

5501 Main at Binz/Bissonnet • Houston, TX 77004
713-528-0527 | www.stpaulshouston.org



[/stpaulshouston](https://www.facebook.com/stpaulshouston)
[@stpaulshouston](https://www.instagram.com/stpaulshouston)

Pastor's Message

In the Old Testament book of Jeremiah we get a glimpse of the prophet's encounter with God in the 29th chapter when God says,

"I have it all planned out — plans to take care of you, not abandon you, plans to give you the future you hope for. When you call on me, when you come and pray to me, I'll listen. When you come looking for me, you'll find me. Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed."

—Jeremiah 29:11-13, *The Message*



Rev. Dr. Jeff McDonald
Senior Pastor

I think about this as a new school year begins, as we begin to head back to church, as we worry about new COVID variants. Jeremiah reminds me that

God has a future of hope for us, especially when we are working to align our plans with God's.

After talking about this hope, Jeremiah talks about prayer. Sometimes I wonder why we don't pray more. Why we do all the talking instead of more listening. We have plenty of time for all sorts of other activities and, I believe, like Jeremiah, that God loves to spend time with us. Like all the other items in our busy schedule, let's set aside some time to talk to and listen to God.

Peace,
Jeff

Rev. Dr. Jeff McDonald, Senior Pastor

Celebration Sunday Returns! Sunday, August 22

Celebration Sunday returns! August 22 from 8:30 am to 1:30 pm.

- Bring school supplies to the church any day until then. See list at www.stpaulshouston.org/events/2021-supply-drive. Place in bins at Jones Plaza and Narthex entrances.
- Celebratory music.
- Locomotion Promotion train rides celebrate children and youth moving up to new grade-level classes.
- Cook-out lunch by Men's Bible Study



and the Service Hospitality team.

- Fellowship after a long time away from each other!

From Rev. Dr. Jeff McDonald on COVID Protocols

With the recent news of a sharp rise in COVID cases among the unvaccinated population due to the Delta variant, I want to reiterate the safety protocols in place at St. Paul's. During worship and on campus at St. Paul's UMC, people who are fully vaccinated will have the option of either wearing or not wearing a mask. All unvaccinated individuals should wear a mask and practice physical distancing. Not all people have had the opportunity for a vaccination, especially children under 12. For this reason, if you are more comfortable wearing a mask, we encourage you to do so. For children's ministry, masks are optional outside. Indoors, children over the age of 3, as well as youth and adults, will continue to wear a mask for children's ministry activities. We will continue to monitor worship numbers and COVID data. We will continue to sign up for worship on Sunday mornings and to fill out the health screening questionnaire. For those unable to attend in-person worship, we will continue to offer online services and options for meetings and studies. Our staff is thankful for your continued commitment to John Wesley's principle of do no harm.

Summer Recitals Conclude August 8

The last of this summer's recitals presented by St. Paul's chamber Music Society will be Sunday, August 8, at 4 pm featuring Ben Kerswell on organ with soprano Amy Erlandson.

St. Paul's Organ Scholar Kerswell is a Ph.D. candidate in organ performance at Rice University. A St. Paul's staff singer, Erlandson holds a Bachelor of Music in Vocal Music Education from St. Olaf College and is a staff singer with St. Paul's Choir.

Music for organ solo will include Sigfrid Karg-Elert's *Symphonic Chorale No. 1, Op. 87, "Ach bleib mit deiner Gnade"* and Bálint Karosi's *Toccata in Memory of Béla Bartók*. Music for organ and solo soprano will include Louis Vierne's *Les Angelus*.



The free recital in the Sanctuary also will be live-streamed via www.stpaulshouston.org/stream.

RSVP: www.stpaulshouston.org/chambermusic.society

Healing Art Community Circle Intended to Create Bridge with EAC Clients

A Healing Art Community Circle with clients of the Emergency Aid Coalition (EAC) is intended to create a space for EAC clients to express themselves through visual art.

Several ideas and experiences fed into the creation of this circle. When a Missions Council member sought ideas for connecting with EAC clients, Helen Spaw recalled a program from her graduate school days at the Pratt Institute that connected art therapy

students with persons experiencing homelessness.

Among her several roles at St. Paul's, she leads several healing art circles, and the healing circle concept is used in other ways throughout the campus. (See "Other Healing Circles..." below.)

The process of making art in this setting is to facilitate self-expression, enjoyment, stress relief, self-confidence, and growth. By offering the experience of creating art with EAC clients, explained Spaw, "we also are creating healthy and safe relationships that can lead to new paths for finding other resources."

An orientation for people interested in creating a safe and accepting environment through making art with EAC clients will be held Wednesday, August 18, from noon to 2 pm in the Fellers Room (S-312).

To attend, please RSVP to prichards-kuan@stpaulshouston.org. For more information about this circle, also email him or hspaw@stpaulshouston.org.

One does not have to have a background in or aptitude for art to be involved with this ministry. Training will be provided, and a background check will be required.

Green Team, Community Garden

Create, implement, and support environmental stewardship practices at St. Paul's with the Green Team. The team meets fourth Thursdays from 10:30 to 11:15 am via Zoom.

You also can help maintain the community garden, host the garden table Sunday mornings, and/or harvest produce for the table. The herb table is in the circle drive on Sundays before and after the 11 am service. Harvesting and related garden tending is scheduled throughout the month. To receive garden notifications, please email hspaw@stpaulshouston.org.



Donations for the herbs benefit the Fe y Esperanza Community Garden members.

For information or to connect, email hspaw@stpaulshouston.org.

Pick-Up Basketball

Most Mondays from 7:30 to 9 pm in the Activity Center (Gym, 2nd floor, Sanctuary Building). Questions? email prichards-kuan@stpaulshouston.org.

ST. PAUL'S
UNITED METHODIST CHURCH
HOUSTON

EMERGENCY AID
COALITION

Creating a space for EAC clients to express themselves through visual art.

HEALING ART COMMUNITY CIRCLE

Wednesdays from 10-1 pm at the EAC
starting Wednesday, August 25

Orientation Luncheon on Wednesday, Aug. 18, at Noon.

For more details, contact Rev. Paul at
prichards-kuan@stpaulshouston.org

Other Healing Circles Ongoing, Expanding

Helen Spaw conducts Healing Circles and Healing Art Circles on a variety of topics, some ongoing with entry at any time, some short-term with a self-contained group.

A Women's Healing Art Circle will begin meeting in person on Sunday, August 8, at 11 am in J-300. All women of any age are invited to meet with this circle to connect with their own inner guidance, creativity, and peace in a supportive community. One may enter this group at any time as it continues to meet on the second Sunday of the month. For more information about this circle or Healing Circles in general, please email hspaw@stpaulshouston.org.

Two Healing Circles have continued through COVID via Zoom. They are the Circle for the Healing of Racism and the Single Moms Circle. The Healing of Racism Circle is conducted in conjunction with the Center for the Healing of Racism on second Thursdays at 10 am. The Single Moms Circle will conclude on August 10, and all participants are invited to attend the new Women's Healing Art Circle at the church. To connect: email hspaw@stpaulshouston.org.

Veterans Healing Circle

Following the Healing Circle model is a gathering of veterans on Wednesdays at noon in the Youth Center. Lunch is provided. To attend the veterans circle, RSVP to nina@stpaulshouston.org.

New 2-session class
Sundays, August 8 & 15 at 12:15 pm
in the Feller's Room (S-312)

DISCOVER & CONNECT

Find connection and community at St. Paul's through discovering your spiritual gifts & talents.



Discover & Connect is a two-part class for persons considering joining St. Paul's Family and those who have joined within the past couple of years. Connect with our pastors and staff and discover what it means to be a deeply committed Christian at St. Paul's.

Sundays, August 8 and 15, at 12:15 pm in S-312. Lunch provided. RSVP by August 5 to nina@stpaulshouston.org.

Greeter Ministry Team Members Needed

As a church family, we believe that when we provide authentic hospitality, we create an opening for the Holy Spirit to work. We open the doorway for life to change for the common good for all peoples and communities.

Our Greeters physically and literally open that doorway. They offer a warm St. Paul's welcome to everyone who walks through our doors by showing radical hospitality. They make eye contact and smile as they offer a warm "Welcome! We're so glad you're here!" and help people find their way.

This intentional — heartfelt and personal — hospitality surprises and

delights people by making them feel noticed in a positive way. A Greeter's personal attention and excellent follow through are hospitality that makes people want to return again and again.

The Greeter Ministry is essential

for helping our guests feel welcome and begin their sense of belonging here.

Greeters are especially needed as people are finding their way back to church in person after being away due to COVID.

If you feel called to this vital ministry team,

please email Membership and Hospitality Director Nina Hall, nina@stpaulshouston.org.



St. Paul's Family

New Members

Please welcome these new members who have recently joined St. Paul's Family: Rima and Robert Blanc, Katherine Foreman, Debra Latimer and Gordon Gray, and Kathy Machol.

Flowers.

The flowers at the altar on July 11, 2021, were placed to the glory of God in loving memory of Ladelle and Gordon Bisel by their children, Becki Brickwedde and Chris Bisel.

Deaths.

Deepest sympathy to Dorothy and Jim Conn on the death of Jim's sister, Carol Conn Armstrong, who died on July 4, 2021.

Deepest sympathy to Paula Stapleton, Jason and Julian Bugg, on the death of Paula's mother, Jason and Julian's grandmother, Helen Robinson, in Atlanta, GA.



Rima and Robert Blanc



Katherine Foreman



Debbie Latimer and Gordon Gray



Kathy Machol with member daughter Liz Mayerich

Deepest sympathy to Betsy Brownlee and Anna Beth and Jerry Choate and their family on the death

of Robert Brownlee, Betsy's husband and Anna Beth's father, who died on July 28, 2021.

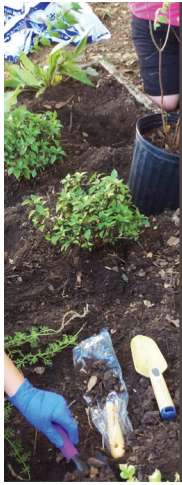
Telehealth Clinic Opens in August

A telehealth clinic located in Abraham Station will provide basic healthcare services to Houston's under/ uninsured population.

The clinic initiated by St. Paul's is a partnership with the Emergency Aid Coalition and overseen by University of Houston professors and practitioners. It will open in August to coincide with the new school year when it will become a part of the nursing curriculum for UH nursing students.

To learn more about this caring ministry, attend the Primetimers October 14 program when Congregational Care Pastor Rev. Andrew Wolfe will present a program about how it came about and by October is functioning.

Back to School with MacGregor Elementary



Saturday, August 14
8 am–Noon

**MACGREGOR
ELEMENTARY
WORK DAY**

Help beautify and maintain
our partner campus.

Help beautify and maintain our partner school, MacGregor Elementary, in time for the new school year. Meet at the school, 4801 LaBranch (about three minutes from St. Paul's) at 8 am and work in teams until noon. Questions? Email prichards-kuan@stpaulshouston.org.

MacGregor Teacher Appreciation Lunch.
Monday, August 16, at 11:30 am.

First Day of School: August 23

MacGregor Mentor Orientation.

For more information, email Bob Mahlstedt via rmahlst488@aol.com

Laos Mission Initiative

Learn more about the United Methodist Church's long-standing partnership with Laos and how to connect with virtual mission trips. St. Paul's Senior Pastor Rev. Dr. Jeff McDonald has been among the UMC's representatives to this mission.



Thursday, August 26, at 7 pm.

To connect: nccumc.org/outreach/laos-mission-initiative-overview

Ordinary Life Women Partner with Boynton Chapel UMC

In the earlier days of COVID, the Ordinary Life Women began partnering with Boynton Chapel UMC (2812 Milby) in vaccine and food drives and distribution. That partnership continues to expand, and you are invited to join them in these initiatives:

Back-to-School Festival

Join the Festivities at Boynton Chapel UMC on Saturday, August 14 when uniform vouchers, school supplies, and food will be distributed and COVID vaccinations will be administered.

This year's HISD summer lunch program is now over, and some children will be without meals until school resumes on August 23. Boynton chapel will provide lunches for 25 children for two weeks, and the HISD SPARK program will provide meals for two other weeks. Donations still are needed to support these lunches.

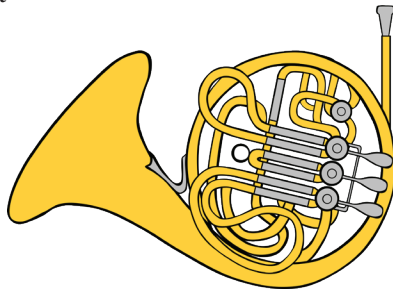
To volunteer at the festivities, donate to Boynton Chapel toward the lunches (\$5/meal), or learn more about this partnership, please contact Frieda Hale via 713-858-0260 or frieda319@gmail.com

Musical Instruments

Boynton Chapel UMC is establishing an after-school music program for children in their church and community.

If you can donate any kind of musical instrument or want to know more about this program, please contact Barbara Buckner via crimcrest@aol.com or 713-464-9874.

The children in this working-poor neighborhood will be greatly enriched by this opportunity to make music together, and you will receive a tax credit for your donation.



Pew Cushion Party

Help get wax out of the pew cushions. Saturday, August 7. Two shifts: 8 to 10 am or 10 am to noon. Work in teams with



one at an ironing board and the other wrangling cushions. Also needed for each shift: 12 irons, 6 ironing boards, and at least 12 long heavy-duty extension cords. Snacks provided; childcare available with RSVP.

To reserve your time or to learn more, email worship@stpaulshouston.org or Nancy Curry via jrcnac@att.net.

Mere Christianity

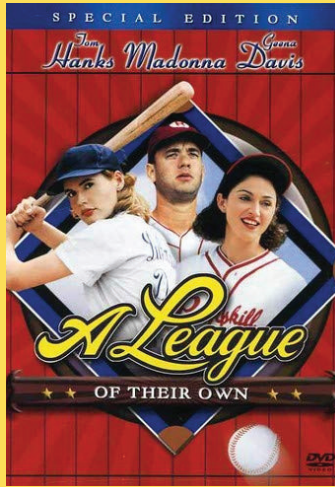
Mere Christianity by C.S. Lewis is one of the most popular introductions to the concept of faith ever written. The book brings together the author's legendary WWII radio broadcasts in which he set out to "explain and defend the belief that has been common to nearly all Christians at all times."

The study begins Sunday, August 8, at 9:45 am via Zoom. To connect, email mlportner@stpaulshouston.org.

Pray for Children in Foster Care

Cover each child in the Foster Care System within the Greater Houston area in prayer. By praying for each child individually, identified by gender and age, we can pray for a distinct expression of their needs.

For more information about this initiative, please go to www.cultivatingfamilies.org/prayer-initiative or email kflint@stpaulshouston.org.



PRIMETIMERS SUMMER FUN



Movie & ice cream social

Thursday, August 19 | 2-5 pm | Youth Center

TO RSVP, CONTACT PRIMETIMERS@STPAULSHOUSTON.ORG BY AUGUST 17

A League of Their Own is a 1992 American sports comedy-drama film that tells a fictionalized account of the real-life All-American Girls Professional Baseball League (AAGPBL). Directed by Penny Marshall, the film stars Tom Hanks, Geena Davis, Madonna, Rosie O'Donnell, and Lori Petty. The screenplay was written by Lowell Ganz and Babaloo Mandel from a story by Kelly Candaele and Kim Wilson.

In 2012, *A League of Their Own* was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant."

Mark Your Calendars Now for These Upcoming Primetimers Programs:

- **September 9:** Houston's Aviation History by Michael Bludworth with the 1940 Air Terminal Museum. Fondren Hall.
- **October 14:** UH Telemedicine/St. Paul's Health Clinic Initiative by Rev. Andrew Wolfe, St. Paul's Associate Pastor for Congregational Care. Fondren Hall.

Senior Men's Breakfast

for all who self-identify as senior men; no reservations required

Thursday, August 19, at 9 am
IHOP at 2515 Southwest Freeway
Questions? jimwalzel@gmail.com



Heart Health Support Group

For family members, caregivers, health educators,
and those who have been recently diagnosed
or who have been living with heart health
conditions for some time.

2nd Wednesdays @ 6 pm - via Zoom

To be added to the email list for meeting and topic notifications,
email facilitator Wayne Brewer via wbrewer878@aol.com

Questions? Rev. Andrew Wolfe: awolfe@stpaulshouston.org

Cornerstone Society Votes to Award Grants to JFON and FAM

In its first grant-funding vote, the Cornerstone Society has selected Justice for All Immigrants (formerly JFON Houston) and FAM Houston (www.famhouston.org) to receive its 2021 awards.

These ministries were chosen from among five candidates, the others being Bo's Place, the Creative Life Foundation, and Loving Houston.

Cornerstone members also voted to split the grant funding of \$7625 on a 2:1 basis, keeping the awards aligned with the customary St. Paul's Methodist Foundation funding.

Justice for All Immigrants will receive \$5000 to help support their general operations, a need that has been magnified as they have expanded their services to regions in Texas outside of Houston.

FAM has been granted \$2500 for their Farm of Peace initiative, a community of Congolese refugee women building a community farm in West Houston on land owned by the Alief Independent School District.

The grants will be awarded at the Cornerstone Society Celebration on September 11, 2021. Members are urged to mark their calendars for this breakfast celebration of the good work of the Cornerstone Society in its inaugural year and look for an invitation in their email inbox in mid-August.

Sixty-six members of the Cornerstone Society participated in on-line voting conducted from June 23, 2021 through July 6, 2021.

For more information about the Cornerstone Society, please email Mary Linda Portner via mlportner@stpaulshouston.org.

**The St. Paul's Methodist Foundation
of Houston annual report
is now available. Questions? email
mlportner@stpaulshouston.org.**

Familiar Faces in New Roles at St. Paul's

Both have been St. Paul's members for the bulk of their adult lives, spending much of that time in a variety of volunteer roles here. Both have academic backgrounds in science. Both have three children. And both are beginning new roles on St. Paul's staff.

Susie Vanlandingham is the new Director of Children's Music, and Anna Anderson is the new Director of the Rutabaga After-School Program.



Susie Vanlandingham

Susie has been singing in church choirs since she was three years old, the same age that St. Paul's children begin singing in Joyful Noise, the music assembly for children up to the first grade.

Previously assisting Anna Teagarden with these choirs and more recently interim director, Susie now will be directing the Wesley Singers (1st and 2nd grades) and the Choristers (3rd through 8th grades). She also will collaborate with Joel Trekell, Assistant Music Director and Organist, who will direct the Treble Choir and develop music opportunities for young men and youth in our congregation. Through the Voice for Life curriculum of the Royal School of Church Music (RSCM), these young vocalists learn about liturgy, music theory, sacred repertoire, and what it means to be a part of a choir. See www.stpaulshouston.org/music, which includes registration forms for these choirs.

Susie recently completed a Master's in Sacred Music at the University of St. Thomas, and she holds a master's from Rice University in environmental science and engineering.

Anna holds a degree in biomedical science from Texas A&M University and has been teaching for the past several years at St. Paul's School, first as a classroom teacher and in recent years as the head of the school's music enrichment program where the children are introduced to rhythm, melody, pitch and other components of music. She also has worked with St. Paul's Youth for many years, primarily coordinating meals for Sunday nights and mission projects.



Anna Anderson

For almost 30 years, the Rutabaga After-School Program has been a mentoring and enrichment program for at-risk children who attend nearby elementary schools. After a hiatus due to COVID, the program will resume on August 30 from 3 to 5 pm in Abraham Station. We will need volunteers in a variety of ways and timeframes. Please contact Anna Anderson anna@stpaulshouston.org to find out how you may help. One way to get the school year off to a great start for these children is by donating school supplies to the Celebration Sunday collection. See www.stpaulshouston.org/events/2021-supply-drive.

Discovery on Adventure Island Vacation Bible School

August 2-6

Fully enrolled

**VBS Daily Colors: Monday-Blue,
Tuesday-Red, Wednesday-Purple,
Thursday-Green, Friday-Yellow.**



St. Paul's Fine Arts Academy

Cello • Piano • Visual Art • Voice

individual lessons

in person and online

August 2: Fall priority registration begins for returning students

August 23: Fall Registration begins for new students

September 7: Fall classes begin

To register and for more information:

[www.stpaulshouston.org/
fine-arts-academy](http://www.stpaulshouston.org/fine-arts-academy)

Questions? Email Helen Spaw via
hspaw@stpaulshouston.org

All Choirs On Deck

The Choral Scholars 2021-22, led by Matt Perez, will join the roster of St. Paul's Choirs after orientation on August 15. With no 9:45 service this fall, all of St. Paul's choirs will be distributed across the 8:30 and 11 am services, giving the congregation an opportunity to experience each of them in worship. A typical month might sound like this:

1st Sunday (Holy Communion)

- 8:30am. St. Paul's Choir and Treble Choir
- 11am. St. Paul's Choir and Choral Scholars

2nd Sunday

- 8:30am. Choral Scholars
- 11am. St. Paul's Choir

3rd Sunday

- 8:30am. St. Paul's Choir
- 11am. Choral Scholars and Treble Choir

4th Sunday

- 8:30am. Choral Scholars
- 11am. St. Paul's Choir

This schedule will vary on certain Sundays, such as Children's Sabbath, when the Choristers and Wesley Singers will be among the choirs in worship.

Thanks to All for Making 2021 Youth Summer Mission Week a Success

Thanks to the tremendous support of St. Paul's members who provided prayers, snacks and meals, monetary donations, and even showers; the adults who lead work groups and prepared and delivered snacks and meals; the organizations that referred the work teams to homes in need of repair [The Restoration Team (www.therestorationteam.org) and Southwest Houston United Responds (www.shurhouston.org)]; the homeowners themselves, who worked alongside the teams; the Youth themselves, most from St. Paul's plus a few from Franklin UMC, the 2021 Youth Summer Mission Week was a success.

The work performed was primarily remediation from destruction by Hurricane Harvey and the February 2021 Freeze. It included demolishing and replacing damaged floors, cabinets, and walls; replacing siding related to burst pipes; interior and exterior painting; installing exterior steps. Pictures from the week of work, worship, and fun are below.



Looking Ahead

Kids Night Out Returns September 10

St. Paul's popular Friday-night program for children 4 months to 5th grade resumes on Friday, September 10.

The themed evening of games, crafts, play, snacks, and supervised activities runs from 6 to 10 pm, allowing parents to enjoy an evening on their own. The cost is \$25/child/night + \$5/additional sibling. A light supper is served around 6:30 pm.

Kids Night Out is available only for families of St. Paul's Church and School. Required reservations via childcare@stpaulshouston.org are accepted for each date up to two weeks in advance.

Questions about KNO? email childcare@stpaulshouston.org. If your child has dietary or other special needs, email Rev. Kate Flint, Pastor of Children's Ministries, via kflint@stpaulshouston.org.

St. Paul's Moms Resumes September 8

Moms of all ages are invited to this group led by Rev. Kate Flint, Pastor for Children's Ministries. The group meets the second and fourth Wednesday from 9:30 to 11 am in the Youth Center, first floor of Sanctuary Building.

Caregiver Support Group

If you are a dementia caregiver or help support someone who is a dementia caregiver, St. Paul's invites you to become a part of a caregiver support group.

Dementia is an isolating disease, not only for the individual, but also the caregiver. St. Paul's wants to

create a space for families coping with dementia to find meaningful engagement and spiritual connection.

For more information about the formation of this group, email Rev. Andrew Wolfe, Pastor for Congregational Care, via awolfe@stpaulshouston.org.

Vet TRIIP Returns September 4

Vet TRIIP returns to St. Paul's on the first Saturday of the month, beginning September 4, from 10 am to 5 pm in Abraham Station.

Fulfilling its mission to honor and empower veterans and service members, their families, and caregivers experiencing chronic pain and Post-Traumatic Stress, VetTRIIP provides free sessions designed to promote stress resilience, relaxation, long-term recovery, healthy, active lifestyles, comfort and better sleep.

Specific services provided include chiropractic, relaxing acupuncture, clothes-on therapeutic massage, meditation, energy balancing, breathing, and peaceful music and aromatherapy/.

For more information: nina@stpaulshouston.org.



**Serve on a
Disaster Recovery Team**

JOIN OUR TEAM TO HELP OUR NEIGHBORS.
NO SKILLS NEEDED; TRAINING PROVIDED. Questions? prichards-kuan@stpaulshouston.org

This monthly opportunity to help re-build parts of Houston should return in September. Over the summer, we have been blessed to host people from other cities who have been doing this work. Questions? prichards-kuan@stpaulshouston.org. To sign up to be notified of these opportunities, email kat@stpaulshouston.org.

Other Dates to Mark this Fall

September 1. Treble Choir resumes Wednesday rehearsals. 5-7 pm in S-106. Questions? jtrekell@stpaulshouston.org

September 8 to November 21. Pastors Bible Study. 6-7:30 pm in Fondren Hall. Questions? krichards-kuan@stpaulshouston.org

September 12. Wesley Singers rehearsals resume. 10:45-11:20 am in S-106. Questions? susie@stpaulshouston.org

September 12. Choristers rehearsals resume. 11:20 am-12:05 pm in S-106. Questions? susie@stpaulshouston.org

September 12. Choral Evensong. 4 pm in Sanctuary. Also October 10 and November 7

September 19. World Homelessness Sunday

October 3. World Communion Sunday

October 3. Blessing of the Animals. Jones Plaza

October 10. Bible Sunday.

October 17. Children's Sabbath

October 24. Laity Sunday
November 7. All Saints Sunday

November 7. Willing Friends Reception

November 14. Choral Scholars Recital for EAC

Stay up to date on these and other emerging opportunities through the Chimes weekly e-letter. To subscribe, email dadair@stpaulshouston.org.

Also check the St. Paul's web calendar: www.stpaulshouston.org/calendar.

And Friend St. Paul's on Facebook.