

# HOW TO BE A LIGHT - ABC's of ADVOCATING

## SAMPLE TOPICS/CAUSES:

- National Security
- Humanitarian AID - USAID and many other organizations
- Support for organizations under attack such as: USAID, Lutheran Social Services (LSS), ACLU, NAACP, Indivisible, etc.
- Global Refuge (formerly Lutheran Immigration Refugee Services)
- Federal Budget/Debt Ceiling
- Social Security/Medicare
- Democratic Checks and Balances
- Data Security/Illegal Access to Personal Private Information
- Federal Employees & Pensions
- Department of Education
- Immigration/Refugees/Border Control
- Attack on BirthRight Citizenship
- Diversity, Equity & Inclusion (DEI)
- Environmental Protections/Public Lands
- Voting Rights
- Tariffs on China, Mexico and Canada
- Federal Aviation Administration (FAA)
- Whatever topic is close to your heart!

## WHOM TO CONTACT:

- **U.S. Senators of Colorado:**
  - **John Hickenlooper**
    - Phone: Denver Office: 303-244-1628
    - Email: complete form at <https://www.hickenlooper.senate.gov/email-john/>
  - **Michael Bennet**
    - Phone: Denver 303-455-7600, Fort Collins 970-224-2200, DC 866-455-9866
    - Email: complete form at <https://www.bennet.senate.gov/contact/>
- **U.S. Congressmen of Colorado:** (contact the Congressman from your district)
  - **Joe Neguse**
    - Represents Colorado's 2nd District (Boulder, Weld, Clear Creek, Eagle, Gilpin, Grand, Jefferson, Larimer, Summit, Jackson, and Routt counties)
    - Phone: Boulder (303) 335-1045, Fort Collins (970) 372-3971, DC (202) 225-2161
    - Email: complete form at <https://neguse.house.gov/contact>

- **Gabe Evans**
  - Represents Colorado's 8th District (most of Adams County, Weld County north to and including Greeley, and part of Larimer County including Berthoud.)
  - Phone: North Glenn 303-723-6560, Greeley (970) 324-2567, DC (202) 225-5625
  - Email: complete form at <https://gabeevans.house.gov/contact/email-me>
- **Lauren Bobert**
  - Represents Colorado's 4th District (comprised of 21 counties in Colorado, making its way from Weld County in the north to Baca County on our state's southern border. Douglas County, makes up roughly half of the district's population.)
  - Phone: Castle Rock (720) 639-9165, Eaton (970) 702-2136, DC (202) 225-4761
  - Email: Complete form at <https://boebertforms.house.gov/contact/>

## WHAT TO TELL THEM:

- Your Name
- Your ZIP Code
- Your Phone #
- What topic you are concerned about
- Why you are concerned
- What you would like them to do

### Guidelines:

- You must provide your name, ZIP code, and phone number.
- Tell them what is on your heart.
- *Limit each email/call to one topic or subject!*
- Keep your message simple, no more than 1-3 sentences.
- Phone calls are preferred over emails but both are good!
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### Message Examples:

- 1) **Concern: Humanitarian Aid**  
 Good Morning! My name is XXXXX, my ZIP code is YYYYY and my phone number is xxx-xxx-xxxx. I am deeply angered about lies being told about Lutherans and Lutheran Social Services (LSS) and concerned about humanitarian support for all those suffering and hungry in the world. Please reinstate USAID funding to at least the 2024 levels.
- 2) **Concern: Data Security**  
 Good Morning! My name is XXXXX, my ZIP code is YYYYY and my phone number is xxx-xxx-xxxx. I am very concerned that my most important personal data has been compromised by someone who has no accountability and is supposedly focused on government efficiencies. Please do everything possible to avoid any further damage to our personal data and our national security.
- 3) **Concern: Imprisoning US Citizens in El Salvador**  
 Good Morning! My name is XXXXX, my ZIP code is YYYYY and my phone number is xxx-xxx-xxxx. I am deeply concerned that the President of El Salvador has offered to hold American Citizens in their prisons. Please do everything possible to prevent US Citizens from being incarcerated in El Salvador.