

# HOW TO IDENTIFY Your Members of Congress

1. Go to [www.votervoice.net/USCCB/address](http://www.votervoice.net/USCCB/address).
2. Enter the zip code of your parish and click “Continue.”
3. Enter the street address of your parish and click “Continue.”
4. You will then see all federal officials for your specified area. The two senators and representative are the people who need to be contacted.
5. Click the name of the desired official to view their profile and access all their contact information.
6. Write down or save the phone numbers for both their local district office and their capitol office phone lines. *(Due to COVID-19, some offices may not be as fully staffed as usual, so it is helpful to provide both phone numbers on the flyer.)*
7. Use the ‘X’ in the top, righthand corner of the official’s profile to exit and return to the full listing of your officials. Repeat steps 5 and 6 for remaining officials.
8. Insert the names, phone numbers, and websites for all three officials\* on the parish flyer, using the template available here: [usccb.org/hyde-flyer-template](http://usccb.org/hyde-flyer-template).



*\*It's possible that your parishioners may come from several different voting districts, and that the parish address may not accurately reflect each parishioner's local representative. You can check to see if there are any other nearby districts by visiting [www.govtrack.us/congress/members/map](http://www.govtrack.us/congress/members/map). If there are adjacent districts nearby, include those districts' representatives' contact information on the parish flyer as well. (If there isn't enough room on the front, include a note to flip over, and list the rest of the information on the back.)*

*If a parishioner does not know what district he or she lives in, [www.govtrack.us/congress/members/map](http://www.govtrack.us/congress/members/map) can also help them to identify his or her voting district.*