

EVERYDAY MICRO ACTIONS

WITH THE HOPE OF EMPOWERING AND ENCOURAGING OUR CHURCH FAMILY DURING THESE TERRIFYING AND DIFFICULT TIMES, THE ANTI-RACISM COMMITTEE IS SHARING 7 IDEAS FOR RESISTANCE EVERY FIRST AND THIRD SUNDAY SERVICE. THESE ARE EVERYDAY MICRO ACTIONS WE CAN TAKE THAT COLLECTIVELY MAKE A HUGE IMPACT IN OUR COMMUNITY.

01

NEED TO KNOW: According to the [Palestine Humanitarian Response Center](#) (PHRC), Gaza is in total black out, meaning internet and phone lines have been cut off. As hundreds of thousands of Palestinians continue to be forcibly displaced, starved and killed, this black out seeks to cause confusion and continued chaos amongst Palestinians, and is another attempt to erase the genocide happening in Gaza.

Do NOT stop talking about the genocide in Gaza. Continue to learn, research and share information about what is happening.



02

NEED TO KNOW: On Sept 10th, the House passed the NDAA (National Defense Authorization Act for FY 2026), a defense bill that restricts gender affirming care for trans youth – a move completely unrelated to national defense. While the Washington Law Against Discrimination protects trans people, this bill would disproportionately impact WA state-based military families with trans loved ones. With Mary Bridge Children's Hospital's recent decision to cease offering gender affirming care for new patients, it's important for all of us to understand that gender affirming care saves lives and bills like this are dangerous.



03

TAKE ACTION: The House and Senate are planning to increase funding for ICE, adding onto the \$45 billion ICE just received into the Reconciliation Bill. With the government funding deadline coming up on Sept. 30, it's important to tell our Senators and Representatives that we must stop funding ICE now!

You can write to them using this [LINK HERE](#).



04

On October 4th and 5th, Faces of Fortitude and the Seattle LGBTQ+ Center are hosting the first ever [Mental Health Fest](#) for the queer community. This free community event is dedicated to community care, support around mental health, and pure queer and trans joy. In the midst of everything going on, this fest is an important reminder that joy is resistance.



05

Take the time to relearn what the First Amendment can and cannot protect us from. With recent censorship news – from the dismissal of journalists who speak truth to late night TV show hosts making commentary – it's important to stay informed. The [ACLU](#) shares a breakdown of what the First Amendment actually entails.

Please note that censorship and attacks on free speech disproportionately impact BIPOC people. While this recent news is surprising, it is not new.



06

Are you a parent, educator, social worker, or caring adult who wants to learn how to fully support transgender youth and ensure they are able to live authentically joyful lives? Row House Publishing is generously giving away the book, *Raising Trans Kids* by Rebeca Minor LICSW, to parents, families and educators "committed to creating a world where transgender and nonbinary youth can thrive." If you'd like to learn how to access this resource, [follow the link here](#).



07

Hispanic Heritage Month, which celebrates the contributions, history and resilience of Latinx communities, is observed from Sept. 15 through Oct. 15 of this year. Now, more than ever, it's important to honor and celebrate this month and every month. [El Centro de la Raza](#), a Seattle based hub for the Latino community, shares why this matters and how we can support their work. Learn more about them here, and scan the attached QR code.

