

# Make a Mindful Phone Call

## Congressional Retreat 2011

Fill in the information below by entering your zip code at: <https://writerep.house.gov/> and <http://www.senate.gov>

You may also use these links to locate information about Representatives and Senators that you know personally but in whose district or state you do not live.

My House Representative is: \_\_\_\_\_

Address

Phone Number

My U.S. Senators are: \_\_\_\_\_ and \_\_\_\_\_

Address

Address

Phone Number

Phone Number

Making a phone call to a congressional office is quick, easy, and provides the opportunity for loving speech and meaningful communication. You can use the “Outreach Supporting Practice” worksheet to prepare for making a mindful phone call, focusing on your breath as you consider the three questions you covered with your partner.

The following is an example of script of what you might like to say when you call. You’re encouraged to use the “Outreach Supporting Practice” worksheet as the basis for *making this script your own*. The important parts are to share that you are a constituent, to deliver your personal message as to why mindfulness matters to you, why you think mindfulness practice can be helpful for them, and then to clearly ask them if they will be able to attend. You might also like to ask them if they have anything else on the calendar around October 27<sup>th</sup> and 28<sup>th</sup>. Encouraging people to visualize the steps they’ll need to actually attend the retreat increases their likelihood of showing up.

“Hi, is this Senator/Representative \_\_\_\_\_ office?”

Hi, my name is \_\_\_\_\_ and I’m a constituent in your state/district. I’m calling to invite you, Senator/Representative \_\_\_\_\_, to a mindfulness retreat with Zen Master Thich Nhat Hanh in Washington, DC held for Members of Congress, their spouses and families and selected Congressional staff members. The retreat will combine teachings on mindfulness—bringing one’s complete attention to the present experience on a moment-to-moment basis—with opportunities to engage in dialogue and reflection with colleagues. It is important to me as a constituent that Senator/Representative \_\_\_\_\_ learns about mindfulness practice. For me, mindfulness practice is an indispensable source of clarity and joy...

*[Include any ideas you may have come up with while using the outreach supporting practice.]*

The retreat is on **Thursday and Friday, October 27<sup>th</sup> and 28<sup>th</sup>**. The retreat begins at 5pm on Thursday evening and concludes after lunch on Friday. It will be held close to DC at a campus-style conference center in a beautiful overnight facility with superb meeting space and a picturesque campus.

Will Senator/Representative \_\_\_\_\_ be able to attend?

As a staff member, you are also invited; will you be able to join the retreat and practice mindfulness?

Is there an email address where I can also forward this invitation to as a reminder?

Members of congress and other invitees can register to attend or ask further questions by contacting *Nelson Watkins* at (202) 546-1299 or [nelson@faithandpolitics.org](mailto:nelson@faithandpolitics.org), to RSVP, or for more information.

Thank you very much for your time.”