

West Wagga Wagga Catholic Parish
Ashmont, Collingullie, Glenfield, Lloyd, San Isidore

The West Wagga Wag

Issue 151

September 2015

Coming Events

Monthly Cuppa, after 9am Mass on last Sunday of the month

Adoration - 6 to 7am daily, all night Fridays starting 9pm

Mary's Birthday Tue 8

Marriage Week Sun 13 - Sat 19

Triumph of the Cross Mon 14

Our Lady of Sorrows Tue 15

Archangels Tue 29

Ceramic Exhibition and Sale (Refugee Appeal) Saboisky Garden 10am to 4pm Oct Sat 3

Retreat on Prayer October Fri 16 to Sun 18

Happy Father's Day



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The date for submissions for the next Wag is: **Wednesday Sept 30.**

Congratulations!

to three new Octogenarians!

Jim Ellis, 80
Robyn Millington, 80
Sr Mary Chase, 80

on 60 years of Religious Life!

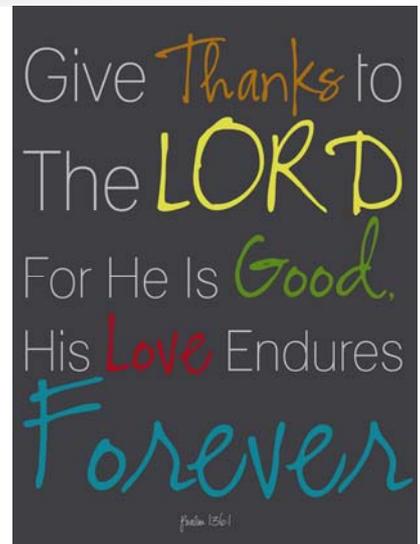
Sr Michael DOLC, Diamond Jubilee of Profession, celebrating on 15th September

on 65 years of marriage!

Frank and Margaret Metz 65th Wedding Anniversary

on turning 60!

Fr Donoghue, 60 years old



Marriage Week

AUSTRALIA

13th - 19th September 2015

This month we celebrate Marriage Week. We invite all in our parish to pray in a special way for all those who are married:

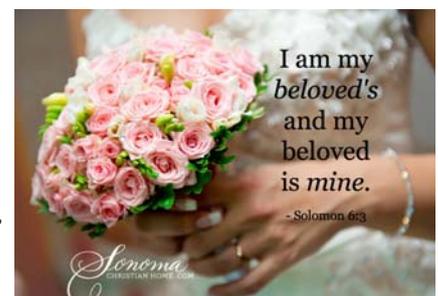
those preparing for their wedding day or who are recently married; those who have settled into their married life with its joys and challenges; those who wish to grow closer in intimacy and in their vocation of reflecting the love of the Blessed Trinity, or who may be experiencing pressures in their marriage; elderly couples who have celebrated milestones with lots of miles on the clock; and those who have experienced a spouse passing away: we pray for you all.

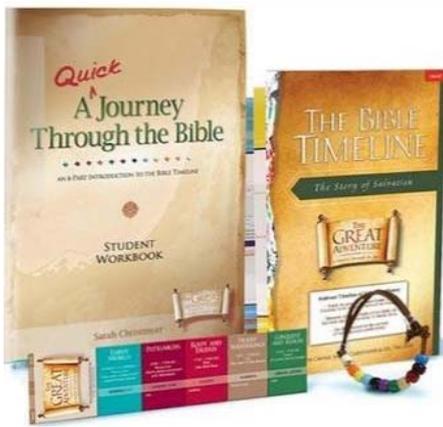
During Marriage Week we will have a special blessing at Mass for all couples present and pray for couples and individuals privately as requested. We invite widows and widowers to also receive the blessing for themselves and on behalf of their spouse who has passed away.

Take the opportunity to have a date.

Look through your wedding photos. Talk with your children and friends about your wedding and married life. Other ideas about how to celebrate this week may be found at marriageweek.org.au

We thank you all for living your vocation, for your service to the Church and society. God bless you!





Catholic Bible Study

Catholics love the Bible! Have you ever thought about how much honour in Mass we give the Sacred Scriptures, the written Word of God?

We use phrases from the Bible all through the Mass: e.g. the greetings, "The grace of Our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with you all" (comes from St Paul's second letter to the Corinthians).

Sunday by Sunday we work our way through the Bible, over a period of three years. We sit for the first readings, as students sit to learn their lessons. But for the Gospel, we STAND, as people at the airport jump up to meet those they love, or people stand to welcome the bride as she enters the church. We stand for the Gospel because it's reading is a meeting with Christ!

We were baptised with words from the Bible and more are read at our bedside as we prepare to leave this world for heaven. Yes, Catholics are Bible people, and the Bible comes from the Catholic Church, proclaimed by the Church to be Divinely inspired and free from

pastor's page

error, copied over the centuries by Catholic monks till it could be printed for all the world to share.

But more is needed. To get the most out of the Bible in Mass, we need to put some effort into reading and studying it during the week. We should strive to be people who draw our attitudes and way of looking at the world from the wisdom contained in Scripture. We should be able to recall phrases and to be encouraged and guided by them in our daily life.

St Jerome said that to be ignorant of Scripture is to be ignorant of Christ. Would you like to understand the Bible better? As well as meeting the Bible at Mass every week, how would you like to learn a schema to help know where each book of Sacred Scripture fits in time and in God's saving plan.

In our parish we are going to run a course of studies to provide exactly this understanding so that every time you come across part of the Bible, you will be able to know easily where it fits in. This is an important step in understanding the Word of God better.

Come and join in the journey through the Bible!

(We do plan to repeat the course for those who miss out this time.)

The course is called

The Great Adventure: A Journey Through the Bible - "The Easiest Way to Understand the Bible"

It covers salvation history in a series of 8, half hour talks that are followed by group discussion questions, useful maps, charts, and brief assignments for home study.

A Quick Journey makes the complexity of the Bible simple through an easy-to-follow narrative approach and an ingenious colour-coded bible time line. This study is a great way to "get your feet wet" and learn how to begin authentic Catholic bible study.

The key to understanding the Bible is finding the story that ties it all together. *The Great Adventure Bible Timeline Learning System* makes the complex simple by helping you to uncover the story woven through Scripture, so that you can make sense of it.

This course provides the easiest way to understand the Bible, in four ways:

1. It simplifies the Bible by focusing on 14 narrative books that tell the story of Scripture from beginning to end
2. It divides the Story into 12 time periods, like chapters in Salvation History
3. It ties all of Scripture together by following God's "family plan" from Adam and Eve to Christ and the Church
4. It makes it easy to remember by color-coding each of the time periods

To learn more about this course, visit: biblestudyforcatholics.com

I hope that many people in our parish will grab this opportunity, and so be able to listen more fruitfully to the Bible at Mass, and be inspired more by their personal reading of the Bible at home.

Fr Thomas Casanova CCS

The Great Adventure: A Journey Through the Bible.

Course Details

Start Date: Mon 21st September.

Time: 6:30pm.

Place: Holy Trinity Parish Centre.

Frequency: Weekly Monday evenings

Course Length: 8 weeks.

Cost: \$40.00 per person (or couple).

Materials Supplied: (1) Student workbook, (2) Bible timeline chart, (3) Bible timeline bookmark, (4) Memory bead wristband. A certificate will be issued on completion of the course.

Registration is Limited: We have room for only about 20 people for this first session.

To Register: See one of our priests or visit our facebook page ("West Wagga Catholic Bible Study") and confirm your desire to register in the public comments section.

Payment Method: Cash or - Direct Debit to the Holy Trinity Parish Account. BSB: 032-769 ACCOUNT NUMBER: 961763.

Payment Description: "Bible + your SURNAME".

September Jokes



Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car pattering along at 42 Km/h. He thinks to himself, this driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back -- wide eyed and white as ghosts.

The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly... 42 K/h! "The old woman says a bit proudly.

The State Police officer, trying to contain a chuckle explains to her that 42 was the highway number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. But before I let you go, Ma'am, I have to ask... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks. "Oh, they'll be all right in a minute officer. We just got off Highway 169."

'Dad jokes' are all about terrible puns, ridiculous word-play, and cringe-worthy timing. Enjoy!

1. My dad used to carry around a frayed knot in his pocket, just an old tied up piece of rope. Then any time someone asked him something and the answer was, "no", he would just pull out the frayed knot and say, " 'fraid not!" and he would burst out laughing. Nobody else thought it was funny.

2. I'm laying in bed reading a book when my dad walks in with a tape measure.

About five feet away from me he stops and starts pushing the tape out to me. It gets closer and closer until it eventually smushes against my cheek.

I ask him, "What are you doing?" He responds, "I'm measuring your patience."

3. My dad hurt his wrist and had to go to the hospital where he talked to a doctor.

Dad: When this heals will I be able to play the piano?

Doctor: Yes, you'll be fine in a few days.

Dad: Perfect, I've always wanted to be able to play an instrument.

4. So recently I'm near our kitchen (but not in it), and my dad is in there by himself.

In the middle of the silence I just hear him say "Tupperware? Tupperhere!" And just start giggling to himself.

Amazing how they do it even when they're alone...

5. I'm pregnant at the moment, and my husband told his first dad joke. I was feeling morning sick and so he told our baby: You're grounded. Go to your womb. I rolled my eyes.

6. Every year, after it turns 12:00 AM on January 1st, my dad makes the same exact jokes.

"Where's your mother, I haven't seen her ALL YEAR!"

"Man, I'm so hungry, I haven't eaten ALL YEAR!!"

"WOW, we've been watching this TV ALL YEAR!!!"

Please, dad...

7. Once, I was sitting at the kitchen table talking with my mum, when my dad walks in with this mischievous grin on his face, holding something behind his back. My mum turns around and asks him what's going on. He tells her to close her eyes and hold out her hands because he got her a surprise.

At this point my mum gets really excited and asks, "What is it?! What is it?!"

To which my dad replies, "do you remember when we went out the other day and you were looking at those really nice shoes, but you decided not to get them because they were too expensive?"

To which my mum responds, "ahhhh! Yes I remember!!"

He then says, "well I saw how much you liked them so I decided to get you a pear."

And he puts a fresh pear in her hands.

She still won't talk to him.

8. How dad-jokers are created:

A proud new dad sits down to have a drink with his father.

"Well son, now that you have a child of your own it's time to give you this..."

"Dad, you don't mean--"

"Yes, son, I do." The father pulls out a copy of 1001 Dad Jokes, 5th Revised Edition.

"Dad, I'm honored," says the son, tears sparkling in his eyes.

"Hi honored," replies his father.

"I'm dad."



Pope urges US Catholics to ‘bear witness’ to natural marriage amid attacks

PHILADELPHIA, PA, August 5, 2015 (LifeSiteNews) -- Pope Francis is urging American Catholics facing an unprecedented cultural and political assault on marriage to continue to “bear witness” to marriage as a “life-long covenant of love and fidelity between a man and a woman.”

“Elevated by the Saviour to the dignity of a sacrament, marriage is, in the Creator’s plan, a natural institution, a life-long covenant of love and fidelity between a man and a woman, directed to their perfection and sanctification, and to the future of our human family,” said the pope.

“Today, when the institution of marriage is under attack from powerful cultural forces, the faithful are called to bear witness to this

basic truth of biblical faith and natural law, which is essential to the wise and just ordering of society,” he communicated in a letter to the Knights of Columbus on the occasion of their 133rd Supreme Convention in Philadelphia, Pennsylvania.

Pope Francis stated that American Catholics have a “duty” to “contribute to the reasoned defense of those freedoms on which their nation was founded.”

“The cornerstone of these is religious freedom, understood not simply as the liberty to worship as one chooses, but also, for individuals and institutions, to speak and act in accordance with the dictates of their conscience,” he communicated.

The message is timely with the U.S. Supreme Court’s recent decision rewriting the definition of marriage to include same-sex couples, a move that is widely anticipated to have ruinous consequences for religious freedom.

“THE VALIDITY OF CHRISTIAN TEACHING ON SEXUALITY AND MARRIAGE IS DEMONSTRATED IN THE WOUNDS OF THOSE WHO DO NOT PRACTICE IT.”

— GEORGE CARDINAL PELL

From his book *Test Everything, Hold Fast to What Is Good*

[facebook.com/ignatiuspress](https://www.facebook.com/ignatiuspress)

This one quote convinced me to convert to Catholicism

Albert Little—I first met Jesus at the age of fifteen. As a teenager, I “accepted Christ” and began to live as best a Christian life as I could muster. And it was great. I was happy as an Evangelical Protestant. I hadn’t rejected Catholicism, I didn’t know much about it and what I knew, sadly, had come from rather poor sources. From Catholics who, themselves, didn’t know much about their faith either. Bad Catholics.

But when an Evangelical Pastor, and good friend, asked me, “What’s more important, the Bible or Tradition?” He stumped me.

My journey to begin to answer that question led me to begin reading about Catholicism. I’d made a fatal

mistake and would learn later that I had begun to, “be fair,” to the Catholic Church. A mistake which famous convert G.K. Chesterton calls the first step towards conversion.

If “**being fair**” to the Church was the first step I took than reading the Early Church Fathers, for me, must’ve ranked somewhere amongst the final ones.

It was after reading from these, the earliest Christian sources after the New Testament, that I found myself finally roundly convinced of the enduring truth of Catholic Church. It was the Church Fathers and, namely, one all-encompassing quotation, that convinced me to be a Catholic.

St. Ignatius, Bishop of Antioch

St. Ignatius of Antioch lived and wrote from about 35 to 107AD. Ignatius was, by all accounts, a disciple of St. John the apostle. That St. John. The author of many important bits of the New Testament, including one of the

Gospel accounts and the Book of Revelation. The St. John to whom Jesus entrusts Mary, his mother. The same St. John.

Ignatius was his student and learned what he knew about Christ and what He taught from someone who had sat, and learned, at His very feet.

This is the one quotation that convinced me to become a Catholic.

Ignatius writes,

“Make no mistake, my brothers, if anyone joins a schismatic he will not inherit God’s Kingdom. If anyone walks in the way of heresy, he is out of sympathy with the Passion. Be careful, then, to observe a single Eucharist. For there is one flesh of our Lord, Jesus Christ, and one cup of his blood that makes us one, and one altar, just as there is one bishop along with the presbytery and the deacons, my fellow slaves. In that way whatever you do is in line with God’s will.”

Do you see why Ignatius was so utterly convincing? ...



Daddy Hands

by Susan Fahnce, Source Unknown

Happy Father's Day



I awoke in the night to find my husband, Marty, gently rocking our baby son, Noah. I stood for a moment in the doorway, watching this amazing man with whom I was so blessed to share my life, lovingly stroke Noah's fat pink cheeks in an effort to comfort him. I felt in my heart that something was seriously wrong with Noah. This was one of several nights Noah had been up, burning with a high fever.

Tears filled my eyes as I watched my beautiful husband move Noah's little cheek up against his own chest, so that Noah could feel the vibrations of his voice. Noah is deaf. Learning to comfort him has brought on a whole new way of thinking for us. We relied on our voices, a soothing lullaby, audio toys, and music to comfort our other children. But with Noah, we need to use touch, his soft blankie, sight, the feel of our voices, and most importantly, the use of sign language to communicate emotions and a sense of comfort to him.

My husband made the sign for "I love you" with his hand and I saw a tear roll down his cheek as he placed Noah's tiny, weak hand on top of his.

We had taken Noah to the doctor more times than I can remember. It had been a week and a half and Noah's fever remained very high and very dangerous, despite everything the doctor or we had tried. I knew in my soul the way only a mother can know, that Noah was in trouble.

I gently touched my husband's shoulder and we looked into each other's eyes with the same fear and knowledge that Noah's wasn't getting any better. I offered to take over for him, but he shook his head,

and once again, I was amazed at this wonderful man who is the father of my children. When many fathers would have gladly handed over the parenting duties for some much needed sleep, my husband stayed stubbornly and resolutely with our child.

When morning finally came, we called the doctor and were told to bring him in again. We already knew that he would probably put Noah in the hospital. So, we made arrangements for the other children, packed bags for all three of us, and tearfully drove to the doctor's office once again. Our hearts filled with dread, we waited in a small room, different from the usual examining room we had become used to. Our doctor finally came in, looked Noah over, and told us the news we expected. Noah had to be admitted to the hospital. Now.

The drive to the hospital in a neighboring town seemed surreal. I couldn't focus on anything, couldn't think, couldn't stop crying. My husband reassured me that he felt in his heart that Noah would be okay. We admitted Noah and were taken to his room right away. It was a tortuous night, filled with horrible tests that made my son's tiny little voice echo through the halls as he screamed over and over.

I felt as if I were shattering from the inside out. My husband never wavered in his faith. He comforted me and Noah, and everyone who called to check on Noah. He was a rock.

When the first batch of tests were done, the nurse informed us that a spinal tap would be performed soon. Meningitis was suspected. Marty and I had prayer together with Noah. Our hands intertwined, we held our son and the love of my life lifted his voice to the Lord, telling him how grateful we were for this awesome little spirit with whom he had entrusted us. With tears streaming down his face, he humbly asked the Lord to heal our son. My heart filled with comfort and gratitude.

A short time later, the resident

doctor came in. He told us that Noah's first results were back, and that he had Influenza A. No spinal tap was needed! Noah would recover and soon be back to his zesty, tornado little self. And Noah was already standing up in the hospital crib, bouncing like he was on a trampoline. My husband's talk with the Lord was already being answered.

Marty and I grinned at each other through our tears, and waited for Noah to be released from the hospital. Finally, in the middle of the night, our own doctor came in and told us that it was fine to take Noah home. We couldn't pack fast enough!

A few days later, I was cooking dinner. Noah was healing, slowly but surely. I felt at peace and knew my husband was the greatest father I could ever want for my children. I peeked around the corner into the living room, and chuckled at the picture I saw. There was my husband, sitting in his "daddy chair", Noah in his lap. They were reading a book, dad taking Noah's teeny hands to help him form the signs for the words in the book. They both looked up and caught me watching them, and my husband and I simultaneously signed "I love you" to each other, then to Noah. And then Noah put his little arm up, trying to shape his chubby hand in his own effort to sign "I love you" to his daddy. I watched with tears as my husband carefully helped him form his tiny fingers into the sign with his own gentle hands. Daddy hands.



Who's got the Love Monkey? - Bill Giovannetti



When Jennifer told me that her husband, Michael, wanted a divorce because she had gained weight, my heart sank. My mind recalled an article I'd read years ago in the Harvard Business Review, titled "Management Time: Who's Got the Monkey?" It ranks as the second most requested article in that publication's history.

Too bad Michael hadn't read it.

He might have had a more realistic – and Biblical – concept of love. And he might still enjoy a deepening companionship with his witty, fun, beautiful wife.

Who's got the love monkey?

The article suggests that in every business, participants carry monkeys on their backs. The key to organizational health is proper management of monkeys.

What does monkey management have to do with love? Monkeys represent our responsibilities – such as those involved in love. Take care of them. Tend them. Never let them starve. Most important, never shift a monkey to someone else's back.

In healthy relationships, who's got the love monkey? Who is responsible for nurturing and sustaining love? Our culture routinely places this burden on the person we are trying to love.

Though rarely a conscious choice, we often go with the societal flow.

A spiritually-healthy follower of Jesus, however, willingly embraces the love monkey. My love for my family depends on me, not them. The love monkey belongs on my back.

Whether you must love a forgetful father or a messy roommate, a lazy spouse or tough in-law, the principle doesn't change: The love monkey remains yours to carry, to tend, to nourish.

Realistic Love

Michael shooed his love monkey onto Jennifer's back. As long as she remained skinny, Michael would love her. When her attractiveness faded – as physical attractiveness invariably does – Michael's love faded, too.

No two people can always be attracted to each other. Stressful days at the office, colicky babies or illnesses take their toll. Figures sag. Passions wane. Good times grow dull. People make mistakes.

When you shift your love monkey to the other person, your love evaporates as fast as you can say, "I told you to put the seat down."

Attraction Love Versus Virtue Love

There are two kinds of love. The first – prevalent in today's culture – is attraction love. You must attract me, or else I'll stop loving you. The monkey is on your back.

The second kind is virtue love, which fully embraces the love monkey and its responsibilities. I love you because I possess the inner virtue and integrity to do so, no

matter what you do or don't do. Even if you forget my birthday, blab my secret or wreck my car. Even if you pack on some pounds.

Which one resembles Jesus' love?

The Choice to Love

From the depths of His heart, Jesus loved the unlovable. For Him, love was a choice. And it can be for us, too. Even when those you love turn grumpy or worse, you can still say a loving word, extend a loving hand and do a loving action.

By choice you resist the urge to get even. By choice you imitate Jesus. But making that choice isn't easy. How do you sustain love when every instinct wants to give up or lash out? By nourishing your spirit. God never puts a monkey on your back without giving you the power to bear it and the grace to enjoy it.

Tap into that power and grace by growing deep with God. Be rooted and established in Christ and His Word. Your heart can't be right with Jesus and wrong with people.

A mature faith overcomes childish instincts and petulant emotions. It consistently taps into the Holy Spirit's power. A mature faith grits its teeth and chooses loving actions – only to discover that loving feelings come soon after. Love is a choice you have to embrace.

When couples recite their marriage vows – especially the traditional ones – they choose to permanently embrace the love monkey.

Attraction love is a wonderful gift; but only virtue love will stick.

In your relationships, who's carrying the love monkey?

Crushes by Diane Stark. When my daughter had a crush on a boy, I asked her to place his name in 1 Corinthians 13:4-6. She did.

"Sean is patient and kind; Sean does not envy or boast; Sean is not arrogant or rude. Sean does not insist on his own way; Sean is not irritable or resentful; Sean does not rejoice at wrongdoing, but rejoices with the truth." She frowned. "I saw him pick on another boy in the hallway. I guess he wasn't very kind."

She began to rethink her interest in him. This verse has not only given my daughter greater discernment about others, but it also has helped her reflect on her own behaviour. I asked my daughter to substitute her own name into that passage. Then I explained that when we become more like Jesus, we become the right type of person for someone else to like.



The Real Sword in the Stone belonged to a Saint

You saw the Disney movie as a kid. You may have read the book. But did you know some of it was based on real history?

While the story of King Arthur, Merlin, and all the rest may not be true, there really is a centuries-old sword stuck in a stone.

In the small Italian town of Chiusdino, there's a small chapel near Saint Galgano Abbey known as Montesiepi chapel. And inside you'll find a big slab of stone in the floor with the handle of a sword sticking out of it.

How did it get there? Well the story goes that in the 12th century there was a knight named Galgano Guidotti who, toward the end of his life, decided to retire as a hermit.

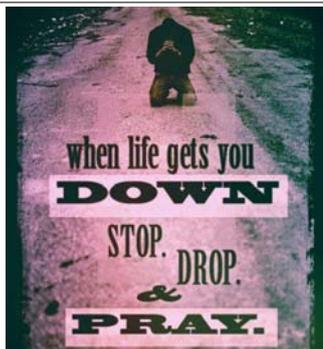
He then had two mystical visions: in the first, the Archangel Michael said he would personally protect him; and in the second, he met the Twelve Apostles and God himself. When the second vision ended, he decided to commemorate the place with a cross. Since he had no other materials, he stuck his sword into the ground as a cross. Immediately, the ground hardened up around it and it's been stuck there ever since.

Just four years after his death, Pope Lucius III started a formal canonization process that ended with Guidotti being declared a saint – the first such person to be declared a saint by a formal process of the Roman Catholic Church.

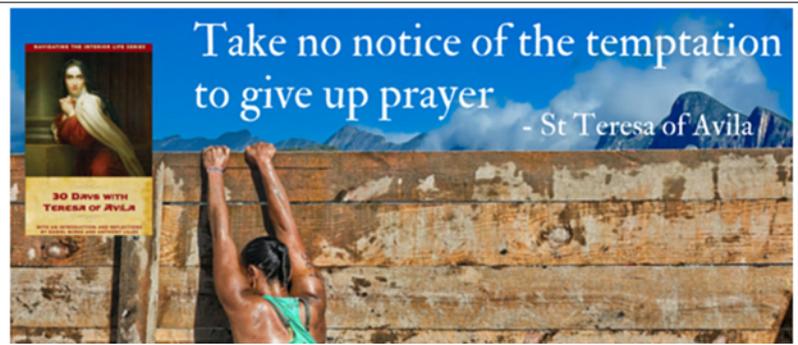
Apparently “countless people have

tried to steal the sword. In the chapel you can see what are said to be the mummified hands of a thief that tried to remove the sword and was then suddenly slaughtered by wild wolves.”

Though the sword is in Italy, some people think it may have influenced the English legend of King Arthur.



'There is nothing the devil fears so much, or so much tries to hinder, as prayer.'
- St. Philip Neri



People who Drag you Down ... Let them go

Look around your social circle. Think of the 20 people that are most often at your parties, on your Facebook wall, or texting you. Got those 20 in your mind? Good?

Do any of those people sound like this: They're upset because

- you want to go to bed early.
- you don't eat junk food with them or drink too much with them.
- you protect your time with your family at night or weekends.
- you don't gossip with them.

They secretly rejoice when you experience a failure. They begrudge your successes. They try to get you to say or do things that are contrary to your moral code.

Any of these ringing a bell? They are dragging you down. Don't let them take you one inch lower.

They are not your friends. They are not. Stop pretending. They are dragging you down. Find some real friends.

As Christians, we must love everyone, especially our enemies. We pray for them, but we don't need to pour out our scarcest asset for them: time. Yes we are called to be the Good Samaritan, but your tangible friendships are limited by time. So invest wisely.

Saint Paul reminds us that vicious people (in the form of sin or bad influence) do in fact negatively impact our lives: “Do not be deceived: ‘Bad company ruins good morals.’” (1 Cor 15:33)

Also, Aristotle taught us that a “friend” is someone who “loves your soul.” He writes

“Those who wish good things to their friends for the sake of the latter (virtue or character) are friends most of all, because they do so because of their friends themselves, and not coincidentally” (N. Ethics, 1156b9–11).

If you're going to be a saint, you need some real friends to help you along away.



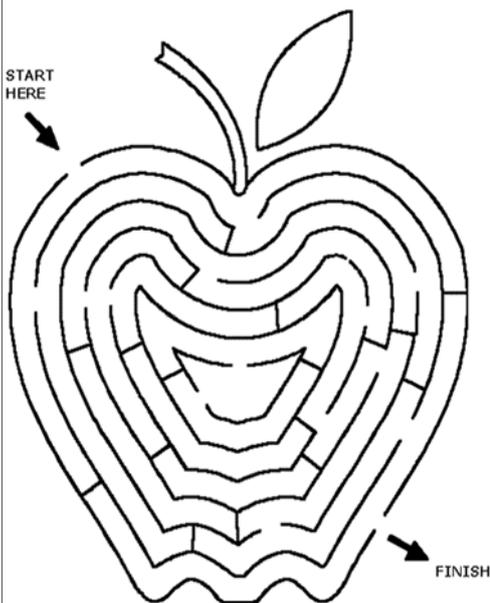
The West Wagga Wag

West Wagga Parish



Serving: Ashmont,
Collingullie,
Glenfield, Lloyd,
and San Isidore

You can't judge apples (or people) by outward appearance.



- | | |
|--------|------------|
| RULES | HYPOCRITES |
| LIPS | PITCHERS |
| HEARTS | TRADITION |
| FOOD | UNCLEAN |
| HANDS | KETTLES |
| WASH | WORSHIP |
| EATING | HONOR |
| ELDERS | |

Skin deep or from the heart?

"These people honour me with their lips, but their hearts are far from me." Mark 7:6



X	Z	X	E	L	D	E	R	S	B	G	K	N	L	J
G	R	G	N	G	I	L	O	O	M	I	J	C	M	Q
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L	W	V	S	T	E	A	Y	K	C	G	S	N	L	V
E	O	O	K	S	P	Y	R	S	O	D	N	J	F	D
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I	P	F	U	L	V	H	A	P	D	O	S	N	H	G
I	Q	F	V	Y	F	I	G	U	H	T	T	H	B	G