

Who Represents Me in the U.S. Congress?

Every American citizen residing in a state is represented by 1 Representative in the U.S. House of Representatives and 2 Senators in the U.S. Senate. Your Senators are determined by the state you live in and your Representative by the Congressional District you live in. If you reside in the United States but not a state (e.g. the District of Columbia, Guam, American Samoa, Puerto Rico, or the U.S. Virgin Islands), you are represented by a non-voting Delegate in the U.S. House of Representative.

Contacting the Congress allowed you to look up who represented you in the U.S. Congress based on your home address. Here are other resources allowing you to find the same information.

- You can determine who your U.S. Representative is (and contact them) using the [U.S. House of Representative's WriteYourRep page](#).
- You can also examine [online maps of the Congressional Districts](#) maintained by GovTrack.
- The U.S. Senate's list of all Senators is [provided here](#).

Who is on a Congressional Committee?

A congressional committee is a legislative sub-organization in the United States Congress that handles a specific duty (rather than the general duties of Congress). Committee membership enables members to develop specialized knowledge of the matters under their jurisdiction. - From [Wikipedia](#)

The *Contacting the Congress* directory kept track of who was on a Congressional Committee as well as the rank of the members of the Committee or Subcommittee. Here are some resources you can use to look up how to contact a particular congressional committee or who is on it:

- The [U.S. Congressional Committees page](#) maintained by the Library of Congress provides a listing of Congressional Committees. Clicking those links will take you to official committee pages listing members and subcommittees.

Who is in the Congressional Staff?

The *Contacting the Congress* directory listed the chief of staff, communications directors, etc. for members of Congress.

- The [InsideGov Congressional Staff Directory](#) allows you to identify Congressional Staff members.

Who is in the Congressional Leadership?

The *Contacting the Congress* directory had a page listing the Congressional leadership. Here is a resource providing a similar list.

- The [U.S. House of Representatives Leadership](#) page hosted by the House of Representatives.
- The [U.S. Senate Leadership](#) page hosted by the Senate.

Where can I look up the Current Congressional Schedule?

The *Contacting the Congress* website also used to provide a list of House and Senate Schedules. This was done by scanning the official schedules online. Here are those schedules:

- [**U.S. House of Representative Legislative Schedule**](#)
- [**U.S. Senate Legislative Schedule**](#)