From Teresa Patrick ccdp

Sent from my iPhone

Begin forwarded message:

**From:** Teresa Patrick <teresa.patrick@proton.me>
**Date:** February 25, 2025 at 16:54:39 CST
**To:** Teresa Patrick <teresa.patrick@proton.me>
**Subject:** **Our Country and Our World - The Ongoing Crises**

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Hello, all,

Yes, you read that right.  Our Country is in ongoing "Crises" with multiple threats to our Democracy taking place concurrently creating chaos not only in America, but around the World.

It is absolutely time for ***US ALL*** to take ***ACTION***.  I saw an email today from AOC that started with this:

***Every day our job is to wake up and say: “What can I do today?” There is no act too small. Every single action matters.***

We can all **DO SOMETHING** and I have listed some things here that YOU can do.

* **Calls to your Reps** - Using ***5calls.org***, this is an app many of us have been using to call   Roy, Cruz, and Cornyn as well as Casar's offices.  It is simple to use and provides a script you can read for each topic.  Topics include ***OPPOSE SAFETY NET CUTS TO FUND BILLIONAIRE TAX BREAKS; STOP RECKLESS DOD CUTS: PROTECT JOBS AND NATIONAL SECURITY; SUPPORT UKRAINE.***
* **Resistbot** - Use [https://resist.bot/](https://urldefense.proofpoint.com/v2/url?u=https-3A__resist.bot_&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=amzVFLRdzH1bqDPKOg4z2NnaOz2czcHguJhOZYFzY4o&m=2E-3iiFFp6r6PBR_5Q_RYPeYHVxI14UOVuVnHr9QnESC31afy3A_ObJJxG7X-eia&s=Tt3ju4ycsMpuvRSmx31DCt_bxVVIg-42VIlCqwNcQ7s&e=) or download the app on your phone.  This platform is a chatbot that turns your texts into faxes, postal mail, or emails to your representatives in minutes.  They have MANY campaigns.  Choose as many as you want (or all) and send to your reps!  The text is written for you, and I have received responses from both Cornyn and Roy from every email/fax I have sent.
* **Attend a Protest or Lobby Day** - Make your voices heard! We have protested at both Cornyn and Roy's offices with Bexar County Dems and at the Capitol with 50501.  Planned Parenthood is having a Lobby Day on March 20th. Info is here:  [https://www.plannedparenthoodaction.org/planned-parenthood-texas-votes/act-texas/lobby-day?emci=f2a32b67-dae3-ef11-90cb-0022482a94f4&emdi=bf9665cd-abe4-ef11-90cb-0022482a94f4&ceid=12723649](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.plannedparenthoodaction.org_planned-2Dparenthood-2Dtexas-2Dvotes_act-2Dtexas_lobby-2Dday-3Femci-3Df2a32b67-2Ddae3-2Def11-2D90cb-2D0022482a94f4-26emdi-3Dbf9665cd-2Dabe4-2Def11-2D90cb-2D0022482a94f4-26ceid-3D12723649&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=amzVFLRdzH1bqDPKOg4z2NnaOz2czcHguJhOZYFzY4o&m=2E-3iiFFp6r6PBR_5Q_RYPeYHVxI14UOVuVnHr9QnESC31afy3A_ObJJxG7X-eia&s=lNA6G6HmnpGnEwx9jqlQEknYCGXePFT3JUDrKqyhRq8&e=)      **Come join us!**
* **Talk to your like-minded friends and family** - Get them involved and mobilized to help. Educate them as well.  All of us will be impacted by these cruel, heartless actions!  If it isn't YOU directly, you will likely know someone who will suffer due to loss of services/assistance.  Right now, millions of low-income and disabled Americans receive health care because of Medicaid. *Any* cuts to Medicaid by Republicans would be barbarism.  It is one of the many programs at risk.
* **Follow TX House Bills**: Our very own young Dem, Kirsty Fryer, created a website that makes it easy to find bills introduced to TX 89th Legislature.  Use this link to access the website:   [https://www.txhousebills2025-2026.com/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.txhousebills2025-2D2026.com_&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=amzVFLRdzH1bqDPKOg4z2NnaOz2czcHguJhOZYFzY4o&m=2E-3iiFFp6r6PBR_5Q_RYPeYHVxI14UOVuVnHr9QnESC31afy3A_ObJJxG7X-eia&s=E1v0lb8v2IczbVq1NWFllaZsxkb9xdxk16fTRshjmCI&e=)

**PLEASE! Get Involved!  We may think our efforts won't make a difference, but it WILL!  We all have the power to combat the atrocities we are witnessing.  All you have to do is *SOMETHING*!**

If you have any questions or need help with any of the above suggestions, please let us know.

***Peace, Love, Democracy & Resistance! ***

Teresa Patrick

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***The Vote is Precious.  It is the most powerful, non-violent tool we have in a democratic society, and we must use it. \*John Lewis\****

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