

Make your legislators hear from you.

Find the two people who represent you in Jefferson City and tell them, in your own words, where you stand.

1. Find them

The Missouri Senate's Legislator Lookup takes a Missouri mailing address or nine-digit ZIP code and returns your state senator and representative. Visit senate.mo.gov/BillTracking/LegislatorLookup. Your address stays on the official service; LifeWatch never sees it.

2. Say it plainly

Name yourself, your town, and your church. Name the bill or the issue. Say what you want them to do. Three short paragraphs beat three pages, and your own words beat a form letter every time.

3. Do it again

Note the date and what you asked for. Save the reply. Offices count contacts, so a call every session matters more than one long letter. Districts change, so check the directory before each one.