



Postcard Party Pack

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About

The Abortion Rights Campaign are delighted to invite you to join our first major campaign 'Greetings From Ireland: Postcards to Your TD'.

The Abortion Rights Campaign and our supporters will send 30,000 postcards to our TDs between now and summer reminding them to Legislate for X, because women's lives matter.

We want all who support legislation on X to send a postcard to EACH of their representatives in the Dail.

More Information

How can I get postcards?

Drop us an email – info@abortionrights.ie, and we'll send you 5 postcards and an information sheet. We'll have a downloadable version up here soon that you can print off and stick in an envelope either.

How many can I get?

How many people can *you* get to send them? We'll send you 5 postcards for each. Just let us know in your email.

Who are my TDs?

Check out this fabulous website – www.whoismytd.com – where you can simply type in your address and it will give you contacts for all of your representatives in the Dáil.

I'm part of a group who supports this campaign, how can we help?

Have a table / stall at an event: do you have a public event between now and summer? The Abortion Rights Campaign can give you a box of postcards and explanatory flyers and you can have a 'postcards' table at your event. All members need to do is sign their name and home address on 5 postcards and we can take care of the rest. If you need people to run these stalls, the Abortion Rights Campaign will be happy to help. Please drop an email to info@abortionrights.ie to let us know about your event. We will happily publicise it to our members too.

Notify your members of the campaign so they can request postcards themselves:

Let your members / supporters know that this campaign is happening, and they can email info@abortionrights.ie to request postcards that we can send out.

Send postcards to your members: the Abortion Rights Campaign can give you a box of postcards and explanatory flyers and you can send 5 postcards and a flyer to each of your members. Your members can find their representatives by entering their home address in www.whoismytd.com. We appreciate there is a cost incurred for organisations here but appreciate any financial support available. Please drop an email to info@abortionrights.ie to request postcards and information sheets.

See more at: <http://www.abortionrightscampaign.ie/2013/02/21/postcards-to-your-tds/>

Organising a Postcard Party

Who?

You and your friends, neighbours, family members, work colleagues and anyone who supports Abortion Rights.

What?

A postcard party is a simple way to gather together with like-minded people and discuss the merits of sending a postcard in a relaxed environment. Abortion Rights Campaign have coordinated a 10 day programme of events and activities in collaboration with supporting groups around the country. From 1st-10th March 2013, we invite the electorate to let your TD know that you represent the majority that support this legislation; 10 friends - 10 days is all that's needed to make a difference.

This issue affects at least that number daily that travel abroad for abortions. It could be you, your mother, your sister, your daughter, your best friend, your partner, your work colleague, your lecturer, your neighbour, your doctor...and thats just 10.

A postcard party can be organized after 10th March too to keep building support for abortion rights in Ireland.

Where?

Anywhere you feel comfortable, preferably around a cuppa!

When?

1st -10th March 2013 and until legislation on X is passed

Why?

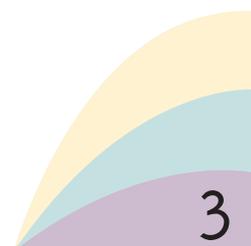
We're honoring Women's History Month AND the 21st anniversary of the X Case. Waiting for legislation any longer only endangers lives so why not?!

Any questions?

Contact actionsforchoice@gmail.com

One more thing!

Let us know you are hosting your own postcard party so we can let others in your region know that they are not alone



Varieties of Postcard Party

There isn't just ONE TYPE of Postcard Party! You can adjust this model to fit many different formats! Some ideas include:

1. You can use this postcard party as an opportunity to raise funds for the reproductive justice activities in your locality, just like a typical coffee morning or a night in amongst friends!
2. Abortion Rights Campaign Postcards could be a great way to raise consciousness for women's issues in your community or on campus with a drop-in discussion or information stall.
3. Overleaf are some activity suggestions that could be the basis of a workshop at your workplace or within an interest group.

Extra: Feminist Cupcakes

Recipe for your Postcard Party

by Maiken Woll Eide

| | |
|----------|--------------------------|
| 300g | Flour |
| 150g | Castor Sugar |
| 1 tbsp | Baking soda |
| 1/8 tbsp | Salt |
| 150g | Shredded White Chocolate |
| 100g | Cut Salty Pistachios |
| 250ml | Soya Milk |
| 2 | Eggs |
| 6 tbsp | Sunflower Oil |

1. Pre-heat the oven to 185°C
2. Mix all dry ingredients
3. Then mix all wet ingredients seperately
4. Mix all together
5. Cook for 25–30mins
6. Enjoy as you sign your postcards!

How To

Before

1. For introductions, invite everyone to tell the group about a difficult choice they made that they feel made a positive difference to their lives. What supports did they enlist to follow through on the decision. If supports they needed were not available to them, how did they feel about that?
2. Discuss where you got your ideas about sex or sexual education. Whose voices were the loudest? Who controlled the ideas that you were receiving? Was it the media? Home? School? How did those ideas conflict between the different spaces? How did you reconcile those differences?
3. Read over the legal timeline provided by the IFPA. Talk about where each person was during those events, what they remember from that time and how it made an impact in their lives. Discuss what you envision in the future with regards to abortion. What difference would it make if legislation on X was in place by the end of Summer?
4. Explore what words, phrases and images are used are used in the Abortion Rights Campaign literature and why you feel they were chosen? Do you feel the message adequately represents your perspective? Gather feedback and submit it to campaign@abortionrightscamapign.ie to help us develop our messaging.

During

1. Sign the postcards with your name. Review the list of political representatives provided and decide who to address your card to. Discuss who of this list has supported the pro-choice movement, who has not and what the motivations of each may be.
2. Discuss the potential for future events and activities in your area such as visiting the office of your local councilor(s) etc? Get in touch with info@abortionrights.ie if you require specific supports or if you would like to be put in touch with an active lobby group in your locality.
3. We'd also love if you sent pictures of your group at your postcard party. We don't need to be in the same living room to raise consciousness collectively, as a unified activist community. Post your pics on Facebook and share them with Abortion Rights Campaign or upload them with a message on Twitter using the hashtags #arcpostcardparty,

After

1. You can encourage the group to think about their own experiences and how they relate to discussion around the Abortion Rights Campaign Postcards. Hand out pieces of paper for the group to jot down notes or write a piece of their own.
2. What is one new thing that you learned from the Abortion Rights Campaign Postcards? What concerns already familiar to you were brought to mind? Share answers with your neighbor and, if willing, the larger group.
3. One week from now, what do you think you will remember from Abortion Rights Campaign Postcard Party and why?
4. What myths or "old wives' tales" did you hear growing up about women's health and bodies? What myths and stories are young women and men hearing today?
5. If abortion were to remain unlegislated in Ireland, what would women have to do?

Photocopy, cut out and give to your friends!



You are cordially invited to a

Postcard Party

Sign and send a postcard

Support legislation on the X Case in 2013

www.abortionrights.ie



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Get active!

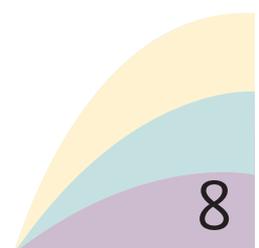
a.k.a. What can I do now?

- 1. CONNECT** - Abortion Rights Campaign with regional groups represented by delegates around Ireland. To connect to a group in your locality, contact info@abortionrights.ie or go to <http://www.abortionrightscampaign.ie/get-involved/>
- 2. DROP INTO** your local councillors and let them know that their constituents represent the pro-choice majority.
- 3. GET INFORMED** - Visit an IFPA or local clinic. Speak with the volunteer coordinator to find out more about what they do. Research organizations in your community. What is their perspective on pregnancy, contraception and abortion? Contact people in your constituency. Where do they stand on the issues you care about and what action have they taken? Inform others about what you have learned.
- 4. SUPPORT** an abortion fund that helps low-income women who travel from the Republic of Ireland and Northern Ireland to Britain for abortion services. The Abortion Support Network (<http://www.abortionsupport.org.uk/>) Host a screening of Words of Choice as a fundraiser for your local abortion fund.
- 5. SURVEY** the availability of emergency contraception in local hospitals and pharmacies. Emergency contraception is supposed to be available for sale without a doctor's prescription at pharmacies in the Ireland for women age 17 and over. Ask your local pharmacies if or another brand of emergency contraception is immediately available for purchase and what it costs. Know your rights; read the advice of the IFPA <http://www.ifpa.ie/Hot-Topics/Emergency-Contraception/Emergency-Contraception-Explained>

6. USE YOUR CREATIVITY! Words of Choice developed out of Cindy Cooper's background as a playwright and journalist. How can you combine your creative side (art, music, writing or anything that helps you express yourself) with your interest in protecting and supporting reproductive freedom? If you'd like to work in a supportive group, why not get in touch with the Creative and Direct Actions Working Group, one of the five pillars of the national campaign. This group organizes meetings, workshops, cultural events, street actions, skill shares, community projects, film screenings and more. Contact actionsforchoice@gmail.com for more info. Connect on Twitter with [@actions4choice](https://twitter.com/actions4choice). See images from prior projects on <http://www.flickr.com/photos/actionsforchoice/>

8. WRITE AN ARTICLE or op-ed about why you support pro-choice legislation and submit it to the editors of your local and school newspapers, your professional or community organization's newsletters, and your favorite blogs and on-line news sites.

9. WRITE A SONG, a poem, a rap. Explore your thoughts using your artistic imagination. To start, write new words to a tune you already know. Check out <http://laurenzuniga.com>



Resource List

1. READ BLOGS!

In Ireland:

<http://considertheteacosy.wordpress.com/>

<http://sharrowshadow.wordpress.com/>

<http://feministopenforum.wordpress.com/>

<http://corkfeminista.com/>

In the UK:

<http://www.thefword.org.uk/blog/>

<http://dmhatingfemisfromhell.blogspot.ie/>

<http://cruellablog.blogspot.ie/>

<http://www.pinkstinks.co.uk/>

In the USA:

www.Feministing.com

www.RHRealitycheck.org

www.Abortiongang.org

2. **TALK ABOUT ABORTION** with your friends and family. Find tips at <http://www.abortionconversation.com/conversations.php>

3. **STOCK UP ON BASICS** on abortion with some perspective on legal history in Ireland at <http://www.ifpa.ie/Hot-Topics/Abortion/Abortion-in-Ireland-Timeline>. International news can be found at <http://www.guttmacher.org/> and <http://www.prochoice.org>

4. **TELL YOUR STORY ONLINE!** Check out a project in Ireland at <https://www.facebook.com/shareyour.abortionstory> and internationally at <http://wordsofchoice.blogspot.com/2010/06/where-to-tell-your-story-online.html>

5. **KNOW ABOUT PRO-CHOICE RESOURCES** for friends in need in Ireland:
<http://www.positiveoptions.ie/>

6. CHECK OUT SOME DOCUMENTARIES!

X is for Anonymous

Stop the Silence, End the Stigma –

<http://www.youtube.com/user/SafeAndLegalIreland>

The Abortion Diaries

Contact actionsforchoice@gmail.com to access films and excerpts to screen in your locality.

7. HERE ARE SOME GREAT BOOKS!

The Abortion Trail: the Making of the London-Irish Underground by Anne Rossiter, 2009

The Irish Journey by the IFPA (Free to download from http://www.ifpa.ie/sites/default/files/documents/media/publications/irish_journey.pdf)

8. AND DRAMAS!

Front Lines: Political Plays by American Women (including Words of Choice) , ed Shirley Lauro and Alexis Greene

Special Thanks to [Words of Choice: Up the Creativity](#) Blog for inspiring this Postcard Party Resource Pack

More Information:

For more information about [Words for Choice](#) go to <http://wordsofchoice.org/>
Words of Choice also host a blog with updates on this event and news on other international creative and direct actions at: <http://wordsofchoice.blogspot.ie/>

Print your own postcard to send to your T.D

This page can be printed out back to front with the second page. Both pages can also be printed separately and stuck to a blank postcard or simply put in an envelope.



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Dear _____,

Before the Dáil breaks for summer holidays, don't forget to legislate for X. 85%* of us are waiting.

When a pregnant woman's life is at risk, including the risk of suicide, she should have the right to an abortion. Women's lives matter.

Your constituent,

Name _____

Address _____

* Ipsos MRBI poll, Irish Times 12th February 2013.

POST CARD

PLACE
STAMP
HERE

Leinster House,

Kildare Street,

Dublin 2.

www.abortionrights.ie
info@abortionrights.ie

Image credits: Martyn Turner (cartoon), Andrew Flood & William Hederman. Design: @maxspaulivan

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