

In the spirit and inspiration of our blessed sister  
**St. Clare,**  
make a  
**Commitment to Contact Congress**

Do you have 5 minutes a week to add to your prayer time?

Just as St. Clare steadfastly devoted her daily life to prayer within the convent, letting herself be enfolded by Love which enabled her to say "...It is no longer I that live, but Christ that lives in me. I am secure in the Lord. I can look out, now, through the Lord's eyes. I can see the world as he created it, in his mercy, I can see my sisters and brothers with his love...", we too can grow to be enfolded by Love to see the world and our brothers and sisters through Christ's eyes. As part of our prayer, we can add on a simple phone call from within our "convent"/home, to our representatives in Congress interceding on behalf of our God's divine family and creation. Aside from personal visits, **constituent calls is the most effective way of influencing our policy makers who work for us and are happy to hear from us.** With steadfastness, like St. Clare's, our weekly 5 minute extension of prayer can make a difference for Peace and Goodness in this sacred space and time God has invited us to be a part of.



In celebration of St. Clare of Assisi on August 11th, we invite you to [sign on to the St. Clare Pledge and commit to contacting Congress each week.](#)

Start by combing your heart and finding a topic or issue that touches you. What keeps you up at night? Where do you see injustice in your life or in society? Find that passion that will spur you to action. Look on our [website](#) for some current legislation you may wish to promote.

### **To make a Phone Call:**

**Step 1.** To find out who your three members of Congress are (2 senators and 1 representative) on the internet, you can go to: [usa.gov/elected-officials](http://usa.gov/elected-officials) where you can also find their full contact information.

**Step 2.** With that information, call their offices directly, OR call the **U.S. Capitol Switchboard (202) 224-3121** and ask for the senator/representative's office you want to reach.

**Step 3.** When the staff person answers, follow the basic script provided here or write your own.

**Step 4.** If you are calling regarding a Senate Bill or action in the Senate, please REPEAT steps 2 and 3 with your second senator.

Below is a sample suggested script that can be adapted to fit your issue. Please review this carefully BEFORE you call. It will make your call flow easier.

**You:**

***Hello, my name is \_\_\_\_\_, and I'm part of \_\_\_\_\_ (important to identify yourself as Franciscan), from [Hometown]. May I please speak with the staffer who handles [Issue] for [Representative/Senator \_\_\_\_\_]?***

**Receptionist:**

***Sure, his/her name is [Staffer's name]. I'll connect you. **[\*\*TIP: Write down name]**  
In the case that there is no staff member who handles the issue, ask for someone who handles similar issues. If you are sent to voicemail, make necessary changes to your script, and call back at another time to follow up.***

**You:**

***Hello, my name is \_\_\_\_\_, and I'm part of \_\_\_\_\_ (to identify yourself as Franciscan), from [Hometown]. I'm calling today to ask [Representative/Senator \_\_\_\_\_] to support/not support [Issue] because [Reasons it's important to support/not support]. The effects of [Issue] being supported/not supported could be [List of possible, factual effects].***

***I'd appreciate hearing back from [Representative/Senator \_\_\_\_\_] on how he/she plans to act on [Issue]. When do you think you will be able to speak with your boss about this? When am I able to follow up with you?***

Note response and make plans to follow up.

***Thank you for your time and please contact me at [Your phone number] and again, my name is \_\_\_\_\_ if you have any questions about [Issue or what you talked about in your conversation]. Peace and all good.***

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If you prefer, you can adapt the above and send an email to your elected officials. Both calls and emails to our Members of Congress are recorded and deemed valuable communication on all issues.