



**ADVOCACY  
IN ACTION**

ADVOCATING CHANGE = ADVANCING LIVES

**VOTE!**

**September 22: Absentee voting with an excuse opens**

**October 7: Last day to register to vote**

**October 20: No-excuse in-person absentee voting opens**

**October 21: Last day to apply for a mailed absentee ballot**

**November 2: Last day for voting an absentee ballot in person at the Board of Elections**

**November 3: ELECTION DAY  
Polls open from 6:00 a.m. - 7:00 p.m.**

## Help Work the Polls During Early Voting for NO on 3!

### Help Us Get Out the NO Vote on 3!

Early voting is an important opportunity to make sure Missouri voters have the information they need to vote **NO on 3**. We're looking for volunteers, beginning on **October 20 through November 2**, to work at polling places during early voting to help distribute campaign literature, talk with voters, and make sure our message is reaching voters when it matters most.



Interested in helping? **Sign up to volunteer at the links below.** We'll follow up the week of October 12 with more details, including polling locations, shifts, and where you can pick up literature. Every shift makes a difference.

[St. Louis County Board of Elections](#)  
[Daniel Boone Branch Library](#)  
[Wildwood City Hall](#)  
[Grant's View Branch Library](#)

Please contact Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org) for more information.

## Postcards for Democracy: Help Get Out the Vote!

VOTE NO ON 3 AND A — Women's Voices Raised for Social Justice — NCJWSTL — VOTE NO ON 3 AND A

### POSTCARDS FOR DEMOCRACY



**WEDNESDAY,  
OCTOBER 14**

6:00 P.M. – 8:00 P.M.

NCJW OFFICE  
295 N. LINDBERGH BLVD.  
ST. LOUIS, MO 63141

Drop in anytime to write  
NO on 3 and A postcards for  
the November election.

POSTCARDS AND STAMPS SUPPLIED

RSVP to Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org)

**When:** Wednesday, October 14 | 6:00 - 8:00 PM

**Where:** NCJWSTL Office | 311 N. Lindbergh Blvd.

[Register Here](#)

We are proud to endorse the **NO on Amendment 3 and Prop A** campaigns and we need your help to turn support into action.

Join NCJWSTL and Women's Voices Raised for Social Justice for an evening of community and civic engagement as we write postcards encouraging voters to head to the polls and make their voices heard in the November election. Whether you're a seasoned volunteer or looking for an easy way to get involved, this is a simple and meaningful opportunity to make a difference.

Bring a friend! We will provide everything you need, including postcards, pens, stamps, voter lists, and sample messages.

Together, we can help boost voter turnout and make a difference this November.

Please RSVP to Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org). We hope to see you there!

## Knock Doors With NCJWSTL, AccessMO and Beacon to Talk to Voters About Voting NO on Amendment 3



**When:** Sunday, October 4, 11 and 18 | 11:00 AM - 2:00 PM

**Where:** Location given upon registration

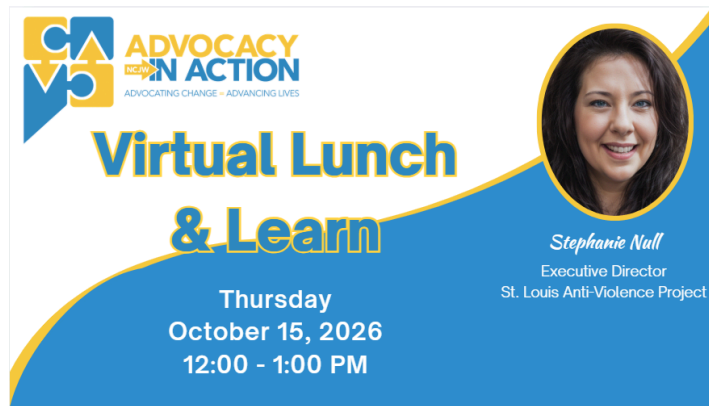
[Register Here](#)

Join NCJWSTL and Beacon Reproductive Health for a high-impact canvassing shift to help spread the word about voting **NO on Amendment 3**. You'll team up with passionate volunteers, get a quick training, and head out to knock doors, share accurate information, and make sure voters understand what's at stake. Every conversation helps build momentum and ensures our community is informed and ready to vote.

Show up, plug in, and make a real difference before Election Day.

Please [click here](#) to sign up for canvassing!

## October Lunch and Learn: Relational Violence Within and to LGBTQ+ Community with Stephanie Null



**When:** Thursday, October 15 | 12:00 - 1:00 PM

**Where:** Zoom

[Register Here](#)

**October is Domestic Violence Awareness Month.** The LGBTQ+ community is often overlooked in domestic violence awareness, even though many LGBTQ+ survivors face high rates of abuse and significant barriers to support. When their experiences are left out of the conversation, it reinforces stigma and leaves critical gaps in safety, resources, and visibility. Centering LGBTQ+ voices is essential to creating a truly inclusive response to domestic violence.

For our October Virtual Lunch and Learn, NCJWSTL is thrilled to welcome Stephanie Null, Executive Director of the [St. Louis Anti-Violence Project](#). The St. Louis Anti-Violence Project is dedicated to increasing awareness of relational violence to and within LGBTQ+ communities. The organization does this through education, advocacy, and outreach.

Please [click here](#) to register for the NCJWSTL Advocacy Series October Lunch & Learn. Questions? Email Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org) or call [314.514.4974](tel:314.514.4974).

## Volunteers Needed to Help Keep Abortion Legal in MO



We're organizing around a critical issue: **protecting abortion rights in Missouri**. You may have heard that the Missouri Legislature is bringing abortion rights back to the ballot under the same name, **Amendment 3**. We anticipate a strong misinformation campaign from the opposition, and we need to be strategic in order to fight it. Although the new measure will appear on the ballot on November 3, 2026, [now is the time to act](#).

We are looking for volunteers to work the polls, knock on doors, educate our communities, and notarize absentee ballots. If you're interested in getting involved, please [click here](#) to sign up. **It's going to take all of us.**

For any questions, please contact Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org).

# ADD YOUR NAME and Help Us Oppose Censorship of Our Public Libraries

## Protect the First Amendment! Join the Right to Read Coalition

Support Missouri's Libraries! Join the Right to Read Coalition by [clicking here](#).

Right to Read is a statewide coalition of over 1,200 individuals and 103 organizations. NCJWSTL is a founding coalition member.

- Censorship denies our First Amendment rights to access books that reflect our diverse community.
- Missouri laws and policies have led to book bans and harmful regulations on our libraries.
- President Trump's Executive Order threatens to eliminate \$3 million of Federal funds for Missouri's libraries.

Get the latest information at [MO Right to Read – Supporting Missouri's Libraries](#).



## Get FREE Emergency Contraception at NCJWSTL!



NCJWSTL is thrilled to announce that we have partnered with [Beacon Reproductive Health Network](#) to distribute **FREE emergency contraception kits**! This effort is vitally important in the wake of last year's Supreme Court decision overturning Roe vs. Wade, especially in states like Missouri where abortion is illegal. Everyone should have the right to determine when and if they wish to start a family, and emergency contraception is vital in preventing unwanted pregnancies.

Also known as the morning-after pill, or by the brand name Plan B, the emergency contraception pill is an over-the-counter form of birth control that can be taken up to five days after unprotected sex to avoid pregnancy. The goal of this effort is to reduce geographic and financial barriers Missourians face in accessing emergency contraception pills.

While supplies last, Beacon Reproductive Health Network, NCJWSTL, and other partner organizations are offering free EC kits to anyone of any age. **Feel free to stop by the NCJWSTL office to pick up your kit - for you or a loved one.**

*If you have any questions, please contact Jen Bernstein at [jbernstein@ncjwstl.org](mailto:jbernstein@ncjwstl.org).*

## Take Action & Join the A-List

**Now more than ever you will want to ensure that your name is on NCJWSTL's A-List for 2026!** Join us as we stand together and speak out about the issues that matter most.

***Together we can make a difference!***

A-List sponsorship ads sustain our collaborative efforts to educate the community and elected officials about issues integral to our mission, such as birth control access and voting rights. The full-page ads will run in the St. Louis Jewish Light during 2026.

- **\$18** includes your name in the ad.
- **\$54** makes you an Advocate Plus with your name in bold.



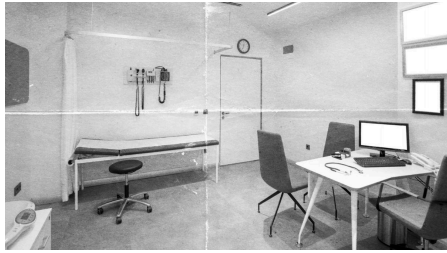
- \$72 makes you a sponsor with your name distinguished in color.

[Click here](#) to see the A-List flyer.

[Click here](#) to see the latest A-List Ad.

Join the A-list [here](#).

## Interesting Reading



In Missouri, mental health conditions are among the leading causes of death during pregnancy and in the year after giving birth.

The state's latest Pregnancy-Associated Mortality Review (PAMR) report found that conditions including depression, anxiety, and substance use disorders contributed to nearly a quarter of pregnancy-related deaths from 2019 to 2023.

And the risk is even higher for women in rural areas, who are 21% more likely to experience perinatal depression than women in urban areas, according to a 2020 study.

[Click here](#) to read Meg Cunningham's article from the *Missouri Independent*, "Missouri Doesn't Require Asking Pregnant Patients About Their Mental Health. New Moms Keep Dying."

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Not yet a member of NCJWSTL? [Click here](#) to become part of a growing network of courageous and compassionate individuals who improve the lives of women, children, and families every day. You don't have to be a woman or Jewish to join!

**Donate to Support NCJWSTL & Transform Our Community**

**NCJWSTL**

National Council of Jewish Women St. Louis



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**2019 WINNER**  
**BBB TORCH Award**

*Celebrating Exceptional  
Ethics and Service*  
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Southern Illinois



NCJWSTL | 311 N. Lindbergh Blvd. | St. Louis, MO 63141 US

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