



Feast of Sts. Joachim and Ann July 26th 2014

Patrons of Married Couples

Lord God and Creator, we bless and praise your name. In the beginning you made man and woman, so that they might enter a communion of life and love. You likewise blessed their union so that they might reflect the union of Christ with his Church: look with kindness on spouses today. Amid the joys and struggles of their life you have preserved the union between them; renew their marriage covenant, increase your love in them, and strengthen their bond of peace, so that they may always rejoice in the gift of your blessing. We ask this through Christ our Lord.

Amen

Spend Quantity and Quality Time with Your Spouse

It is very important that you make time to spend together as a couple. Life can get so busy sometimes, and if you don't make your time together a priority, it won't happen. It is important to set date nights to be alone together. It really does help the health of your relationship when you get that time that is needed to be together.

Both quantity and quality time are important in your relationship.

Some people think that the quantity of time doesn't matter as much as the quality of time together. We have talked to couples who are both very career minded, and make frequent business trips away from each other. One couple had a wife who had just finished a business trip that lasted at least a week, and the day she came home she was leav-



Making a date night for once a week, can make a very positive impact on your marriage.

ing again to go to a Women's retreat with her church for the weekend. This couple explained that even though they spend so much time apart, that was ok because they do "Family Vacations" once a year to Disney World or some other special place.

Family vacations do not make up for the lack of time together

the rest of the year.

Even with your kids you can see how this works. If you spend a week together on a family vacation, your

kids are going to get used to spending this time with you. Then when you go back to work they will miss you again. It may be pretty hard going back to the normal schedule after having such close time with them. We had one teenager comment to us that their dad was a great guy when he was around, but he was hardly ever around. No, he was-

n't a deadbeat dad, he was a loving father and husband who was trying

to work two jobs, along with his wife's job, to support the family.

Make spending time with your spouse a priority.

This is also very dangerous situation to be in as a married couple, and even as a family. You cannot make up for hardly spending any time together by doing a once a year vacation. You need to spend quantity time together as well.

Making a date night for once a week, can make a very positive impact on your marriage. If you make it a priority, you will end up looking forward to it. In addition to this, it is good to try to spend a little time together every night before bed. It doesn't have to be long, but maybe you can just sit together, and talk about your

day, and just spend a little time being close.

Try to spend quality time together that will enhance your closeness.

In addition to quantity time it is also important to have quality time. When you spend special

The greatest gift you can give to a special someone is your **TIME.** Its like you're giving the portion of your life that you can never bring back.

time together with your spouse, try to do something that is interactive and fun for you both. Some couples like to watch movies together, but we suggest doing something a little more interactive. We're not saying that you should never watch a movie together, just try to also include other things that may make you feel closer.

Examples of interactive, quality time activities.

Think of some interactive things to do together ; or whatever it is that will make both of you feel close to each other. When you're spending this special time together, try to limit other distractions, like cell phones, or even just talking about the kids, bills, etc. Try to just spend that time focusing on each other and on what you can do to feel closer to your spouse.



Remember it takes both quality and quantity of time to have a close relationship.

So, spending both quantity and quality

time with your spouse is very important. You can't have just one and not the other. But if you make spending time with your spouse a priority you will most likely end up having a happier and more fulfilling marriage.

<http://www.examiner.com/article/spend-quantity-and-quality-time-with-your-spouse>



TECHNIQUES FOR MAKING QUALITY TIME

Quality time also presents the best opportunities for growth. Growth together and individually.

I believe we are designed for relationships, and relationships are the best place to grow up.

I've written this many times before... marriage is not just about happiness, it's about growing and developing into a better human. Happiness may come along at times and it's most often found in quality time with your partner, but it's your growth that enhances and sparks the relationship for the long haul.

Whether the quality time you create with the one you love is a few minutes each day, an evening a week, or a weekend away, all it takes to make this happen is commitment and choice.

Here are some ways to find more quality time and even a few things to do during the time.

Schedule the time each week

- 1. Give up some TV time**
- 2. Disconnect the Internet**
- 3. Walk together in the evening, can even take the kids**
- 4. Send emails or quick messages to each other during the day**
- 5. Listen to music together**
- 6. Cook dinner together**
- 7. Stick to a bedtime routine with your kids (even have them go to bed early some nights)**

8. Trade evenings with another family - watch their kids so they can be together and vice versa
9. Find a regular babysitter
10. Use your vacation time, even half days in order to be together in the afternoon

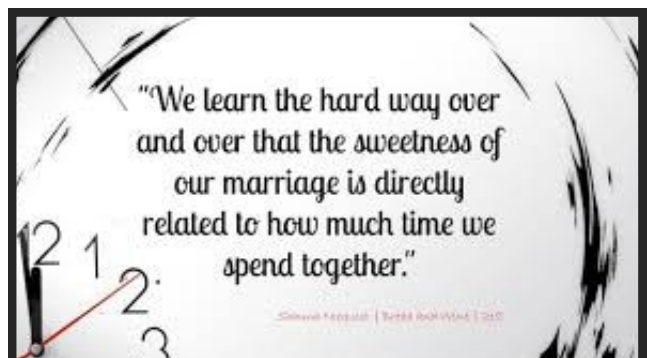
...Marriage is not just about happiness, it's about growing and developing into a better human.

11. Play board games as a family, or with your spouse
12. Enjoy a cup of coffee or glass of wine together on the couch
13. Sit together outside and look at the stars
14. Read together
15. Dance
16. Go to a movie
17. Reminisce about favorite memories together
18. Hold hands often
19. Hug
20. Have lunch together during the week
21. Turn off the radio riding together in the car
22. Leave little notes for each other around the house
23. Say "I love you"
24. Have a picnic, you can even do this in the living room
25. Go to bed early
26. Have sex

Excerpt and adapted from Corey at <http://simplemarriage.net/quality-time-how-to-find-more-and-some-ideas-on-how-to-use-it/>



What can you do to promote world peace?
Go home and love your family.
Mother Theresa



Why Forgiveness is a Major Part of Relationship Success

By JOE WILNER

When someone approaches you with those two apologetic words, "I'm sorry," are

you able to respond in kind with those ever important words, "I forgive you?"

In order to have a healthy and positive relationship we must learn to forgive. There are of course many other characteristics of a healthy relationship such as trust and honesty, communication skills and a willingness to compromise – though forgiveness may be one of the most important components of a positive relationship.

When it comes to relationships there will always be disagreements, different opinions, and moments of frustration, and how we deal with this drama is crucial for relationship success.

If we go through life holding onto resentment and cynicism, this negativity will build and build, ultimately leading to a relationship full of animosity.

However, if we can **learn to forgive** others and let go of bitterness and insult, our relationships can actually improve. In fact, research reveals that forgiveness may be one of the more valuable attributes to maintaining a healthy relationship.

An article in *Journal of Family Psychology* titled "Forgiveness and relationship satisfaction: Mediating mechanisms," reveals the positive impact forgiveness can have on a relationship.

There are two main areas where forgiveness has an influence.

Less negative conflict

Think about someone who you may be harboring some angst or frustration toward. How do you interact with this person? Does there tend to be some conflict and negativity?

When we hold a grudge against someone, even the littlest thing can fuel a conflict. We start to notice all the things they are doing wrong and may even take a stance of "getting even." At this point, negative conflict becomes a common occurrence.



It becomes very difficult to have a productive relationship when we can't move past the emotional pain someone may have caused us. It's through forgiveness that we can strive to mend relationships. We can take on a new perspective and have less negative communication and a more empathetic approach.

Increases relationship effort

Making an effort to improve a relationship, and doing what it takes to have positive interactions, is required for relationship longevity.

Partners in a relationship must also be being willing to regulate their behavior in a way that benefits the long-term goals of the relationship. Focusing on the long-term consequences as opposed to the immediate urges we may want to react to can drastically change the way someone will respond and deal with a situation.

Focusing on long-term goals can prevent further arguments and other offensive behavior

I forgive you.
you did hurt me.
But I forgive you.
There's no use to
fighting the one
I love.
I forgive you.
I mean it.
I love you

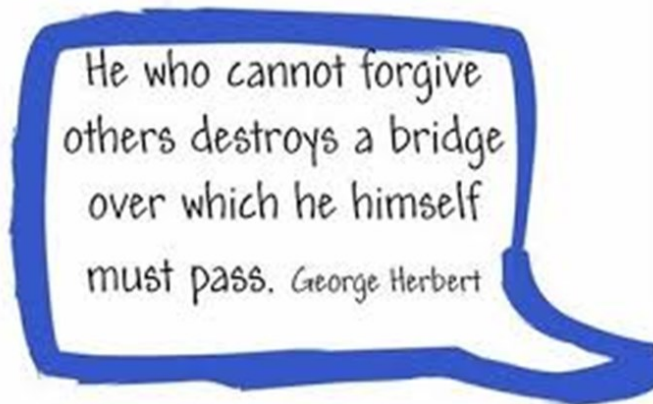
©2018/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/963/964/965/966/967/968/969/970/971/972/973/974/975/976/977/978/979/980/981/982/983/984/985/986/987/988/989/990/991/992/993/994/995/996/997/998/999/1000

that may lead to greater negativity.

When we invest in a relationship, our behavior and interactions will reflect this. Forgiveness allows us to move beyond emotions of the moment and consider how we want the relationship to be in future. Forgiveness can be so healing in relationships. It allows us to think more clearly and rationally and approach situations with a collective focus. Sometimes we just have to wipe the slate clean and let go.

How has forgiveness played a role in your relationships?

<http://blogs.psychcentral.com/positive-psychology/2011/08/why-forgiveness-is-major-key-in-relationship-success/>



FORGIVENESS AND INTIMACY IN MARRIAGE

To be tender, and vulnerable, with the one you love the most is to risk. What if by speaking up, you lose the approval of your loved one? What if by being true to yourself, you rock what is an otherwise comfortable boat? Is that "comfort", or is it really a comfort zone that is limiting your courage, individually and as a couple, for producing greater joy, loving and fulfillment?

Look at it another way. How can anyone behave differently towards you if you keep your hurts in the dark and do not give your loved one the opportunity to know what is true for you? How can you fully love someone else when you are holding on to the toxins of bitterness, sadness or regret? To be vulnerable has the meaning both to be wounded, but also importantly to be blessed.

This process that follows offers freedom and support for greater experiences of love in your close partnership, not to mention a better sex life

"Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."

~Corrie Ten Boom~

"We achieve inner health only through forgiveness - the forgiveness not only of others but also of ourselves."

- Joshua Loth Liebman

forgiveness

1. Create and set aside Marriage Time

The purpose of this time is to clean and clear the air so that the loving between you flows more easily and generously; to honour the love that you share, and grow your respect for each other. Make sure you will not be interrupted, and set aside enough time to complete the process. This time is for caring and healing the hurts, not to apportion blame and shame, nor make your loved one wrong.

2. Connect with your love

Bring to mind the depth of love you have for each other. You might recall your wedding vows; have photos from your wedding or other heartfelt and memorable occasions; what it is you most love about your partner, that brought you together in the first place or that you have noticed in the years you have been together.

3. Express the hurt

In this loving context, bring to mind any hurts that you are aware of causing your partner, or that they have caused you to feel. Know that we are each of us doing the best we can with what we know. That when we know better, we do better. Give yourselves each time to express your awareness of the hurts that have happened between you. Choose maybe one or two for each Marriage Time you set up.

4. Be forgiving

Complete the following statements as appropriate:

Please forgive me for when I....

I forgive you for.....

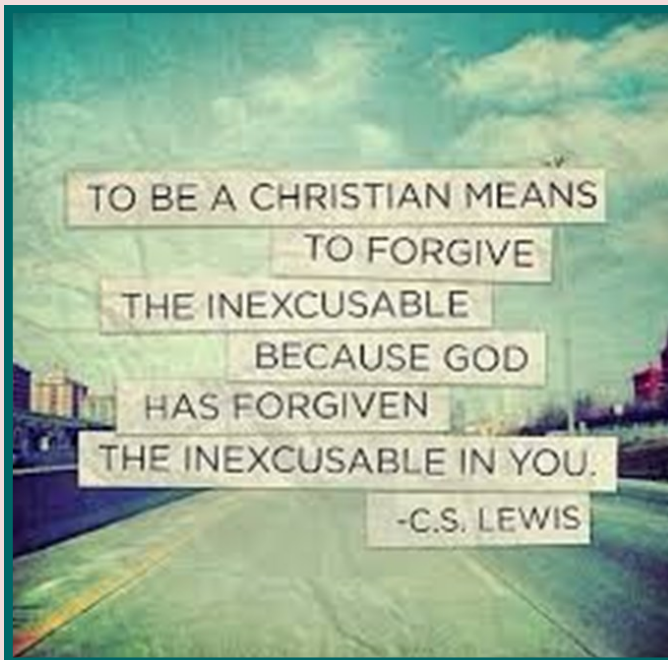
I forgive myself for....

For example, the exercise could look like this, but not necessarily in this order:

Please forgive me for when I criticized you for not being on time.

I forgive you for shouting at me when I got back from work last night.

I forgive myself for wanting to be right and not listening to your point of view.



5. Express appreciation and acknowledgment

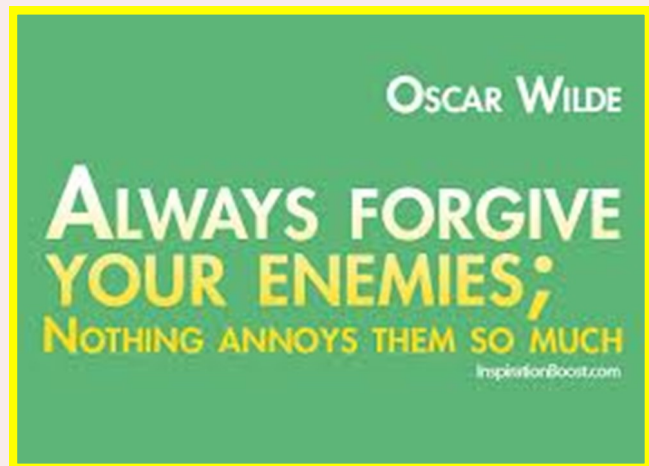
Speaking directly to your loved one, acknowledge them for the ways they give to you, and to the partnership. Let them know the qualities, strengths and attributes you most appreciate and love in them.

Forgiving from the heart offers the forgiver deep peace within, a peace beyond anything words can ever describe.

It serves to strengthen the connection you share. Deep peace is the fertile ground for growing greater love, intimacy, trust and confidence - all qualities that can help to sustain us through challenging times. Set aside the shadows and let your love see the new light of day. You will be glad that you did.

Have you experienced how forgiving has given you new strength and vitality? Are there things that you can forgive now, that you were not able to forgive in the past? How do you think forgiveness could make a difference to your health and well-being?

Excerpt from: http://www.huffingtonpost.com/anne-naylor/how-forgiveness-in-marria_b_335030.html



HOMILY ON CORPUS CHRISTI (June 19, 2014)

Back in the 1970s, when there was a lot of liturgical innovation going on, Dorothy Day invited a young priest to celebrate mass at the Catholic Worker. He decided to do something that he thought was relevant and hip. He asked Dorothy if she had a coffee cup he could borrow. She found one in the kitchen and brought it to him. And, he took that cup and used it as the chalice to celebrate mass.

When it was over, Dorothy picked up the cup, found a small gardening tool, and went to the backyard. She knelt down, dug a hole, kissed the coffee cup, and buried it in the earth.

With that simple gesture, Dorothy Day showed that she understood something that so many of us today don't: she knew that Christ was truly present in something as ordinary as a ceramic cup. And that it could never be just a coffee cup again.

She understood the power and reality of His presence in the blessed sacrament.

Which is really the sum and substance of what we celebrate on this feast, Corpus Christi. The reason for what we do today - celebrating with the monstrance, the music, the procession - isn't to glorify an inanimate object, a bit of bread contained in glass.

It is to remind the world that in that bread we have been given Christ.

Not an idea. Not a symbol. Not an abstract bit of arcane theology. No.

It is wider and deeper and more mysterious than that.

Look at that host - and you look at Christ.

Look at the host, and you look at Christ.

Everything we are, everything we believe,



everything we celebrate around this altar comes down to that incredible truth. What began two thousand years ago in an upper room continues here, and now, and at altars around the world. The very source of our salvation is transformed into something you can hold in the palm of your hand.

Sister Camille D'Arienzo, tells the story of a priest who was pouring some

unconsecrated communion wafers from a bag, to get ready for mass. Some fell on the floor. He bent down and picked up the stray hosts, just ordinary wafers, unconsecrated, to throw them out. And he held one between his thumb and forefinger and showed it to her. "Just think," he said, "what this could have become."

Just think what we become when we receive the body of Christ. We become nothing less than living tabernacles. God dwells within us. As the hymn tells us, we become what we receive. And what we receive becomes us. That is the great mystery, and great grace, the great gift of this most blessed sacrament.

My question on this feast: what will we do with that knowledge? Once we have been transformed, by bread that has been transformed, how can we leave this holy place without seeking to transform the world? How can we just go out and head to brunch, or dinner, or out to do yardwork or the weekly grocery shopping?

We carry something greater than ourselves. And that makes us instruments of God's great work in the world - literally

Excerpt from : <http://www.patheos.com/blogs/the anchoress/2009/06/13/best-homily-on-feast-of-corporis-christi-evah/>

Do not think that Jesus Christ is forgetful of you, since he has left you, as the greatest memorial and pledge of his love, himself in the Most Holy Sacrament of the Altar."

~St. Alphonsus Liguori~

MAN OR MOUSE?

Are you a mouse or a man? Back in seminary days we were all given the example of a mouse who runs across the altar and takes a consecrated host and runs off and eats it. And we were asked, "Does he eat the body of Christ?" Yes! For the Eucharist has a reality unto itself. "But does he receive a sacrament?" No! A mouse has no mind. It eats the very Body of Christ but to no avail for it has no conscious awareness or appreciation of what (whom) it eats. And so here comes the question - Are you a mouse or a man?

How do you receive Holy Communion? Do you go up mindlessly, shuffling along in the Communion line in a mechanistic way? Or do you go up powerfully aware of He, whom you are about to receive? Do you remember, do you have vividly present to your mind what the Lord has done for you? Are you grateful and amazed at what he has done and what he offers? Or are you just like a mouse having something mindlessly put into your mouth?

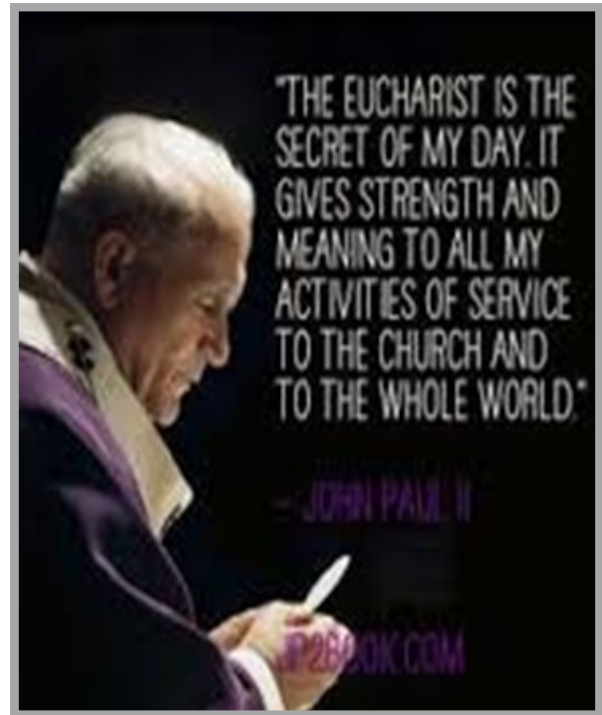
Some people put more faith in Tylenol than they do the Eucharist. Why? Because when they take Tylenol they actually expect something to happen, for the pain to go away, and for there to be relief and healing. But when it comes to Holy Communion, they expect next to nothing. To them, it's just a ritual, time to go up and get the wafer, (pardon the expression).

Really?! Nothing? How can this be? Poor catechesis? Sure. Little faith? Sure. Boredom? Yes indeed. At some level it can be no better than a mouse eating a host. We are receiving the Lord of all creation, yet most expect little.

<http://blog.adw.org/2012/06/unless-a-homily-on-the->

In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering.

~Pope Benedict XIV~



The 10 Secrets of Happy Couples

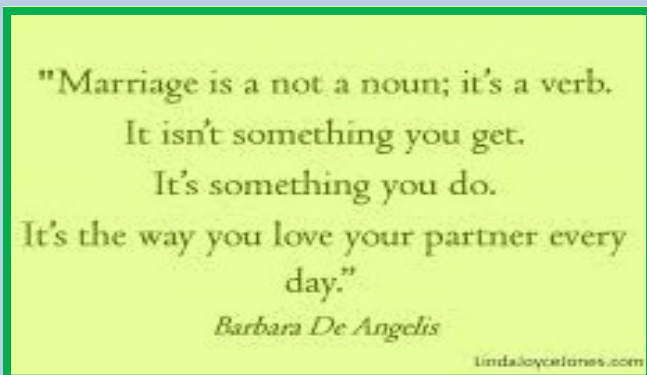
By MAUD PURCELL, LCSW, CEAP

They might be 30, or 75. They come in all colors, shapes, sizes and income brackets. It doesn't matter how long they've been together. Whatever the demographics, when you see a happy couple, you just know it!

How do these couples stay in love, in good times and in bad? Fortunately, the answer isn't through luck or chance. As a result of hard work and commitment, they figure out the importance of the following relationship "musts." Because few couples know about all of the musts, I think of them as the relationship "secrets."

1. Develop a realistic view of committed relationships.

Recognize that the crazy infatuation you experienced when your romance was new won't last. A deeper, richer relationship, and one that should still include romance, will replace it. A long-term relationship has ups *and* downs, and expecting it will be all sunny and roses all the time is unrealistic.



2. Work on the relationship.

An untended garden develops weeds that can ultimately kill even the heartiest plants. And so it is with relationships. It is important to address problems and misunderstandings immediately. Some people believe good relationships just happen naturally. The truth is that a good relationship, like anything you want to

succeed in life, must be worked on and tended to on a regular basis. Neglect the relationship, and it will often go downhill.

3. Spend time together.

There is no substitute for shared *quality* time. When you make a point of being together, without kids, pets and other interruptions, you will form a bond that will get you through life's rough spots. Time spent together

A happy marriage is a long conversation that always seems too short.
~Andre Maurois~

should be doing a shared activity, not just watching television.

4. Make room for "separateness."

Perhaps going against conventional wisdom, spending time apart is also an important component of a happy relationship. It is healthy to have some separate interests and activities and to come back to the relationship refreshed and ready to share your experiences. Missing your partner helps remind you how important he or she is to you.

5. Make the most of your differences.

Stop and think: What most attracted you to your partner at the beginning? I'll almost guarantee that it was exactly the thing that drives you most insane today. Take a fresh look at these differences. Try to focus on their positive aspects and find an appreciation for those exact things that make the two of you different from one another. It's likely that your differences balance one another out and make you a great team.

6. Don't expect your partner to change; but at the same time give them more of what they want.

If both you and your partner stop trying to change each other, you will eliminate the source of most of



your arguments. At the same time, each of you should focus on giving one another more of what you know the other person wants, even if it doesn't come naturally. For instance, instead of complaining how your partner never cleans out the dishwasher, try just doing it yourself once in awhile without complaint. Your partner will likely notice your effort and make more of an effort themselves around the house. If you do both of these things at once you've got a winning plan!

You come to love, not by finding the perfect person, but seeing an imperfect person perfectly.

~Sam Keen ~

7. Accept that some problems can't be solved.

There may be issues upon which you cannot agree. Rather than expending wasted energy, agree to disagree, and attempt to compromise or to work around the issue. Two people cannot spend years together without having legitimate areas of disagreement. The test of a happy relationship is how they choose to work through such issues – through compromise, change, or finding it's just not that important to stew over.

8. Communicate!

Lack of communication is the number one reason even good relationships fail. And here is a useful format for doing so, especially when dealing with incendiary topics: **Listen** to your partner's position, without interrupting him or her. Just listen. When he or she is finished, summarize what you heard him or her say. If you can, empathize with your significant other even though you don't agree. This will take your partner off of the defensive, and make it easier for them to hear your thoughts and feelings. It's hard to argue when you use this format, and best of all, you may come up with an understanding or a solution.

9. Honesty is essential.

You may share with your partner the things he or she doesn't want to hear. Better this than to have him or her doubt your honesty. Mistrust is one of the key deal breakers in relationships. And once trust is lost or broken, it can take a very long time to re-establish it in the relationship. The happiest couples are the ones where honesty is as natural and every day as breathing.

10. Respect your partner, and don't take him or her for granted.

Treating your sweetheart with respect is likely to get you the same in return. And regularly reminding them how much they mean to you will enrich your relationship in indescribable ways. When you say, "I love you," pause for a moment to really mean it. And don't be afraid to express your feelings of appreciation with your partner – he or she will be thankful that you did.

Making these secrets an integral part of your relationship won't be easy. In fact, your efforts may initially seem like planted seeds that never come up. If you maintain your efforts, however, you will likely reap what you sow.

<http://psychcentral.com/lib/the-10-secrets-of-happy-couples/000687>

Marriage Box

Most people get married believing a myth that marriage is a beautiful box full of all the things they have longed for companionship, intimacy, friendship, etc. The truth is that marriage at the start is an empty box. You must put something in before you can take anything out. There is no love in marriage. Love is in people. And people put love in marriage. There is no romance in marriage. You have to infuse it into your marriage. A couple must learn the art and form the habit of giving, loving, serving, praising keeping the box full. If you take out more than you put in, the box will be empty.

HAPPY 20TH WEDDING ANNIVERSARY



Ricardo and Cintra Joachim



Carl and Charlene Quamina

Two couples in our community celebrate their 20th wedding anniversaries; the Joachims and the Quaminas. We invoke God's blessings on them and wish them many more years of fulfilling and life giving unions.

Father all-holy, you have made marriage the great symbol of Christ's love for his Church; bestow on these your servants the fullness of your own love. Amen.

