**How to contact your representatives in Congress a**

**Contacting your Representative**

1.       Call this toll-free number 1-855-589-5698.

2.       Follow the recorded instructions to be connected to your Member’s office.

3.       Leave the following message with the person answering the phone:

·         ***“I am Representative [Member’s name]’s constituent, and I am calling to:***

·         ***Urge the [Congressman/Congresswoman] to publicly support and consider cosponsoring H.R. 920, the “Protecting Our Border Communities Act of 2017,” and H.R. 921, the “Community Trust Act of 2017,” which would repeal President Trump’s executive orders on border security and interior immigration enforcement.***

·         ***I similarly call on the [Congressman/Congresswoman] to oppose President Trump’s executive order on refugees and work towards passing a bill to nullify the order.***

·         ***Finally, I urge [him/her] to also support H.R. 496, the “BRIDGE Act,” a bipartisan effort to protect Deferred Action for Childhood Arrivals (DACA) youth .”***

4.       Your Representative will be in his or her home districts the week of April 17th and possibly holding town halls and meeting. We encourage you to meet with your Representative or his or her staff during that week and discuss with them the importance of protecting immigrants and refugees and their families. Meeting materials and “leave behinds” for you to use will be sent to the JFI network prior to April. Please contact us jfi@usccb.org if you need assistance in setting up meetings.

**Contacting your Senators**

1.       Call this toll-free number 1-855-589-5698.

2.       Follow the recorded instructions to be connected to your Senator’s office.

3.       Leave the following message with the person answering the phone:

·         ***“I am Senator [name]’s constituent, and I am calling to:***

·         ***Urge the Senator to publicly support and consider co-sponsoring S. 415, which would repeal President Trump’s executive order on interior immigration enforcement.***

·         ***I also call on the Senator to oppose President Trump’s executive orders on border security and refugees, and I ask [him/her] to work towards passing a bill to nullify these two orders.***

·         ***Finally, I urge [him/her] to also support S. 128, the “BRIDGE Act,” a bipartisan effort to protect Deferred Action for Childhood Arrivals (DACA) youth.”***

4.       Your Senators will be in their home districts the week of April 17th and possibly holding town halls and meeting. We encourage you to meet with your Senators or their staff during that week and discuss with them the importance of protecting immigrants and refugees and their families. Meeting materials and “leave behinds” for you to use will be sent to the JFI network prior to April 17th. Please contact jfi@usccb.org if you need assistance in setting up meetings.