

WHAT I CAN DO – BECOMING EMPOWERED IN AN AUTHORITARIAN TIME

Only a few of need modifying in a time of sequestration

READ THE INDEPENDENT PRESS They investigate matters the major media do not deal with at all, or only superficially.

- Online
 - Reader Supported News - <http://readersupportednews.org>
 - InsideClimate News - insideclimatenews.org
 - Truthout - <http://truthout.org>
 - Pro Publica - propublica.org Collects various fact-checking resources.
 - The Guardian - <http://theguardian.com>
 - LawFare - lawfareblog.com
 - Foreign Policy - foreignpolicy.com
 - The Banner - www.thebanner.news
 - David Cay Johnston blog- <https://www.dcreport.org/>
- Print
 - Harper's Magazine
 - The New Yorker
 - The Atlantic
 - Foreign Policy

ARTICLES, BOOKS OF INTEREST

This Is An Uprising: How Nonviolent Revolt is Shaping the Twenty-First Century,
Mark Engler and Paul Engler

<https://www.nytimes.com/2018/12/31/opinion/trump-evangelicals-cyrus-king.html>

Explains how and why radical right Christian Evangelicals are using
Trump to create a theocracy based on belief of the apocalypse.

Arlene's Blog <blog@arlenegoldbard.com> Blog for 12-23-18: *The Positive
Power of Thinking The Unthinkable*

https://www.democracynow.org/2018/12/14/extinction_rebellion_
Documents direct action about climate in the UK.

COMMUNICATE! Realize people do care about what you think.

- Use social media to advance the world we want - post on Facebook, twitter, emails, instagram
- Send appreciative emails to columnists who are supporting democracy. Send them information about resources they might use.
- Write Letters to editor. D&C is limited, but City and Messenger Post will probably publish them. Feel free to draw from any of the materials in this document
- Call in to talk shows giving the kind of information in this document. Keep a positive tone.
- Host gatherings where you show videos about the threats to democracy and discuss. e.g. <https://www.youtube.com/watch?v=Yu3HikdxJn0> Cartoon on Authoritarianism.
- Write your own blog e.g. see *A White Guy In Rochester* (Frank Staropoli)

- Listen openly to those with whom you may not agree. Speak your truth with courage and humility.
- Initiate conversations with friends and family e.g. about democracy, about tyranny, about separation of church and state. Ask them what they are concerned about.

GET ACTIVE POLITICALLY

- Run for office!
- Build a relationship with your Congressman (Joe Morelle for most of us).
 - Send him your opinions frequently. Ask him to respond.
 - Join a group that visits him regularly to express your concerns
 - Let him know you'll have his back on important issues
 - Check out Issue Voter for suggestions about actions
- Remember local and state governments can make strong statements and positions.
- Join Americans United (AU.org) to keep up to date on Church-State Issues
- Check out and subscribe to www.wagingnonviolence.org See posting: *How To Take on Fascism Without Getting Played*
- Get involved with climate change, environmentalism, nonviolence
- Rochester Peoples Climate Coalition rocpc.org
 - Learn about and participate in local Drawdown events. See and “like” Pachamama Rochester Facebook page for up to date information about how you can help in reversing climate change.
 - Metro Justice is a local grassroots community organization fighting for social, economic, and racial justice in Rochester, NY! www.metrojustice.org
 - M.K. Gandhi Institute for Nonviolence is a powerful local resource for training in non-violent response to crises in families and everywhere else. www.gandhiinstitute.org
- Learn about Doctrine of Discovery - <https://doctrineofdiscovery.org/> Papal Bulls of the 15th century gave Christian explorers the right to claim lands they “discovered” and lay claim to those lands for their leaders.
 - Check out Gender Equity and Reconciliation International (GERI) working to have a gender healed world. www.gendereconciliationinternational.org
 - Attend National Coalition Building Institute events (NCBI.org, ncbirochester.org) to learn how to be an ally to your own group and others who are targeted by tyrants, and how not to succumb to despots who promote division.
- **Use your financial resources to support your values (any of the above)**

TAKE CARE OF YOURSELF — AND REMEMBER YOU ARE NOT ALONE!

Punctuate your days with hugs, laughter, a positive vision for the future, meditation and lots of loving interactions.