

How a Stay-at-Home Mom Can Get Involved in Politics

By Sheri Graham

How did you learn about local and state government?

Much of what I learned I learned by first hand experience. Being involved with our state health freedom group (Kansans for Health Freedom - <https://www.kshf.org/>) was the catalyst that forced me to learn how the political process works. I learned from other people. I learned from my legislators. I did research online and learned more.

How can anyone listening contact local representatives, etc.

Find out who your local legislators are (senator and representatives)

Find your state legislators:

https://openstates.org/find_your_legislator/

Then go to your state legislature website and become familiar with the site. Learn how to navigate to the House and Senate rosters; how to find your legislators and their contact information; find out how to look up a bill and track it, etc.

State legislature websites:

<https://www.congress.gov/state-legislature-websites>

There are several ways to contact your local representatives:

1. Phone call to their Capitol office
2. Email their Capitol email account OR their personal email account
3. Visit them in person at the Capitol

Legislators love to hear from their constituents. Get to know your legislators. Many have local public forums for their constituents during session. Try to go to these if possible to talk in person and ask questions. Listen and learn about what is going on in the Capitol. Sign up for their email newsletters if they have one. Follow them on social media. Get to know what legislation is being presented. Voice your support or concerns. Also be sure to express appreciation to your legislators, letting them know you appreciate what they do.

Many don't realize the long hours they put in each year during the legislative session, so make a point to send your appreciation as well.

Using a mail merge program to write mass emails to all your state legislators:

I am using a program called Yet Another Mail Merge which works with Gmail and Google Sheets and allows me to write an email with merge fields in the email that will fill in the legislators' names, and then send it out to them individually. This is a little techy, so please skip

if it is too hard for you to figure out. It does cost a yearly fee of I think \$20 to use but it has been well worth it! Go here to watch a video I created explaining how to do this. See the comments under the video for details on how to get this software and install it --

<https://www.loom.com/share/19f84a1699d84ca39d7650b21dc010c5>

I wrote so many letters to all our state legislators, trying to educate them on the topic of health freedom and vaccine safety, that when I went to the Capitol to meet with several of them, they recognized me as “that lady from Moundridge” who has written a lot of letters.

What does writing letters do, does it really change anything?

As I stated before, the legislators love hearing from their constituents. Writing letters, sending emails, making calls -- all those things are so important. I have spoken to legislators personally and they said they want to hear from you. Many times I have been able to share information or a perspective that my legislators had not thought of before or knew about. It does make a difference! Our health freedom group has earned a respected reputation at the Capitol. The letters do matter and make a difference!

What can full time homemakers do to be more involved?

If there is a “cause” that you are involved in (such as health freedom, ag related issues, pro-life issues, etc.), find a state advocacy group to get involved in. Through that group you will learn about what legislation is happening around that issue, how and when to contact your legislators, etc. If all you can do is make phone calls to talk to legislators or write emails, that is fine. If you live close to the Capitol and have time to go visit in person, that is great too. If you are able, show up at hearings that are open to the public to listen and even speak if needed.

How can a stay at home mom learn more and understand what the governmental processes are and how they can be involved?

Beyond what I have already shared, the most important thing you can do is to vote. Learn about the candidates, what they stand for, and get behind those that you agree with. Support them financially if you can. Put a sign in your yard. But don't go to the polls and just vote for whoever sounds good. Take an active roll in getting to know who you are voting for and make your vote count.

Why do Christians have to start getting involved in government?

Unfortunately many Christians think that they need to stay out of politics, stay away from all those controversial subjects. But if we truly believe what Romans 13:3 says, that God instituted the government to “reward the good and punish the evil”, we need legislators in our Capitols who have their interpretation of “good and evil” based on the Bible.

We are living in a world where good is called evil and evil is called good. That means that if we don't have Godly Christian legislators who understand what good and evil is as is laid out in Scripture, then we will start to see the persecution of the good. We are seeing that today.

I highly recommend this sermon my pastor preached recently called "The Church's Relationship to Government" -

<https://www.newtonbible.org/sermons/sermon/2021-01-31/-the-churchs-relationship-to-government-romans-13-click-for-video-link>.

If you want to listen to this whole series, you can do so here:

<https://www.newtonbible.org/sermons/series/adversity:-the-light-of-truth-for-dark-times>.

But it is exciting to see Christians rising up to run for political positions.

So I challenge you -- seek the Lord and see if there is a way you can be more involved. At the very least, begin now to get to know your local senator and representatives. Hold them accountable to representing you at the Capitol. If there is a cause you want to fight for, find a local group and get involved. Let your voice be heard. Stand for Godly truth and fight for truth to be upheld at your state Capitol.

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