**Importance of Contacting Our Elected Officials**

One of the most important avenues available to each of us to ignite change and bring about meaningful laws and policies that positively impact the lives of the poor and persons in need, is advocating for issues by contacting our elected officials to let them know our stance. Every piece of legislation starts as an idea and a commitment to effectuate it in practice. Often a legislation succeeds or fails due to a strength and dedication of each of us, advocates for these ideas. The U.S. Catholic Bishops urge all Catholics to make their voices heard in the public square and it is not just our right, but each of our duty, as Catholics, to utilize this effective avenue to make our voices heard and advocate for the change that will elevate our fellow humans in need.

It is often easy to succumb to fear, despair, or cynicism, opting to take a spectator’s seat, rather than advocating for the issues and change to benefit our communities. It may often seem that one person or a small group of dedicated individuals cannot affect the legislative process and contacting our elected representative is a mere exercise in futility. However, most often, an individual’s persistent dedication to make his or her voice heard has been the only way to eventually bring about a much-needed change.

While bureaucracies, including governments, do not function perfectly, and it can sometimes be hard to get the attention of our legislators and other elected officials, frequently, such persistent attempts to educate on and advocate for important issues eventually pay off. As a result, each of our commitment to reach out to our representatives and make our stance on important issues known, has the potential to fundamentally change the way our society functions. Those of us who are fortunate to live in comfort, have the power to change the lives of the poor around us, and it is our duty as faithful citizens and as Catholics to ensure that we remain engaged in the process by advocating for these important issues.

A few ways to contact our elected official and make our voices heard include the following:

1. Writing an email or a letter to our representatives,
2. Making phone calls to our representatives’ offices,
3. Meeting in person/making a visit to the elected representatives’ office.

Elected officials are most interested in their constituents’ opinions, so, please let them know that you are their constituent and mention your city and state. More information about Missouri State and Federal representatives and how to contact them may be found [here](https://www.mo.gov/government/elected-officials/).

Additional helpful resources on faithful citizenship may be found [here](https://www.usccb.org/offices/justice-peace-human-development/forming-consciences-faithful-citizenship).

Even though the process of contacting our elected officials may often seem a daunting and time-consuming task, its potential impact on improving the living conditions of our fellow humans makes it our obligation to press ahead despite our reservations to do so.