



EXTENDING THE R3ACH...

First of all, we are thrilled to see how many of you have joined us on Facebook, visited our website and downloaded the first newsletter! We are excited to be able to share with so many of you on a more regular basis and it is with anticipation we are looking ahead!

March was a great month for us as we launched the website, the newsletter, hosted a screening of the rockumentary “Call + Response” as well as did our regular H2O and R3ACH PDX Ministry. We could not believe the response to our showing of the “Call + Response” film about human trafficking. Forty-plus people showed up! Thank you all for coming!! We also had a great time strategizing and talking about how to extend R3ACH with our leader team and let me tell you, we live in exciting (and somewhat scary) times, but I believe God is about to move big time.

Another way we are extending the R3ACH is through Isaac Stiltz in Uganda. Isaac, a member of FHC, is currently on a six-month mission in Uganda. Recently he emailed to say that “*there are many "giants" here. The one I feel most inclined to challenge is the absence of God's Word among believers.*” So Isaac is raising funds to put Bibles in the hands of the believers, and we would love for you to help out with that! “Each Bible is \$4. You can donate funds to this cause by writing a check. (Make it payable to Fathers House, and mark it: “R3ACH Bibles” and we’ll get the Bibles bought!

Wherever I turn, I hear believers stepping up to the plate and responding to the call of God to be a voice for justice, and I believe we are at the brink of seeing the body of Christ mobilized in a whole new way! Our focus for last month, human trafficking, brought a great awareness to many of you in regards to this issue, and we are so blessed to see so many respond with compassion and fire, wanting to no longer stand on the sidelines, but join the fight.

The focus this month is disaster relief, and with that disaster preparedness. We hope the impact this month will be just as great as last month.

For the Kingdom,
Sam

THE LETTER “3”

You might wonder what the “letter” three means in the name R3ACH. Well, partly it comes from believing that our mission is to R3ACH the body, soul and spirit of the people around us, reaching the WHOLE person. The other part comes from what we see as being the WHOLE gospel. In Luke 4:18-19 as Jesus give his mission statement, there are 3 parts to it: Salvation, Compassion and Justice. So, through R3ACH, we seek to reach the WHOLE person with the WHOLE gospel. Hence, the letter “3” :)

For a deeper insight into the WHOLE gospel, listen to Sam’s message at <http://tinyurl.com/whole-gospel> or a shorter video at <http://tinyurl.com/r3ach-video1>

GETTING INVOLVED

Some of the ways you can get involved!

- Get involved by serving through the various opportunities we have right here at Fathers House.
- Stay in touch via Facebook: (facebook.com/r3ach.usa) and/or sign up for the newsletter on our website (R3ACH.org) to stay in touch with the ministry
- Support R3ACH through prayer and giving.
- Start supporting local, national and international ministries through prayer and giving of your time and resources. (See our resource flyer for more info.)

CALENDAR

April 24th, R3ACH PDX

Hot Chocolate/Sandwich Homeless Outreach. Meet at FHC 12:30pm for sandwich-making. We will leave at 1:45pm and return around 6pm

FUTURE EVENTS:

AUGUST: - VITALIZE '11 Los Angeles Dream Center Mission
SPRING 2012 – Uganda Mission Trip

R3ACH is the missions/outreach ministry of Fathers House Church, Longview, WA
To find out how you can be part of what is going on, visit us on the web at
www.fathershousechurch.com , www.R3ACH.org or www.facebook.com/r3ach.usa

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DISASTER RELIEF

*“Defend the poor and fatherless;
Do justice to the afflicted and needy.”
- Psalm 82:3*

We live in tumultuous times where it sometimes feels like, wherever we turn, there are new reports of tsunamis, flooding, earthquakes, volcanic eruptions and other disasters. It truly feels like the earth is groaning...

Sensational pictures are being broadcast across the media and the plight of people around us is more real than ever. Most recently, we have seen the forces of nature wreck havoc in Japan, with tens of thousand dead and missing, and the nuclear dangers there still unraveling. Last year, over three hundred thousands died in Haiti directly or indirectly because of the earthquake. Not too long ago, we faced our own share of suffering as hurricane Katrina and Rita devastated the southern area of the US.

Being part of a fallen world, these things will happen, but how do we as believers respond? Sometimes the needs are so overwhelming that we'd rather put our heads in the sand. Well, that is a luxury we cannot afford...

We are charged in Psalms to “*defend the poor and fatherless, to do justice to the afflicted and needy*”... The ball is in our court. What will we do in the face of chaos? In the aftermath of Katrina, a number of churches in Longview/Kelso sent a team of over 100 volunteers to help clean up, and how beautiful it was to see the church standing as one in the face of dire needs. Looking back at that disaster, the people affected said about the wider church that “the church was the first to respond, and the last to leave...” Isn't that a beautiful illustration of love in action?

As we are faced with the aftermath of the tsunami in Japan, what will you do to do justice to the affected and needy? Don't get numb, let it affect you deeply! Pray for the victims, consider donating money and time volunteering through the organizations listed to the right... Whatever you do, don't bury your head in the sand.

DISASTER PREPAREDNESS

The quake that hit Japan was 10²⁰ (100 Billion Billions) times greater than the one in Haiti, yet we have seen nowhere the toll in human lives in Japan versus Haiti. One of the main reasons is that Japan is one of the nations best prepared for natural disasters.

A friend used to say the following saying “Proper prior preparation prevents poor performance.” And in regards to natural disasters, being prepared can be the difference between life and death.

Katrina became a wake-up call as to how normal life can change over night (literally). Many of you will recall the eruption of Mt St Helens and its aftermath, but although the impact was severe, the damage could have been far worse. However, in the time of calm, we get lulled into a false security, and we forget to prepare.

So, the flip side of disaster relief is disaster preparedness. Being prepared can put you in a situation where you can be of help instead of needing help. It might seem like a huge undertaking, but there are some simple steps we all can take that will put us all in a better spot when disaster strikes.

We live in earthquake country and it is time for us to be ready! The Red Cross says: “**Get a kit, make a plan and be informed**”. Don't procrastinate – the time to prepare is NOW!

DISASTER RELIEF RESOURCES

Red Cross - www.redcross.org
World Vision – www.worldvision.org
World Relief – www.worldrelief.org
Salvation Army – www.salvationarmy.org
Samaritan's Purse - www.samaritanpurse.org

DISASTER PREP RESOURCES

Ready.gov – www.ready.gov
Red Cross - www.redcross.org
Emergency Essentials – www.beprepared.com
Cowlitz DEM: <http://www.co.cowlitz.wa.us/dem/>
Earthquake Readiness: <http://tinyurl.com/quake-info>
Make a plan - <http://tinyurl.com/plan-kit-inform>
HomeschoolOasis - <http://tinyurl.com/oasis-prep>

R3ACH is the missions/outreach ministry of Fathers House Church, Longview, WA
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LONGVIEW-KELSO & THE WORLD FOR CHRIST

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil, books, games, puzzles or other activities for children

Be Red Cross Ready

Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference ...

Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

Get a kit



At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

Make a plan



- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- Choose two places to meet:
 - Right outside your home in case of a sudden emergency, such as a fire
 - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Be informed



Learn what disasters or emergencies may occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCard.pdf>.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Web site available through RedCross.org. This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Earthquake Safety Checklist

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

Are you at increased risk from earthquakes?

- Contact your local emergency management office, local American Red Cross chapter, state geological survey or department of natural resources.
- Mobile homes and homes not attached to their foundations are at particular risk during an earthquake.
- Buildings with foundations resting on landfill and other unstable soils are at increased risk of damage.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

How can I prepare?



- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.

What should I do during an earthquake?



If you are inside when the shaking starts ...

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

If you are outside when the shaking starts ...

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

What do I do after an earthquake?



- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.

Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.