

February 2019 Newsletter

Common Pathways: Caterpillars, Mitochondria and Sugary Drinks

Rev. Linda Simmons

We all assume that the greatest moment in the life of a caterpillar is when it becomes something else. Turns out, there are many extraordinary moments for these multi-legged beings before the butterfly incubating cocoon is ever spun. The gum leaf skeletonizer molts its external skeleton and then picks it up and wears it as a helmet. It does this again and again until ten helmets balance on its tiny head. The Lycaenid caterpillar secretes a sugary syrup that attracts hungry neighboring ants that massage the caterpillar bartender as they imbibe. Other caterpillars have porcupine like barbs they lodge in the skin of those who would do them harm.

We marvel at the dramatic, the beautiful, and visibly wonderful when all the while there is magic happening all around and within us.

Consider mitochondria, the little organelles inside most cells that store and produce energy, acting like batteries. Protons tunnel along “wires” composed of water and amino acids across the mitochondrial membrane, but because of the complex dynamics of the tunneling distances, they aren’t able to tunnel back. This leaves protons searching for another route back to equilibrium, which channels them into the machinery by which they’re turned into adenosine triphosphate, the body’s energy currency.

This is happening all the time. It’s our helmet building, our sugary syrup that massages us through a day, our porcupine barbs that remind us that we have what we need to be safe enough.

We are all looking for peace, for equilibrium, to be released from our entrapments and emerge from an incubation, still us, still here, but more beautiful, alive, colorful.

Maybe peace is about using our resources, our helmets and barbs and sugary drinks, to build beauty, to construct a world capable of noticing that we live in the butterfly as it flashes by in its momentary radiance and in the multi legged crawling caterpillar and both are miraculous.

May we gather more often to make sugary drinks for friends while being massaged with the remembering of who and where we are.

Nantucket is full of common pathways, some known by many, others known only by a few. Our Meeting House brings us together, traveling over many pathways, some common, some not, as we learn to walk with each other even when the ways are unfamiliar and unmarked.

Join us every Sunday
at 10:45 am

~

February 3

“The Ripple Effect of the
Housing Crisis on our
Community”

Tucker Holland
& Brooke Mohr

February 10

“Metamorphosis”

Rev. Linda Simmons

February 17

“About Valentines: There
are many Kinds of Love ”

Val Hall

February 24

“The Hour of Separation”

Rev. Johannah Murphy



Calendar of Events

Friday, February 1st

International Potluck
6 pm, Activities Room

Monday, February 4th

Immigration Resource
Center
5:30 pm, Activities Room

Wednesday, February 6th

Building & Grounds
Committee Meeting
5 pm, Activities Room

Monday, February 18th

Neighborhood Project
5 pm, Activities Room

Tuesday, February 19th

Board of Trustees Meeting
5:15 pm, Activities room

Thursday, February 28th

Food Rescue Meeting
11 am, Activities Room

Incoming President's Report: UU Leadership, Watership Down Style

Susan Richards, Board of Trustees President

After our Annual Congregational Meeting on January 27th (and thank you to all who attended!), we had a brief Board of Trustees meeting where a new slate of officers was elected. Peter Richards is continuing as Clerk for a third year, Paul Stewart, of course was voted in to his 6th year as Treasurer (with a rousing and well-deserved standing ovation by the Congregation!), Kat Robinson Grieder is Vice-President, and I am the new President. This is my second time around on the Board and as President as well...so I am entering my 6th year of Board service...

When I think of the leadership style I aspire to, a favorite book of mine, *Watership Down* by Richards Adams, always comes to mind. If you're not familiar with this book - it tells the story of a group of rabbits who must leave their home warren

(destroyed by humans) and take a dangerous journey together to find a new place to call home. The main character is Hazel, the leader of the rabbits. Hazel, at first seems an unlikely leader - he's not the strongest, the smartest, the boldest, the most creative, or even the most charismatic. And yet he grows to become a respected leader of his rabbit comrades.

To me, what makes Hazel a strong and effective leader is his ability to find the strength in the individuals who make up his team and empower them to use those strengths for the benefit of the entire team.

I have already seen the special strengths of many of our congregants - I have worked with many of you on the board, on committees, on task forces, and at special events. I look forward to 2019 and working with our multi-skilled board and committee members as well as hopefully finding out about some of our other congregant's talents, ideas, and special abilities!

Religious Exploration News:

A New Year for JUSTICE

Ready, set--BELIEVE, that kids really CAN make a difference at home and around the World on matters of justice. This February, we'll explore what "justice" means through topics like bullying; fairness; and considering who might not be getting an equal shot in our present moment. And, as always: reaching out with "helping hands" will be at the forefront of our activities, as we create community action-plans that will shine our light both near and far. Children of all ages are invited to join us in a continued season of giving, with fun for every interest...from baking to painting to textiles, nothing is off the table as a means for serving others! So whoever you are, and whatever makes you different...there's a gray cloud just waiting for the rainbow, that you were born to bring.

- ⇒ Justice SPEAKS for Awareness: Stand up against bullying with messages promoting kindness on wood and stones, which we'll "plant" along pathways to our Meeting House.
- ⇒ Justice SEWS for Peace: Recycled sweaters turn into fabulous hats, which we'll be mailing to refugees at our southern border.
- ⇒ Justice WRITES for Leadership: Letter-writing has never been more fun, when we express our own hopes for justice to our Massachusetts legislators in both pictures and words.

Layah Jensen



Kids of RE start the New Year of 2019 by creating their own calendar, featuring the 7 Principles plus inspiring messages they've written themselves. Stay tuned, for a gift that will be making it's way to you soon!

Recent Meeting House Events



On Friday January 18th, the UU Meeting House opened its doors to islanders who wished to drop off items to support the Coast Guard and TSA workers who were not getting paid due to the government shut down. We collected over 100 bags stuffed with food and Shop and Stop gift cards from the over 250 people who came through to show their support.



On Monday, January 22nd, the community gathered for an inter-generational and interfaith celebration of Dr. Martin Luther King Jr at the Summer Street Church.



On January 17, *The Inquirer and Mirror* featured an article on Race Relations on Island which featured an interview with Rev. Linda Simmons. The following is an excerpt from the article

Islanders Reflect on Race Relations (excerpt)

By Brian Bushard and David Creed

The words were meant to do just one thing: hurt. The racist graffiti spray-painted across the door of the African Meeting House in mid-March, spelling out “N***** Leave,” along with a phallic symbol, struck a nerve in the community and led to an investigation that has yet to provide any answers about who was responsible.

The police department, which has been investigating for 10 months what it immediately characterized as a hate crime, has no additional information or any new leads, police chief Bill Pittman said this week.

When it comes to race relations on the island in general, racism isn't just a law-enforcement issue but a problem that needs to be addressed from more than one angle, he said.

“Race relations is bigger than a law-enforcement problem, it's a societal problem,” said Pittman, who has been in law enforcement for 36 years. “It's something that our government, churches, social institutions and everyone else needs to address. It's not just something law enforcement is going to fix.”

Augie Ramos said he has seen significant improvement in race relations on the island over the past 50 years. Not too long ago, he

said, black people weren't seen in the front of stores downtown. Now, they work behind the counter.

But he still hears racist comments, including some from his friends. “It's not so much as you can't have a job because you're black,” he said. “It's more something you hear from your friends. I have a lot of white friends who will say something racist around me and say, ‘I don't mean you, Augie, I mean some other guy.’”

Rev. Linda Simmons of the Unitarian Universalist Church said the graffiti at the African Meeting House was not simply a one-time act, but a result of racism that is taught at a young age and a lack of acknowledgement that racism exists on the island.

“What happened is horrible. It's an act of violence and racism,” she said. “I believe we are all complicit in what happened.”

“Do we talk about racism enough in our schools, our places of worship and our families?” she asked. “Do we discuss the history of slavery in our country and the scars it has left on African Americans and the soul of this country? Do we speak up when we hear state-

ments, subtle and otherwise, that are racist? Do we look into our own hearts and minds and take responsibility for the racism we find there?”

The morning after the African Meeting House was vandalized, a group of residents gathered outside the building, some crying, others there as a sign of support, and all helping to scrub away the graffiti.

Simmons commended that show of support, but added that addressing racism needs to happen every day, not just once. Racism, she said, is not only expressed in public acts like these, but in subtle ways that are harder to see. “I think it is easier to stand in solidarity over an act of violent racism and harder to accept that this act comes from within the soul of our country and

Continued on page 5



International Potluck

FRIDAY FEBRUARY 1ST AT 6PM
SPONSORED BY THE IMMIGRATION RESOURCE CENTER
Location: Unitarian Universalist Meeting House
11 Orange St.

JOIN US FOR AN INTERNATIONAL POTLUCK
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that we must all work harder,” she said.

Barros agreed. “You can smell it, you can taste it, and you can see it here,” he said. He often hears racist remarks as he walks around town.

“I hear people on jobs talking about Obama as ‘that n---r president,’ then they call our Mexicans ‘dirty’ and this and that,” he said. “Sooner or later, something bigger than this is going to happen on the island and it’s not too far away.”

Racism on Nantucket is by no means new, historian Barbara White said. It has been ingrained in the culture of the island since the early days of whaling, when people from West Africa and the Azores would come to the island aboard whaling ships looking for work.

As the community of Africans grew, primarily around the Five Corners area, known at the time as “New Guinea,” the island started to embrace segregation.

“There was no doubt we were segregated,” White said. “There were black sections in the pews of the churches, we had and still have a black cemetery.”

In 1839 a young African-American woman named Eunice Ross took an entrance exam to the newly-formed public high school. She was tutored by several white abolitionists, including Anna Gardner and high school principal Cyrus Peirce.

Ross passed the exam, but was not admitted to the school because of a vote of Town Meeting.

“Every avenue of activism

tried to fight their way into integrating the high school on the floor of Town Meeting from 1840 to 1846,” White said. “One of the first boycotts on the island was when the black community boycotted the school system. It was their way for a future hope for their kids, and it was the straw that broke the camel’s back.”

One petition they created for equal access to education went to the State House and passed. It was the first law on equal education in the country, White said.

“What’s important is that we are responsible for the passage for the first real civil rights law in America in education,” she said. “Without an active community we wouldn’t have pushed the issue.”

In 1848, Rev. James Crawford, a fugitive slave, became minister at the African Meeting House. At the time, his wife’s sister and his niece were still slaves, White said, and he wanted to help them become free citizens. He raised money on the island and in Great Brit-

ain for their purchase, went south, bought his family members, and brought them back to the island with him.

But even though there were abolitionists on the island, they were never in the mainstream, and many were kicked out of the Quaker community, White said.

More than 150 years later, the community maintains its segregationist roots, White said.

“If you go through the high school, you’ll see tables that are still somewhat segregated. The story of America is a story of racial relations, and I think we still do a lot of de facto segregation,” she said.

“Nantucket has to do a lot with race relations,” she said.

“So many people associate the African Meeting House with history and what we need to do in this community is draw people of color on our island into the mainstream. The positions of power in this town are still safely out of the hands of people of color.”

Communications Task Force Update

The Communications Campaign Task Force has been meeting over the past six months to determine a strategy to promote the Unitarian Meeting House. The goals of the Task Force, comprised of Alison Forsgren, Jack Weinhold, Linda Simmons and Emma Young and myself, include refining our messaging and improving our website. Once our messaging is in place, as approved by the board, we can then begin to market ourselves on various social media platforms and in both print and digital media. Much of the content of the current website is good while the user friendliness of the site can be improved. We are in the process of reviewing a proposal from Jasmine Takanikos, a social media and brand consultant and fellow Unitarian, who will be advising on best practices and effective strategy that will be fit our budget.

Bess Clarke,

Communications Task Force Chair

Treasurer's Report

The January 27 annual Congregational Meeting approved the proposed 2019 budget (column R, rows 3 – 24 below) and also approved transferring the 2018 surplus of \$7,059 to the Parsonage Capital Maintenance Fund.

	A	B	C	D	L	M	N	O	P	Q	R	S				
1	Treasurer's Report: Pledges, Funds, and General Operating Budget															
2	My goal is to put this information in the May, August, November, and February Weathervanes. Paul P. Stewart, Treasurer, Paul@PLPDD.com															
3	2018 Pledges				1/1/2018	Net Change	12/31/2018	General Operating Fund					2018B	2018A	2019P	2019P
4	Amount Pledged				\$ 75,641	\$ 13,019	\$ 88,660	Income less related expenses					Budget	Actual	Proposed	v 2018B
5	Number of Pledges				53	13	66	<= Pledge Payments Received					\$ 86,966	\$ 89,135	\$ 87,750	1%
6																
7	Funds ('R'estricted, by 'D'onor)				1/1/2018	Net Change	12/31/2018	Sunday Plate and Gifts					\$ 12,489	\$ 14,200	\$ 11,747	-6%
8	General Operating monies CapeCod5				\$ 5,018	\$ 3	\$ 5,021	Rentals (Pars, FdL, CSHY, tower, wed, ...)					\$ 83,975	\$ 82,393	\$ 86,409	3%
9	General Operating monies NanBank				\$ 72,528	\$ 895	\$ 73,424	FUNdraising (Auction, 4thJuly, etc.)					\$ 20,350	\$ 19,150	\$ 19,200	-6%
10	Subtotal General Operating Rows 8:9				\$ 77,547	\$ 898	\$ 78,444	Income from Reserves and Banks					\$ 42,107	\$ 42,115	\$ 45,530	8%
11	R Parsonage Capital Maint. NanBank				\$ 10,783	\$ 24,446	\$ 35,229	Income from Sanford Fund					\$ 10,000	\$ 10,000	\$ 10,000	0%
12	R Minister's Discretionary NanBank				\$ 1,505	\$ (314)	\$ 1,191	Principal taken from Endowment					\$ 0	\$ 0	\$ 0	
13	R Sabbatical Provision (est. 2015) NanBank				\$ 5,860	\$ (2,000)	\$ 3,860	total Income less related expenses					\$ 255,887	\$ 256,993	\$ 260,636	2%
14	R RE Committee NanBank				\$ 489	\$ -	\$ 489	General Operating Fund					2018B	2018A	2019P	2019P
15	R Social Action NanBank				\$ (68)	\$ 94	\$ 26	Expenses					Budget	Actual	Proposed	v 2018B
16	R Membership Committee NanBank				\$ 175	\$ 149	\$ 324	Ministry + Guest Speakers					\$ 106,074	\$ 105,978	\$ 110,283	4%
17	R Caring Team NanBank				\$ 300	\$ 250	\$ 550	Building & Grounds					\$ 71,006	\$ 66,942	\$ 74,320	5%
18	R Lay Led Committee NanBank				\$ 550	\$ -	\$ 550	Operations (office, postage, etc.)					\$ 36,261	\$ 35,330	\$ 36,642	1%
19	R Activities Room Renovation NanBank				\$ 6,855	\$ (2,879)	\$ 3,976	Music Program					\$ 22,834	\$ 20,953	\$ 23,385	2%
20	R Coffee Hour Supplies NanBank				\$ 365	\$ 309	\$ 674	Religious Exploration (RE)					\$ 11,538	\$ 12,558	\$ 8,255	-28%
21	R Noonday Concerts NanBank				\$ 2,509	\$ (847)	\$ 1,662	Denominational Affairs (UUA, etc.)					\$ 5,131	\$ 5,131	\$ 5,283	3%
22	R Back Yard and Garden NanBank				\$ -	\$ 4,000	\$ 4,000	Committee Budgets					\$ 1,200	\$ 1,200	\$ 1,650	38%
23	RD Hanner Memorial Music NanBank				\$ -	\$ 5,214	\$ 5,214	Contingency/Slack					\$ 1,842	\$ 1,842	\$ 818	-56%
24	RD IRS Duplicate Refund?? NanBank				\$ -	\$ 4,688	\$ 4,688	total Operating Expenses					\$ 255,887	\$ 249,934	\$ 260,636	2%
25	RD Food Rescue Fridge NanBank				\$ 18,500	\$ (18,903)	\$ (403)	Income - Expenses = Surplus(Deficit)					\$ -	\$ 7,059	\$ -	
26	RD Honoring Ministry NanBank				\$ 3,269	\$ 6,555	\$ 9,824									
27	RD Organ Playing NanBank				\$ -	\$ 1,100	\$ 1,100									
28	RD Organ Maint. + NanBank				\$ 4,740	\$ (633)	\$ 4,107									
29	Subtotal R and RD above Rows 11:28				\$ 55,832	\$ 21,230	\$ 77,062	'Share the Plate':					Date	Amount		
30	Subtotal Nantucket Bank Rows 9:29				\$ 128,360	\$ 22,125	\$ 150,485	United Nations UUUUNO					6/24/18	\$ 493		
31	Subtotal all Bank Accounts Rows 8:30				\$ 133,379	\$ 22,127	\$ 155,506	Rohingya Humanitarian Crisis					8/12/18	\$ 1,300	*	
32	R Capital Reserves 68.59% Vanguard				\$ 1,006,002	\$ (62,286)	\$ 943,716	Animal Blessing NISHA					9/30/18	\$ 400	*	
33	R Working Reserves 31.41% Vanguard				\$ 460,740	\$ (28,526)	\$ 432,214									
34	Subtotal Vanguard 100.00% Rows 32:33				\$ 1,466,742	\$ (90,812)	\$ 1,375,930									
35	R Capital Reserves \$100K 5/2015 UU CEF				\$ 115,462	\$ (5,923)	\$ 109,539	Summary:								
36	Subtotal Reserves Rows 32:35				\$ 1,582,204	\$ (96,735)	\$ 1,485,469	Our Funds are doing as they are supposed to do, accumulating and then providing money for specific purposes.								
37	RD Organ Maint. + (est. 2011) TIAA				\$ 75,100	\$ (3,005)	\$ 72,095	Our Reserves are providing steady support for our annual budget.								
38	Subtotal all 'Endowment' Rows 32:37				\$ 1,657,304	\$ (99,740)	\$ 1,557,563	Our Annual Budget is proceeding close to plan.								
39	Total all Funds above Rows 8:38				\$ 1,790,683	\$ (77,613)	\$ 1,713,069	I see no significant concerns in any of these financial areas.								
40																
41	RDP Sanford Trust (est. 1910) BNY-Mellon				\$ 238,637	\$ (12,204)	\$ 226,433									
42	Sanford Trust is a 'right to income' but we don't 'own' the principal.															

We are still working on developing a plan for our Parsonage. As we do so, we're continuing to accumulate money in the Parsonage Capital Maintenance Fund (cells A11 to M11 above). With the approval of transferring the 2018 surplus to that Fund, it will now have (\$35,229 + \$7,059 =) \$42,288.

We'll call a Special Congregational Meeting to discuss a final plan for the Parsonage when we have one.

Respectfully,

Paul P. Stewart, Treasurer

Rev. Linda and Gary: Trip to Arizona and Tijuana, Mexico: Feb 12 -March 12, 2019

Each year, when we are not on sabbatical, Gary and I take a month off during early February and March. Many ministers in our tradition have the months of July and August off as UU churches shut down or are lay led in the summer. As we are a year round church and summers are the time we look forward to being upstairs in our elegant sanctuary, we take a month off during the cold season and go west.

In 2017, we rented a cabin in Pine, Arizona for a month from Bodhi Heart, a man who built cabins in the woods for folks to enjoy the medicine of silence and rest. We will be doing this again this year. Pine is nestled in a pine forest at an elevation of 5,448 feet. Our little cabin is in the woods where elk with enormous antlers come to graze every evening and morning, rubbing their muscular necks against the side of the small cabin we stay in which vibrates as they alleviate whatever itch brings them to our walls.

We wake up at 5am when we are here, the window that stretches from one end of the cabin to the other waiting to behold the sun that has to rise over the mountain range of the Mogollon Rim.

We start the day by stoking the wood stove, our only source of heat, and drinking tea and chatting in the hushed voices that the darkness before dawn exacts. After we meditate, we pull out our watercolors, which neither of us know anything

about, and paint the world around us for a time. About an hour into our lack of expertise, when our feet grow restless, we pack a lunch of boiled eggs and sunflower butter sandwiches and head out to hike in the red stone world that surrounds Pine. The red stones, so dry and warm, seem to embody gods and goddesses of an-



Watercolor of the sunset from the cabin in Pine

other time. When we grow weary, well when I grow weary and Gary concedes, we unpack our lunch on one of these rocks that tell us of secrets in a language we learn, over days of attentive listening, to interpret through our feet and hands and hearts.

Our evenings involve more simple cooking, beans and rice and mango salsa, while we watch the sun set and the trees grow black against the sky.

Two years ago, we took one week of our four and went to do

some justice work with the Samaritans in Tucson, accompanying them to the desert in Nogales Arizona and a cantina in Nogales Mexico to welcome those deported from America.

This year we will be going to Tijuana, Mexico to visit Casa del Migrante (<https://casadelmigrantetijuana.com/en/>)

Their mission is: *To provide migrants with adequate and proper attention so that they can improve their living conditions; to safeguard and promote their rights; and to provide them with comprehensive support so that they can successfully reintegrate into society, or safely continue with their migration plans, depending on their objectives.* They work to stem the tide of the humanitarian crisis on our borders that has grown to a tidal wave of anguish in the last year.

The center is run by Father Pat Murphy who was born in New York City in 1952.

Father Pat has been a member of the Missionaries of St. Charles - Scalabrinians since his first profession in 1976. He has welcomed us with open arms. We will be staying at the center and in Tijuana for a week and will bring back to you all the ways in which our minds and hearts, so used to thinking and beating in one way, learned to see and feel what yet remains hidden from us.

Take care of one another, remember that we are here so briefly and that the only currency of any value is compassion in the beloved community we work to build.

Love, Rev. Linda and Gary

Did you know...

Meeting Minutes, agendas, and special reports can be found on our website under "[Congregational Documents](#)"

Read the Annual Report here: [Part I](#) [Part II](#) [Part III](#)

See the March Edition of the Weathervane for the Annual Meeting Minutes

Sermons for February

February 3

The Ripple Effect of the Housing Crisis on our Community, Tucker Holland & Brooke Mohr

Nantucket's shortage of housing that is suitable, stable and affordable to year-rounders presents a multitude of issues for our community which has a ripple effect on us all. Everyone knows someone who has struggled to find or hold on to housing. The question is: What is the best way to solve this challenge on Nantucket? What is our obligation as community members? Tucker Holland and Brooke Mohr of Ripple Effect Nantucket will join us to talk about ongoing efforts to address the housing crisis, to answer all your housing-related questions and to tell you how you can get involved.

February 10

Metamorphosis, Rev. Linda Simmons

We wait for the grand achievements, the winning score, the moments of being released from what holds us down so that we can take flight, if even only spiritually. All the while, everyday life goes on around us and through us. If we could find the miraculous in everyday, how would the way we mark our time here change?

February 17

About Valentines: There are many Kinds of Love, Val Hall

This Lay Led service will be a celebration of love in all its beautiful diversity. The love between man and man, woman and woman, man and woman. The love between parent and child, grandparent and grandchild, brother and sister, friend and friend. And the love between human and animal. Members of the congregation will sing, read poetry, or give short talks about love.

February 24

The Hour of Separation, Johannah Murphy

Khalil Gibran when speaking of love in the Prophet notes "Love knows not its own depth until the hour of separation." Transformation for many of us in the current climate has served not just as a concept or descriptor, but as a call. We are consistently urged through our UU values and principles to see our dignity as tied to the dignity of others. Through answering an immigration hotline it has become more and more apparent to me that truly learning and feeling someone's dignity as tied to yours is not something to mull over, preach, or write about, but something to act on.

Unitarian Universalist Meeting House

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Church Staff

Rev. Linda Simmons, Minister ~ Edward B. Anderson, Minister Emeritus

Barbara Elder, Music Director ~ Leyah Jensen, Religious Exploration Lead Teacher, Sherlly Morocoima, RE Assistant, Emma Young, Office Manager ~ Janelle Zapata de Morocoima, Sexton ~ Chuck Gieg, Bookkeeper

Board of Trustees

Susan Richards, President, Kat Robinson Grieder, Vice President, Paul Stewart, Treasurer, Peter Richards, Clerk, Alison K. Forsgren, Joanne Polster, Carl Borchert, Natalie Chambers, Rob Dunbar, Rev. Linda Simmons

Church Office Hours: Monday, Tuesday, Friday, 9am—12 pm

Minister's Office Hours: Tuesday, 10 a.m.—noon and by appointment