



# No Kings. No Shutdown. No Surrender.

*"The opposite of hope isn't despair — it's surrender." — Ava DuVernay*

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## Opening Reflections

Dear Friends,

We are standing firm — together — in a week that tests our resolve and reminds us why we do this work. We are focused on three priorities:

- ① Standing firm with Democrats as the shutdown drags on — because healthcare, paychecks, and vital services should never be bargaining chips.
- ② Preparing for the “No Kings” rallies on October 18, a nationwide stand for democracy. Speaker Johnson tried to divide us this week, claiming Democrats “don’t love America.” We know better. *We are America* — the people who vote, volunteer, and defend democracy.
- ③ Getting out the vote in Pennsylvania, Virginia, and California — the places that will decide whether our democracy bends or breaks.

Thank you to everyone for writing postcards! Every handwritten message is a seed of truth in a field of disinformation. Postcards to Swing States has completed signup for NewsBoosting Postcards, which are being sent to Virginia, as well as postcards urging Democrats to vote in Virginia, New Jersey, and Pennsylvania. Over 10,572,500 postcards have been sent to voters in 2025. Join YouTube Live on **Wednesday, October 22, at 8 PM ET / 5 PM PT** for a call celebrating the collective activism of tens of thousands of volunteers who helped send postcards ahead of our final mailing on October 24. [Watch here](#).

💬 A reminder worth sharing: when asked why Trump didn’t win the **Nobel Peace Prize**, the Committee said:

“We do not give the peace prize to people who threaten peace.”

They also emphasized:

“When authoritarians seize power, it is crucial to recognise courageous defenders of freedom who rise and resist. Democracy depends on people who refuse to stay silent, who dare to step forward despite grave risk, and who remind us that freedom must never be taken for granted, but must always be defended – with words, with courage, and with determination.”

This is a message for *you*, the people who Speak Up and Show Up. The **No Kings movement** isn't just a rally; it's a promise that we will **never accept rule by intimidation or lies**. Every postcard, call, and action contributes to defending peace and democracy.

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## Good News & Light

### ***Resistance Is the New Normal***

*Across the country, people and institutions are quietly—and boldly—refusing to comply with authoritarian demands. Non-cooperation is becoming the defining strategy of resistance.*



### **Fred's 160 Mile March for Democracy**

Congratulations to Fred, a member of our community, who completed the **We Are America March**, a 160-mile journey from Philadelphia to Washington, D.C., held from **September 6 to 19, 2025**. This pilgrimage aimed to carry a symbolic copy of the U.S. Constitution to the steps of Congress, reminding elected officials of their oath to defend it against all enemies, both foreign and domestic. The symbolic Constitution, created by children from across the country, was presented to Senator Chris Van Hollen.

Fred completed his long march, walking every mile in the same pair of sandals. He shared:

“Totally exhausted, physically and emotionally, from the long walk. My feet are mostly recovered now, and it feels incredible to have finished the journey!” – Fred

Nearly 200 participants joined along the route, taking part in rallies, teach-ins, and community events. The final day featured a **police escort through D.C.**, cheering cars, and a warm welcome on the **National Mall**, with speeches by **Rep. Jamie Raskin** and **Rep. Al Green**.

 **Watch a video summary by Dan, another marcher:** [YouTube – We Are America March](#)  
 **Official Website:** [We Are America March](#)

### **Communities Resist**

In Portland, Chicago, Indianapolis, and cities nationwide, citizens are mobilizing to defend democratic spaces and civic engagement. Ordinary people are proving that collective action can bend history. The now-viral “Anti-Fascist Frog” in Portland continues to symbolize protest with humor and heart.

### **MIT Rejects Trump's Loyalty Compact**

In a powerful stand for academic freedom, MIT became the first university to reject Trump's “loyalty compact.” President Sally Kornbluth wrote that signing it would “restrict freedom of

expression and our independence as an institution ... the premise of the document is inconsistent with our core belief that scientific funding should be based on scientific merit.”

## WIC Program Receives Emergency Funding

\$300M in unused tariff funds are keeping WIC running for mothers and children during the shutdown. (AP News)

## Spanberger Stands for Equal Rights in Virginia

At this week’s debate, Abigail Spanberger calmly dismantled her opponent’s extremism on LGBTQ rights and workplace discrimination—showing what courage under pressure looks like.

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## What to Watch

- Layoffs expanding to additional agencies critical for public health, education, and security. (*Politico*, *Financial Times*)
  - Back pay battles could require court intervention. (*Reuters*)
  - State-level fallout: delays to infrastructure, jobs, and services in Democrat-led states.
  - Congressional leverage: Will pressure force GOP fractures or compromises?
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## No Kings Day – October 18: Stay Safe & Visible

The largest ever nationwide rally is fast approaching. Wear **yellow**, stay aware, and plan.

Sign up for a local event: 👉 Register [here](#)

Current registered events: A record-breaking 2500 events nationwide

### Key Safety Highlights

- Know your rights: follow lawful police orders (ACLU Protester Rights)
- Buddy system & emergency plan
- Comfortable, non-distinctive clothing and goggles

- Essentials: water, snacks, cash, meds, portable charger
- Digital privacy: passcode, airplane mode, encrypted messaging
- Stay calm & follow organizers; document safely; check in afterward.

 **Full Safety Guide: Download/Read Here**

## **Scripts Update — Keep Calling!**

You will be sent the next weekday script in early to mid-November. In the meantime, continue to call your Members of Congress (MoC) daily. Even if Congress isn't in session, staff log your calls and count them as constituent contact outreach.

- You can reuse many of the scripts you've already received.
- Or visit [5Calls.org](https://5Calls.org) for an extensive list of topics and ready-to-use scripts.

We will return to a concerted, focused, daily “call topic” in early to mid-November 2025.

Stay involved, active, and engaged! Thank you!

## **Take Action Now — Protect Health, Income, Security & Democracy**

Priority	Our Position	Actions You Can Take
Health	Fire RFK Jr. and halt the dismantling of public health programs.	 Sign petitions:
		 <a href="#">Stop Administration's Plan to Eliminate Covid-19 Vaccines</a>
	Protect Medicare, Medicaid, and the ACA.	 <a href="#">Sign the CDC Accountability Petition</a>
		 <a href="#">Sign the Petition Calling for RFK Jr.'s Resignation</a>
		 Call Congress: Demand no healthcare cuts in the budget

## Income

Stop the Shutdown

☎ Call your reps: No cuts to Medicaid, Medicare, or ACA. No shutdown.

Defend Social Security & retirement security from MAGA cuts.

👉 Join **Social Security Wednesdays** – West Chester SSA Office, every Wednesday @ 4 PM. Hosted by INDIVISIBLE Chester & [SaveSocialSecurity.net](https://www.savesocialsecurity.net)  
👉 [RSVP for location](#)

## Security

Reject intimidation & authoritarian tactics. We oppose the deployment of troops against citizens and demand accountability.

☎ Call your reps: Demand oversight hearings on abuse of executive power.

🔴 Sign up for local rapid-response alerts:

[Immigrant Defense Project Alerts](#)

Defend Immigrants

[National Immigration Project Alerts](#)


Demand gun safety reform


✉ Join a **Visibility Brigade** — “BE BRAVE WITH US.” ✉ [Chescovisibility@gmail.com](mailto:Chescovisibility@gmail.com)

**Democracy** Elect / Support Democrats

**NEW:** Submit comments to block SAVE Act voter suppression by Oct 20: [Submit Here](#)

 Write postcards and letters:

Vote Forward – Letters to PA Voters –   
[Adopt voters](#)

Markers For Democracy – Postcards for Down-Ballot Candidates –   
[MarkersForDemocracy.org](#)


Indivisible Philly postcard campaign: Vote Yes for Judges: [Order Postcards Here](#)

Reject **Project 2025** — a blueprint to replace democracy with a theocratic autocracy. Trump’s memo labeling resisters as terrorists shows this agenda in action.

 Stay informed at [ResistProject2025.org](#)


**NEW:**  [Join Red, Wine, & Blue](#) - A sisterhood of diverse communities working to educate about Project 2025 and defend democracy.

Protect Free Speech

 Boycott CBS & Disney+: Share why (“CBS silenced truth-tellers like Kimmel — free speech matters”)



## Looking Ahead

- October 18 – No Kings Rally: Nationwide day of action.  Register [here](#)
- Pennsylvania Spotlight — Protect Our Courts: Vote YES on Nov. 4 to retain Justices Donohue, Dougherty, and Wecht.



## Rest to Resist

Fear drains us. Community refills us. Take ten minutes to breathe, walk, or note three things you’re grateful for. Rest is not retreat — it’s how we endure.

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## **Closing Reflection**

We will not surrender — not to fear, lies, or fatigue. Every step, every call, every postcard, every act of care - all are declarations that we believe in us and stand together!

This week's three priorities — shutdown, No Kings, and getting out the vote — show that action, not fear, is our power.

Courage is contagious. Let's spread it.

In Solidarity,  
Charlene