

Weekly Connection

For the Week of March 10, 2019 - March 16, 2019
Diverse Minds, Covenant Hearts, Made One in the Body of Christ



Green DuBois Lenten Devotional

Illinois South Conference's DuBois Center is happy to provide a Lenten Devotional written for and dedicated to DuBois Center, the camp and retreat center of the Illinois South Conference of the United Church of Christ and to introduce a new initiative Green DuBois, which celebrates, honors and shares the wonder of the biodiversity of God found in this sacred setting. It was written by Rev. Dr. Donald C. Wagner. Photographs by Angela Hausmann, Marty Kemper, Scott Kuether, Jason Petry and other DuBois Center Photographers. It was edited by Jill Baker. Click [here](#) to download the devotional. You can also find the devotional on the Illinois South Conference website home [page](#) and in the [dropdown](#) for DuBois Center or on the DuBois Center [website](#).

Green DuBois is an initiative with three branches: Encouraging people to come see the amazing biodiversity we have at our outdoor ministry facility; actively managing our forests and woodland habitat; and increasing our ecological sustainability.

3 Great Loves - Neighbor! Children! Creation!

We all have a story. We are all a part of God's story. 3 Great Loves is our denomination-wide mission initiative, telling the story of how we are living out God's love and expressing love of neighbor, children and creation. In the coming years, the United Church of Christ will collect and lift up the stories of our local churches and affiliates. Stories about how we are living out God's love and expressing love of neighbor, children and creation, our 3 Great Loves. From knitting clubs making hats for newborns; collecting food for food pantries; standing together against a social injustice; no story is too insignificant to share. The hope of this initiative is to tell, and share the story, of how individuals, churches and organizations of the UCC are impacting and transforming the world as covenantal partners united in our common purpose, vision and mission. Work that lives out the love of God and leads to creating a just world for all.



There are 3 ways to share your story:

1. Click [here](#) to go to the UCC website to tell your story.
2. Share your story on **Facebook, Instagram and Twitter** using **#3greatloves** in your posts
3. Send your story to us: 3 Great Loves, United Church of Christ, 700 Prospect Avenue, Cleveland, OH 44115

Share how you are living out God's love. No action is too small, and no story is too insignificant to share.

Boundary Training 2019

In order to maintain ministerial standing in the Illinois South Conference, authorized ministers are required to receive Boundary Awareness Training every three years. Boundary Training is based on the curriculum from Faith Trust Institute. Emails will be sent to all those who are due in 2019. However, if you are unsure about when you are due to re-qualify, please check with the Conference Office at 618-654-2125 or cpursell@iscucc.org. Click [here](#) for a flyer.

COST: \$20 covers food and materials for ISC pastors; \$30 for non-ISC pastors

Tuesday, May 21, 2019 (RSVP deadline May 14)

BOUNDARIES FOR ACTIVE CLERGY

8:30 am registration; 9:00 start. Conclude by 2:00 pm

Illinois South Conference Office: 1312 Broadway, Highland

Important Links

iscucc.org/

duboiscenter.org

ucc.org

[Back Bay Mission](#)

[CHHSM](#)

[Ecuador Partnership](#)

[Eden Theological Seminary](#)

[Deaconess Foundation](#)

[Deaconess Nurse Ministry](#)

[Emmaus Homes](#)

[Hitz Memorial Home](#)

[Hoyleton](#)

[Insurance Board](#)

[LIFE Program](#)

[Neighborhood Houses](#)

[New Athens Home](#)

[St. John's Community Care](#)

[St. Paul's Sr. Community](#)

[Uplands Village](#)

[UCC Campus Ministry](#)

[Uni-Pres Kindercottage](#)

[ISC Directory](#)

Pray for...

Prayer list for

March 10 - 16, 2019

Churches & Pastors

- Freeburg St. Paul's UCC, Rev. Earl (Johanna) Crecelius
- Godfrey Congregational Church

Tuesday, May 14, 2019 (RSVP deadline May 7)

BOUNDARIES FOR RETIRED CLERGY

8:30 am registration; 9:00 start. Conclude by 12:00 pm

Illinois South Conference Office: 1312 Broadway, Highland

Tuesday, November 13, 2019 (RSVP deadline November 6)

BOUNDARIES FOR ACTIVE CLERGY

8:30 am registration; 9:00 start. Conclude by 2:00 pm

Illinois South Conference Office: 1312 Broadway, Highland

Tuesday, November 5, 2019 (RSVP deadline October 29)

BOUNDARIES FOR RETIRED CLERGY

8:30 am registration; 9:00 start. Conclude by 12:00 pm

Illinois South Conference Office: 1312 Broadway, Highland

Ecuador Partnership invites you to participate in the Mission to Ecuador on July 5 - 15, 2019 for a very unique trip in Jama, Ecuador in the province of Manabí. Jama was close to the epicenter of the earthquake in April 2016 that devastated the coastline. You will be completing a TWO-PART MISSION: 1-Masonry construction of a home with Habitat Para el Ecuador. 2- Four-day community outreach activities focusing on pillars of character, working with children and families of the community. **WE NEED YOU!**



On this 11-day trip you will fly into Guayaquil and back from Quito. If you have been thinking about going-**THIS IS YOUR TIME!** Deadline for registration for the trip is March 15. Do not hesitate to contact us to schedule a phone meeting or physical meeting to discuss the itinerary! Thank you! Be Blessed. Click [here](#) for a flyer.

Yearbook Information Due Tomorrow!! We are looking for 100% participation!

If you haven't sent in your yearbook information for the UCC Yearbook and keeping records for your church's 11 year report, please do it soon. Deadline is creeping up on us!! If you have issues, please contact Lynnette at lschuepbach@iscucc.org this afternoon or tomorrow.



Spring Your Clocks Forward

Daylight Savings Time begins at 2 am on Sun, March 10. Don't forget to set your clocks so you won't be late for church!!

Eden Theological Seminary Presents: Doctor of Ministry Preview Day

Date: Thursday, March 7, 2019

12:00 pm - 10:00 pm

Interested in learning about our Doctor of Ministry (D.Min.) program? Come to Eden Seminary on Thursday, March 7, and spend the day discerning if this is your next step in theological education.

Eden's Doctor of Ministry is a flexible, personalized program of study taught by Eden's full-time faculty and not adjuncts. Scholarship opportunities are available. Study includes a unique combination of retreats with other students, classroom work and self-study. Be our guest for the day. [Register](#) now!



Retired Pastor

- Rev. Michael and Elizabeth Marx, Sr, Owensboro, KY

People with Life Concerns

- Keep Viv (Rev. Ivan) Horn in your prayers as she recuperates from surgery. Viv is the wife of Rev. Horn, who serves as pastor for Hecker Friedens and is the ISC Secretary. Cards may be sent to Viv at 727 Gall Rd, Waterloo IL 62298.

- Please pray for Pastor Nancy (Scott) Shubert as she deals with some health issues. Pastor Shubert serves Holy Ghost UCC in Darmstadt and Trinity UCC in Biddleborn. Cards may be sent to 12691 State Route 177, Okawville, IL 62271.

- Keep Pastor Don (Lois) Propeck in your prayers as he deals with some health issues. Don is the pastor of St. Paul UCC in Jamestown and is currently serving on the ISC Committee on Ministry. Cards may be sent to him at 2163 E 1150th Ave, Loogootee IL 62838.

- Keep Kyle Nuetzel (24) in your prayers as he continues rehabilitation at home. Kyle is the son of Kathy & Rev. Patrick Poole.

- Keep Marilyn (Rev. Paul) Thompson in your prayers as she deals with health issues. Rev. Thompson is retired, but serves on the ISC Recruitment Committee. Cards may be sent to her at 910 Circle Drive, Red Bud, IL 62278.



Langenberg Leadership Forum
Leadership for the Common Good

Eden Theological Seminary presents the Langenberg Leadership Forum: Leadership for the Common Good on Tuesday, March 19 from 7:30 am - 9 am in the Schroer Commons.

The March breakfast features Steve Ehrlich, who will talk about **Stories from the Stream: Fly Fishing, Leadership, and the Common Good**, an innovative approach to adult development and learning that draws on

thirty years of teaching and management experience in continuing education and an equally long journey as a fly fisherman. Steve will share lessons and analogies from the stream and the literature of fly fishing that guide purposeful living and working and help us create the life story we really want. You don't have to like fly fishing to attend this event. Registration is required. Click [here](#) to register. Click [here](#) for a flyer.



VOLUSIA COUNTY, FLORIDA Hurricanes Matthew and Irma

In fall 2016, Hurricane Matthew caused catastrophic damage and a humanitarian crisis in Haiti and widespread devastation in the southeastern United States. In Volusia County, Fla., alone, 17,555 households requested FEMA assistance. Eleven months later, Hurricane Irma re-traumatized many Volusia County residents, with 62,621 registering with FEMA.

UCC Disaster Ministries is working with VIND (Volusia Interfaiths/Agencies Networking in Disasters) to address unmet needs through case management services. It is expected that 350 to 500 homes/mobile homes will enter long-term

disaster recovery with VIND, estimated at more than \$7.5 million.

In 2018:

- UCC Disaster Ministries funded employment of a construction supervisor (\$50,000) for the long-term recovery, and contributed another \$50,000 to VIND to help meet clients' needs.

- 216 volunteers in 22 work teams put hours valued at \$216,000 repairing or rebuilding 25 homes.

David Heald, Northern Regional Disaster Coordinator for the UCC's Florida Conference, served as VIND's operations manager until mid-year. Now he is manager of VIND's volunteer housing facility.

2018 Funding: \$100,000

What's next? Donations and volunteers continue to be needed. Visit [here](#) for more info.

"We change lives with paint."

Margaret is a grandmother of 10 who worked as a bus driver for special education children until she retired, with limited income. Hurricane Matthew damaged her roof, which leaked until it finally got repaired in July 2018 with VIND's help. There was still mold and other water-related damage inside to walls, floors and furniture.

An 11-member work team from St. James UCC in Havertown, Pa. (*pictured*) hammered, spackled and painted, replacing sheetrock and laying new floors.

"Margaret worked alongside us," trip leader Cheryl Haley said, "organizing and purging. She filled five or six bags with clothes, which we took to Goodwill for her."

Margaret thanked the team, saying, "I haven't felt so loved or cared for since I lost my mother in 2007." "We change lives with paint, a new floor, spackling, drywall," said St. James' pastor Lynn P. Lampman. "Margaret told us her life is different now. She can go on, no longer paralyzed by an overwhelming situation. Our work changed her life, and it changed ours."



June 25-28, 2019 • FIRST CONGREGATIONAL UCC • MADISON, WISCONSIN

Enjoy three and a half days of innovative worship services, workshops, music for purchase and networking opportunities. The planning committee has created a conference that will explore unique elements of music and art to inspire and uplift attendees. All are welcome to join us.

UCC Musicians Association Featured presenters are John Behnke, Bert Pinsonneault, Bruce Bengtson, Susan Mendenhall, Janet Kessenich, Richard Bruxvoort Colligan, plus seventeen more!

Workshops will range from organ, choral and handbells to drumming, liturgical art, liturgical movement, to working with a variety of aged voices, and promoting the arts in a variety of ways.

Each day, attendees will also have the opportunity to explore Madison, home to the State Capitol and the University of Wisconsin Badgers. Madison is summertime personified as it is situated between two lakes. There are plenty of perfect spots to relax and enjoy a view, walk along a lakeshore path or enjoy a sunset. To register and for more information, go to [Conference 2019](#).



JOB OPPORTUNITY: Nature's Classroom Instructor

Are you a substitute teacher, active retiree or someone with a flexible schedule? Do you enjoy the outdoors and have experience working with youth or as a teacher? Nature's Classroom Instructors are needed for two sessions this spring, plus training. Join us April 9-12 and April 23-26, and work with school groups (grades 5-8) that stay overnight at DuBois Center. Provide a fun and supportive environment, while teaching about predator-prey interactions, night



life in the woods, cultural differences, erosion, teamwork and other engaging topics. Our instructors teach classes, host meals, and lead campfires and other evening activities. Parent chaperones supervise free time, dining tables and cabin times. Training is provided, as are meals and overnight accommodations during Nature's Classroom sessions. Check out the program [brochure](#) and position [description](#) for details. Then contact DuBois Center at 618-787-2202 or shirley.director@DuBoisCenter.org if this opportunity sounds interesting.



WRANGLE & RIDE - Final Deadline: March 9 for March 23 Event

There are still a couple openings for the first Wrangle & Ride of the season. Join other horse enthusiasts (12 years to adult) for some quality time with our herd of 20 horses. Clover, Thunder and Zephyr are calling your name! This event is limited to the first 12 who register - which means more time in the saddle for everyone! Register [online](#) or by mail. For more details check out this [flyer](#) or contact DuBois Center at 618-787-2202 or dcinfo@DuBoisCenter.org.



BLOCK PARTY! Sunday, May 5

We're having a Block Party in the Rustic Village and middle and high school youth groups are invited! Join DuBois Center staff and volunteers for an afternoon of fun, food, games, contests and music. One of the best parts -

IT'S FREE. We'll roast hot dogs and make s'mores, meet some of the horses, and explore the Rustic Village. Whether you are a DuBois Center camper or not, you're invited! Load up right after church, grab some lunch, and head to camp. We'll be on the move from 1-4 pm, but arrive when you can. Youth must be accompanied by adult chaperones or parents. RSVP by Monday, April 29 - we need to stock the coolers and send you permission forms. For more information check out this [flyer](#), to RSVP contact DuBois Center at dcinfo@DuBoisCenter.org or 618-787-2202.

SNEAK PEEK Summer Camp 2019!

The countdown has begun for another incredible summer at DuBois Center! Online registration opens **Sunday, March 10**. Use this [schedule](#) to begin planning your summer now! Check out our [Facebook](#) page to stay up-to-date.

Questions? Contact us at dcinfo@DuBoisCenter.org or 618-787-2202.



FATHER-SON RETREAT Early Bird Deadline - March 8

The annual DuBois Center Father-Son Retreat is just around the corner - March 29-31. Do you or does a man in your life need some quality time away with their son, father, grandfather, nephew or brother? Look no further! For more information, click [here](#). Register [online](#), by mail or email. If you have additional questions, contact DuBois Center at dcinfo@DuBoisCenter.org or 618-787-2202. **Final registration deadline is March 15.**



CALLING ALL QUILTERS!

For over a decade, a quilt drawing has been a significant piece of the annual DuBois Center Fall Festival. In recent years, we have been blessed to have two or more art quality quilts each year which together

LENTEN WORK DAY March 23

Don't Miss It!

Looking for a meaningful Lenten discipline? How about pitching in with family and friends, and making a



have raised \$1500-\$2400 annually. The quilts are donated by local church quilting groups and other friends of DuBois Center. Specifications: queen-size - this size seems to be most popular, appealing to a wide audience and made with love and prayers. Ideally, the quilts begin traveling to local churches in August, so a July completion date works well. If you or your quilting group might be interested in donating a work-of-art quilt for the 2019 Fall Festival, please contact the DuBois Center office at dcinfo@DuBoisCenter.org or 618-787-2202. We'd love to talk to you about the possibilities.

difference at DuBois Center? Stretch your muscles, get a little dirty and help spruce up the grounds. Projects vary depending on the weather and the skills of the workers - carpentry, cleaning, painting and raking are on the list. A hearty lunch is provided. Check out this [flyer](#) for more information. **RSVP** to DuBois Center by Monday, March 18, at 618-787-2202 or dcinfo@DuBoisCenter.org. If the March date doesn't work for you, there will be another Service Saturday on April 13 - or call to set up a different day for your church group!

DuBois Center is your OCWM (Our Church's Wider Mission) monies at work. When you or your congregation gives to OCWM, you are directly supporting the work of DuBois, a Camp and Retreat Center of the Illinois South Conference of the United Church of Christ. Thank you for your ongoing support of OCWM!



CHHSM News

Council for Health and Human Service Ministries



Need to energize and revitalize your church's strategies for faithful generosity? Does your church find it hard to talk about money? UCC Church Building & Loan Fund would like to make you aware of the Ecumenical Stewardship Center's (ESC) "Generosity transformed! your mission*your ministry*your money Conference, April 30 - May 3, 2019 in Indianapolis. For complete conference information and to register, visit [ESC's website](#). UCC Church Building & Loan Fund can help your church with stewardship and much more! For more information about all the services we offer, please contact Priscilla Bizer, Regional Mission Interpreter, bizerp@ucc.org.



Grant Helps Fund 'Brain Wave' Program at St. John's Community Care

Reprinted from CHHSM website

Participants in the Brain Wave program can share stories and benefit from peer support.

The UCC's St. John's Community Care in Collinsville saw an underserved population in its community, but needed funding for programming. Thanks to a grant from The Retirement Research Foundation, the adult day and home services agency started Brain Wave, a program that serves older adults with early memory loss. Read the entire [article](#).

Read [more](#) about St. John's Brain Wave program.

Deaconess Nurse Ministry Helps Launch Clinic at St. Andrew's Senior Housing Community

Since January, Cindy Siple RN has served the nearly 75 residents at Zion Corner Apartments / Sammie E. Jones Residences in South St. Louis City by operating the Homer Schmitz Memorial Health Clinic, funded and managed by St Andrew's Senior Solutions and Cape Albeon board.

For many residents, her 5-day a week on-site presence has meant a never-before-felt sense of security and relief. Cindy's holistic care focus has enabled residents to receive services to improve their physical, mental and spiritual well-being. She also advocates for residents by communicating with doctors, pharmacies and insurance providers.



Soup, Salad & Suspense will be held at Collinsville St. John Evangelical UCC on Sun, March 17. Doors open at 2:30 pm and Comedy Murder Mystery begins at 3 pm. This Murder Mystery Dinner Theater, performed by professional actors, involves members of the audience, often with hilarious results. The audience member who solves the mystery of "who done it" will receive a prize.

The event also includes a raffle and "wine wall" which are additional ways to support our mission of providing

affordable alternatives to nursing home care to individuals with dementia and/or physical challenges. St. John's also devotes significant resources to supporting the families and care partners who enable these individuals to continue living as independently as feasible. Tickets are \$30 per person which includes a \$15 donation to St. John's Community Care. Call 618-344-5008 to order tickets.

Deaconess Nurse Ministry is teaming up with Panera Fundraising in April to raise money for their programs. On April 18, from 4 pm - 8 pm at the St. Louis Bread Company location in Bridgeton, Missouri, all proceeds from sales will benefit Deaconess Nurse Ministry. Click [here](#) for a flyer. All proceeds will benefit Deaconess Nurse Ministry.



What's Happening at Illinois South Conference...

FREE for a Good Home

Zion UCC in New Baden has the following items looking for a new home. Anyone interested or needing more information, can contact Rodney at rodnewashburn1@gmail.com.

- 3 JBL Control 28 Speakers-white
- 2 JBL Control 25 Speakers-white
- 2 JBL Control 23T Speakers black
- 1 Mackie 1604-VLZ PRO Audio mixer
- 1 Peavey UM-10n Mixer/Amplifier
- 1 SKB Gig Rig Rolling Mixer Rack (old design)
- 2 Audio Technica AT853RWx Hanging Microphones
- 1 Kawai Organ (recently used)
- 1 Baldwin Organ

Job Opportunity:

Uni-Pres Kindercottage Director

Uni-Pres Kindercottage is a child development center located in East St. Louis Illinois. It is a joint mission between the Presbyterian Church USA and the United Church of Christ.

We are announcing the search for a Director of the center. Interested applicants must meet DCFS licensing standards and ExeRate standards.

Qualified applicants can find a full job description and application procedures on the [website](#).

HELP!! Uni-Pres Kindercottage is preparing a video of the last 50 years of ministry at the day care center in East St. Louis--the old location and our current building. If you have pictures, especially pictures including Brenda Crisp in them, please get them to Kindercottage. You can e-mail digital copies to brenai_91605@yahoo.com. And please save the date, June 29, for a fabulous "Golden Gala" celebrating 50 years of ministry and looking forward to the future. A twice a century party you don't want to miss!!

Stanton St. Paul UCC's Youth Group, Exhale, is hosting a used prom dress sale on Sat, April 6 from 9 am - 5 pm. They are looking for donations of dresses, shoes, jewelry, etc. If you have something to donate, contact Becca at 618-520-0185. All proceeds will go to support the Exhale Mission Trips.

Region 2

Dupo Christ UCC will hold its A You Can Eat Chicken & Dumpling Dinner on Sun, March 31 from 11:30 am - 3 pm. Dinner includes Green beans, carrots, cole slaw, bread and dessert. Adults \$10; Children 5 - 12 years \$4; Children under 5 years FREE. Carry outs available. Call 618-286-4211 for deliveries.

Region 4

Brighton St. John's UCC will hold Friday Fish Fries on March 15 - April 12 from 11 am - 6 pm. Menu includes river fish (Buffalo) and white fish with choice of bread or pulled pork sandwich, brats or hot dogs. Sides include baked beans, green beans, potato salad, coleslaw, or mac and cheese and desserts of pies, cakes, brownies etc. Cost for sandwich only \$5; full meal \$10 (includes 2 sides, dessert

Region 5

Stanton St. Paul UCC and Alhambra Salem UCC Exhale (Youth Group) will hold a Trivia Night at Salem UCC in Alhambra on Sat, April 13 beginning at 6 pm. \$10 per person with up to 10 per table. 50/50. Bring your own snacks. Proceeds go toward their summer mission trip. Contact Becca at rjbraundmeier@gmail.com or 618-520-0185.

St. Peter UCC, Red Bud will hold two fish fries during Lent, Fri, March 15 and Good Friday, April 19, serving from 4 pm - 7 pm. Menu includes jumbo cod, catfish cutups and chicken strips with all the sides. Eat in or carry-out. Join us at 403 Madison St., Red Bud, IL

Christ UCC in Dupou will hold a Rock & Roll Bingo and Silent Auction on Fri, April 5 at the Dupou Sugar Loaf Township Community Building, 240 S 5th Street in Dupou. It's bingo with songs instead of numbers. Doors open at 6:30 pm and bingo starts at 7 pm. Cost is \$10 per person. Bring your own food and drink.

Hecker Friedens UCC will hold its 2019 GOOD FRIDAY Fish Fry on April 19 from 4 pm - 7 pm. Eat in or Carry Outs. Menu includes, fried cod, chicken strips, French fries, potato salad, cole slaw, stewed tomatoes, macaroni & cheese, pie, cake and drinks. Good Friday Worship follows at 7:30 pm. Everyone is welcome.

and soda). Dine in or Carry out. Delivery to businesses and schools at lunch. Order ahead at 618-372-3737.

Region 5

Troy Friedens UCC will hold its Sausage & Kraut Dinner on Sun, March 10 from 11:30 am - 5:30 pm at the church. Buffet menu includes grilled pork sausage, sauerkraut, green beans, mashed potatoes and gravy, applesauce, coffee, tea and dessert. Adults \$10; Children 5 - 10 years \$5; Children 4 years and under Free; Carry-outs and curb service \$10. Call 618-667-6535 for curbside service and pre-orders.

Staunton St. Paul UCC Exhale (Youth Group) will hold a Chis Cakes Pancake Breakfast on Sun, March 10 from 11 am - 2 pm. All you can eat. Adults \$10; Children 10 and under \$8. Proceeds go toward their summer mission trip.

Immanuel UCC in Hamel will hold its Family Style Chicken Dinner on Sun, March 24 from 11:30 am - 5:30 pm. Adults \$10; Children 6 - 9 years \$5; Carry outs \$10. Menu includes fried chicken, mashed potatoes, gravy, green beans, cole slaw, applesauce, iced tea or coffee, white or chocolate milk and desert. Quilt and basket raffles and Country Store. The church is 1-1/2 miles south of Hamel at 5838 Staunton Rd. Contact 618-633-2277 for more information.

Region 8

Lenzburg St. Peter UCC Pancake and Sausage Breakfast on Sat, March 9 from 6 am to 11 am (note new time). Breakfast includes whole hog sausage and "made-from-scratch" pancakes. Fresh meat available for sale. Sunday School craft and bake sale. Handicapped accessible. For Questions or carryouts, call 618-475-2557.

Zion UCC in New Baden will hold Fish Dinners on March 6, 22, and April 19 from 4:30 pm - 6:30 pm. Dinner includes cod tail or catfish, mac and cheese, fries or chips, cole slaw and dessert. Dine in or carry out. All are welcome.

Marissa Friedens UCC will hold its Wurstmarkt on Sat, March 16 from 3 pm - 7 pm. All are welcome.

Region 9

Belleville Concordia UCC's Women's Guild will host a Trivia Night on March 23 at the Quail Club (8303 Concordia Church Road, Belleville). Doors open at 6:30 pm and Trivia starts at 7:00 pm. Cost is \$15 a person or \$120 a table (Includes a survivor round & mulligans). Bring your own snacks. Drinks available from a cash bar. Contact Natalie at 618-476-3377 or [email](#).