Adult First Day session on the Urgent Call - Sept.25, 2022 - Highlights from Notetakers

Thanks to all who participated in small group discussions. Notetakers recorded personal stories, candid commentary on current and past challenges to democracy, ideas for individual and collective actions, and probing questions.

Groups assembled around one of the four categories for Possible Actions.

**Defending Truth**
Meet and discuss with others outside of one’s bias. Aim for soft conversations.
Publish articles on truth.
Share information only from verified sources.
How do we move one to be openminded?
What is the truth that can unite us?
What is virtue and where is integrity?

**Working for True Equality and Justice for All**
The more we share individual experience, the more empathy will be generated.
Overlays of culture and appearance mask humanity.
There should be limits on what one says in public to practice courtesy and getting along with people, especially those who are perceived as different.
Work to create a diverse environment that encourages seeing beyond bias.
Connection and empathy are foundational.

**Promoting Free and Fair Elections**
Active, registered and consistent voting is the foundation for everything else. It’s something that anyone can do. Getting one person to vote is critical.
Canvassing before elections (focus on issues) and poll work on Election Day are important ways to serve.
Local committees are looking for volunteers to serve.
Promote fair districts.
Red, wine and Blue promotes dialogue between people with different views.
Work with Power to promote voting in Black and brown communities.

**Preparing for Nonviolent Resistance**
Exercise compassion to understand different points of view.
Work on common interests, common fears.
Stay grounded in our religious faith not our political outrage.
Collect stories from different parts of the country, different perspectives.
Use facts and accurate information to counter lies.
Education is key.
Use humor
Sponsor a training in nonviolent direct action.