

# What to Do This Week of Jan 29, 2017

## Action Checklist for Americans of Conscience

We have [21 months](#) to mid-term elections. Fired up?

*The intention of this weekly document is to make clear suggestions for action backed by well-considered research. If an issue doesn't affect you, consider whether you would support this issue on behalf of other Americans and act accordingly. Although these topics have been well researched, they are subject to human error. Please do your own research!*

**Did someone send this to you? Sign up for this weekly checklist here:**

<http://jenniferhofmann.com/home/weekly-action-checklist-democrats-independent-s-republicans-conscience/>

I believe I can make a difference.

Print out the [Americans of Conscience Action Worksheet](#) and make a plan.  
(Or this adorable [pocket version](#) by the amazing Kelly Wooten!)

I believe in equal rights for all Americans.

**Action 1: Oppose religious discrimination** by contacting the White House.

**Call:** The WH comment line is closed, however, use:

**Email:** <https://www.whitehouse.gov/contact> (scroll down past the photo)

**Script:** I oppose the executive order banning entry to the US by green card-carrying residents, dual passport-holding residents, legal citizens, and vetted, peaceful refugees. This action is unconstitutional and unamerican.

**Tweet:** .@realDonaldTrump How foolish it looks for a POTUS to prevent legal residents + peaceful immigrants from entering the USA.

(A note on the tweet: Shame motivates narcissists, not criticism.)

**Action 2: Defend the rights** of legal immigrants to our country.

**Donate** to the National Immigration Law Center: <https://www.nilc.org/>

**Action 3: Ask your elected officials to publicly oppose this executive order.**

**Call:** Your three MoCs (1 representative and 2 senators) ([lookup](#))

**Script:** Hi! I am a constituent from \_ZIP code \_ and oppose the executive order on banning refugees and legal residents. Can you tell me if \_MoC's

*name\_* has publicly opposed this action? **If not**, can you tell me when s/he will? **If so**, are they willing to [withhold consent](#) in the senate until the ban is lifted?

I believe in a government with qualified, trustworthy leadership.

**Oppose cabinet appointees who will soon be up for a full senate vote.**

**Call:** Your two senators. ([lookup](#))

**Script:** Hi! I'm a constituent from *\_ZIP code\_* calling about cabinet appointees. I know that six is a lot to oppose, but I believe the following people are unfit to lead: [Betsy DeVos](#), [Jeff Sessions](#), [Steve Mnuchin](#), [Rex Tillerson](#) (confirmed), [Scott Pruitt](#), [Andrew Puzder](#), and [Tom Price](#). Will you let me know how *\_my senator\_* plans to vote on these appointees?

I believe in my Constitutional right to free speech.

**Oppose legislation that risks criminalizing your constitutional right to peaceful protest** if you live in Colorado, Indiana, Iowa, Minnesota, Missouri, North Carolina, Oregon, North Dakota, or Washington state. ([source](#)) ([source](#)) ([source](#)) ([source](#))

**Action 1: Call.** Look up your state legislators' numbers at [openstates.org](http://openstates.org)

**Script:** Hi! I am a constituent from *\_town\_* calling to oppose new legislation that threatens my constitutional right to peacefully protest. Can you tell me where my representative stands on this issue?

**Action 2: Share.** If you know *anyone* in the states above, ask them to make these calls.

I believe in quality, affordable healthcare for all Americans.

**Oppose repealing the Affordable Care Act**

**Call:** Your representative (not senators--for now) ([lookup](#))

**Script:** Hi! I'm a constituent from *\_ZIP code\_* and I support the Affordable Care Act. If the ACA is repealed, it will affect me personally. For example, (share what your life will be like without it, *i.e.*, *I take prescriptions I can't afford, my child has a chronic condition, we would have to sell our home, etc.*). Can you tell me where *\_rep's name\_* stands on this issue?

### **Sign up for health insurance (expired action)**

Conservatives are second-guessing a quick repeal of this law ([source](#)), so it's more important than ever to show them you value the ACA.

**Sign up by Tuesday** at [healthcare.gov](http://healthcare.gov). Experts say coverage is likely remain valid for the rest of 2017 ([source](#)).

I believe in creating a healthy planet for future generations.

### **Action 1: Support the water protectors at Standing Rock.**

If you are able, contribute to mounting legal fees after months of arrests ([source](#)).

**Click here:** <https://fundrazr.com/d19fAf>

### **Action 2: Oppose the wall at the Mexican border.**

Its construction would be threaten 111 endangered species ([source](#)).

**Call:** Your representative (not senators--yet) ([lookup](#))

**Script:** Hi, I'm a constituent from \_ZIP code\_ and would like to know if *\_elected official\_* has publicly opposed building a wall on the Mexico border. I'm concerned not just about the expense to Americans and relations with Mexico, but for the numerous endangered species this project would harm.

I believe in a vote for every American.

### **Support Americans citizens without representation.**

For years, residents of Puerto Rico and Washington, DC have been seeking statehood and a vote. They need your help.

**Email:** Your MoCs (your representative and both senators) ([lookup](#))

**Write:** Use your new postcards and stamps.

**Script:** I am a constituent from \_ZIP\_ and support statehood for the over 4 million US citizens in [Washington DC](#) and [Puerto Rico](#). All citizens deserve a voice and representation.

**Note:** Send e/mail so that phone lines are open for pressing issues.

### **Recommended reading**

Useful, in-depth articles I find while I'm reading obsessively. You're welcome.

**Storytelling:** How to talk so Members of Congress will listen, by Rachna Choudhry ([Click to read.](#))

**Deliberate action:** Step two of the Trump Resistance Plan, by Stephen Harper ([Click to read.](#))

**“Christofascism:”** Understanding the minds of zealots, by Kieryn Darkwater ([Click to read.](#))

**Self-care:** How to stay outraged without losing your mind, by Mirah Curzer ([Click to read.](#))

## **This is #NotNormal**

It is not normal for a president to target investigations on states that didn't vote for him ([source](#)). It is not normal to lie about which people are to blame for not winning the popular vote ([source](#)). A normal president accepts election results and, after winning, focuses on his or her leadership.

It is not normal for a president to ban a federal department from communicating with the public ([source](#)), to force them to hide data ([source](#)), nor pressure a department to lie on his behalf ([source](#)). A normal president welcomes information from government experts to assist in his or her leadership.

It is not normal to deny entry to legal residents with all required documents ([source](#)) nor invade their privacy ([source](#)). A normal president respects privacy and allows legal residents to travel freely.

## **Good news**

Thank goodness. Couldn't you use some good news right now?

**One less conflict of interest:** Direct references to the first lady's product lines have been removed from the White House website ([source](#)).

**Republican heroes:** Rep. Will Hurd (R-TX) advocates for an “intelligence-led approach” to securing the Mexico border, not a wall ([source](#)).

**Integrity matters:** A [whitehouse.gov petition](#) for the president to release his tax returns is receiving more votes than any petition ever--over 380,000 so far ([source](#)).

**Truth to power:** The Tohono O'odham Nation publicly opposes a wall through their tribal lands on the border of Mexico ([source](#)).

**Fighting fake news:** Google and Facebook are starting to take measures to prevent the spread of fake news ([source](#)) ([source](#)) ([source](#)).

**Reigning in bullies:** Ada Morales' rights as a US citizen were upheld when a federal court ruled her 24-hour detention by US immigration unconstitutional ([source](#)).

**Americans showing up for each other:** "When the International Refugee Assistance Project put out a call for lawyers to help new arrivals in danger of being turned away, it received 3,000 volunteers in four hours" ([source](#)).

Please keep taking care of yourself. If we get tired, he wins.

## Housekeeping

- If you'd like to receive this message weekly, [sign up here](#).
- To see archives of past Action Checklists, [click here](#) and scroll to the bottom.
- [Support](#) (patreon) or [contribute](#) (paypal).

## Final action

If you found this checklist useful, please spread the word!

**Tweet:** It's easy to feel hopeless. This checklist helps me get engaged:  
<https://goo.gl/8Vvi7I>

**Email and Facebook:** This awesome checklist helps me take action and make a positive difference: <https://goo.gl/8Vvi7I>

We're stronger together!