

Americans of Conscience Checklist

Week of August 19, 2018

By [Jen Hofmann](#)



93 weeks down, [11 weeks](#) to mid-term elections.

Get ready: We'll be back next Sunday with a FULL list. In the meantime, this AoC Checklist has fewer actions so you and our team can rest up. The Checklist features clear, well-researched actions for Americans who value democracy, equality, voting, and decency. We also practice gratitude, self-care, and celebration to stay engaged.

I value equality.

Stand with your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability. Out of many, we are one.

- ☐ **Action 1: Speak up for LGBTQ rights; Oppose Kavanaugh.** [\[h/t\]](#), [\[h/t\]](#)

Call: Your two senators ([look up](#)).

Script: Hi. I'm calling from [ZIP] to oppose Brett Kavanaugh's nomination to the Supreme Court. In coming days, [the Court will rule on many issues related to the equality of LGBTQ people](#), including their ability to adopt children, to obtain health insurance with a preexisting condition, and whether they can be fired based on their employer's religious beliefs. America needs a fair and moderate Supreme Court judge who truly believes in "equal justice under the law." I urge [name] to vote against Kavanaugh's confirmation. Thank you.

- ☐ **Action 2: Advocate for Native American people's programs and services.** [\[h/t\]](#)

Call: Your two senators and one rep ([look up](#)).

Script: Hi, I'm calling from [ZIP] to support [the Interior-HUD Appropriations bill](#) that has passed in both the House and Senate. It funds the Bureau of Indian Affairs, the Indian Health Service, and other important tribal programs. I'm asking [name] to vote for [H.R. 6147](#) when it comes to a final vote. (Note: House and Senate are both using the same bill name/number.). Thank you.

I value secure, convenient voting and fair elections.

Democracy thrives when all citizens can freely elect those who represent their values.

- ☐ **Action 1: Pledge to vote in the US midterm elections.**

Sign: [Our Midterm Pledge 2018](#) (created by the AoC Checklist).

I value showing respect for all people, no matter where they were born.

We oppose inhumane treatment of all people and the government agencies that perpetuate it. [People who immigrate](#) to the US make our country stronger and are entitled to basic respect.

- ☐ **Action 1: Advocate for accountability in separating families.** [\(h/t\)](#), [\[h/t\]](#), [\[h/t\]](#)

Call: Your one House rep and two senators ([look up](#)).

Script: Hi. I'm from [ZIP], calling about the [1300 reports of physical and sexual abuse](#) of detained children. I join with [immigrant-rights groups](#) and [Sen. Dick Durbin](#) calling for Secretary of Homeland Security, Kirstjen Nielsen, to resign. I would like [name] to make a public statement insisting on it. Thank you.

Bonus: [Sign this petition](#).

Deep breath innnnnnn... Deep breath ouuuuuuuut... And repeat. :)

Acts of Gratitude

Get out your stamps, postcards, and sparkle markers for some gratitude mail.

Encourage the kids of Flint, MI as they return to school this fall ([by request of Little Miss Flint](#)). Write a note of neighborly encouragement to #DearFlintKids.

Address: Mari Copeny, P.O. Box 138, Flint, MI 48501

Thank Sen. Dick Durbin (D-IL) for calling for Kirstjen Nielsen to accept responsibility for family separation and step down as Secretary of DHS. I share your belief that [this policy is inconsistent with the bedrock values](#) of our nation. Thank you.

Address: 525 S. 8th Street, Springfield, IL 62703

Thank band Pearl Jam for using their fame to address Seattle's homelessness crisis. That you raised [\\$10 million](#) for area not-for-profits and shelters through ticket sales inspires me and restores my faith in humanity. Thank you for supporting our neighbors.

Address: c/o Ten Club, P.O. Box 81429, Seattle, WA 98108

Thank Gov. Charlie Baker (R-MA) for [signing automatic voter registration into law](#). In a time when many states are making it [harder to vote](#), you are supporting a healthy and just democracy that better represents all Americans. Thank you.

Address: Western Massachusetts Office: State Office Building, 436 Dwight St., Suite 300, Springfield, MA 01103

Thank the Hollywood Foreign Press Association, creators of the Golden Globe Awards, for their \$250,000 grant to RAICES. Supporting their [efforts to reunify children and parents](#) gives me hope that we can heal this dark period in our history and honor the dignity of all people. Thank you.

Address: 646 N. Robertson Blvd. West Hollywood, CA 90069

Good news

Decent people everywhere are speaking up and working together. Just look.

National

- [HHS will resume funding](#) for grant recipients under the Teen Pregnancy Prevention Program.
- Ruling: [The FCC is temporarily prevented](#) from cutting a subsidy to the Tribal Lifeline program which bridges the digital divide for residents of tribal lands.

- The Army [has stopped discharging](#) foreign-born recruits who enlisted as part of a path to U.S. citizenship.
- The Pentagon [postponed](#) the president's military parade. And then VoteVets [scheduled a 5K race](#) around the Capitol Mall on Veteran's Day.

State

- MA joins the growing list of states [passing automatic voter registration](#).
- Christine Hallquist [became the first transgender nominee](#) for governor in the US.
- PA Supreme Court [struck down the law repealing](#) Act 80, which allows PA's lowest-income residents to apply for critical needs cash benefits support.
- With [congressional primary win](#), Ilhan Omar of MN may become the first Somali-American to hold congressional office.
- Jahana Hayes could become the first black Democrat from CT to [serve in Congress](#).
- 270 elected officials from 42 states [signed a letter](#) urging the president to resettle at least 75,000 refugees in FY 2019—an increase of 30,000 over the previous year.

Local

- Richmond, VA installs the [Virginia Women's Monument](#) featuring notable women.
- Allentown, PA YMCA will be able to [continue hosting](#) a Winter Warming Station for the homeless because of the generosity of a local resident.
- [Teachers rallied](#) when ICE raided a rural Nebraska town.
- 'ICE OUT' poster campaign in NYC aims to [slow unlawful immigration raids](#) by highlighting people's right to deny ICE entry without a warrant.
- Queens, NY resident and father of two Antonio Martinez [is released](#) after being detained during a routine immigration interview three months ago.

News with heart

- The people of O'Neill, NE [open a school](#) as a sanctuary for children following an ICE raid that detained 133 migrant workers.
- When they [sought to fund](#) 6 interpreters who spoke Mam and K'iche' to #keepfamilies together, Americans exceeded the goal times five.
- People [donate their airline miles](#) to help reunite immigrants and refugees with their families.
- Teachers rally, [donating 100 sick leave days](#) so a colleague can finish chemo treatment.
- Ruby Rose is [cast as the next Batwoman](#)—who will be an out lesbian.

Spread the word

Know someone who could use some good news and clear actions? Please share!

Tweet: Overwhelmed by the news? This Checklist helps you focus on what matters most and make a positive difference in our democracy. #ActionCuresFear

<https://goo.gl/mT6ptJ>

Post on Facebook: Overwhelmed by the news? This Checklist helps you focus on what matters most and make a positive difference in our democracy. #ActionCuresFear

<https://goo.gl/mT6ptJ>

Print: [Our new Americans of Conscience flier](#) to share with folks you meet.

Housekeeping

- **Sign up:** Subscribe to the weekly Americans of Conscience Checklist [here](#).
- **Stay inspired:** Complete the [Self-Care Worksheet](#).
- **Stay focused:** Complete the [Action Worksheet](#) (or Kelly Wooten's artistic [version](#)).
- **Connect:** If you have [a question](#), [correction](#), or [action suggestion](#). With thanks!
- **Gratitude:** Big thanks to the JEBitor, Week 3 social media volunteers, the Research Sous Chefs teams, and to the [amazing angel patrons](#) who make it possible.

Note: This checklist is always ad-free and no-cost. If you're able, support Jen's time on [patreon](#) or [paypal](#).