



From Audra Friend, UU the Vote National Team

Right now feels pretty intense.

The COVID-19 global pandemic has many of us stressed and scared; we might be feeling overwhelmed or helpless with uncertainty. While many of us are being asked to work from home and many more do not have that option, we can stay connected to each other as well as with our UU the Vote community.

In the words of UUA executive vice president Carey McDonald, "This is a time when we need more ministry and connection with each other, not less; it just may need to take a different form."

We hope we can offer some connection and ministry to you.

How to #UUtheVote Without Leaving the House

We looked at our [50+ Ways to UU the Vote](#) and suggest :

1. Visit [Vote Forward](#) to send letters to unlikely or unregistered voters.
2. Go to [Reclaim Our Vote](#) to make calls to voters who were purged from the rolls.
3. Consider small group meetings instead of large gathering or gather online using zoom, google hangout, or slack.
4. Set a date for your congregation to watch [Suppressed: The Fight to Vote](#) by Brave New Films or the movie [Rigged: The Voter Suppression Playbook](#) (available on some streaming services, including Amazon Prime) from each individuals home then hold a group conference call to debrief together.
5. Call your legislator to advocate for paid sick leave and relief for affected workers—not a bail out for the fossil fuel industry. Call (202) 224-3121 to be connected.
6. Spend the time to brainstorm who in your life to engage in values conversations with. Start making those calls and texts. See page 27 in our [launch guide](#).
7. Write a letter to the editor of your local newspaper with your opinion of how the pandemic is being handled and what you would like to see our elected leaders do.

Spiritual Sustenance Twice per Month

UU the Vote now offers twice [monthly spiritual nourishment circles](#) on the **first Wednesday** and the **third Monday** of each month. These groups offer space share stories from organizing and justice work, reflect, bear witness, amplify joy, and lessen the sorrows.

[Find the Spiritual Sustenance Schedule and RSVP.](#)



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We will let you know as soon as our in-person activities resume.

Thank you for your passion and commitment!