

Writing a Mindful Letter

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

A hand-written letter can be an excellent way of communicating your message to your member of congress. If you are practicing together as a sangha, you might like to ask someone to volunteer to bundle the letters and deliver them together. 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 a written letter. You’re encouraged to use the “Outreach Supporting Practice” worksheet as the basis for *making this letter your own*. The important parts are to tell your representative 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 the retreat.

Dear Senator/Representative _____,

My name is _____ and I’m a constituent in your state/district. I’m writing to personally invite you 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 yours Senator/Representative _____, that you learn 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 27th and 28th**. 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. It is a beautiful overnight facility with superb meeting space and a picturesque campus on which to walk and enjoy a wide array of nature.

Will you _____ be able to attend?

If you are a staff member reading this, you are also invited to attend.

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 to RSVP, or for more information.

Sincerely,
Your Name

You may also consider including 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](#).