Mass Schedule
Saturday 4:30 pm Vigil Mass
Sunday in English 8:00 am, 9:15 am, 11:00 am, & 5:00 pm
Sunday en Español 12:15 pm
Coffee & Donuts following 9:15 Mass • Pan Dulce following 12:15 Mass

Children’s Liturgy of the Word
Celebrated at 9:15 am Family Mass
welcoming all children age Kindergarten to Third grade
no registration required

Holy Day
8:30 am • 6:00 pm

Daily Mass and Devotions
Monday through Saturday, 8:30 am in the Chapel
Rosary in English daily after 8:30 am Mass
Our Lady of Perpetual Help Tuesday after 8:30 am Mass

The Sacrament of Reconciliation Saturday 3:30 - 4:15 pm • or by appointment

BAPTISM PREPARATION ~ first Wednesday of each month at 7:00 pm
RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) ~ September to May, please call the Rectory for information
MARRIAGE PREPARATION ~ contact Rev. Mario Farana at least eight (8) months prior to your desired ceremony date

PARISH RECTORY and OFFICES
221 Valley Street, San Francisco CA 94131
telephone 415.648.7538 www.stpaulsfs.org

LITURGICAL SCHEDULE & BULLETIN EDITOR Joan Strachan
RCIA PROGRAM Terri Brady and Deacon Bill McLoughlin
PARISH OFFICE Jamie Tracy, Jill Alcantar, and Annette Schubert

MUSIC MINISTRY, Joseph Duggan, Director
Saturday Vigil ~ Joseph Duggan, David Simi
Sunday ~ Diane Costa and Joseph Duggan

LITTLEST ANGEL PREPARATORY PRESCHOOL
follow the yellow-brick road
Mrs. Peg Lazzarini-Kayser, Director
415.824.5437 -or- littlestangelpreschool@gmail.com
www.littlestangelpreschool.com

Rev. Mario P. Farana, Pastor
Rev. Shouraih Pudota, Ministerio en Español
Deacon Bill McLoughlin
Rev. Joseph Bradley, In Residence

RELIGIOUS EDUCATION
Dorothy Vigna, Director
School of Religion, CCD
Saturdays 9:30 am - 11:00 am, September through May
Confirmation Preparation for Teenagers
Tuesdays 7:00 pm, September through May

ST. PAUL’S ELEMENTARY SCHOOL
Kindergarten through Eighth-Grade
Mrs. Katie Kiss, Principal
415.648.2055 -or- kkiss@stpaulsfs.net
www.stpaulsfs.org

serving Noe Valley for over 140 years
St. Paul’s: yesterday, today, and tomorrow
ASKING FOR HELP

The Beatitudes praise the poor in spirit. One characteristic of those who are poor in spirit is their ability to ask for help; they know when others can provide what they lack. Today's readings encourage us to practice poverty in spirit by asking God for what we need. What could be more natural than to ask God for good things? God is, after all, the inventor of goodness and the giver of all good things.

Asking God for help puts us in conversation with God. These conversations take many forms. The reading from Genesis shows Abraham bantering with God like a skilled negotiator, while Saint Paul's letter to the Colossians praises God for answering us even when we don't deserve it. In Saint Luke's Gospel, Jesus not only gives us words to use in our conversations with God (the Our Father), but also promises that God always listens to our prayers.

TREASURES FROM OUR TRADITION

The pilgrim experience of going by foot to Santiago de Compostella, the shrine of St. James, reached its high point this week at the feast of the Apostle, with tens of thousands of pilgrims on the road. Typically, they cover twelve to twenty miles a day through rough territory. The difficult journey and the often primitive lodging facilities are made bearable by the joy of the pilgrims, their songs and prayers. When their journey is documented properly, they receive the scallop shell, a reminder not only of James the fisherman, but also his call to fish for human beings and to baptize the nations. In the Middle Ages, those who wore this badge on their hats were granted lodging and hospitality wherever they went. Next to the palm, the sign of a Jerusalem pilgrim, the scallop shell was most highly prized.

In the Middle Ages, some people so enjoyed the pilgrim road, although it was filled with discomfort and danger, that they spent most of their lives on the road. Today, some people take up the route for exercise, but are drawn gradually into the spirituality of the journey. As you make your summer travels, always fold in an element of pilgrimage: a long walk through beautiful countryside, a visit to a church, a prayer of gratitude for your journey through life's hills and valleys.

READINGS FOR THE WEEK

Monday: Ex 32:15-24, 30-34; Ps 106:19-23 or Ps 34:2-11; Jn 11:19-27 or Lk 10:38-42
Tuesday: Ex 33:7-11, 34:5b-9, 28; Ps 103:6-11; Mt 13:36-43
Wednesday: Ex 34:29-35; Ps 99:5-7, 9; Mt 13:44-46
Thursday: Ex 40:16-21, 34-38; Ps 84:3-6a, 8, 11; Mt 13:47-53
Friday: Lv 23:1, 4-11, 15-16, 27, 34b-37; Ps 81:3-6, 10-11ab; Mt 13:54-58
Saturday: Lv 25:1, 8-17; Ps 67:2-3, 5, 7-8; Mt 14:1-12
Sunday: Eccl 1:2; 2:21-23; Ps 90:3-6, 12-14, 17; Col 3:1-5, 9-11; Lk 12:13-21
Calendar of the Week
Monday: July 29th.
Tuesday: July 30th.
Wednesday: July 31st.
Thursday: Aug. 1st.
Friday: Aug. 2nd.
Saturday: Aug. 3rd.
Sunday: Aug. 4th.

Donuts and Coffee following the 9:15am Mass

ST. PAUL'S THANKSGIVING RESPONSE TO GOD THIS PAST WEEK
Weekly Collection July 21, 2019 $ 3,777.78
E-Contributions for June 2019 $ 6,450.00
2019 Annual Appeal Goal $ 82,090.60
Collected as of July 21, 2019 $ 33,185.00
Remaining Balance on the Annual Appeal $ 48,906.00

SECOND COLLECTION
Next Weekend Aug 3rd/4th, there will be a Second Collection for the Preservation Fund. This collection helps in Preserving our beautiful Church. As always, your generosity, prayers and support are always appreciated.

BROWN BAG LUNCHES
St Paul's Community Outreach Program will be collecting Brown Bag Lunches after all the Masses the Weekend of Aug 3rd/4th. Your generosity and support are always appreciated!

Give your marriage the “best vacation break” with a Worldwide Marriage Encounter Weekend
Want something more lasting than a weekend vacation in the Mountains?
Join us for an unforgettable “break” for your marriage!

Marriage Encounter Weekends
Aug 9-11, 2019 in San Francisco, CA; or Nov 8-10, 2019 in Menlo Park, CA

For more information and/or to register visit our website sanjosewme.org or contact Ken & Claranne at applications@sanjosewme.org or 408-782-1413

Please pray for those in our book of the sick and especially for the following: Hannah Nakagome, and Iulai Taale

For those who have died: Helen Vranizan, Danny Carlin, Clare Curran

Mass Intentions for the Week
Saturday 4:30 pm
Margaret & Jack Kotlanger (D)
Sunday 8:00 am
Amulio & Paolina Petrini (D)
Rev. Michael Kotlanger (D)
Sunday 9:15 am
Linda Lyons (D)
Sunday 11 am
Josephine Barberini (D)
Sunday 12:15 pm (Spanish)
The People of St. Paul's (L&D)
Sunday 5:00 pm
The People of St. Paul's (L&D)

Monday 8:30 am
Benny Eder (L)
Tuesday 8:30 am
Ann Willis (D)
Wednesday 8:30 am
Hank Hansel (D)
Thursday 8:30 am
The People of St. Paul's (L&D)
Friday 8:30 am
Mary Nora Clark (D)
Saturday 8:30 am
The People of St. Paul's (L&D)

Saturday 4:30 pm
Josephine & Jack Shea(D)
Rev. Michael Kotlanger (D)
Kenneth Driscoll (D)
Sunday 8:00 am
Margaret & Jack Kotlanger (D)
Sunday 9:15 am
The People of St. Paul's (L&D)
Sunday 11 am
Linda Lyons (D)
Sunday 12:15 pm (Spanish)
Balbina Espino (D)
Sunday 5:00 pm
The People of St. Paul's (L&D)

Breaking Bread Books are at the entrances to the Church. They are no longer in the pews. Please pick one up on your way into Mass and return it to the shelves when Mass is over. Thank you
28 de julio 17° Domingo del Tiempo Ordinario

PIDIENDO AYUDA
Las beatitudes alaban al pobre de espíritu. Una de las características de quienes son pobres de espíritu es su habilidad para pedir ayuda; ellos saben cuando otros pueden proveerles lo que les hace falta. Las lecturas de hoy nos animan a practicar la pobreza de espíritu pidiéndole a Dios aquello que necesitamos. ¿Qué podría ser más natural pedir a Dios que buenas cosas? Dios es, después de todo, el hacedor de la bondad y el dador de buenas cosas.

Pidiendo ayuda a Dios nos pone en una conversación con Dios. Esta conversación o conversaciones pueden ser de muchas formas. La lectura del libro del Génesis muestra a Abraham negociando con Dios de una manera graciosa, pero como un hábil negociador por otro lado la carta de san Pablo a los colosenses alaba a Dios respondiéndonos aún cuando no lo merecemos. En el Evangelio de san Lucas, Jesús no solo nos da las palabras y frases para usar en nuestras conversaciones con Dios (el Padre Nuestro), sino también promete que Dios siempre escuchará nuestras oraciones.

LECTURAS DE LA SEMANA
Martes: Ex 33:7-11; 34:5b-9, 28; Sal 103 (102):6-11; Mt 13:36-43
Miércoles: Ex 34:29-35; Sal 99 (98):5-7, 9; Mt 13:44-46
Jueves: Ex 40:16-21, 34-38; Sal 84 (83):3-6a, 8, 11; Mt 13:47-53
Viernes: Lv 23:1, 4-11, 15-16, 27, 34b-37; Sal 81 (80):3-6, 10-11ab; Mt 13:54-58
Sábado: Lv 25:1, 8-17; Sal 67 (66):2-3, 5, 7-8; Mt 14:1-12
Domingo: Ecl 1:2; 2:21-23; Sal 90 (89):3-6, 12-14, 17; Col 3:1-5, 9-11; Lc 12:13-21

TRADICIONES DE NUESTRA FE
Por siglos, Latinoamérica ha desarrollado una larga tradición religiosa con mitología espléndida. La palabra "religión" del verbo latín religere significa "atar" o "enlazar". Su función es unir seres humanos, los unos con los otros, con lazos de caridad y justicia. Una vez enlazados en comunidad, la religión los une al poder divino que rige el universo.

Entre las culturas andinas se encuentran mitos religiosos que muestran la importancia de este enlazamiento. Según la mitología inca el universo está compuesto por tres mundos: el cielo (Janan pacha), la tierra (Cay pacha) y el bajo tierra (Ucu pacha). Estos tres mundos están unidos por dos grandes serpientes, Yacú-mama (ríos) y Sacha-mama (árboles), símbolos de la fecundidad.

Muchos piensan que los mitos son leyendas cuya función es el entretenimiento. En realidad los mitos no son fábulas, son historias que explican la verdad profunda del universo. Nos muestran como unimos y enlazamos para vivir una vida fecunda. En esta época de secularización, los cristianos no podemos olvidar ni la religión ni la mitología si queremos dar fruto como Jesús nos lo pide.

28 de julio de 2019 | Decimoseptimo Domingo del Tiempo Ordinario

Padre, sanctificado sea tu nombre, venga tu Reino.
BOLETIN DE LA PARROQUIA DE SAN PABLO, JULIO 28 DE 2019

Gracias a ud. Y atodos los que de corazón donaron o trataron de donar Sangre en la donación del 30 de Junio de 2019, Andres Alcantar, Jill Alcantar, Jenaro Castillo, Khtleen DeSilva, Leandro DeOliveira, Rosemary Diaz, Pan Graham, , Damiel Guinaso, James Arargon, Joe Hainen, Maria Jimenez, Maria Elena LaSaint, Peggy Leahy, Jaqueline Lytle, Elizabeth Macleod, Mace Manlok, Niza Monroy, Michele Paule, Patricia Recio, Dan Shea, Elizabeth Uy Smith, and Jonathan Wethmore. La necesidad siempre esta presente. NUESTRA PROXIMA DONACION DE SANGRE ES NOVIEMBRE 10 DE 2019,

ST. PAUL CATHOLIC CHURCH – PRESENTS – LITTLEST ANGEL PREPARATORY
Escuela Preparatoria para niños de 3 años de edad, Pre kinder 4 y 5 años de edad esta aceptando aplicaciones para el ano escolar 2020/ 2021 las clases comienzan en Agosto de 2020 littlestangelspreschool.com teléfono 415- 824-5437 221 Valley st.Suit X San Fco.Ca

ST. PAUL CATHOLIC CHURCH- PRESENTS - ESCUELA PREPARATORIA LEARNING CENTER para niños pequeños abierto cada Lunes de 10: 00 a 11:00 a.m. padres o personas que cuidan de los niños es un requisito que estén con ellos. El centro les ofrece a los padres y a los niños diferentes actividades. Nos gustaría disfrutar su compañía cualquiera Lunes, sesiones son gratis se aceptan donaciones pero no es obligatorio.

--------------------------------------------------------------------

SACRAMENTO DEL BAUTISMO: Bautismos y clases son realizados por citas solamente. Las clases son el primer Miércoles del mes a las 7:00 p.m. en la Rectoría, los Bautizos a la 1:30 p.m. en la Parroquia.

R.C.I.A. Rito Católico Cristiano de Iniciación para Adultos, es un proceso por el cual adultos se preparan para recibir el Bautismo, Eucaristía y Confirmación. Comienza en Septiembre y termina en Mayo. Para información llamar a Terri Brady o Diacono Bill McLoughlin a la Rectoría.

SACRAMENTO DEL MATRIMONIO: Arreglos deben hacerse con el Sacerdote o Diacono al menos con seis meses de anticipación, para mayor información llamar a la Rectoría 415-648-7538.

SACRAMENTO DE CONFIRMACION: Para estudiantes de Escuela Secundaria que no hayan recibido el Sacramento de Confirmacion, es un largo programa de un ano, clases comienzan a fines de Septiembre y concluyen a finales de Mayo del siguiente ano con la confirmación en Junio. Para mayor información llamar a Dorothy Vigna a la rectoría 415-648-7538.
Club Latino de la Parroquia de San Pablo
Les invita a la Celebración
El Divino Salvador Del Mundo

Patrono De El Salvador

Santa Misa: Domingo 4 de Agosto 2019
Procesión: Alrededor de la Parroquia
Recepción: Salón de la Parroquia

Mass: Sunday, August 4, 2019
Procession: Around the Church
Reception: Parish Center
St. Paul's: Yesterday, Today, and Tomorrow
Stained Glass Window Restoration Project
reflecting God's love for us, and our love of God

We thank these individuals, families, and organizations

Sponsorships & Commitments from

JEREMIAH partially sponsored by Jann & James Phillips
DANIEL commitment for partial sponsorship from Nancy & Dan Shea
MARY IN THE CENTER commitment from The Lazzarini Family
BLUE ROUND CENTER commitment from Lupe Matua and The Tumanuwea Family
ST. LUKE sponsored by Margaret Brady
ST. CECILIA ROSE sponsored by John & Eloise Helms
CROWN & CROSS IN THE CENTER sponsored by Lloyd & Marilyn Highlander-Pool
ST. PETER RECEIVING THE KEYS TO THE KINGDOM sponsored by St. Paul's Little Angel Preparatory Preschool
THE ANNUNCIATION OF MARY sponsored by The Men of St. Paul and St. Paul's Preservation Fund
THE DEATH OF ST. JOSEPH sponsored by The O'Reourke Family
ST. MICHAEL sponsored by Annette Schubert
THE CORONATION OF MARY sponsored by St. Paul High School Alumnae & Benefactors
CHRIST IN THE CENTER sponsored by a grant from The Victorian Alliance of San Francisco

ST. JOHN sponsored by donations received in memory of Margaret Anne Kerns from the following individuals:

Katherine Atkinson
William Bencze & Jacqueline Ching
Margaret Brady
Raymond & Connie Buckley
Blanca Caserza
Meimei & Edward Chang
Roy & Diane Chiappari
Mary N. Clark
Monica Colondres
Theodore & Kim Cordano
Rosauro & Aurea Cruz
Lydia & Ricardo Cruz
Samuel Darby III
Eleanor Demartini
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Betty Dy
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Regina Gonella
Catalina & Constancio Gonzales
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Kevin & Susan Hanley
Monica Hernandez
The Ladies Auxiliary of the Ancient Order of Hibernians
Lloyd & Marilyn Highlander-Pool
William & Carol Holland
Tom & Cecilia Hurley
Teresa Lai
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Madeleine Lucavoli
Jeanette Luna
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PA & RL Sanders
Norma & Romeo Sarmiento
Nan & Frank Scarpino
Thomas Scarpino
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Mary Searles
Christine Sigiege
Nancy Singleton
Thomas & Mary Sullivan
Norene J. Thurman
Ruth Tortorelli
Julia Trepanier
Margaret Venturini
Rodney & Jane Wair
Douglas Wong

Donations to our stained-glass project received from

Diane Costa
Sean Hogan
Deacon Bill & Chris McLoughlin
Alexander Mitchell
The Morales Family
Rev. Vincent Ring
Lou Segale
St. Paul's Club Latino

Donation in memory of Josephine Rivero received from The Ladies Auxiliary of the Ancient Order of Hibernians
Donation in memory of Kay Libby from The Libby Family

Donations, sponsorships, and commitments received through July 14, 2019
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<td></td>
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<td></td>
<td></td>
<td><strong>1</strong> St. Alphonsus Liguori loved the Eucharist. In his honor, visit Jesus in the Blessed Sacrament.</td>
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<td><strong>2</strong> Treat someone to a special lunch and serve his or her favorite food.</td>
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<td><strong>3</strong> Pick a Beatitude and live it all day (Matthew 5:3-11).</td>
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<td><strong>4</strong></td>
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<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong> In honor of St. Dominic, pray a family Rosary together.</td>
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<tr>
<td>In honor of St. John Vianney, send a priest a thank you card.</td>
<td>Blow bubbles! Bend metal hangers into hoops. In a bucket, mix water and dish soap.</td>
<td><em>The Transfiguration</em> Ask everyone to name a way God’s love changed life for the better.</td>
<td>Design a suncatcher. Decorate a piece of tracing paper with colored markers and hang in a window.</td>
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<td><strong>9</strong></td>
<td><strong>10</strong></td>
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<td><strong>12</strong></td>
<td><strong>13</strong> Practice patience.</td>
<td><strong>14</strong> At dinner, play ‘Guess who?’ Think of a favorite saint and give clues to see if others can guess who it is.</td>
<td><strong>15</strong> Celebrate Mary’s Assumption by attending Mass. Go out for a treat afterwards.</td>
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<td><strong>16</strong></td>
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<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong> Practice listening. Show love by giving others your full attention—not even to check your phone.</td>
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<td><strong>20</strong> Create a family dinner together by putting each person in charge of a different part of the meal.</td>
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<td><strong>21</strong></td>
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<td><strong>22</strong></td>
<td><strong>23</strong> Family Fun Night! Learn a new board/card game together.</td>
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<td><strong>24</strong> Cool off by washing the car together.</td>
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<td>Catch fireflies in a jar and release them before you go to bed.</td>
<td>In honor of our Blessed Mother, pray the “Hail, Holy Queen” prayer together.</td>
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<td><strong>28</strong></td>
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<td><strong>29</strong> Choose (or make up) a short family prayer to say together every day this school year.</td>
<td><strong>30</strong> Make a list of your favorite summer memories and share it with your family at dinner.</td>
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<tr>
<td>Attend Mass as a family and pray for the souls in Purgatory.</td>
<td>Discuss what you would say to Jesus if he came to your house.</td>
<td>Say a prayer for anyone going through a difficult time today.</td>
<td>In honor of St. Augustine, start a good habit and practice it all day.</td>
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</table>
Be Prepared

1. **Know where your emergency kit is:** You should include items such as water, non-perishable food, medicine, and a flashlight.

2. **Make a plan with family, friends, or neighbors to check on you:** In the event of an emergency, ask a friend to knock on your door if they have not heard from you.

3. **Receive notifications:** If you have a mobile phone signup for AlertSF to receive information via text
   - To sign up text “sign up” to 888-777 or visit: [www.alertsf.org](http://www.alertsf.org)

4. **Be informed:** Tune into current information
   - Radio: 740 AM or 810 AM
   - TV: local news station
   - Internet: [www.sf72.org](http://www.sf72.org)

For information on how to get prepared visit:
[www.sf72.org](http://www.sf72.org)

or
Emergency Preparedness Tips for San Francisco Residents

Given a major earthquake or serious disaster:

- **Electricity may be lost.** Lighting, cooking, and other electrical appliances (including medical or personal devices that are dependent on electricity) will not operate.
- **Telephone service may be interrupted** due to an overload on local circuits (see item #5 – “Out-of-Area Contact Person”).
- **There will be serious problems with transportation.** Roads may be closed or blocked; transit, taxi, and paratransit service will be disrupted.
- **Don’t expect immediate help from fire, police, and medical personnel** for at least 72 hours; they will be busy with the most crucial situations.
- **You will be left to rely on your own resources** with the help of neighbors, friends, and family during the first 72 hours after a major earthquake.
- **Your residence is the best place to stay** if it is not too badly damaged to be safe.

Some important planning tips:

1. **Setup a Personal Support Network** – If you live alone and require assistance to live independently, designate someone to check on you in an emergency. This person will make sure that you are okay and will help you to evacuate if necessary, or shelter safely in-place.

2. **Assemble some basic Emergency Supplies** – The most important supplies include:
   a. **Flashlight** (electricity may be out; put the flashlight near your bed)
   b. **Battery Operated Radio** (to listen for information about the disaster)
   c. **Bottled water to last for 3 days** (tap water can be contaminated or unavailable)
   d. **Nonperishable, ready to eat food for 3 days** (dried fruit, canned tuna, stew, beans, canned fruit juices, nuts, crackers, etc.). **Manual can opener** (to open canned food)
   e. **Whistle** (to attract attention)
   f. **Extra Batteries** (for flashlight, radio, hearing aide, or other personal devices)
   g. **First Aid Supplies** (gauze, bandages, scissors, tape, disinfectants, antiseptics, aspirin)

*Other important things you may need to include:*

h. **Copies of important documents** (personal identification cards, Social Security Number, medical prescriptions – see also item #6)

i. **Extra eyeglasses, hearing aids, or mobility aids** (original equipment may be lost or damaged)

j. **Emergency Health Information Sheet** – record all of the personal and medical information that you might need in an emergency on this form
3. Try to always maintain a 3-day supply of any prescription medication. It will take a few days for pharmacies and other neighborhood services to get back to a normal business schedule following a disaster where there has been a lot of widespread damage.

4. **Personal Care Assistance** – If you receive assistance from a home health care agency or an in-home support provider, find out how the provider will respond in an emergency. Are there backup or alternative providers that you can contact in an emergency?

5. **Have an “out-of-area” contact and call to advise of your status.** Following a disaster, out of area calls are easier to complete versus local calls. Use this out-of-area contact to relay messages between you and the people who care about you including family members, friends, your personal care assistant, caseworker, or anyone else who may need to want to reach you. Let everyone know who this contact will be.

6. **Prepare an emergency go kit** that you could grab and take with you if there is a need to evacuate your room. Along with a change of clothes, include necessary medications, basic toiletries, any special sanitary aids, and copies of important documents such as your identification and the Emergency Health Information Sheet. For more information contact the Bay Area Red Cross as (415) 427-8000.

**Making your room safe in a disaster:**

- **Eliminate hazards in your room.** Securely anchor appliances, bookcases, hanging plants, etc. Move mirrors and heavy pictures away from your bed or any place where you sit or sleep. Place heavy objects on low shelves.
- **Evacuation routes.** Clear hallways and exits for easy evacuation.

**Tips during and after an earthquake:**

- **Move to the side of your room,** and if you can, drop to the floor against an interior wall. Protect your head and neck with your arms. You want to avoid standing near objects that could fall on you. Do not go outside until the shaking stops.
- **If you are in a wheelchair, stay in it and go into a doorway** that doesn’t have a door, or against an interior wall. Cover your head and neck with your hands.
- **If you are in bed, hold on and stay there,** protecting your head with a pillow. Be aware that when you get out of bed, there may be broken glass on the floor.
- **Be prepared for aftershocks.** Turn on your portable radio for instructions.

**Tips for people with disabilities:**

1. **For Persons Using a Wheelchair:** Discuss lifting or carrying techniques necessary to get down stairs. There may be instances where persons using a wheelchair will need to leave their chairs behind in order to evacuate safely.

2. **For Persons who are Blind or Visually Impaired:** Put an extra collapsible cane by the bed. Attach a whistle to the cane to use to attract attention. After an earthquake, items may fall and block paths that are normally unobstructed.

3. **For Persons who are Deaf or Hearing Impaired:** Consider storing hearing aids in a container attached to your night stand or bed post, so you can quickly locate them after a disaster. Keep an extra hearing aid and batteries with emergency supplies.