs.
4. Does my family know the Get In / Stay In / Tune In protocol? When will we practice it?
5. What Scripture will I write on a card to keep in our shelter space?

Name: _____ Date: _____ My Church: _____

Chapter 6

Hurricane & Severe Weather

Before, during, and after the storm — and the racial gap in disaster response

HURRICANE & SEVERE WEATHER PROTOCOL <i>"He got up and rebuked the wind and waves, and it was completely calm." — Luke 8:24</i>			
72 HRS BEFORE	24 HRS BEFORE	DURING STORM	AFTER STORM
Fill car with gas — stations run out fast	Obey ALL mandatory evacuation orders	Interior room — bathtub + mattress	Photograph ALL damage before cleanup
Withdraw cash — card readers fail	Move to interior room from windows	Do NOT go out during 'eye' — storm resumes	Never drive flooded roads — 6 in. sweeps car
Fill all containers with water (WaterBOB)	Charge all devices and battery banks	NOAA radio only — avoid social media	Boil all tap water until officials clear it
Board/tape windows; secure outdoors	Notify out-of-state contact of plan	Flashlight and shoes on at all times	Document everything for insurance claims
Go-bag packed and ready at the door	Move valuables to highest floor	No generators/grills/stoves indoors	Check on elderly and vulnerable neighbors
Know your evacuation route — drive it	ID nearest official shelter + documents	Flooding: go UP not into sealed attic	Call FEMA: 1-800-621-3362

Hurricane protocol — 72 hours before through recovery

Hurricane Katrina was not just a natural disaster. It was a catastrophic failure of government that fell disproportionately on Black New Orleans. The lesson: do not wait for help to come to you. Be prepared to be your own first responder for at least 72 hours — and likely longer.

MANDATORY EVACUATION ORDERS — OBEY THEM

If your area receives a MANDATORY evacuation order, you MUST leave. Period.
 This is especially critical if you are in a flood zone, mobile/manufactured home, or coastal area.
 The racial history of Katrina shows us: do NOT trust that help will come if you stay.
 Know your nearest official evacuation shelter BEFORE hurricane season. Bring your documents.
 If you have no transportation: call 211 (United Way) for evacuation assistance resources.



MY HURRICANE PLAN

"The LORD is my rock, my fortress and my deliverer." — Psalm 18:2

1. Am I in a flood zone? (Check [msc.fema.gov](https://www.msc.fema.gov)) What is my specific flood risk?
2. What is my evacuation route and destination if a mandatory order is issued?
3. Who in my household or community needs help evacuating? How will I help them?
4. Have I documented my home and belongings for insurance? When did I last update this?

Name: _____ Date: _____ My Church: _____

Chapter 7


Extended Power Blackout

Surviving days to weeks without electricity

EXTENDED POWER BLACKOUT SURVIVAL			
<i>"The people walking in darkness have seen a great light." — Isaiah 9:2</i>			
HOURS 1-6	HOURS 6-24	DAYS 1-3	DAYS 3-14
Candles/flashlights — NO open flames near curtains	Fridge food safe 4 hrs if sealed — eat first	Cook refrigerated food before it spoils	Shift entirely to shelf-stable pantry food
Unplug electronics to prevent surge on restore	Freezer safe 24-48 hrs if full and sealed	Coolers with ice for insulin and critical meds	Water: if utility pressure drops, stop tap
Check NOAA radio for cause and duration	Run generator OUTSIDE only — CO kills	Ration phone battery — airplane mode	Solar charger essential — use daily light
Inventory: food, water, medication, batteries	Find nearest warming/cooling center	Neighborhood check-in system active	Routine + prayer + community = resilience
Notify out-of-state contact	Check on elderly neighbors now	Contact utility for estimated restoration	Church/community centers open as hubs

Extended blackout survival — hour by hour through a multi-week power outage

<p>Generator Options</p> <ul style="list-style-type: none"> • Portable gas generator — most power; run OUTSIDE only • Dual-fuel (gas/propane) — more fuel flexibility • Propane generator — quieter; longer fuel storage • Never run ANY generator indoors — CO poisoning kills 	<p>Solar & Battery Options</p> <ul style="list-style-type: none"> • Solar power station (EcoFlow, Jackery) — no fuel, safe indoors • Portable solar panels — charge battery station in daylight • 12V car inverter — powers small devices from your vehicle • Hand-crank/solar charger — for phones and radios minimum
--	---

 **Carbon Monoxide — The Invisible Killer**

Every year, people die from CO poisoning during blackouts from improper generator/grill/heater use. NEVER run a generator, grill, or camp stove inside — not in the house, not in the garage. NEVER use a gas oven for heating. NEVER use charcoal indoors.

Install battery-powered CO detectors on every floor. Symptoms: headache, dizziness, nausea.
If CO alarm sounds: get everyone outside immediately and call 911 from outside.



MY BLACKOUT PLAN

"The people walking in darkness have seen a great light." — Isaiah 9:2

1. What alternative power sources do I currently have? What is my priority purchase next?
2. Where will I go for cooling/heating if my home becomes unsafe in extreme temperatures?
3. What medications require refrigeration? What is my power-outage medication plan?
4. Who are the most vulnerable people in my community during a blackout?

Name: _____ Date: _____ My Church: _____

Chapter 8

Civil Unrest & Societal Disruption

CIVIL UNREST & SOCIETAL DISRUPTION			
<i>"I have told you these things, so that in me you may have peace." — John 16:33</i>			
SHELTER IN PLACE	SUPPLIES TO HAVE	COMMUNITY PROTECTION	LEGAL & SPIRITUAL
Stay inside — do not go out to observe	30-day food and water — no need to go out	Check on elderly/vulnerable neighbors first	Know civil rights attorney or legal aid contact
Lock all doors, cover windows at night	Cash in small bills (cards may not work)	Establish neighborhood communication tree	NAACP Legal Defense Fund: naacpldf.org
Know your rights: remain silent, record police	Battery/hand-crank radio — only reliable source	Church as safe gathering point	Know your state's rights with law enforcement
Community liaisons: NAACP, pastor, elder	First aid for self-treatment	Agree on a 'need help' signal for your block	All important documents in go-bag always
Carry ID matching your current appearance	Paper maps — GPS may be disrupted	Document any incidents involving your household	Psalm 91 is the warrior's psalm — pray it over home
Church/community center as safe gathering point	Fully charged devices + backup banks	Pray together — faith is more contagious than fear	Fear is contagious; faith is more contagious

Civil unrest protocol — shelter, supplies, community protection, and legal/spiritual grounding

For Black Christian families, civil unrest carries dimensions that other communities do not face in the same way. We have experienced state-sanctioned violence, over-policing, and targeted disruption for generations. This is not paranoia. It is history. Preparation for this reality is an act of self-determination and spiritual steadiness.

“We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”
 — Dr. Martin Luther King Jr.

- Know your rights: you have the right to remain silent, to refuse entry without a warrant, and to record police in most jurisdictions
- A 30-day food and water supply eliminates the need to go out during dangerous periods
- Community network activated — church, block, trusted neighbors
- Paper maps and written contact lists — GPS and internet may not be reliable
- Spiritual community is your greatest asset — fear is contagious; faith is more contagious



MY CIVIL UNREST PLAN

"I have overcome the world." — John 16:33

1. What is my family's protocol for sheltering in place during civil unrest?
2. What are my legal contacts (attorney, NAACP) if my household needs advocacy?
3. What is my community communication plan — who do I check on first?
4. What Scriptures will my family use to maintain peace and steadiness?

Name: _____ Date: _____ My Church: _____

Chapter 9

Medical Preparedness & Healing

God's pharmacy, your medical kit, and caring for your community

MEDICAL PREPAREDNESS & GOD'S PHARMACY	
<i>"And the leaves of the tree are for the healing of the nations." — Revelation 22:2</i>	
YOUR EMERGENCY MEDICAL KIT	ANCESTRAL HEALING PLANTS
1 30-day supply ALL prescriptions — rotate quarterly	<input type="checkbox"/> Aloe Vera <i>Burns, wounds — apply gel directly</i>
2 Blood pressure cuff + pulse oximeter + thermometer	<input type="checkbox"/> Ginger <i>Nausea, inflammation — boil in tea</i>
3 Assorted bandages and sterile gauze	<input type="checkbox"/> Turmeric <i>Anti-inflammatory — mix with honey</i>
4 Antiseptic wipes, hydrogen peroxide, betadine	<input type="checkbox"/> Garlic <i>Antimicrobial — eat raw or cooked</i>
5 Sterile gloves + N95 face masks	<input type="checkbox"/> Elderberry <i>Immune support — cook into syrup</i>
6 Ibuprofen, Acetaminophen, Aspirin	<input type="checkbox"/> Yarrow <i>Wound healing, stops bleeding — poultice</i>
7 Oral rehydration salts — for diarrhea/dehydration	<input type="checkbox"/> Plantain Leaf <i>Insect stings, wounds — crush and apply</i>
8 Antidiarrheal, antihistamine, antacid	<input type="checkbox"/> Moringa <i>Nutrition + water clarification — powder</i>
9 Diabetic supplies + insulin cold-storage plan	
10 Extra asthma inhalers — 2 above current use	
11 EpiPen if severe allergies in household	
12 Printed first aid manual — not digital only	

Medical preparedness and ancestral healing plants

"And the leaves of the tree are for the healing of the nations."
— Revelation 22:2 (NIV)

Black families carry higher rates of hypertension, diabetes, heart disease, asthma, and sickle cell disease — driven in large part by systemic racism, environmental pollution, food deserts, and healthcare barriers. In a catastrophic disaster, managing these conditions becomes life-or-death.

✓	COMPLETE MEDICAL KIT CHECKLIST
<input type="checkbox"/>	30-day supply of ALL prescription medications — label and rotate quarterly
<input type="checkbox"/>	Blood pressure cuff and thermometer; Apple Cider Vinegar for high blood pressure
<input type="checkbox"/>	Pulse oximeter
<input type="checkbox"/>	Diabetic supplies: glucose meter, test strips, insulin cold-storage plan
<input type="checkbox"/>	Extra asthma inhalers — minimum 2 above current use
<input type="checkbox"/>	EpiPen if any family member has severe allergies
<input type="checkbox"/>	Assorted bandages and sterile gauze
<input type="checkbox"/>	Medical tape and wound closure strips
<input type="checkbox"/>	Antiseptic wipes and hydrogen peroxide
<input type="checkbox"/>	Sterile gloves (box of 20+) and N95 face masks
<input type="checkbox"/>	Ibuprofen, Acetaminophen, Aspirin (chew 1 aspirin for heart attack; call 911)
<input type="checkbox"/>	Oral rehydration salts (ORS) packets — for diarrhea and dehydration
<input type="checkbox"/>	Antidiarrheal, antihistamine (Benadryl), antacid
<input type="checkbox"/>	KI (Potassium Iodide) tablets — ask your doctor; for nuclear events only
<input type="checkbox"/>	Printed first aid manual — not digital only
<input type="checkbox"/>	Aloe vera plant or pure aloe gel
<input type="checkbox"/>	Ginger tea bags (nausea, flu, inflammation)
<input type="checkbox"/>	Elderberry syrup or tablets (immune support)

<input type="checkbox"/>	CPR / First Aid certification for at least one household member
MY FAMILY HEALTH PLAN "Beloved, I pray that you prosper in all things and be in health." — 3 John 1:2	
<ol style="list-style-type: none"> 1. List all prescription medications for each household member with 30-day emergency supply status. 2. What chronic conditions does my family manage? What are the specific disaster preparations needed? 3. What traditional or ancestral healing plants does my family use? Which can I grow or source locally? 4. Who is the medical point person in my neighborhood or church network? 	
Name: _____ Date: _____ My Church: _____	

Chapter 10

The Beloved Community

Your church, your block, and the mutual aid networks that save lives

"All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need."

— Acts 2:44-45 (NIV)

The early church described in Acts was a mutual aid organization. They held goods in common, met daily, and ensured no one was in need. Research confirms: the greatest predictor of survival in a disaster is not wealth or equipment — it is neighborhood social cohesion: how well you know and trust each other.

THE BELOVED COMMUNITY — MUTUAL AID NETWORK <small>"Carry each other's burdens, and in this way fulfill the law of Christ." — Galatians 6:2</small>			
YOUR CHURCH	YOUR BLOCK	MUTUAL AID	ORGANIZATIONS
First responder — open kitchen, shelter, counsel	Know 5 neighbors by name — skills + needs	Church benevolence fund — contribute and use	NAACP local — naacp.org /find-your-local-unit
Connect with benevolence committee now	Identify elderly/disabled who need checking on	Tandas / susus — rotating savings pools	CERT training (free): cert.fema.gov
Identify who has generator, first aid, truck	Who has medical training? Generator? Extra food?	Tool libraries — chainsaw, generator, canning	National Urban League: nul.org
Ask Church leadership to establish emergency prep team	Establish block communication/check-in plan	Skill-sharing — trade services, not just dollars	Mutual Aid Disaster Relief: mutualaiddisasterrelief.org

The Beloved Community — your church, block, mutual aid, and organizations

“We cannot wait for the government to save us. The Church must be the first responder. We have the buildings, we have the people, we have the faith. Let's move.”
 — **Bishop T.D. Jakes**

- Connect with your deacons, benevolence committee, or pastor about emergency preparedness NOW
- Know 5 nearest neighbors by name — their skills, needs, and resources
- Identify who needs extra help: elderly, disabled, those with medical equipment requiring power
- Church benevolence fund — establish one, contribute to one, use one
- Tandas / susus / rotating savings pools — ancestral mutual aid made practical



MY BELOVED COMMUNITY

"Carry each other's burdens, and in this way fulfill the law of Christ." — Galatians 6:2

1. List 5 neighbors by name and what skills or resources they have for an emergency.
2. What does my church currently do for emergency preparedness? What could it do more?
3. What mutual aid practice can I join or start in the next 30 days?
4. Who are the most vulnerable people on my block? How will I check on them?

Name: _____ Date: _____ My Church: _____

Chapter 11

Financial Resilience

Protecting your family's resources before, during, and after disaster

"The wise store up choice food and olive oil, but fools gulp theirs down."
— Proverbs 21:20 (NIV)

The racial wealth gap is not the result of individual choices — it is the cumulative effect of slavery, redlining, discriminatory lending, and wage theft. Naming this is clarity. From that clarity, we build whatever resilience we can.

PROTECT THESE DOCUMENTS NOW

Birth certificates for every family member

Social Security cards

Passport and/or immigration documents

Home deed or lease agreement

All insurance policies: home/renters, auto, health, life

Bank account information and account numbers

Vehicle titles · Medical records and medication lists

Legal documents: will, power of attorney, trust

Store originals in a FIREPROOF, WATERPROOF safe

Scan and store encrypted copies in cloud storage AND on a USB drive in your go-bag

- Renters insurance: \$15–30/month covers all your belongings — many renters don't know they need this
- Flood insurance: standard homeowner policies DO NOT cover floods — separate NFIP policy required
- Home inventory: photograph and video every room and every valuable item — store in the cloud



MY FINANCIAL PLAN

"The wise store up choice food and olive oil." — Proverbs 21:20

1. List all critical documents my family needs. Which do I have? Which do I still need?
2. Does my home or renters insurance cover flooding? What other gaps exist?
3. What is my emergency fund goal? What is my current balance? What is my 90-day savings plan?
4. Does my church have a benevolence fund? How can I contribute to or strengthen it?

Name: _____ Date: _____ My Church: _____

Chapter 12

Noah's 30-Day Action Plan

Faithful, practical steps to build your household's complete preparedness

NOAH'S 30-DAY ACTION PLAN <i>"By faith Noah prepared an ark before the storm came." — Hebrews 11:7</i>			
WEEK 1 <i>Assess, Pray & Plan</i>	WEEK 2 <i>Water Security</i>	WEEK 3 <i>Food & Medical</i>	WEEK 4 <i>Docs, Bags & Community</i>
1 Family prayer — invite God into your preparation	1 Get 4+ large food-grade water containers	1 Add extra of what your family eats this week	1 Gather and scan all critical documents to cloud
2 Identify top 3 disaster risks in your region	2 Fill and store in cool, dark location	2 List soul food must-haves for your pantry	2 Assemble a go-bag for every family member
3 Walk every room — know every exit	3 Buy purification tablets for every go-bag	3 Obtain 30-day supply of all prescriptions	3 Introduce yourself to 3 new neighbors
4 Family meeting: assign roles, practice grab-and-go	4 Identify nearest natural water source	4 Build or restock your basic first aid kit	4 Connect with church emergency/benevolence committee
5 Laminate family communication plan	5 Learn two purification methods — practice boiling	5 Try one preservation skill: ferment, dehydrate, can	5 Identify your 2 evacuation routes — drive both
6 Designate one out-of-state contact everyone calls	6 Pray over your water storage — faith made real	6 Research community gardens and food pantries	6 Share your plan with an accountability partner
<i>Commit your works to the LORD, and your thoughts will be established. — Proverbs 16:3</i>			


Noah's 30-day action plan — build your family's ark one week at a time

Noah built the ark while the sun was shining. Not because he lacked faith in God's ability to save — but because his faith was expressed through obedience and action. Follow his example. Start today. Start where you are.

"Commit your works to the LORD, and your thoughts will be established."
 — Proverbs 16:3 (NKJV)

<p>Months 2–6</p> <ul style="list-style-type: none"> • Month 2: First Aid/CPR course for one household member • Month 3: Increase food storage to 60-day supply • Month 4: Emergency power solution (generator or solar) • Month 5: Home security audit and improvements 	<p>Months 7–12</p> <ul style="list-style-type: none"> • Month 7: Review and update all emergency documents • Month 8: Plant a container garden or expand food growing • Month 9: Full household evacuation drill — time it • Month 10: Restock and rotate all go-bags and pantry items • Month 11–12: Teach what you know — share with a neighbor
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<ul style="list-style-type: none">• Month 6: Neighborhood preparedness meeting at your church	
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 **MY 30-DAY COMMITMENT**
"Commit your works to the LORD." — Proverbs 16:3

1. WEEK 1: What specific steps will I take this week to assess and plan?
2. WEEK 2: What water storage will I put in place? What is my budget?
3. WEEK 3: What food and medical items will I add? List them with costs.
4. WEEK 4: What documents, go-bags, and community connections will I complete?
5. After 30 days: What does a fully prepared, faith-anchored household look like for my family?

Name: _____ Date: _____ My Church: _____

Chapter 13

Emergency Contacts & Resources

Print · Laminate · Post everywhere that matters

EMERGENCY CONTACTS

"The name of the LORD is a strong tower; the righteous run to it." — Proverbs 18:10

<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">911</div> <p>Police · Fire · Medical Emergency —</p>	<div style="background-color: #006666; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">988</div> <p>Suicide & Crisis Lifeline Call or text — 24/7 · free · confidential</p>
<div style="background-color: #006666; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">741741</div> <p>Crisis Text Line Text HOME · Free · 24/7</p>	<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">1-800-662-4357</div> <p>SAMHSA Mental Health Free · Confidential · 24/7</p>
<div style="background-color: #0066b3; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">1-800-621-3362</div> <p>FEMA Disaster Assistance disasterassistance.gov</p>	<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">1-800-733-2767</div> <p>American Red Cross Emergency shelter & assistance</p>
<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">1-866-348-6479</div> <p>Feeding America Emergency food assistance</p>	<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: small;">1-800-222-1222</div> <p>Poison Control Poisoning & overdose · 24/7</p>
<div style="background-color: #0066b3; color: white; padding: 5px; text-align: center; font-size: small;">My Utility Company</div> <p>My Utility Company Power outage reporting</p>	<div style="background-color: #006666; color: white; padding: 5px; text-align: center; font-size: small;">My Church / Pastor</div> <p>My Church / Pastor Emergency contact</p>
<div style="background-color: #c00; color: white; padding: 5px; text-align: center; font-size: small;">My Doctor / Hospital</div> <p>My Doctor / Hospital Nearest emergency room</p>	<div style="background-color: #0066b3; color: white; padding: 5px; text-align: center; font-size: small;">Out-of-State Contact</div> <p>Out-of-State Contact Everyone calls this person first</p>

Print this page · Laminate · One in every go-bag · One on fridge · One in your Bible

Emergency contacts — print, laminate, and keep in every go-bag and on your fridge

FAITH COMMUNITY CONTACTS — FILL IN NOW

My Pastor / Church Office: _____ Phone: _____

My Church Benevolence Contact: _____ Phone: _____

My Prayer Partner: _____ Phone: _____

My Local NAACP Branch: _____ Phone: _____

My Civil Rights / Legal Aid Contact: _____ Phone: _____

Critical Numbers

- 911 — Police, Fire, Medical Emergency
- 988 — Suicide & Crisis Lifeline (call or text, 24/7, free)
- 741741 — Crisis Text Line (text HOME)
- 1-800-662-4357 — SAMHSA Mental Health Helpline (24/7, free)
- 1-800-621-3362 — FEMA Disaster Assistance
- 1-800-733-2767 — American Red Cross

- 1-800-222-1222 — Poison Control (24/7)
- 211 — United Way (local resources, evacuation transport)

Trusted Organizations

- FEMA — fema.gov · disasterassistance.gov
- Ready.gov — official U.S. preparedness guidance
- CERT Training (free) — cert.fema.gov
- NAACP — naacp.org · Find your local unit: naacp.org/find-your-local-unit
- National Urban League — nul.org
- Mutual Aid Disaster Relief — mutualaiddisasterrelief.org
- TruePrepper Fallout Shelter Maps — trueprepper.com/fallout-shelters
- EJSCREEN Environmental Justice Tool — ejscreen.epa.gov



MY IMPORTANT INFORMATION

"The LORD is my shepherd; I shall not want." — Psalm 23:1

1. Full legal names, dates of birth, and Social Security numbers for all household members.
2. All prescription medications, dosages, and prescribing doctors for each person.
3. All allergy information for each household member.
4. Emergency contacts: 3 local names/numbers and 1 out-of-state contact.
5. Insurance policies: home/renters, auto, health, life — policy numbers and contacts.

Name: _____ Date: _____ My Church: _____



IMPORTANT NUMBERS & ACCOUNT INFORMATION

"Where two or three gather in my name, there am I with them." — Matthew 18:20

1. Doctor(s): Name, phone, address
2. Pharmacy: Name, phone, address
3. Utility companies: Electric _____, Gas _____, Water _____
4. Bank(s): Institution, account type, customer service number
5. Insurance: Policy numbers for home/renters, auto, health, life

Name: _____ Date: _____ My Church: _____

A Closing Prayer for Your Household

Pray this together. Pray it alone. Pray it over your go-bag, your pantry, your family.

"The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace."

— Numbers 6:24-26 (NIV)

Heavenly Father, we come before You not in fear, but in faith. You have sustained our people through slavery, through Jim Crow, through every valley of the shadow of death. You have been our refuge and our strength, our very present help in trouble.

Bless this household. Bless these preparations. Give us the wisdom of Joseph to prepare, the courage of Noah to build before the rain, the steadiness of Shadrach, Meshach, and Abednego to stand in the fire without being consumed.

We are not afraid. We are Anchored in Faith and Ready for the Storm. In the name of Jesus, who calmed every wind and every wave — Amen.

Rooted in faith. Ready for the future.

♪ SONGS TO CARRY YOU THROUGH ♪

Gospel Hymns & Anthems of the African American Tradition

Sing these when fear comes. Sing them in the dark. They have carried our people through every storm.

"When they had sung a hymn, they went out to the Mount of Olives."

— Matthew 26:30 (NIV)

♪ **Amazing Grace** — John Newton, 1779

*Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.*

*'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed.*

The most beloved hymn in the English language. Sing it when you feel unworthy of God's protection. His grace reaches you in every storm.

♪ We Shall Overcome — *Civil Rights Anthem*

*We shall overcome, we shall overcome,
We shall overcome someday.
Oh, deep in my heart, I do believe
We shall overcome someday.*

*We shall walk in peace, we shall walk in peace,
We shall walk in peace someday.
Oh, deep in my heart, I do believe
We shall walk in peace someday.*

Sung in jail cells, on marches, at gravesides. Sing this when giving up feels easier than going on. It has carried our people through the unsurvivable.

♪ Leaning on the Everlasting Arms — *Elisha Hoffman, 1887*

*What a fellowship, what a joy divine,
Leaning on the everlasting arms;
What a blessedness, what a peace is mine,
Leaning on the everlasting arms.*

*Leaning, leaning, safe and secure from all alarms;
Leaning, leaning, leaning on the everlasting arms.
O how sweet to walk in this pilgrim way,
Leaning on the everlasting arms.*

Sing this when the storm is at the door. God's arms are beneath you, around you, holding you — even when you cannot feel it.

♪ His Eye Is on the Sparrow — *Civilla Martin, 1905*

*Why should I feel discouraged,
Why should the shadows come,
Why should my heart be lonely,
And long for heaven and home?*

*I sing because I'm happy,
I sing because I'm free,
For His eye is on the sparrow,
And I know He watches me.*

Based on Matthew 10:29-31. Made famous by Mahalia Jackson and Ethel Waters. If God watches over a sparrow, how much more does He watch over you and your children?

♪ Total Praise — *Richard Smallwood, 1996*

*Lord, I will lift mine eyes to the hills,
Knowing my help is coming from You.
Your peace You give me in time of the storm;
You are the source of my strength.*

*You are the strength of my life;
I lift my hands in total praise to You.
Almighty, most Holy God,
Faithful through the ages.*

Written during Smallwood's own season of grief and crisis. Proof that our deepest songs come from our deepest pain. Sing this and mean every word.

♪ **Blessed Assurance** — Fanny Crosby, 1873

*Blessed assurance, Jesus is mine!
O what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of His Spirit, washed in His blood.*

*This is my story, this is my song,
Praising my Savior all the day long;
This is my story, this is my song,
Praising my Savior all the day long.*

Fanny Crosby was blind when she wrote this hymn — and saw more clearly than most. She wrote over 8,000 hymns. This is our anthem of unshakeable certainty in uncertain times.

♪ **I Need Thee Every Hour** — Annie Hawks, 1872

*I need Thee every hour, most gracious Lord;
No tender voice like Thine can peace afford.
I need Thee, oh, I need Thee;
Every hour I need Thee!*

*I need Thee every hour, stay Thou nearby;
Temptations lose their power when Thou art nigh.
I need Thee, oh, I need Thee;
Every hour I need Thee!*

This is permission — permission to need God completely. Not just on Sundays. Every hour of the disaster. Every hour of the waiting. Every hour of not knowing. He welcomes your need.

♪ **Lift Every Voice and Sing** — James Weldon Johnson, 1900

*Lift every voice and sing,
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the listening skies,
Let it resound loud as the rolling sea.*

*Stony the road we trod,
Bitter the chastening rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers sighed?*

The Black National Anthem. For generations it has opened church services, graduations, rallies, and funerals. We are still here. We are still rising. We are still singing.

♪ **Great Is Thy Faithfulness** — Thomas Chisholm, 1923

*Great is Thy faithfulness, O God my Father;
There is no shadow of turning with Thee;
Thou changest not, Thy compassions they fail not;
As Thou hast been, Thou forever wilt be.*

*Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see;
All I have needed Thy hand hath provided —
Great is Thy faithfulness, Lord, unto me!*

Based on Lamentations 3:22-23 — written in the aftermath of devastation. Every morning in a disaster is a new mercy. Count them. Name them. Sing this at sunrise.

"Sing to the LORD a new song; sing to the LORD, all the earth."

— Psalm 96:1

ROOTED AND READY

A Biblical Preparedness Guide for Black Christian Families



When the storm comes, you will be ready.

Faith. Community. Preparation.

WHAT'S INSIDE

- ✦ Prayer of Salvation & Daily Faith Affirmations
- ✦ Nuclear Fallout — Shelter-in-Place Protocol
- ✦ Hurricane & Extended Blackout Survival
- ✦ Soul Food Emergency Pantry & Water Storage
- ✦ Civil Unrest — Know Your Rights & Stay Safe
- ✦ Medical Preparedness & Ancestral Healing Plants
- ✦ Noah's 30-Day Action Plan with Journal Pages
- ✦ The Beloved Community & Mutual Aid Networks
- ✦ Financial Resilience & Document Protection
- ✦ State-by-State Fallout Shelter Reference
- ✦ Gospel Hymns to Carry You Through the Storm



"He is like a tree planted by streams of water," — Psalm 1:3



ABOUT THE AUTHOR

Tori Cole is a licensed Christian minister, Engineer, and Businesswoman. She is also a faith-rooted preparedness educator and advocate for Black family resilience. She combines the wisdom of the Black church with modern emergency management, creating guides for families that history has too often left to fend for themselves.

Tori Cole

www.prepper.cafe

For generations, the Church has been the first line of defense in every crisis for the African American community.

Rooted and Ready is the complete, faith-grounded preparedness guide written specifically for Black Christian believers who know that preparation is not fear. It is love — love for your children who deserve to be safe, for your elders who deserve to be cared for, for your neighbors who deserve to know someone has their back.

“

"This is the guide our church has needed for years. Biblical, practical, and written for us — not a generic survival manual, but a book that honors who we are."

— **Church Elder, Atlanta, GA**

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"Rooted and Ready addresses what no other preparedness book does — the racial disaster gap, environmental racism, and the unique position of the Black family in a crisis. Remarkable work."

— **Community Organizer, Houston, TX**

WHY THIS GUIDE IS DIFFERENT

For Communities of Color

Not a generic survival manual — every chapter speaks to the Black Christian experience, our history, our food, our faith.

Biblically Rooted

Every chapter opens with Scripture. Every plan is grounded in the wisdom of Noah, Joseph, and the early church.

Addressing the Racial Gap

This guide names the racial disaster gap, environmental racism, and the pattern of our communities being last helped.

Community-First

We don't survive alone. This guide builds the block network, church resilience team, and mutual aid bonds we need.

MORE GUIDES AVAILABLE AT



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The Urban Family Prep Guide

City-specific emergency readiness

Women & Children First

Preparedness for mothers & caregivers

The Financial Prepper

Wealth protection in catastrophic times

Community Resilience Playbook

Block-by-block mutual aid strategy

The 72-Hour Go-Bag Guide

Everything you need, nothing you don't

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Spiritual warfare & physical readiness

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30-Day

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Hymns

50+

Infographics

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

Rooted in Faith. Ready for the Future.

