2026 CATHOLIC VOTER GUIDE · MARYLAND · LETTERS FROM LEO

U.S. House, District 3

Incumbent Sarah Elfreth (D) is seeking reelection.



Sarah Elfreth

DEMOCRAT · INCUMBENT

U.S. Representative since 2025; former Maryland state senator.



Bernard Flowers

REPUBLICAN · CHALLENGER

Retired U.S. Air Force lieutenant colonel and former Defense Department cybersecurity official.

Where the candidates stand on the issues Pope Leo XIV has raised, in their own words and votes. Bracketed numbers link to sources. We do not rate, score, or endorse candidates.

WAR & PEACE

POPE LEO XIV *Leo invited citizens of every country involved in the war with Iran to contact their leaders and members of Congress "to work for peace and to reject war and violence."* Remarks at Castel Gandolfo, Apr. 7, 2026 (Vatican News via The Good Newsroom)

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

Iran war powers resolutions, Mar.–Sept. 2026 (six House votes): **Yes** Mar., Apr., May, June, July, Sept.

Yes Ukraine Support Act (H.R. 2913), June 2026 — authorizes support for Ukraine

BERNARD FLOWERS

Calls to "End endless wars, and focus on domestic security," saying war should be used only to defend the country and its allies.

[1] Ballotpedia: Bernard Flowers

AI & THE DIGNITY OF WORK

POPE LEO XIV *"No one can be reduced to productivity, to cognitive performance, or to mere data."* Magnifica Humanitas presentation, May 25, 2026

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

Yes Protect America's Workforce Act (H.R. 2550), Dec. 2025 — nullifies the executive order ending union bargaining for many federal workers

Yes Faster Labor Contracts Act (H.R. 5408), June 2026 — sets deadlines for reaching first union contracts

BERNARD FLOWERS

No public position found.

THE POOR & THE SAFETY NET

POPE LEO XIV *The preferential choice for the poor is "a source of extraordinary renewal both for the Church and for society."* Dilexi Te, Oct. 4, 2025

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No One Big Beautiful Bill Act (H.R. 1), final passage July 2025 — tax cuts with Medicaid and SNAP changes

Yes Breaking the Gridlock Act (H.R. 1834), Jan. 2026 — extends enhanced ACA premium tax credits through 2028

BERNARD FLOWERS

His 2024 campaign site said, "I will fight for increased Childcare Tax Credits."

[1] Ballotpedia: Bernard Flowers

ELECTIONS & CIVIC LIFE

POPE LEO XIV *Authentic democracy, "far from being a mere procedure," "recognizes the dignity of every person and calls each citizen to participate responsibly in the pursuit of the common good."* Message to the Pontifical Academy of Social Sciences, Apr. 9, 2026

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No SAVE America Act (House amendment to S. 1383), Feb. 2026 — requires documentary proof of citizenship to register and photo ID to vote in federal elections

BERNARD FLOWERS

No public position found.

LIFE OF THE UNBORN

POPE LEO XIV *Abortion "cuts short a growing life and refuses to welcome the gift of life."* Address to the Diplomatic Corps, Jan. 9, 2026

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No Born-Alive Abortion Survivors Protection Act (H.R. 21), Jan. 2025 — requires care for infants born alive after an attempted abortion

No Supporting Pregnant and Parenting Women and Families Act (H.R. 6945), Jan. 2026 — lets states use TANF funds for pregnancy centers

BERNARD FLOWERS

No public position found.

THE DEATH PENALTY

POPE LEO XIV *Someone who opposes abortion but favors the death penalty "is not really pro-life."* AP via PBS NewsHour, Sept. 30, 2025

SARAH ELFRETH

No public position found.

BERNARD FLOWERS

No public position found.

IMMIGRANTS & REFUGEES

POPE LEO XIV *"Defending human life also includes welcoming, protecting and assisting immigrants."* Letter on the 250th Anniversary of the United States, June 25, 2026

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No Laken Riley Act (S. 5), Jan. 2025 — requires detention of undocumented immigrants charged with theft and certain crimes

No Secure America Act (S. 2), June 2026 — reconciliation funding for ICE and Customs and Border Protection

Yes Haiti TPS bill (H.R. 1689), Apr. 2026 — requires temporary protected status for Haitians

BERNARD FLOWERS

Lists "Supporting Legal Immigration And Stopping Illegal Immigration" as a priority and calls for "securing our borders."

[1] Ballotpedia: Bernard Flowers

RELIGIOUS LIBERTY & EDUCATION

POPE LEO XIV *Religious freedom is "the right of every person to worship according to conscience."* Letter on the 250th Anniversary of the United States, June 25, 2026

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No One Big Beautiful Bill Act (H.R. 1), July 2025 — created a federal tax credit for donations to K–12 scholarship organizations

BERNARD FLOWERS

His 2024 site backed access to charter school vouchers and parental rights; his 2026 message centers on "Freedom, Faith And Family."

[1] Ballotpedia: Bernard Flowers

CARE FOR CREATION

POPE LEO XIV *"We cannot love God, whom we cannot see, while despising his creatures."* AP, Oct. 1, 2025

SARAH ELFRETH

No campaign statement found. See voting record below.

VOTING RECORD

No Resolution overturning EPA approval of California vehicle-emission rules (H.J.Res. 87), Apr. 2025

No Homeowner Energy Freedom Act (H.R. 4758), Feb. 2026 — repeals home-electrification rebates from the 2022 climate law

BERNARD FLOWERS

No public position found.

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