



# Preparing Deacons for Policy Advocacy

Self Care and Advocacy

February 2023

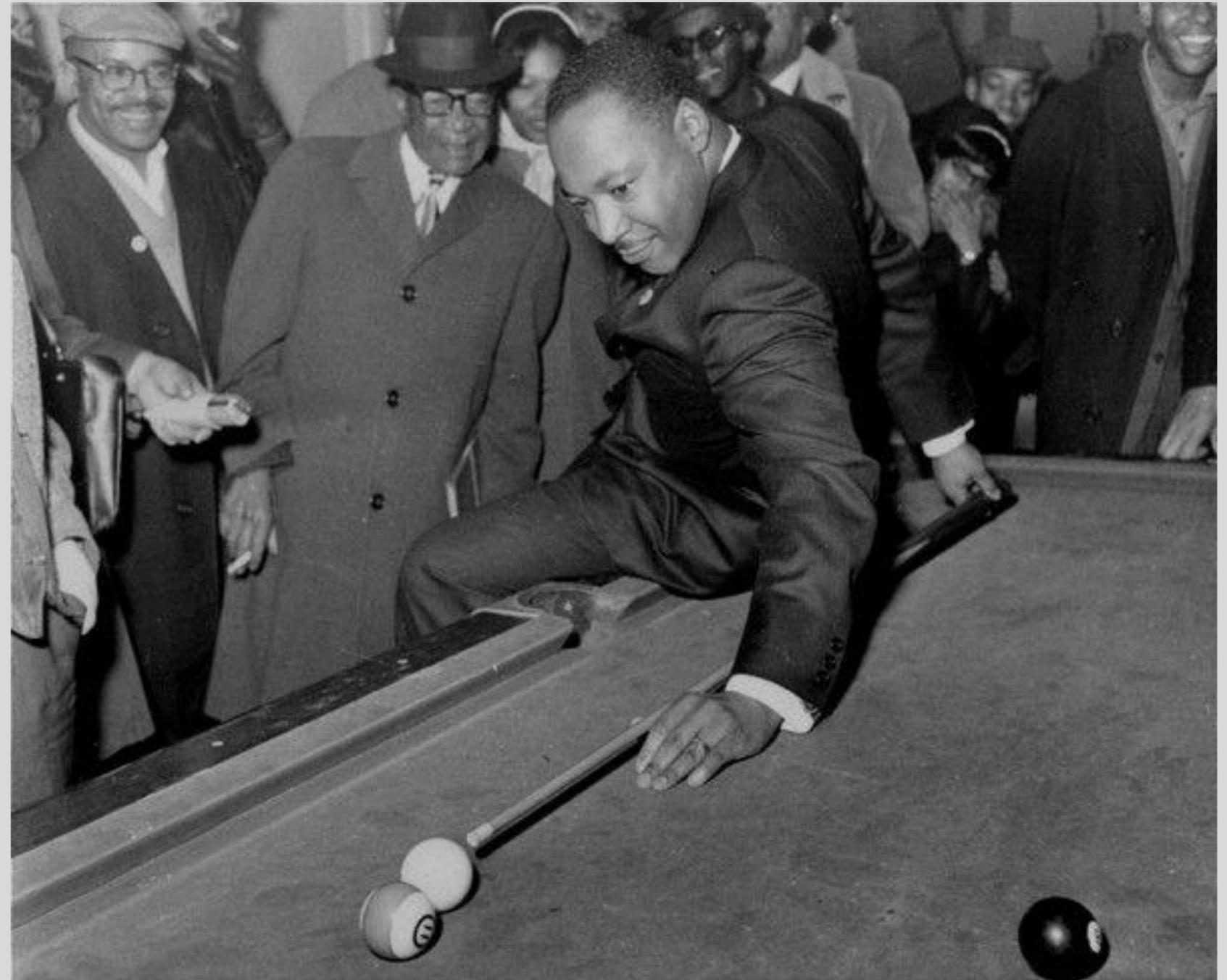


OFFICE OF  
GOVERNMENT  
RELATIONS



THE *Episcopal* CHURCH 

Bringing our  
whole selves into  
relationship an  
act of  
vulnerability,  
strength, and  
preservation.



AP Photo

# Bringing our whole selves into relationship



**Vulnerability:** Because we are imperfect, lack knowledge, make errors, and carry with us privileges, group and family associations, experience, and trauma.

**Strength:** Because it takes conviction, humility, and curiosity to be ourselves with others who are being their selves.

**Preservation:** Because we are being true to who God made us to be, and then extending that to others in community.

# So why talk about relationship first?



**Politics requires relationship.**

**Policy issues impact real people.**



REST

# Way of Love: Rest



From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest.

Especially today, God invites us to dedicate time for restoration and wholeness – within our bodies, minds, and souls, and within our communities and institutions.

By resting we place our trust in God, the primary actor who brings all things to their fullness.

“Remember the Sabbath day by  
keeping it holy.  
Six days you shall labor and do all  
your work,  
but the seventh day is a sabbath to  
the LORD your God.”



Netflix

I've got the joy, joy, joy, joy  
Down in my heart (where?)

Down in my heart!



George Lucas/Angela Bassett/Hari Nef/Lorena Bobbitt/Boots Riley

# VANITY FAIR

AUGUST 2018

PLUS  
THE  
WEB'S  
INVENTOR  
PLOTS A  
DO-OVER

TRACKING  
TORONTO'S  
SERIAL  
KILLER

THE GREAT  
FRENCH  
ANTIQUES  
SCAM

*The GOSPEL ACCORDING to*

# KENDRICK

by LISA ROBINSON / Photographs by ANNIE LEIBOVITZ



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But if God got us, then we gon'  
be alright

Do you hear me, do you feel  
me? We gon' be alright  
My knees gettin' weak  
But we gon' be alright

# So what?



**God calls us to be effective.**

**-Diane Randall, FCNL**

# What's the risk?



**Despair**

**Guilt**

**Outrage**

**Contempt**

**Isolation**

**Self-centeredness**

# What's the reward?



**Energy**

**Confidence**

**Focus**

**Achievement**

**Camaraderie**

**Well-being**

**How do we work for justice  
and preserve self?**

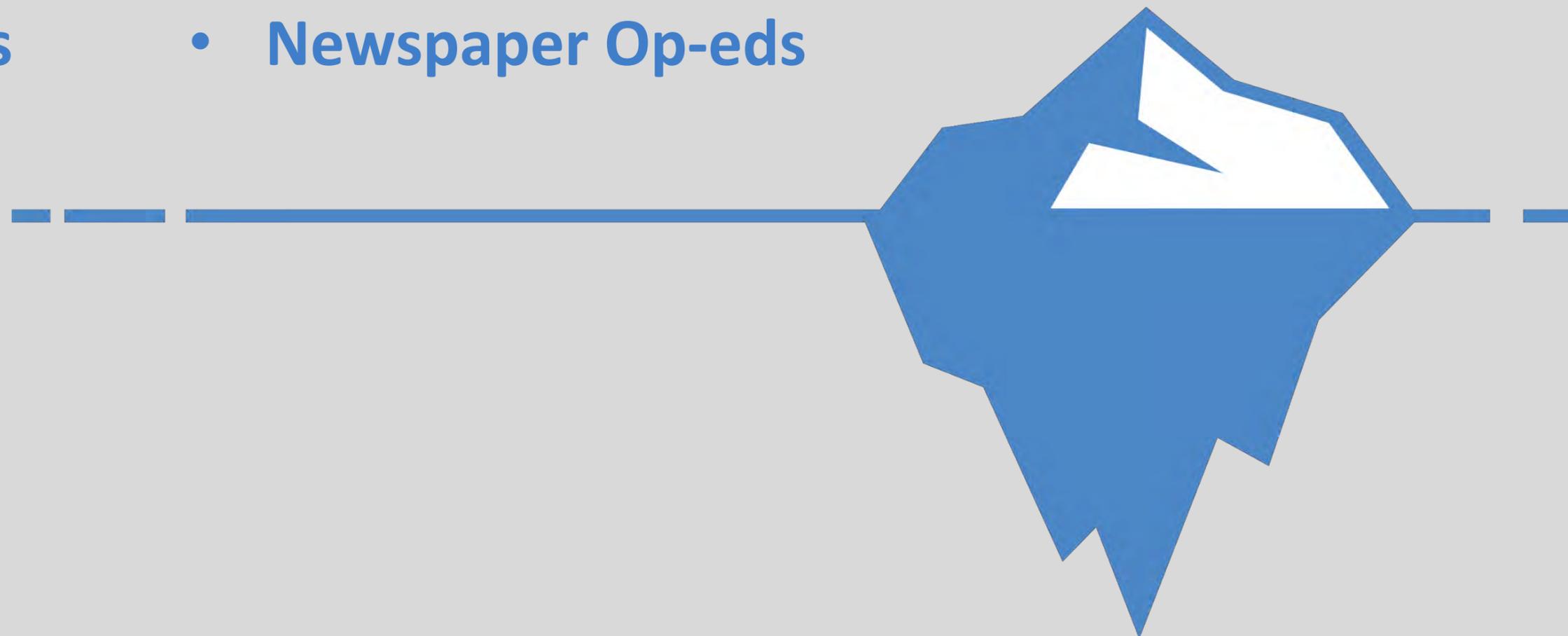
# Sharpen our perspective



- What exactly can self care be?
- When should we do self care?
- Preserve time for the work of policymaking and advocacy strategy

- **Action Alerts**
- **Press Conferences**
- **Public Statements**
- **Sign-on Letters**

- **Social Media/Emails**
- **Educational Resources**
- **Newspaper Op-eds**



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- A decorative graphic element consisting of a horizontal blue line with a jagged, mountain-like shape on the right side. The jagged shape is filled with a solid blue color and has a white, snow-like peak on top. The line extends from the left edge of the jagged shape to the right edge of the slide.
- **Inform & build relationships with policy makers**
  - **Develop strategies with coalitions**
  - **Conduct quiet and off the record diplomacy & outreach**
  - **Facilitate grassroots and grass-tops advocacy**

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# What is your ministry's unique value add?

For issues with greater value add use labor-intensive tools with high reward

For everything else, use tools requiring less time

Join the Episcopal Public Policy Network

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