

## 18 WAYS TO SUPPORT NCJW SACRAMENTO'S

# FIGHT FOR ABORTION ACCESS

1. Educate yourself about abortion access, learn about the Jewish perspective, find out about opportunities to advocate for federal and state policy and legislation. For more information, check out National's website, [Jewsforabortionaccess.org](http://Jewsforabortionaccess.org) and Sacramento's website: [ncjwsac.org](http://ncjwsac.org).

2. Join the NCJW-Sac 73 Forward Committee which is organizing our fight to protect abortion access. Contact [claire@ncjwsac.org](mailto:claire@ncjwsac.org) and check out our Tuesday eNews for regular updates.

3. Join our effort to thank the wonderful folks at Planned Parenthood who are working under tremendous stress to expand abortion access. Contact [claire@ncjwsac.org](mailto:claire@ncjwsac.org).

4. Join our effort to thank state Senators and Assembly members who are taking the lead in championing abortion rights in California. Contact [barbara@ncjwsac.org](mailto:barbara@ncjwsac.org).

5. Help pass Proposition 1, in partnership with JCRC-Bay Area and other NCJW sections around the state, and with Planned Parenthood Mar Monte (PPMM). Proposition 1 is an amendment to the California constitution which would enshrine the right to abortion access in California. Find more information at [Yeson1ca.com](http://Yeson1ca.com), jcrc's campaign - <https://www.tfaforms.com/5013391> and PPMM - <https://www.weareplannedparenthoodaction.org/a/vote-yes-prop-1-statewide-phonebank>.

PROTECT RELIGIOUS FREEDOM.  
PROTECT ABORTION RIGHTS.

**YES  1**

6. Donate to NCJW National's fund to support women seeking abortions at [jewsforabortionaccess.org/fund](http://jewsforabortionaccess.org/fund).

7. Support our Section's \$5.00 Friday fundraiser for the National Abortion Federation throughout the month of October. Find out more at: [ncjwsac.org](http://ncjwsac.org).

8. Advocate for federal and state legislation and policy supporting aborting access. Sign up for the NCJW CA Rapid Response Team. Find out how at: [ncjwsac.org/actions/join-the-ncjw-rapid-response-team](http://ncjwsac.org/actions/join-the-ncjw-rapid-response-team).

9. Write postcards to get out the vote of historically underrepresented communities. Go to: [votefwd.org/ncjw](http://votefwd.org/ncjw).

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National Council of Jewish Women  
Sacramento Section

10. Talk to your family, friends, members of your synagogue and others about reproductive rights as a religious freedom issue since the Jewish faith supports, rather than bans, abortion:

[https://www.ncjw.org/wp-content/uploads/2020/05/NCJW\\_ReproductiveGuide\\_Final.pdf](https://www.ncjw.org/wp-content/uploads/2020/05/NCJW_ReproductiveGuide_Final.pdf)



11. Share your personal experiences with abortion and remove stigma. Tell your story at Jewish Women Archives: <https://jwa.org/stories/abortion-stories> and at <https://www.wetestify.org/> and <https://www.plannedparenthood.org/planned-parenthood-mar-monte/share-your-story>



12. Activate the “young” people in your life by describing what it was like in pre-Roe America.



13. Participate in abortion access rallies and marches.



14. Volunteer with Planned Parenthood. Check out opportunities to get involved here: <https://www.plannedparenthood.org/planned-parenthood-mar-monte/get-involved-locally/volunteer>.



15. Learn about the Jane Collective, courageous women who organized abortions pre-Roe. <https://www.theatlantic.com/culture/archive/2022/06/the-janes-hbo-max-review-abortion-roe/661446/>



16. Educate yourself about the abortion landscape: <https://www.prochoiceamerica.org/>, <https://www.guttmacher.org/news-release/2022/abortion-after-roe-new-comprehensive-map-tracks-abortion-policies-and-statistics>, and <http://ncjw.org/>



17. Support businesses that are actively pro-choice. The companies listed on this flyer have enacted travel assistance and/or medical assistance for employees who need to get an abortion.



18. Learn and use best practices for talking about abortion: [Repro Shabbat Language Best Practices](#)



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