

**CHAPTER IV: HOW CAN WE HELP  
PRAYING, VOLUNTEERING, AND DONATING GOODS AND MONEY**

**Praying** ----- IV - 1

**Defining Spiritual Support Activities** ----- IV - 1

    Before ----- IV - 1

    During ----- IV - 1

    After ----- IV - 1

**Healing After a Tragedy** ----- IV - 2

**Volunteering** ----- IV - 3

**Activating Volunteers** ----- IV - 3

**Tracking and Recognizing Volunteers** ----- IV - 3

**Donating Goods** ----- IV - 4

**“Gifts of the Heart” Kits** ----- IV - 4

**About Clothing Donations** ----- IV - 4

**Food Drives** ----- IV - 5

**Donating Money** ----- IV - 5