

## Knoxville DCCW Legislative Commission Report

September 22, 2019, Patty Johnson, Chair

The State lawmakers as well as the Federal lawmakers in Washington, DC are in their fall session so now is the time to be especially vigilant as to decisions and appropriations that are in the decision making process.

Our goal is to always do what is best to protect the rights and dignity of all persons with a special option for the poor.

We all know that physical fitness, activity, and exercise can improve our own health and reduce the risk of developing disease. Most importantly, it can improve our quality of life.

What does physical fitness have to do with government affairs? Well, political fitness is similar to physical fitness...the more you do it, the more impact you will have on both short term and long-term benefits. Here are some political exercises for you to build up your endurance.

**Beginner Exercises:** These are easy tasks that take less than 15 minutes to do online.

- Make sure your voter registration is up to date! Remember you can do this on line as well as to find your polling location for election day.
- Find out and make note of who your legislators are! You can also find all of their contact information on the Tennessee Government Advocacy site.
- Make sure you follow the USCCB advocacy web site and check out the TN Catholic Public Policy Commission web site. Google will help you find most any site you to check out.

**Intermediate Exercises:** Increase your impact with these activities.

- Involve a friend! We all know accountability helps us meet our goals! Make it your goal to get at least one friend to complete the beginner impact exercises each month. Go vote together; send emails together to officials.
- If you see an interesting article on immigration, health care, education, etc. that you support, send it to your legislators and tell them why you care. They will see you as a helpful and reliable resource for information
- As you receive legislative action alerts during legislative session, respond quickly by calling, writing or emailing. When possible make a visit to your legislator to make your voice heard on important votes that affect you.

**Advance Exercises:** This level shows your long term commitment to being politically fit!

- Organize a Day on the Hill for your parish or deanery. This event is held when the Legislature is in session during February or March.
- Form a Legislative Advocacy Committee within your parish and involve as many as possible in the political process. Remember participating in the Political Process is a responsibility as Catholics for all of us.

