



## I WANT TO HELP BY CALLING MY LAWMAKERS. WHAT SHOULD I SAY?

Our civic engagement, our commitment to our neighbors and the policies impact them, is not limited to one vote every four years. Calling our lawmakers is one way to stay engaged, to hold accountable the people in office who have made a commitment to serve their constituencies. So, this is our engagement in letting them know what people in their district are concerned about and want to see them work on.

## HERE ARE A FEW TIPS THAT WILL MAKE GETTING INVOLVED FOR THE SAKE OF YOUR NEIGHBORS EASIER.

There are lots of times when we are discussing headlines or different policies in the news and women in our community will ask, "what can I do?"

Many times our response includes an encouragement to call our lawmakers. It is much less scary than you imagine, we promise! You are rarely ever speaking to your actual lawmakers. You are typically speaking to Congressional aides (and most often, leaving a message).

## WHERE DO I START?

Visit the websites for the Senate  
([senate.gov/senators/senators-contact.htm](https://senate.gov/senators/senators-contact.htm))  
and House of Representatives  
([house.gov/representatives/find-your-representative](https://house.gov/representatives/find-your-representative)).

Type in your zip code. It will give you contact information for the two Senators for your state and the Congressional Representative for your district.

# WHAT DO I SAY?

## Where you're from:

"Hi, my name is \_\_\_\_\_ and I live in your district." It's important they know they represent you.

## Who you are:

Mention any affinity groups that you are a part of that they might be interested in. ie., are you of the same political party as the representative & voted for them? Are you an evangelical Christian, pastor, public school teacher, or nurse, etc?

## What you care about:

For example, "I'm concerned about continuing the refugee resettlement program."

Or "I'm concerned about Dreamers who need a permanent solution from Congress."

Sometimes you'll have specific language to use around a specific policy (example: "We are asking you to set the refugee ceiling at 95,000) but most times you are just letting them know, "I want you to work on this issue."

# WANT TO LEARN MORE?

Scripture tells us in Luke 6, that out of the abundance of the heart the mouth speaks. You might not feel confident in your ability to advocate for immigrants or refugees just yet, but we're to help you in this part of your journey. Vulnerable families are counting on you to speak up. So when you start to doubt yourself, remember your compassion brought you here, your faith compelled you to engage, and Jesus will give you the peace and wisdom to speak from the heart.

We have more resources to help you use your voice well and the latest advocacy needs listed on our [website](#). Together, we can do this!



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