

Congressional Recess

Terms to Know

Recess – Also called a "District work period" – is when Members of Congress are in their home districts rather than in Washington D.C. The Members of Congress are working and meeting with constituents, which is you!

Members – Elected Senators and Representatives. There are 100 members in the Senate and 435 in the House of Representatives.

Why is a Recess Important?

A Congressional Recess is an opportunity for you to be able to actually meet with your members of Congress in your community when they are less busy. A recess is a good time to talk to members or their staff. (Sometimes, meeting with staff members are just as productive, if not more!)

Meet in D.C. vs. Home Offices

What's the difference between meeting members in Washington, D.C. versus their home office? Often if in D.C., you would be meeting with your member's staff, but the recess is a possible chance to meet directly with the member at their home office or at events. Meeting during a recess is just as important as a meeting in D.C.

How to Make a Difference During a Recess:

- Find out who your Members of Congress are, what issues they are and currently working to address. Use congress.gov to learn more.
- Set-up a meeting. Practice what you are going to say. Keep it short and to-the-point. If you get to meet with them, thank them on social media and tag @AUCDnews on Twitter; @AUCDnetwork on Facebook.
- Attend an event that they will be in attendance at or hosting in their district.
- Invite the Member of Congress to visit your Center or Program.
- Invite them to speak at one of your events in the coming months.