

# Planning a Mindful Office Visit

## 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 \_\_\_\_\_

***Coordinating a visit by sangha members to a local congressional office is our most effective avenue for engaging in loving speech with the congressional staffers who will receive our invitation.***

The goal is to deliver an invitation to the retreat while also thinking about creative ways you can invite the staff member to join you in the practice of mindfulness when you are with them in the present moment. You could invite them to listen to the sound of three bells, something which might take only 20 seconds, but has the chance to leave a strong impression. You could also share a favorite short poem or text. Think about these and other creative ways you can express how mindfulness has impacted you, and why it is so important that they consider this extraordinary opportunity for a retreat with Thay.

You can use the form below to think about the logistics involved in planning and coordinating an office visit. The first step is to see if there are any volunteers willing to contact each office directly and request time for a group meeting in the office. Another group member can collect everyone's email addresses, so that the group can be kept up-to-date on when the meeting is scheduled by the group contact lead.

Who in our group will...

- Collect and create a group email list:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Serve as the contact lead and call the local offices to request a meeting:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Try to come to a consensus as a group on a few preferred dates so the person contacting the offices has some guidance as to what might work for the most members of the sangha:

Date Options: 1<sup>st</sup> Preference \_\_\_\_\_ 2<sup>nd</sup> Preference \_\_\_\_\_

Example meeting request script, "Hi, my name is \_\_\_\_\_ and I'm calling on behalf of myself and \_\_\_\_\_ [ number of ] other constituents to request a brief in-person meeting with [Senator /

Representative] \_\_\_\_\_ to share the concerns of our faith community and to extend a unique invitation to you and your whole office for a retreat with Zen Master Thich Nhat Hanh this October in Washington DC.”

You may also consider offering a copy of one of Thay’s books that touched you deeply. One suggestion is a short book recently published entitled “*Peace Is Every Breath*” written by Thay especially for busy people. This will have the effect of inviting the staffer reading your letter to engage Thay’s wisdom right away and perhaps pass the book on to other staffers as well as your congressperson. You can follow this link for a description of this book at [HarperOne](#). You may also review descriptions of this and other books by Thay at [Parallax Press](#).