



## Strategic and Faithful Disconnection

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In the months leading up to the last national election, I spent countless hours doing voter registration, mobilization, and education. I helped first-time voters register. I mailed postcards to low propensity voters to try to increase turnout. I served on a speakers bureau for a citizens-initiated ballot measure in my state. I helped organize candidates forums so that voters could hear directly from those seeking their vote. I participated in rallies and prayer services to encourage voters to get out the vote and stay in long lines during early voting. I exhausted myself and literally lost my voice for a day or two, which was the only thing that slowed me down.

After the election, I desperately needed a break. I will never give up the work of political participation, especially in a non-partisan way, but I was tired and needed to replenish. My happy place, on the shores on Lake Erie, welcomed me back as I let the waters soothe my spirit and remind my soul that rest is part of the rhythm of life. I reduced my time on social media and fasted from watching the news.

Broadcast journalism, with its overreliance on polling and punditry, needs self-evaluation and critique so that news is less about fixating on one sensational topic at a time and more about actually reporting facts and candidate positions to inform voters. Sometimes, I feel like political reporters really want to be sports reporters, as they often cover these races strictly in terms of winners and losers rather than providing in-depth information and analysis covering complex issues.

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