



Writing to your local Member of Parliament regarding the human suffering in Gaza

The Australia Government can and is playing an active role in advocating for peace in Gaza – through diplomatic statements and actions, as well as offering humanitarian assistance. The louder the public show of support for these actions, the stronger the actions become.

Therefore, one of the many ways to show your support and take action for those suffering in Gaza is by reaching out to your local MP.

MPs have busy schedules—so a well-crafted, personal and individual letter or email from one of their constituents is more likely to get their attention and make an impact. You can use the Caritas Australia letter template (included below) if you'd like or draft your own letter from scratch.

Here is a step-by-step guide to help you reach out to your MP.

Identify your MP

If you're not sure who your federal MP is, you can identify your federal electorate and MP through the Australian Electoral Office's website: <https://electorate.aec.gov.au/>

Decide how you will get in touch

MPs will respond to all communications from their constituents, but they are much more likely to sit up and take notice of a personalised letter, email or phone call as it shows that their constituent cares enough to take the time. Letters have more impact than an email, particularly if it is handwritten. In your email or letter, explain why the issue matters to you and what you want your MP to do about it.

Find your MP's phone, email or postal details

Find your MP through the Parliament of Australia website:
www.aph.gov.au/Senators_and_Members

Know how to address your MP

There are certain protocols on how to address your MP, which differ depending on whether you're writing or speaking to them. For details see the Guidelines for Contacting Senators and Members

[https://www.aph.gov.au/Senators_and_Members/Contacting_Senators_and_Members](http://www.aph.gov.au/Senators_and_Members/Contacting_Senators_and_Members)

Introduce yourself

Start your letter by outlining who you are and why you are writing to them. If you are a member of their electorate, make sure to tell them this—as well as any relevant connections to local churches or organisations.



Keep it brief, polite and unique

Politicians receive hundreds of letters from constituents every day, so make it easier for them by keeping your letter to one page maximum. It is also important to limit yourself to just the one issue or ask, rather than tacking on other related requests. It's also a good idea to thank or compliment the MP on their previous work related to this issue—after all, nobody is immune to a bit of flattery.

Make sure your letter stands out from the crowd by making it personal, and passionate. Tell them why this issue is important to you. If you have a personal connection to your request, make sure to tell them this as well (e.g. a familial or Parish connection to anybody in Gaza, or a personal experience of displacement through conflict.)

Clearly outline your ask

Examples of this could be:

- Unimpeded humanitarian access
- Protection of civilians and aid workers
- A just and lasting peace rooted in human dignity

Include the above, or any other asks that resonate with you, and explain why these are important to you.

Ask for a quick response and action

Finish up your letter by asking your MP to respond and act quickly on this issue.

Draft Letter

[Your Name]
[Your Address]
[Your Email]
[Date]
[MP's Name]
[MP's Title]
[Parliament House Address or Electorate Office Address]

Dear [MP's Name],

I am writing to you as a concerned constituent and as someone guided by the principles of human dignity, compassion, and justice — values deeply rooted in Catholic social teaching and shared by many Australians of all faiths and backgrounds.

The humanitarian crisis in Gaza is one of the most urgent and devastating of our time. Tens of thousands of lives have been lost, and millions are suffering without access to necessities such as food, water, shelter, and medical care.



Devastatingly, thousands of children have lost their lives. Those who have survived so far now suffer without adequate sustenance, many of them orphans without their parents to comfort them.

As Pope Leo XIV has reminded us, ““Every human person has an intrinsic dignity conferred on him or her by God himself”.

In writing to you I also echo the calls of His Holiness for action, made on the 27th of July 2025, when he said:

“I urge the parties in all conflicts to recognise it [the intrinsic dignity of all persons] and to stop any action contrary to it. I urge you to negotiate a future of peace for all peoples and to reject anything that could jeopardise it.”

In turn, my request to you is for you to support and advocate for the following actions:

- Unimpeded humanitarian access to those in need
- Protection of civilians and aid workers
- A just and enduring peace rooted in human dignity and international law

These are not political demands - they are moral imperatives. They reflect the call of Pope Leo XIV, all those of faith, and all those who value human life.

I ask that you raise this issue in Parliament, support diplomatic efforts for peace, and ensure Australia continues to provide humanitarian assistance to those affected.

Thank you for your time and for your service to our community. I would appreciate a response outlining how you intend to support these urgent humanitarian priorities.

Yours sincerely,
[Your Name]