

Caregiver Sunday, 2012



Shelter From The Storm:

*Helping Family Caregivers Plan
for Emergency Events*

Thank you, Family Caregivers, for all you do!

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Thank you, Family Caregivers, for all you do!

A Note from the Presbyterian Health Network (PHN)

Disasters may occur in many shapes and sizes—from acts of nature, to outbreaks of disease or acts of human evil. No one is immune, not even caregivers. And no one likes to think about living through a disaster, especially family caregivers whose days are already crammed full with the concerns and responsibilities of day-to-day living.

This packet is not intended as the “be-all, end-all” resource for disaster preparedness. A great abundance of materials are available on this topic. In fact, there is so much information that it may be too time consuming and overwhelming for caregivers to review and select resources that could be helpful! So, in order to provide a starting place for caregivers, families, and faith community leaders to begin the conversation about physical, emotional, and spiritual safety in times of peril, selected tools and resources are offered that may help address the following questions:

- As a family caregiver for my spouse, parent, sibling, child or other loved one, what can I do for the person I care for and care about in case of disaster?
- As a family caregiver, what care do I need in order to be able to respond appropriately in case of a disaster?
- As a community of faith, what are our responsibilities to the caregivers in our congregation in times of disaster? How can we help them be prepared?

*“God is our refuge and strength,
an ever-present help in trouble.”*

Psalms 46: 1



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What Every Pastor, Faith Community Nurse, and Member Needs to Know



"The Caregiving Crisis" Identified as Second Most Important Health and Medical Issue

The National Family Caregivers Association reports that "The Caregiving Crisis" was identified as the second most important health and medical issue of the year at the TEDMED Conference in April 2012. TEDMED is an annual medical technology and healthcare conference that identifies the fifty greatest healthcare challenges facing the United States. A great challenge, says TEDMED, is a health-related problem that is big, complex, intractable, fundamental, and virtually permanent - or at least, likely to persist for decades. More about the National Family Caregivers Association and TEDMED:

www.thefamilycaregiver.org

<http://www.tedmed.com/about-tedmed/what-is-tedmed>

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*“God is our refuge and strength,
an ever-present help in trouble.*



*Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.*

*The LORD Almighty is with us;
the God of Jacob is our fortress.”*

Psalm 46: 1-3, 11 (NIV)

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Especially for Family Caregivers



- *Things to Consider*
- *How Safe Is Your Community?*
- *To Help You Prepare*
- *My Neighborhood Resources*
- *Caring for Yourself*

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Things to Consider

As you begin to plan for possible disaster events, here are some things to think about and discuss with the person you are caring for, your family, and church family. These topics, along with other parts of this packet, would be a good church school, small group, or older adult group study. Remember, what we believe about God affects the life choices we make! Verbalizing our concerns and fears and planning ahead will reduce the stress of daily caregiving as well as caregiving in the midst of a disaster.

- ♥ **What kinds of disasters might I really face?** Jesus said in Matthew 6, “Can any one of you by worrying add a single hour to your life?” Do the “How Safe is Your Community?” assessment so you can let go of a few worries!
- ♥ **How will my family communicate if we are not together when a disaster strikes?** What is my plan if telephone/cell phone service is disrupted?
- ♥ **Where will we meet if we are separated during a disaster?** Discuss a neighborhood location and a more distant meeting place if a disaster impacts you and the person you are caring for.
- ♥ **Am I willing to evacuate when necessary?** What might keep me from leaving my home?
- ♥ **How comfortable and safe do I want to be?**
- ♥ **What helpful resources are located in my own neighborhood?** Fill out “My Neighborhood Resources” and put it on your refrigerator.
- ♥ **Do I feel I can handle a disaster situation myself?**
- ♥ **Do I have family, friends, or neighbors who will help me?**
- ♥ **Can I rely on my church family to support and help me?**
- ♥ **Am I willing to ask for help?**

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How Safe Is Your Community? Disaster Risk Assessment

How would you rate the probability of the following events occurring in your community within the next 10 years? Rate them in terms of the following five-point scale by circling the appropriate number:

1—Not Probable 2—Low Probability 3—Moderate Probability 4—High Probability 5—Nearly Certain

Avalanche	1	2	3	4	5
Blizzard or Massive Snowstorm	1	2	3	4	5
Chemical Contamination or Spill	1	2	3	4	5
Dam Break	1	2	3	4	5
Drought	1	2	3	4	5
Earthquake	1	2	3	4	5
Electric Power Blackout	1	2	3	4	5
Epidemic	1	2	3	4	5
Extreme Cold	1	2	3	4	5
Flash Flood	1	2	3	4	5
Forest/Brush/Wild Fire	1	2	3	4	5
Hurricane	1	2	3	4	5
Ice Storm	1	2	3	4	5
Major Frost and Freeze	1	2	3	4	5
Major Gas Main Break	1	2	3	4	5
Meteorite Fall	1	2	3	4	5
Mine Disaster	1	2	3	4	5
Mudslide/Landslide	1	2	3	4	5
Oil Spill	1	2	3	4	5
Pipeline Explosion	1	2	3	4	5
Plane Crash	1	2	3	4	5
Radiation Fallout	1	2	3	4	5
River Flood	1	2	3	4	5
Sand/Dust Storm	1	2	3	4	5
Severe Fog Episode	1	2	3	4	5
Ship Disaster in Harbor/Nearby Coast	1	2	3	4	5
Smog Episode	1	2	3	4	5
Sudden Waste Disposal Problem	1	2	3	4	5
Tornado	1	2	3	4	5
Toxic Landfill	1	2	3	4	5
Train Derailment	1	2	3	4	5
Tsunami or Tidal Wave	1	2	3	4	5

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Volcanic Eruption or Fallout	1	2	3	4	5
Water Pollution	1	2	3	4	5
Water Shortage	1	2	3	4	5

From: <http://cwserp.fatcow.com/cwserp/PreparetoCare2009comp.pdf>

Prepare to Care: Basic Disaster Ministry for Your Congregation, Page 19
Church World Service, Emergency Response Program
475 Riverside Drive (Suite 700)
New York, NY 10115

Telephone: (212) 870-3151 Fax: (212) 870-2236

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My Neighborhood Resources

It is important to know the available resources right in your own neighborhood—not just in the event of a disaster, but also for the daily challenges you face as a caregiver. Fill out this information sheet and post it on your refrigerator for quick reference.

Nearest Facility	Address	Phone Number
-------------------------	----------------	---------------------

Fire Station

Police Station

Urgent Care Facility

Rescue Squad/Ambulance

Hospital

Pharmacy

Neighbors You Can Call

- 1.
- 2.

**Amateur or Hobby Radio
Operator**

Your Church

Special Needs Shelter**

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Other Helpful Ideas for Caregivers and Neighbors

- Exchange house keys and contact information with at least one neighbor.
- Work with your neighbors to compile the following information for the safety and wellbeing of all:
 - ✓ A list of neighbors with resources that can be shared—tools, pet carriers, wheelchairs, snow removal equipment, generators, pickup trucks, etc.
 - ✓ A list of individuals and pets living in each home.
 - ✓ Where the nearest pay phone is located - there still are some. (Keep a roll of quarters on hand!)

****A Special Needs Shelter** is designed to offer more comprehensive service to individuals living with disabilities. These shelters have a registered nurse on staff and have a limited number of medications available. The shelter coordinates with local aging and health agencies to be able to provide some services through these agencies. If available, a Special Needs Shelter is the best choice for an individual who cannot function independently. Not all communities have a designated Special Needs Shelter. Contact your local Area Agency on Aging or Emergency Management office to get information.

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Caring For Yourself: A Gift To Those You Love

- Keep your immunizations up-to-date.
- Obtain a Medical ID for Caregivers. If you were hurt and could not speak, who would know to help your loved one? If you were wearing a specially designed “I am a family caregiver” bracelet, pendant or dog tag, the answer is EVERYONE. American Medical ID and the National Family Caregivers Association are partnering to promote the use of medical identification jewelry for family caregivers because it provides freedom for caregivers who want confidence that their family member's health will be attended to in the event they are unable to do so.

<http://www.americanmedical-id.com/extras/nfca.php>

- Register for/Search the **Safe and Well Listings** provided by the American Red Cross. Disasters often make it difficult to stay in touch with loved ones. The [Safe and Well website](#) is a central location for people in disaster areas in the United States to register their current status, and for their loved ones to access that information. It helps provide displaced families with relief and comfort during a stressful time. [Safe and Well](#) is available 24 hours a day, 365 days a year and is accessible in both English and Spanish. Check it out at:

<http://www.redcross.org/find-help/contact-family/register-safe-listing>

- Remember, it is important every day, even in the midst of chaos, to take a moment to breathe deeply. Breathe in God's love and comfort for you. Breathe out your love and peace into the world.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” Wayne Mueller

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Practical Ways Your Congregation Can Help



"...a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all...have the potential to turn a life around." Leo Buscaglia

- *Ways You Can Help*
- *Emergency Contact Form*
- *Resources for Caregivers and Congregations*
- *Presbyterian Health Network Team*

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Practical Ways You Can Help Family Caregivers

Reprinted/adapted from: *A Guide for Congregations and Parishes* by permission of the National Family Caregivers Association, Kensington, MD, the nation's leading organization for all family caregivers. 1-800-896-3650; www.thefamilycaregiver.org

- **Be a truly "Caring Congregation."** Survey the caregiving families in your community. Identify the help they need most - transportation, respite, help with insurance or other paperwork, household support, regular meals, guidance on end-of-life issues. Organize a volunteer network to respond to the needs most frequently cited.
- **Establish a family caregiver support network or buddy system.** Introduce caregivers in the congregation to one another. Provide them with the opportunity to support and learn from each other by giving them meeting space within the church or synagogue or by putting together a caregiver phone or email list. Provide a trained leader or a pastoral counselor for the group.
- **Sponsor a healthcare equipment loan program.** Home care equipment can be expensive. Some congregants/parishioners may have canes, wheelchairs, commodes, or other supplies or equipment they no longer need and will be happy to loan or donate to others. Publish a list of available equipment and who to contact in order to get it.
- **Honor your family caregivers** with an event that recognizes their contributions and provides them with the opportunity to have some fun, such as a special dinner or an outing, and be sure to include respite care as part of the event for those who need it.
- **Provide educational programs and/or materials on end-of-life planning.** Death and dying may be natural parts of life, but they are not issues most of us are comfortable talking about. You can help your congregants/parishioners and their families by helping them prepare for the end of life by: providing information on powers of attorney, living wills and other advance directives; developing a list of area professionals (elder care attorneys, geriatric care managers, financial planners) who can help families in time of need; encouraging families to create a living legacy with a scrapbook or video that captures the memories and stories of elders before it is too late.

1.

- **Compile a list of local resources** so that families in caregiving situations will know where to turn for help. The list can include government agencies, local home care agencies, medical equipment suppliers, hospices, assisted living

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communities, nearby senior centers and adult day care facilities, taxi services that have wheelchair accessible vehicles, pharmacies that deliver, and more.

- **Establish an intentional congregational health ministry (parish nurse program) to minister to the needs of your congregation.** As part of the program, recruit volunteers from the congregation to serve as support caregivers who are willing to provide respite for caregivers and a friendly visit to care recipients. Consider organizing all of the suggestions above under the auspices of the health ministry for a truly comprehensive program. To learn more about health ministry:

<http://www.phewacommunity.org/phnhealthnetwork.html>

<http://www.presbyterianmission.org/ministries/phewa/presbyterian-health-network/>

Other Ministries to Support and Celebrate Caregivers

- Contact **Presbyterian Disaster Assistance** for preparation and training for your congregation.

<http://www.presbyterianmission.org/ministries/pda/>

- Have each member of your congregation fill out an **Emergency Contact Information Form**. Keep one copy at the church where only designated people can retrieve it if needed—pastor, parish nurse, deacon/elder/head usher. Give copies to each member to keep with important papers at home and share with family. A sample form is included in this packet.

Get Connected! Learn what other congregations are doing by signing up for the **Presbyterian Health Network's Wellness Connection**, an on-line directory of congregations involved in health-related ministries. The directory helps identify congregations who are striving to live out, sustain, and promote health and wellness within the life of their congregations and communities.

<http://www.presbyterianmission.org/ministries/phewa/pcusa-congregational-health-related-ministry-direct/>

- Provide **Home Visitation** on a regular basis for family caregivers and their loved one by trained congregational volunteers on regular basis. This helps to keep the family connected to the church and helps the pastor and parish nurse know what the needs of the family might be.

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- Create a **RSVP Team, Respond Swiftly to Vulnerable Population Team**, to identify vulnerable members of your congregation and help them fill out **emergency contact information forms** for the church and their closest family members, along with a plan of action for their safety.
- Send a card of **appreciation** or a bouquet of flowers to brighten up a family caregiver's day.
- Help a family caregiver **decorate** their home for the holidays or offer to address envelopes for their holiday cards.
- Offer to **prepare Thanksgiving dinner** for a caregiving family in your congregation so they can just relax and enjoy the holiday.
- **Train family caregivers and others** in your congregation in first aid, fire extinguisher use, and infection control.
- **Invite family caregivers to participate in a prayer chain** for other caregivers in the congregation. This may help them feel more connected to the congregation as many caregivers are not able to attend services due to their responsibilities.

“Each smile a hymn, each kindly deed a prayer.”

John Greenleaf Whittier, 1807-1892

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YOUR EMERGENCY CONTACT INFORMATION

Who should we contact if an emergency occurs for you at the church or in the time of a community emergency? Your emergency contact information will be kept in a confidential file at the church to use should an emergency occur. It is a good idea to carry a copy of your Emergency Contact Information in your purse or wallet. You can post a copy on your refrigerator or other prominent place in your home.

Your Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Birth Date: _____ Blood Type: _____

Emergency Contacts:

Name	Relationship	Phone	Address
1.			
2.			
3.			
4.			

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Presbyterian Health Network

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

The church where your family can be reached on Sunday: _____

Preferred Hospital: _____

Primary Care Physician: _____

Health Insurance Information: _____

Advance Directives Location: _____

Allergies (medications/food/environmental) _____

Health Concerns: _____

Attach Medication and Immunizations Records (for easy update)

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Disaster Planning Resources for Caregivers and Congregations

A Faith Community Preparedness Guide

This comprehensive guide was created by Pat Welsh, RN, MSN, FCN, member of PHEWA's Presbyterian Health Network (PHN) Leadership Team, Faith Community Nurse at Anchorage Presbyterian Church, and Norton Healthcare Office of Church and Health Ministries, Louisville KY. It may be obtained by contacting:

Patricia D. Welsh, R.N., MSN, FCN
Health Ministries Coordinator
Office of Church and Health Ministries
Norton Healthcare
315 E. Broadway, Suite 114
Louisville, Ky 40202
pat.welsh@nortonhealthcare.org
502-629-2702
502-629-2099 Fax

Community Arise: A Disaster Ministry Curriculum

<http://www.communityarise.com/index.htm>

Community Arise is a groundbreaking program that brings major faith community domestic disaster training under a common umbrella curriculum. It is appropriate for a wide range of audiences: potential volunteers; faith-based and secular community groups; disaster response groups (long-term recovery, pre-disaster planning, or immediate post disaster); and denominational and community decision-makers.

Just In Case, Emergency Readiness for Older Adults and Caregivers

http://www.aginginstride.org/emergencyprep/docs/Just_in_Case.pdf

Just in Case is a free, downloadable, 12 page booklet addressing personal emergency readiness needs as a priority for everyone, including older adults and caregivers. It is a great resource to give members of your congregation. From the National Family Caregiver Support Program of the U.S. Department of Health and Human Services Administration on Aging.

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National Caregivers Library—Disaster Planning

<http://www.caregiverslibrary.org/caregiving-ministries/ministry-home/disaster-preparation-for-caregivers-article.aspx>

“Day-to-day coping is challenging enough – dealing with a disaster as well can be devastating for everyone. Planning ahead can make all the difference. The goal as a caregiver is to identify potential challenges and take the steps necessary to guard against, and prepare for disasters, in order to reduce confusion and disruption that can distress and alarm family members requiring caregiving assistance.” Caregivers resources for disaster planning.

National Family Caregivers Association

<http://www.nfcacares.org/>

10400 Connecticut Avenue, Suite 500
Kensington, MD 20895-3944
Toll Free: 1-800-896-3650
Phone: 301-942-6430
Fax: 301-942-2302
General E-mail: info@thefamilycaregiver.org

http://www.nfcacares.org/caregiving_resources/tips_and_tools.cfm has easy to use **tips and how-to guides for family caregivers, faith community nurses, and pastors.**

Prepare to Care: Basic Disaster Ministry for Your Congregation

<http://cwserp.fatcow.com/cwserp/PreparetoCare2009comp.pdf>

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Church World Service, Emergency Response Program
475 Riverside Drive (Suite 700)
New York, NY 10115

Telephone: (212) 870-3151 Fax: (212) 870-2236

Presbyterian Disaster Assistance

<http://www.presbyterianmission.org/ministries/pda/disaster-preparedness-and-training-materials/>

Presbyterian Disaster Assistance, a program of the Compassion, Peace and Justice Ministry of the Presbyterian Mission Agency enables congregations and mission partners of the Presbyterian Church (U.S.A) to witness to the healing love of Christ

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through caring for communities adversely affected by crisis and catastrophic events. They provide training and disaster preparedness for presbyteries and synods.

Shared Care Plan

http://www.improvingchroniccare.org/downloads/3.3_3.4_shared_care_plan.pdf

The Shared Care Plan is a free, easy-to-use Personal Health Record that lets you keep track of vital health information in case of an emergency. It can be completed on paper or electronically for ease of access for sharing vital information with your family, physicians and others.

Special Populations: Emergency and Disaster Preparedness

<http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html#a0>

The U.S. Department of Health and Human Services has a comprehensive list of resources for specific family caregiving situations, including children, people living with diabetes, people who are visually and/or hearing impaired, and pregnant women. Materials in several languages are available at this site.



**“I tell you the truth,
whatever you did for one of the least of these...
you did it for me.” Matthew 25: 40 (NIV)**

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A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

The Presbyterian Health Network (PHN)

<http://www.phewacomunity.org/phnhealthnetwork.html>

<http://www.phewacomunity.org/phnhealthnetwork/congregationalresources.html>

<http://www.presbyterianmission.org/ministries/phewa/presbyterian-health-network/>

PHN is one of ten volunteer grassroots ministry networks of the Presbyterian Health, Education & Welfare Association (PHEWA):

<http://pcusa.org/phewa> and <http://www.phewacomunity.org/>

PHN is the place for faith community nurses/parish nurses, health ministers, congregations, mid-councils, and all Presbyterians concerned with health & wholeness to connect for networking, mutual support, and resource sharing. Annual membership in PHN connects you to the PHEWA Community and shows tangible support for these concerns remaining a vital part of the PC(USA) national church witness.

To become a member of PHN and/or the other networks of PHEWA or to support these ministries financially, visit:

http://www.phewacomunity.org/images/PHEWA_membership_form.pdf and

http://www.phewacomunity.org/images/PHEWA_extra_giving_form.pdf

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Presbyterian Health Network Team

“Sowing Seeds of Wellness in the Presbyterian Church, U.S.A.”



www.phewacommunity.org

www.presbyterianmission.org/ministries/phewa/presbyterian-health-network

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Presbytery of the Peaks

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PRESBYTERIAN HEALTH NETWORK

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Spiritual Care for Family Caregivers and Congregations



According to an Easter Seals study “Caregiving in Rural America,” 78% of rural, 71% of urban, 70% of suburban family caregivers turn to prayer as a means of support.

- *Worship Resources*
- *Prayers & Scriptures for Family Caregivers*

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PRESBYTERIAN HEALTH NETWORK

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Worship Resources

- **Litanies, Prayers, Hymns, and Poems** are available from Presbyterian Disaster Assistance. There is a beautiful **Service of Pastoral Care** for families, couples, or individuals who have lost a home to earthquake, fire, flood, hurricane, tornado, or other disaster.
<http://www.presbyterianmission.org/ministries/pda/materials-worship/>
- **Planning worship in times of disaster including drought, wildfire, and floods.** Ideas and resources can be found on the website of the Evangelical Lutheran Church in America.
<http://www.elca.org/Growing-In-Faith/Worship.aspx>
- ***Light Our Way, A Guide for Spiritual Care in Times of Disaster***
This handbook guides disaster relief workers as they assist victims and as they recover from difficult response efforts, themselves. It covers basic concepts and types of spiritual care, long-term recovery, collaboration with mental and emotional health personnel, self-care for providers, and community resiliency and preparedness training. It offers strategies such as listening to a disaster victim tell their story, providing a religious ritual or vigil, offering food and shelter to relief workers, supplying "spontaneous generosity," and more. Available as a **free** PDF document for viewing and download in English or Spanish.
<http://www.nvoadstore.com/light-our-way.html>
- ***Spiritual Care: Bringing God's Peace To Disaster***
This document from Church World Service explores the nature of spiritual care as bringing God's peace to the chaos that characterizes disasters. It examines how spiritual and emotional care, differ. Download, along with other spiritual care materials, at:
<http://www.cwserp.org/id13.html>
- **November is National Caregivers Month.** Say a prayer during each service, not only for those who are sick, but also for their family caregivers. Family caregivers tend to be invisible and their contributions minimized or ignored.

https://www.thefamilycaregiver.org/national_family_caregiver_month/congregations_and_parishes.cfm

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PRESBYTERIAN HEALTH NETWORK

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Shelter in the Storm, Prayers and Scriptures for Caregivers

Gather appropriate prayers and scripture passages to create a spiritual support gift booklet for family caregivers in your congregation and community. Here are a few ideas to help you get started:



*God is our refuge and strength,
an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.*

*The LORD Almighty is with us;
the God of Jacob is our fortress.*

Psalm 46: 1-3, 11 (NIV)



Jesus said,

*“Come to me, all you who are weary and burdened,
and I will give you rest.*

*Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.”*

Matthew 11: 28-29



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PRESBYTERIAN HEALTH NETWORK

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"...the Lord is faithful, and he will strengthen you and protect you..."

2 Thessalonians 3:3



May today there be peace within.

*May you trust God
that you are exactly
where you are meant to be.*

*May you not forget the infinite possibilities
that are born of faith.*

*May you use those gifts that you have received
and pass on the love that has been given to you.*

*May you be content
knowing you are a child of God.*

*Let this presence settle into your bones,
and allow your soul the freedom to sing, dance, and love.
It is there for each and every one of us.*

A Prayer from St. Therese of the Little Ways



Lord Jesus Christ,

*you are for me medicine when I am sick;
you are my strength when I need help;
you are life itself when I fear death;
you are the way when I long for heaven;
you are light when all is dark;
you are my food when I need nourishment.*

attributed to St. Ambrose of Milan (340–397)

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*God of all the times of our lives,
grant us just one day at a time—*

*Time enough today...
for joyous laughter to follow any tears;
for deep prayer and silence to dance together;
to help someone in need or distress;
to notice the beauty around us and give you praise for it;
to build a solid bridge to forgiveness;
to tear down a stubborn wall of resentment;
to hold loving friends in our arms;
to smile at a weary stranger;
to play with energetic children;
and to sing praises to you with loud adoration.*

*God of all the times of our lives, grant us this—
just one day at a time!*

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*“...blessed is the one who trusts in the LORD,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit.”
Jeremiah 17; 7-8*

Thank you, Family Caregivers, for all you do!



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*“For I am convinced that neither death nor life,
neither angels nor demons,
neither the present nor the future,
nor any powers,
neither height nor depth,
nor anything else in all creation,
will be able to separate us from the love of God
that is in Christ Jesus our Lord.”*

Romans 8: 38-39



*I lie down this night with God,
And God will lie down with me ;*

*I lie down this night with Christ,
And Christ will lie down with me ;*

*I lie down this night with Spirit,
And the Spirit will lie down with me*

*God and Christ and the Spirit
Be lying down with me.*

Found in *Carmina Gadelica*, an anthology of Celtic oral tradition collected by Alexander Carmichael (1832–1912) in the Highlands of Scotland and surrounding islands.



...God has said, “Never will I leave you; never will I forsake you.”
Hebrews 13:5

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