



Unitarian Universalist Fellowship of Ames

July 2011

Single Sunday Service at 10:00 am

1015 N. Hyland Ave.
Ames, IA 50014
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www.uufames.org
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*This issue of
the newsletter
has fewer
articles than
usual due
to various
contributors
being on
vacation.*

Deadline for the
August newsletter
is July 18.

For a current
calendar, see www.
uufames.org

3 *Unleashing the Freedoms in the First Amendment*

Mark Witherspoon

No Religious Education classes today.

If you know the freedoms in our First Amendment, you understand that they align very well with our UU principles. But knowing the freedoms of the First Amendment is not the same as using those freedoms to serve our community and our world. Today, we will discuss how to unleash the power of the First Amendment to make our world a better place.

10 *A God as Big as Lake Superior*

Guest Speaker David Kraemer

Former UUFA member David Kraemer shares a bit of his theological journey since entering seminary at United Theological Seminary of the Twin Cities. We might call it excursions in “naturalistic humanism.” Today we will hear what David has come to decide for himself and why he thinks it makes a difference in the world.

17 *Music and Poetry*

Jim and Jen Coppoc

24 *What I Am Is What I Was When*

Erv Klaas

As with most people, my basic character was formed in early childhood. Significant emotional experiences coupled with life-long learning resulted in what you see today.

31 *Helping: The Original Ethical Dilemma*

Suzanne Zilber

Suzanne will explore what has compelled her to feel “response able” around social justice issues as well as ways she feels “response disabled” in the quest to be helpful.

The Fellowship’s annual picnic will be after the second service on Sunday, August 21, at Emma McCarthy Lee Park in the Butternut (lower) shelter. More information will be available closer to the date from the UU Meals Planning Group. Contact Helen Gunderson (232-9416 or email helen@gunderfriend.com) if you have suggestions or questions. Thanks.

A special thanks to the outgoing Board members: Iris Brenner, Andrew Hanft, Jane Johnson and Mark Witherspoon. Their service to the congregation is greatly appreciated!



Ministerial Search Committee Report

This month, the Ministerial Search Committee has a brief update to share on two topics.

Interviews with Community Leaders

During the past month your Ministerial Search Committee has been busy interviewing lay leaders, ministerial and office staff, community leaders and other ministers in the area. These sessions have been fascinating and informative. In interviewing community leaders and other ministers we sought to discover how the UUFA is viewed in the larger community and what it is like to be a minister in Central Iowa. A number of leaders of social service organizations and religious communities gave freely of their time and we deeply appreciate it!

Cottage Meetings

If you haven't already done so, please sign up to attend one of our Cottage Meetings. These informal focus group sessions are one of the key ways you can share input into the search process. We need to hear your voice to help us find the right minister for our Fellowship. Each meeting will be about 90 minutes long, and we have scheduled meetings at a variety of times to accommodate your schedule. Childcare will be available at the Wednesday sessions. Please sign up on Sunday mornings at the Ministerial Search table, or contact the UUFA office during the week. Cottage Meetings are scheduled for:

July 10 (Sunday), 11:15-12:45

July 27 (Wednesday), 6:30-8:00 pm

August 20 (Saturday), 10:00-11:30 am

August 24 (Wednesday), 6:30-8:00 pm

August 28 (Sunday), 12:15-1:45 pm

September 14 (Wednesday), 6:30-8:00 pm

September 17 (Saturday), 10:00-11:30 am

- Submitted by Mark Harmison on behalf of the Ministerial Search Committee

Membership

The Membership Committee is looking ahead to the Fall when we will initiate two major events: a 2012 UUFA Photo Directory and New Member Classes.

We are working with Olan Mills to set up a series of dates in October for photography appointments for the Photo Directory, so stay tuned for more details.

If you are ready to learn more about Unitarian Universalism and about becoming a member of the UUFA, we will have a series of classes, also in October, so please contact Kitty Fisher, Membership Chair, at kafisher99@aol.com or stop at the Visitor Table on Sunday morning if you are interested in participating.

Coming soon:

The office will be sending a survey to all members and friends of the congregation soon. This survey will primarily gather personal information to update our database, to determine demographics for our ministerial search, and to gather your interests and abilities for new opportunities to grow here at the Fellowship. This will be part one. The Ministerial Search Committee will have part two later in the fall to gather more specific information related to the search. Thank you in advance for your participation!



Prairie Fire

I have just completed my first year in Prairie Fire, a spiritual directing formation program of the Des Moines Pastoral Counseling Center. I have two more years to complete the program – then I will be a full fledged, certified spiritual director – whatever that means. At the end of this first year we were asked to reflect on our life in the past year, distilling our thoughts into a single page. Here is what I wrote:

Prairie Fire

What have I learned in a year?
No more, I suppose, than what I learn
In some random peak moment:
she's gone, Down Syndrome, healthy baby,
I'm leaving, it's terminal, help me.

In this year, I have endured
Three hundred sixty-five sunrises
(I am not a morning person),
An unfathomable sadness that
I am helpless to physically heal,
And my mother.

In this year, I have changed
Back into the person I used to be,
I have grown into the person
I had no idea I could be
In one year.

What have I learned in a year?
Not less, I suppose, than what I learn
During eons of repetitions.
Left, right, left, right; la la la la;
I always, I never, if only, I wish.
Help me.

In this year, I have celebrated
Twelve point three seven full moons
(I am a night person),
An unfathomable joy Whose Source
Is making more sense to me,
And even my mother.

Happy summer everyone! Don't let the summer pass by without experiencing some of the wonderful music and gatherings in Ames. I'll see you there.

~ Lori Allen

Director of Youth and Children's Ministeries

Fund Raising

Attention all families who have had youth take part in the Boston Trip in the past, or will have them take part in the future – we need your help! As you know, the UUFA has now made a large part of the expense for travel to Boston part of the UUFA's regular operating budget. This means no more intense fundraising for middle school families every other year. It doesn't mean, however, that we don't have to do any fundraising. The difference will be that there will be opportunities to do limited fundraising events each year with the proceeds going to the general operating budget. In this new fiscal year, 2011-2012, we hope to have three fundraisers that families (of students of ALL ages) can participate in.

These fundraiser will be:

Rummage Sale -August 19 & 20, 2011. We will hold the rummage sale at the UUFA – look for more details and sign up information in a separate article in this newsletter edition.

Service Auction – November 12, 2011. This is the fun event where you can sell a personal service, a vacation get away, a home cooked meal, fabulous art, or any other item or service that people will clamor to buy! We need organizers to solicit donations, plan the music and entertainment for the venue, and of course, to facilitate the auction. Contact the UUFA office if you can help.

First Annual UUFA Art Show and Sale – April 20 & 21, 2012. Organizers and artists (of all genres) are needed to launch our first annual art show and sale. Weather permitting, we will have music, food, and artists in our parking lot – and more of the same inside our building. If you would like to help organize, perform, exhibit and sell your art, sell your yummy food, or be a part of the jury that determines who will be a part of this event, contact the UUFA office.

Rummage Sale

Start putting your saleable cast offs aside. We'll be asking you to bring them to the UUFA on August 14, 15, 16. We'll then be organizing them for sale on August 17 and 18. Finally, on August 18 and 20, we'll sell everything to our UUFA neighbors and new ISU students. We need your help in two different ways.

First, we need your stuff. We'll be accepting household items, linens, dishes, pans – everything a student needs to set up their apartments. We will also be taking furniture. Sturdy, clean, pieces like chairs, tables, lamps, mirrors, artwork, etc. If you need help getting your things to the Fellowship, contact Lori Allen. Children's clean, gently used toys, winter clothing, and nursery items will be accepted. Also, any unique or irresistible items are welcome. Sorry, no books, records, non-working items, old computers or monitors, or things of that nature. If you have several small items, say some jewelry, or baseball cards, please put them in plastic bags so we can sell them by the lot rather than individually. If you're uncertain of whether or not an item or items are appropriate for sale, contact Lori Allen to help make a determination. Oh, we'll be accepting nice, clean clothing that is in fashion and good repair – winter coats, boots, sweaters, etc – are welcome.

Second, we need you to help! Here is what we need:

People with pick ups, on August 14, 15, 16 – to go and bring in larger items.

People to be at the UUFA from 5:00 – 7:00 pm on August 14, 15, 16 – to accept donations – adults, youth and children welcome!

People to be at the UUFA from 5:00 – 8:00 pm on August 17 & 18 – to organize the merchandise – adults, youth and children welcome!

People to staff the rummage sale, 4 hour shifts from 8 am – 8 pm on Friday, August 19 and from 8 am to noon on Saturday, August 20.

People to help box things up from noon – 3 pm on Saturday, August 20, to be ready for Goodwill/Salvation Army pick up.

Please contact the UUFA office or Lori Allen to let us know how you can help! (COA families just think, one or two shifts at this rummage sale = many smaller fundraising projects you won't be asked to do!)

Fall Religious Education Classes

It's time. Time to plan for fall religious education programming. You will see that we are changing some things up with our age groupings and with when we meet. And, check out the great opportunity for our multigenerational program, Gather the Spirit, where families, singles, young adults, and elders will all have an opportunity to come together to learn more about one of our most precious resources, water, and what we can do to be better stewards of this resource. Exciting times are ahead! Please contact Lori Allen to let her know how you can help with facilitating either a Sunday morning or Wednesday evening religious education experience.

2011-2012 Religious Education Programming 9:15 & 11:00 (During Sunday Services)

Infant – Age 3 Nursery Care

Supervision, free play, snack, and storybooks are part of the experience of Sundays in the nursery. The nursery is staffed by our professional childcare providers, with assistance from parents and/or teen helpers.

Preschool (Ages 3 – PreK) *We Care*

This curriculum helps our youngest UU's learn about themselves, their peers, the cycle of the seasons, and our UU community. (Contrary to an earlier publication, we are moving to the "Tapestry of Faith" online UUA curriculums for our elementary students this year. Check out this curriculums at <http://www.uua.org/religiouseducation/curricula/tapestryfaith/153520.shtml>)

Kindergarten – Grade 2 *Creating Home*

By Christy Olson and Jessica York. This program helps children develop a sense of home that is grounded in faith.

Grades 3-5 *Love Connects Us*

By Michelle Richards and Rev. Lynn Ungar. *Love Connects Us* celebrates important ways Unitarian Universalists live our faith in covenanted community. Moved by love and gathered in spirit, we embrace our responsibility toward one another and the world at large. We encourage one another's search for truth and meaning. We strive to be active in peace-making and other efforts to improve our world.

10:20 – 10:55 (Between Sunday Services)

Middle School (Grades 6-8) *What Do You Stand For?*

“Those who stand for nothing fall for anything” – Alexander Hamilton

Positive character traits are something you can and should develop. This class will explore traits like caring, love, respect of all life, honor, fairness, trustworthiness, responsibility, fairness, and justice – just to name a few. What information and support do you need to make the right choices? How can your personal choices make a difference to you and others? The goal of this curriculum is to help students understand themselves better and to figure out what they do – and do not – stand for.

High School (Grades 9-12) (Time for meeting still TBD) *Interfaith Explorations*

“[because we are] a family unduly separated in ideas, culture, and interests who, because we can never again live apart, must learn, somehow, in this one big world, to live with each other in peace.” – Rev. Dr. Martin Luther King, Jr.

This year students work to make sense of Unitarian Universalism in the greater context of interfaith relationships and community building.

Wednesday Evenings

Our Whole Lives – OWL (Grades 7-8) 7:00 – 9:00 pm

Beginning in October our grade 7-8 sexuality class moves to Wednesday evenings. This comprehensive, faith based curriculum gives information to students about physical and emotional development, relationship tools, and gender identity. The information shared during this class helps students see that sexuality is a normal part of healthy human development. The decisions that youth will begin making about their own peer relationships become more and more complex as they grow up – Our Whole Lives helps them determine how to first define their values and then act on them when making decisions about friendships, dating, and commitments. This is not an abstinence only curriculum, but it does stress that postponing important choices and activities until after middle and high school can assure that limitless options and opportunities will be available to students in all areas of their lives as they grow and mature. A schedule/calendar for this class will be available in August 2011.

High School Youth Group 7:00 – 9:00 pm

This youth focused gathering creates time and space for high school youth to focus on the issues and ideas that are important to them. A youth leadership team works with the youth advisor to create programming that is meaningful, fun, and personal growth oriented.

Multigenerational Gathering 1st Wednesday (September – April) 5:30 – 7:30 pm, *Gather the Spirit* by Richard S. (Rick) Kimball and Christine T. Rafal, Ed.D.

Each month we will gather for a simple meal followed by a multigenerational learning experience. *Gather the Spirit* is an eight-session, multigenerational program that teaches stewardship with a focus on water. Stewardship can take many forms: donating money to our congregations and to causes we care about; volunteering to teach, to lead or to physically maintain our congregations; helping to meet the needs of others and protecting our shared resources in our local and global communities. Perhaps, today, there is no more compelling focus for our stewardship than the clean, drinkable water all life on Earth requires. Through a lens both scientific and religious, using activities a wide range of ages can do together, this program addresses the importance of water, the inequity of access to clean water, and actions we can take as Unitarian Universalist stewards. It asks: Can water sources be owned? Why is clean water scarce in parts of the world? If clean water is abundant where I live, what difference does it make if I conserve it? What can I do to promote global water equity?

Being the Change

There are times in all of our lives when we feel the winds of change eroding our usually patient and tranquil lives. With many of the changes that have been happening with the flooding and the changes in space usage around the UUFA, along with the addition of some new programming for the congregation, the youth have been recently feeling the burn of these winds. This last weekend, however, our youth had the chance to learn from some great leaders of times gone by about the importance of change, and the new exciting ways of life that winds can bring.

After an interfaith training that I attended in Atlanta, Georgia, with two youth from around the district (Minnesota and Kansas), we came back with a big idea (as pinky dinky doo would say). This idea took a lot of people's collaboration to pull off, and I wanted to start by saying a huge thank you to everyone who helped make our conference a success.

Thank you to Mark Witherspoon for taking the time to lead a brilliant workshop on journalism and ethics. It was truly enlightening to hear your stories. You gave us exactly what we needed to be able to learn a really important lesson in life, recognizing that sometimes you can't see the big picture until you're out of the frame. We truly appreciated the time you spent with us, and would welcome you back at any time! Thank you to Susan Jasper for the gift of the incredible Apple Cheddar Muffin recipe! The muffins were delicious, even though we were amateurs!

Thank you to Lisa Stock from Minnesota for spending her weekend with us. Her presence made our conference cohesive and safe, which we can't thank you for enough! Thank you to Lori Allen, Sherry Warren, and Andrea Heier for supporting our team as we planned and gathered our strength and ideas. We couldn't have done this without you. Thank you to Charlotte Cowtan for allowing us to put on this service, and for being a great example of a service full life. Thank you to Leo for driving Morgan here from Kansas. Her presence made a great difference to our experience.

Thank you to the office staff for helping us get our rooms sorted out and our programs created. Your flexibility is noticed and appreciated. Thank you to Carter Slagell for showing up at 6:30 in the morning to help clean up before the Sunday service. You were a wonderful surprise! Thank you to Nancy Tepper and Sarah Orley for the donation of the leftover food from Second Friday Family Fun Friday night. Your generosity is much appreciated! Thank you to Bo Wang and Sarah Orley for giving up parts of your weekend to be with us in community and service. The weekend was much more meaningful than it would have been without you.

Thank you to Adin Mann for bringing the much needed pasta making machine on Saturday. It was mmmmm delicious! Thank you to Claire Boeke for getting up extra early on Saturday before her ACT exam and coming to make crepes for the other youth. That's definitely above and beyond any call of YAC duty! Thank you to Sam Wormley for stepping in and helping make the sound run smoothly during our service. Thank you to Badshah Kahn, Dorothy Day, Mahatma Gandhi, and Thich Nhat Hanh for being brave and good leaders and for changing the world. You have showed us that even though the mountain may seem insurmountable, it's called a mountain for a reason, and if we don't try, we'll never know what change we could have made.

Thank you to the parents, for trusting us with your incredible kids, for wanting to bring them up here in this open minded place, and for supporting them as they grow and thrive. Thank you finally to the youth. Your participation in an event like this is the stuff that makes our world worth living in. The skills and friendships that you build with people different from you are the building blocks of peace, and we know that's something our world could use a lot more of. Thank you for leading us, for being good examples of people who not only want to do good things, but actually get out there and do them. I know it isn't easy to stand up and issue a challenge to the adults that you value and respect in your lives, and I am so very proud to be your adviser.

If you missed the service, please see the four challenges issued to the community by our youth on Sunday, June 12, 2011. If you didn't miss the service, you may want to revisit the words our youth wrote to share with you!

Cody Newsome and Melissa Jones shared about Dorothy Day:

"We have all known the long loneliness, and we have learned that the only solution is love, and that love comes with community." – Dorothy Day

Using her leadership skills, Dorothy Day effectively changed the world. She was a "better life" reformer, helping

the impoverished and downtrodden. By simply being a woman, she started changing the view of women, and she was an important part of the social justice movement.

Dorothy Day was engaged in a struggle against poverty and unequal treatment of women. Today, while it might be easy to forget that these issues still exist, we are still engaged in the struggle. So today we're challenging you to get involved in this revolution, take action, speak out, leave behind the safety of bystanders, and make change happen.

Megan Stock and Paul Jasper shared about Mahatma Gandhi:

Mahatma Gandhi was a religious and political leader who worked with and accepted all religions. Gandhi was a strong believer in nonviolence and loving your enemies. He was a leader because he acted on his beliefs, instead of just saying them, and his beliefs and principles set a precedent for other civil rights movements in the future.

Mahatma Gandhi was engaged in a struggle against racism and for civil rights and equality. While it might seem fairly calm and safe here in Ames, Iowa, we are still engaged as a race of humans in similar struggles across our country and the world. So today we are challenging you to get involved, speak out, leave behind the safety of bystanders, and make change happen.

Claire Boeke and Emma Wilson shared about Thich Nhat Hanh:

Thich Nhat Hanh was a Buddhist monk whose belief in nonviolence and compassion led him to reach out to the faith communities of the world with a big request. He asked them to start a revolution, a worldwide revolution of values based on compassion and nonviolence, to heal the world and end war.

Thich Nhat Hanh worked with Reverend Dr. Martin Luther King, Jr. to encourage more people to speak out against US involvement in Vietnam. Thich Nhat Hanh traveled the world counseling religious leaders and many others to gain support. He believed that people, especially youth, could not stay silent in the face of injustice.

Thich Nhat Hanh led with his actions, and with his words, helping people to connect to each other, and see the similarities in their beliefs and experiences.

Thich Nhat Hanh was engaged in a struggle against war and violence. Today we are still engaged in a struggle against war, sometimes dressed up in new clothes, but just as dangerous and tragic. So today we're challenging you to get involved, speak out, leave behind the safety of bystanders, and make change happen.

And Iris Brenner and Charlotte Mann shared about Badshah Khan:

Badshah Khan was a political and spiritual Muslim leader who aided Gandhi in his nonviolent movement toward India's independence. Because he did not want to join the British government, he instead focused on education, and when he was 20, opened a school. He worked tirelessly to increase the number of his people that were educated. He formed an organization called the Red Shirts which wanted a united secular India. The organization opposed British control through nonviolent resistance. Uniting Hindus and Muslims, Khan believed that the most powerful weapon in any conflict was patience and righteousness, and that every religion in the world taught the message of love and brotherhood.

Badshah Khan was engaged in a struggle for education for all cultures, and against oppression. Today our world is so much changed and our culture is very different, but the struggle for affordable and available education still exists, and across the world, people are oppressed and their rights violated. So today we're challenging you to get involved, speak out, leave behind the safety of bystanders, and make change happen.

So I leave you with one final thank you. Thank you to the congregation, for holding these kids up, supporting them and loving them, and for making it possible for them to be the change that we want to see in the world. Thank you for joining with us as a community, and teaching our youth the skills and abilities that you can give them to make this change. Thank you for loving them. You are our foundation. You are the place from which the seed grows into a giant tree, supported by the tightly held and deeply buried roots. Without you, we would be driftwood.

With Peace and Love,

Ruth Appleton, UUFA Youth Advisor

DUSTIN BERGER LIBRARY

Book review - *Oneness: Great Principles Shared by all Religions*, by Jeffrey Moses

Comparing various religions has always fascinated me. This book presents the information both accessibly and rigorously. Sixty-four central principles are discussed such as the golden rule, love thy neighbor, there is one god, preserve the earth, blessed are the peacemakers, and there are many paths to god. Twelve major religions are cited, plus native American and African sayings. Each citation is annotated at the end of the book. There also is a chronology of when each religious tradition appeared, plus sources and suggested readings. There is room to argue with the author. For example, the title says "all religions" but only 12 monotheistic religions are discussed. And which translations he picked also could be argued with. But the overall point is made very well... different religious leaders over centuries have come up with similar philosophies for the human condition. This book is located in the Dewey 290 section. ~ Barb Abbott, chair library committee

PARTNER CHURCH NEWS

Five UUFA members/friends (Bob Anders, Peggy Faden, Kitty Fisher, Joan Mathews, Mary Richards) will travel to Transylvania in August as members of the UU Partner Church Festival Choir Tour. Forty UU singers from around the United States will meet in Bucharest and travel throughout Transylvania rehearsing, sightseeing and presenting 4 concerts in UU churches. The UUFA singers will break from the tour for a couple nights to spend time with our partner congregation in Tordátfalva. The tour ends in Budapest with a 5th concert in the 1st Unitarian Church of Budapest. Choir members are being encouraged to go on the UUPCC Facebook page to start getting to know each other! Transylvania here we come!

SOCIAL JUSTICE COMMITTEE

Social Justice has had a busy month. Around 20 UUs from Ames joined Des Moines UU for the Capital City Pride Parade--making us 132 marchers strong! Here's a two minute video that Mark Kassis made: <http://youtube/zvWKSrjDI3Y>

Our UU Immigration activists have taken on helping a Mexican mother and daughters seeking asylum. The husband/father has been threatening rape and murder. Our job right now is to provide comfort and raise \$500 needed for an immigration lawyer's retainer. Our friends at Las Americas Immigrant Advocacy Center in El Paso, TX have given us support and guidance. We did a Sunday collection split with Las Americas last winter, so it's nice they could reciprocate.

Green Sanctuary needs a dynamic person to lead a great group of volunteers. Mark Witherspoon has offered to be the interim chair of the group.

July's Sunday collection split will go to the Heartland Senior Center.

Are you a Peacenik? We have coalitions you can work with. The Des Moines UU is active in peacemaking and UUFA belongs to AMOS (A Mid-Iowa Organizing Strategy), a coalition of churches that also does peacemaking.

This quarter we are making plans to help the Living with HIV program. Their fundraiser this year was a bust and they need to raise some seed money to put on their fundraiser. This will be our Social Justice Witness and Action for this quarter. Want to help? Contact Terry Lowman at terryLLowman@aol.com

Want to get involved in making the UUFA a community force for Social Justice? Email Terry Lowman at terryLLowman@aol.com

The Ames AMOS Youth and Education Research Team is recruiting representatives from each AMOS congregation. We seek individuals who are passionate about collaborating to form solutions in meeting transportation needs of youth who are at risk. For more information, please visit the AMOS website: www.amosiowa.org (under Issue Teams: Youth and Education) and contact Linda Voit: lindavoit@gmail.com. You could also speak to Kay Puttock from our congregation (Ph. 292-5678 email: kay.puttock@gmail.org)



UUFA members pose with our banner at the Capital City Pride Parade in Des Moines on June 12.

Unitarian Universalist Fellowship of Ames

Our Mission

We are a diverse community of caring individuals who come together to provide an environment that nurtures and educates our children, stimulates the study and practice of ethical and liberal religious ideals, supports the creative spirit in us all, and demonstrates concern for the environment and the broader community.

Interim Minister: the Rev. Charlotte Cowtanminister@uufames.org – 515-292-5960
Director of Youth and Children’s Ministries: Lori Allendycm@uufames.org – 515-292-5960
Office Administrator: Lisa Harmison..... uufa@uufames.org – 515-292-5960
Projects Coordinator: Diana Crosswaitprojects@uufames.org – 515-292-5960
Music Coordinators: Jen & Jim Coppocmusic@uufames.org – 515-292-5960
Caring Concerns caring@uufames.org – 515-292-5960
Campus Groupcampus@uufames.org – 515-292-5960
Youth Advisor: Ruth Appleton youth@uufames.org – 515-292-5960

Officers of the Board

President	Steve Martens
Vice president	Lisa Larson
Past president	Deb Kline
Secretary	Jo Ann Masterson
Treasurer	Fritz Keinert

Board Members

David DenHaan	through 2012
Kay Puttock	through 2012
Open	through 2012
Bob Haug	through 2013
Raj Raman	through 2013
To be determined	youth representative

**Next Regular Board Meeting:
6:30 pm, Wednesday, August 10**

The UUFA office is open Sundays 9:30-11:30, Mondays, Tuesdays, and Thursdays 9:00-5:00, Wednesdays 12:30-7:00 pm.