

HHS REGULATIONS

Take Action Now!

Tell your Congressional Representative that you oppose the HHS REGULATIONS mandating Catholic institutions to provide no cost contraception, sterilization and drugs that cause early abortion.

Q. Who is my Congressional Representative and what is her/his address?

A. Using your computer or smart phone: Go to www.house.gov. The House of Representatives web page will open. In the box in the upper right hand corner enter your full zip code as indicated. Your representative's picture and name will appear on the left hand side of the page. Click the Representative's name for his/her contact information.

Q. What is best way for my opinion to be heard?

A. A personal letter from you, the constituent, is an effective way to convey your thoughts. A faxed letter is the fastest way to get a letter to an elected official because a fax does not need the security screening a postal letter requires. Both methods are acceptable, though. A personal visit at the Congressional Representative's home office or D.C. office is even better. Use the contact phone number provided to schedule an appointment.

Q. What should I say?

A. Discuss your feelings about government interference with the free expression of religion as guaranteed by our Constitution and Bill of Rights. Remind your Congressional Representative that Catholic hospitals, charities and universities are not just secular human service organizations but a continuation of the ministry of Jesus Christ. Tell your Representatives that Catholic institutions do not ask clients or employees to be Catholic or prove her/his Catholicism. To do so is not in keeping with the mission of Catholic organizations and to do so would violate individuals' right to privacy.

Q. What else should I mention?

A. Reinforce that no individual or institution should be forced by the government to go against conscience and be forced to pay for things judged to be incompatible with the teachings of the faith, like contraception, sterilization and drugs that cause early abortion.

Other ideas are available at the US Catholic Bishops web site www.usccb.org

Thank you for taking the time and making the effort to protect our religious freedom.