

Contacting your Federal Delegates

Who to Call and What to Say

Sample Script:

"Dear[CONGRESSMAN/CONGRESSWOMAN/SENATOR], I am calling today to respectfully urge you to work with your colleagues in the [HOUSE OF REPRESENTATIVES/SENATE] and pass an Afghan Adjustment Act, which would help Afghan arrivals secure their permanent legal status in the United States and start new lives in Oklahoma. These people risked their lives to help the U.S. in Afghanistan, and our current immigration attorneys and legal system are severely overburdened. Oklahoma stepped to show the Oklahoma standard in welcoming 1800 Afghan refugees – more per capita than any other state – and now we need an Afghan Adjustment Act to ensure that these families can secure their status and become part of the fabric of the Oklahoma community. Thank you."

Your federal delegates' contact information:

U.S. House of Representatives:

District 1: Kevin Hern

202-225-2211 D.C. Office

918-935-3222 Tulsa Office

District 2: Markwayne Mullin

202-225-2701 D.C. Office

918-687-2533 Muskogee Office

District 3: Frank Lucas

202-225-5565 D.C. Office

District 4: Tom Cole

202-225-6165 D.C. Office

405-329-6500 Norman Office

District 5: Stephanie Bice

202-225-2132 D.C. Office

405-300-6890 Oklahoma City Office

U.S. Senate:

James Lankford

405-231-4941 Oklahoma City Office

202-224-5754 D.C. Office

Jim Inhofe

405-208-8841 Oklahoma City Office

202-224-4721 D.C. Office



Not sure of your district?

We can help you locate your district and decide who is the best federal delegate to call. Email info@ok.cair.com for help.