

Take Action! Contact your members of Congress

1. Prepare in advance

- Make sure you know the name of the bill and bill number you want to discuss (you can find everything at [Congress.gov](https://www.congress.gov)).
- Come up with a few reasons why the issue is important. Here are four guiding questions we recommend using for your conversation:
 - ✓ Why is this issue important to our country?
 - ✓ Why is this issue important to you as a Reform Jew? (share Jewish texts/tradition)
 - ✓ Why is this issue important to you as an individual?
 - ✓ What do you want the member of Congress to do? (for example: cosponsor a bill, vote against a bill)
- Look up the member's history on this issue, which can be found on their website and at [Congress.gov](https://www.congress.gov).
- You can also go to [RAC.org/advocacy](https://www.rac.org/advocacy) to find more information, updates, and Jewish values on a myriad of social justice issues.

2. Call or Email

- Call the Capitol Switchboard (202) 224-3121. After you share your zip code, you will be directed to the appropriate elected officials' offices on Capitol Hill.
- When you reach the office, let the staffer know your zip code and the issue on which you're advocating. We recommend only contacting offices where you are a constituent.
- The person answering the phone may ask if you want a response to your call—saying yes is a good way to keep up with how your elected officials are listening and responding to you.
- If you call outside of business hours, the call will go straight to voicemail. Leaving a voicemail is another great option for making your voice heard.

OR

- You can also visit [RAC.org/alerts](https://www.rac.org/alerts) to contact your members of Congress through our action alerts, with emails to legislators already prepared on the most relevant issues of the moment.
- Or you can email your Representative and Senators using the "Contact Us" forms on their websites.

3. Engage on Social Media

- Most elected officials are active on Facebook and Twitter—and sometimes even Instagram and Snapchat. Be sure to follow along with them to see how they vote on issues that matter to you!
- Let the RAC know about what you're doing by tagging us in your social media posts – we're at @TheRAC on [Twitter](https://twitter.com/TheRAC) and [Facebook](https://www.facebook.com/TheRAC) and @TheRACgram on [Instagram](https://www.instagram.com/TheRACgram). We will do our best to support and amplify your voice!