

The West Wagga Wag

Issue 147

May 2015

Coming Events

Ascension of the Lord	Sun 17
Pentecost	Sun 24
Our Help of Christians	Mon 25
Feast of Christ the Priest	Thurs 28
Ann. Dedication of Our Lady of Holy Eucharist Church	Fri 29
Blessed Trinity	Sun 31
Corpus Christi	June 7



Inside this issue:

Pastor's Page	2
Muslim dreams about Jesus	4
Heart before Hemline	6
Welcome to Stevensons	7

Wag Contacts

Email:

westwaggaparish@hotmail.com

Web Page: westwaggaparish.com

Phone: 6931 3601

The date for submissions for the next Wag is: **Sunday May 31st.**

New Art at Holy Trinity Church!

In Holy Trinity Church we have recently added some more art!



In the foyer is an image of the Blessed Trinity.



Just inside the door, you can see an image of the Holy Family and Holy Trinity with two saints contemplating them: St Augustine, and St Catherine of Sienna.



Our seminarians have built a new lectern, and we have a new image at the front of the altar.

Notice: 5.30 pm Sunday Mass - Change of Location

After discussion with Parishioners and Bishop Hanna, I have decided to move the 5.30 pm Mass to Holy Trinity. This will give us the opportunity to use the hall before or after for youth activities, to be assured of heating and cooling, have the use of the Confessional before Mass and the chance for quiet prayers of thanksgiving afterwards. For some people this will mean travelling a bit further; thank you for your understanding.

We will begin having the 5.30 Sunday Evening Mass at Holy Trinity from the Feast of the Blessed Trinity, May 31. For the first two weeks we will begin Mass at 5.35 for the sake of those who may have gone to the Glenfield Hall, and thereafter we will begin at 5.30pm.

Congratulations to Frank & Margaret Metz, 65years married
And the 10th anniversary of marriage of **Irvin & Sher de Castro**

pastor's page

Sacred Art - helping to raise our minds and hearts to God

Fifty years ago the Second Vatican Council concluded, having produced 16 documents to help stir up and deepen our Faith. One of those documents was all about the Liturgy, our worship of God. "*Sacrosanctum Concilium*" also looked at the role of Art in the worship of God:

122. Very rightly the fine arts are considered to rank among the noblest activities of man's genius, and this applies especially to religious art and to its highest achievement, which is sacred art. These arts, by their very nature, are oriented toward the infinite beauty of God which they attempt in some way to portray by the work of human hands; they achieve their purpose of redounding to God's praise and glory in proportion as they are directed the more exclusively to the single aim of turning men's minds devoutly toward God.

127. All artists who, prompted by their talents, desire to serve God's glory in holy Church, should ever bear in mind that they are engaged in a kind of sacred imitation of God the Creator, and are concerned with works destined to be used in Catholic worship, to edify the faithful, and to foster their piety and their religious formation.

In Holy Trinity Church we have recently added some more art.

In the foyer is an image of the Blessed Trinity, reminding us that when we enter the Church, we are coming to worship God, Father, Son and Holy Spirit, as revealed by Jesus Christ. We are joining with all the saints and angels who in Heaven are united praying "Holy, Holy, Holy!"

Just inside the door, you can see an image of the Holy Family and Holy Trinity with two saints, contemplating them: St Augustine,

and St Catherine of Sienna. They are just two of the many saints who help us to understand and love this Mystery. It was St Augustine who had the vision of a small boy trying to carry the sea bucket-by-bucket and place it into a hole in the beach. When he commented on the futility of the project, the boy said, "Neither can you ever fully understand the Mystery of the Most Blessed Trinity."

Other saints include St Athanasius and St Elizabeth of the Trinity. Maybe their pictures will be added later as special friends of our Holy Trinity church community.



Our new Lectern, built by our seminarians, has a reproduction of a picture of the Blessed Trinity and the Bible, with the words, "Alfa and Omega, the beginning and the end." If you look closely, you will also see four figures on the corners, a man, a bull, an eagle and a lion. These represent the four Gospel writers, Matthew, Mark, Luke and John.

Now, the image on the altar. This is taken from the "Adoration of the Mystic Lamb" from the Ghent Altarpiece, the most stolen artwork in the world! The altarpiece and its recovery were featured in the 2014

movie, *The Monuments Men*. It is now in Belgium.

Recently some children were looking at the picture with their mum. One asked, "But where is Jesus?" and mum was able to explain that Jesus is the Lamb on the altar, He is the "Lamb of God". This art reminds us that at every Mass, Jesus comes onto the altar for us. On the pictured altar is written, "The Way, the Truth and the Life", and "Behold the Lamb of God."

Above the Altar is the Holy Spirit, and on another panel of the artwork is the Father, but that is not included in this part.

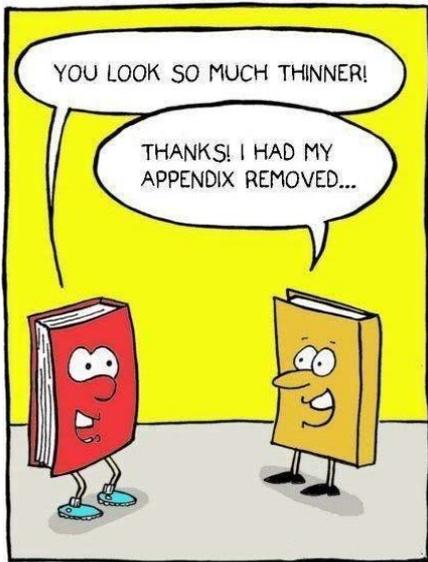
Angels worship with incense, reminding us that to come to Mass is to enter Heaven and worship with the Angels. There are also saints, men and women, and some of the Prophets and other heroes of the Old Testament.

The Blood of Jesus flows from the Lamb, and there is a fountain on which is written, "This is the fountain of the water of life, proceeding out of the throne of God and of the Lamb". All the graces God gives flow to us from Jesus, and through the Mass.

May God bless artists who contribute so beautifully to our appreciation of the Mysteries of our Faith, and may all those who enter Holy Trinity Church find their hearts and minds raised more and more to God.

Fr Thomas Casanova CCS

May Jokes



A boy had just gotten his driving permit. He asked his father, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your bible a little and get your hair cut and we'll talk about it." After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your bible diligently, but you didn't get your hair cut." The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samsom had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair!", to which is father replied, "Yes, you're right, and they also WALKED every where they went!"

Christian Pick-up Lines
 Did it hurt when you fell from Heaven?
 What are your plans for tonight—feel like a bible study?
 Do you want to come over and watch the Ten Commandments tonight?
 Excuse me, I believe one of your ribs belongs to me.
 I needed some supplies from a Religious Education cupboard that was seldom used and was secured

with a lock. I didn't know the combination, but our priest offered to give it a try. Father Jack placed his fingers on the lock's dial and raised his eyes heavenward for a moment. Then he confidently spun the dial and opened the lock. Seeing how impressed I was with this demonstration of faith, he smiled and confided, "The numbers are written on the ceiling."

I've just arrived at the camouflage club and I can see we have a big turnout. Which is really disappointing.....

It's, "Jamaican hairstyle day", at work tomorrow, I'm dreading it.

A set of jump-leads walks into a bar, the barman says, "I'll serve you, but you'd better not start anything" .

If your anxious and you know it.. Clasp your hands.

I told this joke about the post office but no-one laughed. May have been the delivery.....

There was a terrible blizzard and it was snowing and snowing all weekend. Sunday morning came and the Pastor saw that the snow had reached his window. He didn't think anyone would be coming to church this morning, but he felt obliged to go anyway. The pastor fought his way through the icy wind and snow to get next door to the church. He waited in the sanctuary, reading, for ten minutes. He was about to go when the door opened, and a man staggered through. " Hello!" said the pastor. "Church will have to be cancelled today. You're the only one who has come." The man replied, "Reverend, if you had a big flock of sheep, and only one came home that night to feed, would you still feed him?" The pastor was amazed and cried, "Yes! I would!" He then decided to preach the best sermon ever. He talked and talked about all of life's trials and joys. He referred to passages from Genesis to Job,

Psalms to John, Acts to Revelation. He did so with profound excitement and conviction. This went on for a long time. After the minister had come to his final conclusion, he went down and talked to the other man. " Did that satisfy you, sir?" he asked happily. The man replied, "Reverend, if you had a herd of sheep and only one came home that night to feed, would you make sure he ate the whole bale of hay!?"

I had a terrible accident. I had the right of way but the other guy had the truck.

I passed 4 "POLICE ACCIDENT" signs on the motorway today. Why don't they learn to drive safely?

When I was a child, my dad tried to force-feed me. After a while, my mum said, "Just use a spoon, Karl. You're not a Jedi."

How many GEEKS does it take to change a standard British 40 watt, 'soft glow' candle styled light bulb, with a bayonet fitting and a tungsten filament, at a height of 8 feet, with an ambient temperature of 21 degrees?
 ME!

I ordered a chicken and an egg from Amazon. I'll let you know.

A baby's laughter is one of the most beautiful sounds you'll ever hear..... Unless it's 3 AM, you're home alone, and you don't have a baby.

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



Rising Number of Muslims Reporting Dreams about Jesus

"I was in the desert alone, lost. As far as the horizon, there was nothing in sight but sand. I felt the sand on my bare feet. Then I saw something extraordinary. In the midst of that barrenness, an immense wooden cross emerged from the earth, rising up with sand spilling from it back to earth." So begins a dream narrative posted by Bosnian Muslim teenager Emina Emlonic. A dream about Jesus.

It continues: "I felt then a spectator in my own dream, and the sight of the cross gave me neither fear nor joy. But I was a curious and began moving, almost floating, towards it, the most magnificent ... thing I'd ever seen or imagined, and as I came closer to the cross, I suddenly saw a man walking toward me: a broad-shouldered, long-striding man, with a dark complexion, long hair, and wearing a white robe. "And just as suddenly I ceased to be a witness to my dream. I was in it, walking toward the man walking toward me. I knew him immediately. He was Jesus. Without knowing why, I fell to my knees. He stood over me and touched my face with his right hand."

Posted at the Catholic Thing website, such accounts of encounters with Jesus through dreams and visions increasingly are being reported, according to Pastor Frank

Costenbader, founder of Manifold Hope Ministries, publisher of the Isa Dreams website. Isa is an Arabic name corresponding to Jesus that is found in the Quran.

"The number of Isa dreams has seemed to grow tremendously since 2000, and in 2005 it seems to have kicked

into another gear," Costenbader said. "There has been an explosion of testimonies on the Web in the past two years about people encountering Jesus in dreams and subsequently becoming followers of Jesus."

A Saudi man said his dream started with a "horrible" scene. "One night, while I was asleep, I had this horrible dream of me being taken into hell. And what I saw there brought me real fear, and these dreams kept coming to me almost every night. At this point I was really wondering as to why I should be seeing hell in this manner," he wrote at Answering-Islam.

He said Jesus appeared to him and said: 'Son, I am the way, the truth and the life. And if you would give your life to Me, and follow Me, I would save you from the hell that you have seen.'

"This came as a surprise to me, for I did not know who this Jesus was. Of course, He is mentioned in the Quran and in the book Surah Mariam. He is stated as one of our prophets, but not as a saviour who could save us from hell. So I started looking out for a Christian who could give me some advice about this Jesus I have seen."

He said he had to reach out to an Egyptian Christian, because Christianity is "totally banned in Saudi Arabia and if a Christian is caught witnessing to a Muslim, [it

is] almost sure that he would be beheaded."

A Thai teenager named Fa reported on *Muslims of Thailand* she saw Jesus as she walked in a field.

An account of her experience includes: "She found herself in the open field. There was nothing much special in this scenery but she felt peace in her heart, the kind of peace that she has never felt before. It seemed like she has been in this field before and somehow, she knew what was going to happen next.

"And then suddenly there appeared before her a bright light. She didn't get startled when she saw the figure. It was a man wearing a white robe that seemed to shine. There was so much of joy and love that flooded in her heart when she saw the figure. She immediately knew that Jesus was appearing to her. Then she woke up."

Not just Muslims

Muslims are not the only ones reporting such remarkable encounters, as Costenbader also describes accounts by Hindus. He said regardless of the background, a common characteristic of the dreams of Jesus is that they instill a sense of peace.

"That's far different than the fear-filled system of Islam,"

Costenbader said.

Christine Darg, author and co-host of the *Jerusalem Channel* television program "Exploits Ministry," agrees it's an increasingly common development.

Islam

"The phenomenon of Muslims coming to a living faith in Jesus is happening every day.



MILLIONS of Muslims Dream of A Man In A White Robe

This is part of the prophecy of the prophet Joel that in the last days God will pour out his spirit upon all people – sons and daughters will prophesy, young and old men will experience dreams and visions,” Darg said.

Darg, who is also author of the book “Miracles Among Muslims: The Jesus Visions,” says compiling a record of the visions is difficult because of how often it happens.

“There are so many! One former terrorist promised God he would die for him, Jesus spoke to him audibly and said, ‘I’m calling you not to die but to live for me!’ He was surprised,” Darg said.

“While all Christians, from a theological viewpoint, should be willing to lay down our lives for the Lord Jesus Christ who made atonement for us, nevertheless, this message of Jesus to the former terrorist is quite a refreshing reversal to the death-wish mantra of jihadists!” Darg said.

Darg noted some experts say at least a quarter of all Muslim-background believers have experienced some type of supernatural dream or vision about Jesus.

“When I share my faith with Muslims, I often ask them if they’ve had a dream or a vision about Jesus, and usually they answer positively,” she said. In his research, Costenbader found accounts of “Isa dreams” are not new.

A dream in 1844 led to the conversion of an Indonesian named Paulus-Tosari, who helped begin the first modern movement of Muslims converting to Christ. He said also that two Jesus visions in 1892 can be directly tied to the

founder of the second Muslim movement to Christ in Ethiopia. Author and *Choices for Living* President Jim Bramlett, who has lived in Saudi Arabia, believes that the phenomenon of Muslims experiencing visions and dreams of Jesus is definitely “supernatural.”

“They’re visions. They’re dreams.

It’s a supernatural, sovereign act of God and it’s encouraging. It’s also happening more often than anyone knows,” Bramlett said.

Darg said simply talking about a dream or vision of Jesus opens the door for the Muslim convert to talk openly about the encounter.

“For a case in point, recently I was taking a tour group through the Muslim Quarter of Jerusalem’s Old City, and our guide had arranged for us to meet a Muslim cleric,” Darg said.

Soon it was time for questions and answers, and knowing that sheik was an expert on the mystical form of Islam, Sufism, Darg said she “felt he surely would have heard of some of his co-religionists who had experienced a dream about Jesus.”

“So I asked the sheik if he could share any examples with us.

Suddenly, the man began to break down in tears. ‘I will tell you a secret. I myself have seen Jesus,’ he said, although he was speaking to my entire group,” Darg said.

Darg says the Sufi leader’s experience is typical.

“He related the most beautiful encounter that he had experienced with the risen Lord Jesus, and how the Lord had embraced him in a way that the sheik had become a believer and follower of Jesus without realizing that he was a Christian,” Darg said.

Darg pointed out many Muslims

“do not readily relate these supernatural experiences out of fear of reprisals.”

She relates the story of a woman on the Mount of Olives in Jerusalem who experienced dreams and visions about Jesus. “She did not respond to him at first because of fear of what might happen to her if she became a follower of Jesus. Nevertheless, through an accident in her kitchen and a subsequent total healing of her injury by another night vision of Jesus, she received the strength to testify that Jesus is alive and that he had indeed healed her,” Darg said.

Costenbader cited Sura 4:89 of the Quran, which says conversions from Islam to Christianity are punishable by death.

Costenbader said the dreams, in the words of one woman he interviewed, transform lives.

“When I interviewed one woman from Iran, she said that they had all had dreams,” Costenbader said. The woman told him: “Would you put your life on the line for a proposition? We need something transformational, that’s what these dreams are.”

Bramlett says God is the one who is doing the work.

“I believe He’s sovereignly pouring out His presence to the Muslim people. It’s a product of His grace. He sent His Son to die for them and He loves them. This is one of His ways of communicating His love to them,” Bramlett said.

“I have no doubt that the Holy Spirit is at work, because Scripture says that no one can say Jesus is Lord apart from the Holy Spirit. So it’s His work,” Bramlett said.

Modesty—Heart before Hemline

by Ester Rich



Esther Rich has a bachelor degree in Psychology from Oxford University, UK, and is currently completing the Sion Community Foundation Year, working on their youth ministry team. She loves Theology of the Body, Papa Francesco and a good worship band. She is passionate about empowering women to be who they were created to be, and blogs at “For Such A Time As This.”

For a lot of people the word ‘modesty’ is automatically associated with clothing and appearance. Most girls think of being told not to wear short skirts or low-cut tops... and our thoughts generally go no further. In stopping on the outside of our bodies, we stop on the outside of the concept. By neglecting the heart, we don’t pierce the reality of what it is to be truly modest. In fact, that’s the essence of the way in which we’ve become too caught up in the physical implications and drifted away from the true meaning of modesty.

Modesty is not synonymous with oppression. It’s not a concept intended to hold women or hide women away under folds of fabric so they can’t be seen or heard. In fact, it’s entirely the opposite. Modesty is NOT just a matter of the hemline, but a matter of the

heart. It’s not restricting, but freeing.

The word itself is defined as ‘the quality or state of being unassuming in one’s own abilities.’ Where does that definition mention the body? The point is that the applicability to the body is merely a consequence of the applicability to the heart. Instead of using our femininity to achieve, we should acknowledge the reality that it is not by our own strength, but by God’s, that all things come about – ‘I can do all things through Christ who strengthens me’ (Philippians 4:13). THAT is true modesty.

Before original sin, Adam and Eve were able to ‘see and know each other...with all the peace of the interior gaze’ (JPII – ToB, Jan. 2nd 1980). They didn’t associate their bodies with impurity or with shame, because their view of the world and of each other was in line with God’s. They saw God’s plan in their bodies, and that’s what they desired. The initial intention of modesty was not to hide the body, but to protect the heart.

Purity is not prudishness! When the Sistine Chapel was restored several years ago, Pope John Paul II instructed the removal of the loincloths from several of Michelangelo’s nude paintings, which had been added by previous popes to cover what they thought was ‘impure’. And John Paul did so ‘in the name of Christian purity’ (Christopher West). Purity does NOT mean avoidance or aversion, because those two words imply quite the opposite: the need to remove yourself from a situation implies the presence of something to be avoided –

something impure. Striving for purity in this way actually prevents the recognition of what’s truly pure.

The way we choose to appear to the world is our expression of the way we want our heart to be seen by God. Purity is achieved only when the two fall in line. If we desire to be pure but dress provocatively we are doing that desire a disservice. Likewise, no matter how many layers we cover our bodies with, an impure heart will still be seen by God. Covering up the flesh won’t stop you from acting provocatively if you haven’t challenged the human lust within us all which resulted from Adam and Eve’s original sin.

So, rather than being at the forefront of our impression of modesty, the physical aspects should stem from the internal aspects. If we gain a deeper respect for ourselves as human beings, and for our hearts as men and women, then from that emerges the desire to dress modestly, rather than simply surrendering to the pressure to do so. The way that you dress then becomes merely a natural, outward expression of your inner desire for purity and humility.

Modesty is not about guilt and shame, but about accountability and humility.



“MODESTY ISN’T ABOUT HIDING OURSELVES, IT’S ABOUT REVEALING OUR DIGNITY.” –JESSICA REY

Dear young friends: “**put on faith**”, and your life will take on a new flavour, it will have a compass to show you the way; “**put on hope**” and every one of your days will be enlightened and your horizon will no longer be dark, but luminous; “**put on love**”, and your life will be like a house built on rock, your journey will be joyful, because you will find many friends to journey with you.

Pope Francis

In a mother's womb were two babies ...

One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after

delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover if there is life, then why has no one has ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"



The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist."

Said the first: "Well I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above." - Útmutató a

Welcome to the Bill & Kathlene Stevenson

On Sunday April 12, 2015 at the Loreto Home of Compassion, Mr. Bill Stevenson was baptised and received into the Catholic Church. This was a day of special solemnity, because it marked the final day of the Easter Octave, the celebration of Christ's resurrection. God's love is infinite and his greatest attribute is his mercy. The wonderful proof of his merciful love is God's continual call to all his people to be one with him, especially through the gift of faith.

Bill's story into the Church is an interesting one. But before writing of Bill, special mention needs to be made of his beloved wife Kathlene of 62 years marriage. Kathlene has been a resident at the Loreto Home of Compassion for the last couple of years. During all this time, Bill has faithfully visited her daily at meal times ensuring that Kathlene receives his kindness by personally feeding her. He has been an exceptional witness to all at the Home, of his love, devotion and persevering marital fidelity. Indeed, earlier this year Bill requested that Kathlene, who was baptised and raised in the Congregational Church at Islington, Newcastle where they met and married, be received into the Catholic faith. So on Saturday January 24, 2015 Kathlene was welcomed into the Catholic Church through Confirmation, taking the holy names, *Catherine Alice*.

Bill grew up in the Newcastle suburb of Hamilton. He was raised by good Christian folk who participated in the Reorganized Church of Jesus Christ of the Latter Day Saints. This church doesn't believe in infant baptism, and so Bill was never baptised. Nevertheless, he grew up learning about Jesus and lived a fruitful Christian life. Upon Gospel principles, Bill worked as a police officer serving throughout NSW, with Kathlene by his side in the one man stations he often ran. After a distinguished career of over 30 years Bill and Kathlene retired to North Ashmont. It was while caring for Kathlene one day that Bill asked Fr Gerard for religious instruction in the Catholic faith.

So at the age of 83, On Divine Mercy Sunday, Bill received the Sacraments of Baptism, Confirmation, Holy Eucharist and the Anointing of the Sick. He took for his Confirmation name Peter, the "Rock" upon which Jesus built his Church. Bill's only daughter Kay and her daughter Sally both attended the ceremony. Bill's sponsors were his long-time friends Paul and Sally Flinn. We congratulate Bill and Kathlene and ask God's eternal blessing on them and their descendants.



Front: Bill and Kathlene Stevenson
Rear: Paul and Sally Flinn, Fr Gerard, Sallee and (granddaughter, & daughter) Kay Stevenson

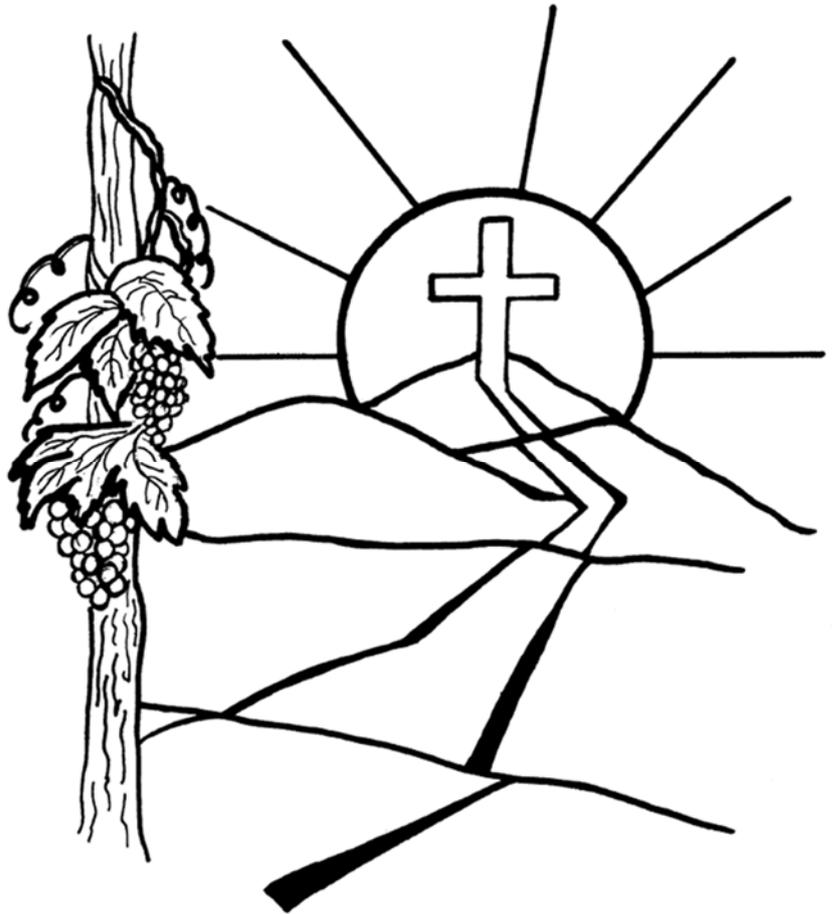
The West Wagga Wag

West Wagga Parish



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

"I am the vine; you are the branches."



"I am the vine; you are the branches."

"If a man remains in me and I
in him, he will bear much
fruit; apart from me you can
do nothing." John 15:5



VINE	CLEAN
BRANCH	GLORY
REMAIN	WITHERS
BEAR	THROWN
FRUIT	FIRE
GARDENER	BURNED
PRUNES	
TRUE	
WORDS	

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