



CALL TO ACTION

WEEK 2: THE CANAANITE WOMAN, MOTHER OF A DAUGHTER

1. Participate in a daily breath prayer exercise to cultivate a willingness to listen compassionately to the hardships and concerns of mothers in your community. For example: (*Breathe in*) As the Canaanite Mother had faith to speak, (*breathe out*) God grant me the faith to listen. Amen.
2. Learn about efforts in your area to expand postpartum Medicaid coverage from 60 days to 12 months. You can see the status of your state's efforts here : <https://www.kff.org/medicaid/issue-brief/medicaid-postpartum-coverage-extension-tracker/>. If you are in a state where expansion has not been approved, write a letter to your state representatives. You might even consider having a letter writing party at your church!
3. Explore this interactive map to view the level of medical debt in your county: https://apps.urban.org/features/debt-interactive-map/?type=medical&variable=perc_debt_med. Bring together a group or committee in your church to consider ways in which you might participate in alleviating medical debt for your neighbors. For example, you might start a fund to be used when needs come to the attention of the church so that people do not have to go into medical debt. Or you might partner with a non-profit like RIP Medical Debt to forgive current medical debt in collections.



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