# The Messenger

The Newsletter of Saint John the Evangelist Episcopal Church 1720 Old Black Horse Pike & Chews Landing Road Chews Landing, NJ 08012–5218 Church Office (856) 227–1051

Volume MMXVII - Issue II

The Realm (On Line Parish Directory): https\\onrealm.org Web Page: HTTP://www.stjohns1789.org Church E-mail: St.Johns1789@verizon.net The Reverend Margaret Sterchi, Rector

Lent - Easter 2017

### **HOLY WEEK EVENTS**

Holy week is the most important week of the Christian Year. We gather several evenings to "tell our story". Each service is special and very different from any other service of the year.

April 13th, we gather at 7:30 pm for the Maundy Thursday Liturgy. At this service, we commemorate and re-member the Last Supper, when Jesus gathered with his disciples for the last time. This is when he instituted the Eucharist. He also gave the new "Maundatum" and washed the disciple's feet. During this service, the rector will wash the feet of any who choose to come forward. Everyone is invited. At the end of the service we process the reserve sacrament to the chapel of repose in the parish hall and strip the altar as we approach Good Friday. 'The Watch' the begins and continues through to the Good Friday Liturgy.

April 14th, we gather at 7:30 pm for the Good Friday Liturgy. We once again hear the Passion according to St. John and a large cross will be brought forward for people to venerate. All are invited to come forward and honor the cross in whatever way is comfortable for you. Some will kiss the foot of the cross. Some will kneel at the foot of the cross. Some will reach out and touch the cross. Some will simply bow to the cross. You are invited to do what works for you. We then bring the reserve sacrament back into the church and distribute it. Anyone can remain in the church for prayer, but all are asked to remain in silence until you get into your car.

On April 15th, we gather in the dark church at 8:00 pm for The Great Vigil. This is the primary Easter Service. We sit in candlelight and hear the lessons that tell us who we are and whose we are. We renew our Baptismal Covenant. Finally, we proclaim that Christ is Risen, turn on all the lights and light the altar candles as the rector flings Holy Water on everyone, and we begin the first Easter Eucharist of the year. The service is long so wear comfortable clothing. Young children may fall asleep. That is fine, the pews have a cushion. Some may choose to step outside for some air. That is also fine. We will still be hearing the lessons when you return. Come. See what all the fuss is about. Your experience of Easter may be changed forever.



### **Planning Your Service**

April 2<sup>nd</sup> will be the conclusion of the Lenten Series. Planning your service. The Rector will walk us through the funeral service and will have forms available to fill out and keep on file in the office, again to take the burden off your family.

As stated in the past, participating in this program, and doing this work is the best gift you can ever give your family. At the time of your death, amid their shock and grief they will not be forced to make quick decisions. You will have already done that for them. This is open to anyone and everyone. Please invite your family, friends, and neighbors! We will meet from about 11:30 am until 12:30 pm with coffee and snacks provided.

### Flowering of the Cross



The annual flowering of the cross will take place during the April 23<sup>rd</sup> 10:00 am service. Flowers will be provided, but we suggest that if there are any flowers in your garden to snip a few for your family to use in the flowering of the cross. We will then process the cross at the end of the service to the front porch where it will sit and remind those passing by that Christ is Risen.

### **Easter Egg Hunt**



The annual 'Easter Egg Hunt' will take place April 23<sup>rd</sup> following the 10:00 am service. All children are invited to participate in hunt. Sunday School will be in session so we will wait until all the little ones have come across to the churchyard before we begin. The plastic eggs will be empty. Following the hunt the children bring the eggs to the Parish Hall where they are exchanged for treats. Friends are invited to join the children. Please consider donating a bag of candy (which can be purchased the week after Easter at a discount!) for the children. Please make sure your child leaves plenty of candy for the rest of the children. We need to share the treats.

This year instead of the children receiving a stuffed animal, we are asking that each family DONATES a stuffed animal. Bring your toy to church and at the flowering of the cross place your donation near the altar where we will bless them and then donate them to Unforgotten Haven. Children in need will receive our donations.



From the Rector's Desk

Dear Ones,

Here we are, on the down side of Lent and by the time you read this it will almost be Easter. Happy Easter everyone! The Lord is Risen! The Lord is Risen indeed! Alleluia! But first we must go through the Great Triduum of Holy Week. These are my favorites services of the year. There is no secular equivalent, so we do not have to worry about becoming distracted with shopping, or parties, or any of the myriad of things that pull us away from worship during Christmas. The Great three days are totally about Jesus and walking with him to Calvary. The world can become hushed as we enter into the quiet sanctuary on Maundy Thursday, Good Friday and the Great Vigil of Easter on Saturday night. We can sit at the feet of Christ as he moves through those final actions. We can join Jesus in the washing of the feet, in the final Eucharist, in the move toward the Garden where we can keep vigil with Jesus, and then on Friday we can come to the cross in veneration. Finally, at the end of the three days, we come together to make the New Fire and to hear OUR story. We sit in vigil as the lessons and music wash over us. And then, when we think Easter will never arrive, the lights will blaze forth, bells will ring, and we will finally declare that Christ is ALIVE! This is truly the most important week of the entire year. And the Great Vigil of Easter is the most important service of the entire year. If you have not experienced this, I encourage you to come to as much of this Passion Story as possible.

Like Christmas, Easter is not a one-day event. Easter lasts the great 50 days...all the way until Pentecost on June 4. Just as you have been engaged in a Lenten discipline, how do you plan on celebrating Easter, the fact that our Lord is ALIVE? I hope not only with rich and delicious foods but also with rich and delicious actions! How can you reach out to someone less fortunate so that he or she will experience Resurrection in his or her life? What organizations can you donate to so that those they serve can experience Resurrection? I personally will give to Planned Parenthood, the World Wildlife Fund, and naturally Episcopal Relief and Development. These organizations care for the most vulnerable among us in a time when federal funding is being cut. As you all know I listen to NPR on my journey over the bridge, so of course I will contribute to them. I cannot imagine a world without the arts!

The Lord is Risen! Let us spread the Good News in word and deed!

### Reverent Margaret Kentigern+, 47

### Confession

This is one of those things we do offer in The Episcopal Church but few are aware. Lent is one of the times of year this is often performed. Of course, the Rector is available for appointments for confession at any time.



The annual burning of the palms on Shrove Tuesday in the parking lot providing for the ashes for distribution at the Ash Wednesday services.

### The Watch

The Watch will take place from 9:00 pm April 13th until 7:00 pm April 14th. A sign-up sheet has been posted. Christ asks us to watch just one hour with him. You are invited to be a part of that watch. It is preferable that at least two watchers are on duty during the wee hours of the night and morning (11:00 pm until 5:00 am), so please try to buddy-up during this time. Coffee will be available in the kitchen. Feel free to make a fresh pot if you desire. The watch takes place in the chapel of the parish hall (downstairs next to the office). Please observe silence as best a possible if you are in the building. If you are watching, dress comfortably, and bring any material you may wish to read or pray over during your time. More than two watchers are allowed, and if you do not sign up and wish decide to drop in for a time, that is fine as well. I encourage the parish to make sure that there are enough watchers so that Christ is never alone during those hours. When signing up for your shift, be sure to note whether you are signing up for an am or a pm shift.



Bible, Books & Coffee Club Next BBC Book Club, April 20th 7:00 pm, Panera Bread, Voorhees

The BBC meets every month at Panera's in Voorhees (across from Target on White Horse Road), usually on the third Thursday of the month. It is a wonderful place to meet, get something to drink and/or something to eat, and talk about many things, including the book we are reading. Even if you have not read the book, it is still fun to come to talk because we seldom have a night in which we don't go down a few rabbit trails! So please join us! April 20<sup>th</sup> and May 18th will be our next gatherings. Watch for the next readings in the weekly service bulletins.

# The Warden Speaks

by Mike Lutz

It's hard to believe we are coming to the close of the first quarter of the year. The Vestry is currently engaged in many ways to improve upon the caretaking of our church, parish hall, rectory, and providing the best possible environment for all our parishioners. We are currently reviewing a proposal for the repaving of our parking lots it has been approved and the project is scheduled for April after Easter services. We are closely monitoring our budget and expenses to do our best to stay on track for a balanced budget at years' end. It is most important that all our parishioners stay committed to their pledges throughout the year. Every contribution counts.

Look forward to fun activities such as a BBQ/Beer event at the Flying Fish Brewery, a 5k Founders Day run in Gloucester Twp. Park and of course don't forget the annual pool party during the summer. Lots of good events are in store. As Easter is fast approaching I am looking forward for all our families to share with us at Saint John's during this most holy week. Take care be safe see you all at services.

# Stewardship Corner

by Linda Ambler - Stewardship Committee

A big **Thank You** to Kathy Horne for a wonderful Pancake Supper to open the Lenten season. This was the first year that Kathy took the helm in the kitchen. Also **thank you** to all the crew that flipped, sizzled, and served the delicious varieties of pancakes, sausage and bacon. I'm not forgetting the clean-up crew who used their dishwashing skills to put the kitchen back in ship-shape order. It was a fun delicious event. This was Fellowship and Stewardship in action!

Speaking of Stewardship, our choir, along with our new Director, Dan Nelson, is doing a wonderful job using their special talents to raise their voices in beautiful praise to God. They are working very hard during this Lenten season preparing for each service and readying for Palm Sunday and Easter Sunday. **Bravo!** 

These are great examples of the Time and Talent aspects of good Stewardship. There is one other aspect that we need to remember, and that is Treasure. The budget for this year was presented at the annual meeting in February. Unfortunately, we are still running with about a \$20,000 deficit. During this Lenten season, please consider adding just a few extra dollars to your donations to help balance St. John's budget.

# **Parish Operating Fund:**

Needed Weekly Income	\$ 3,300
Needed Year to Date Income	\$ 39,600
Received Year to Date Income	\$ 29,564
Weekly Capital Fund:	\$ 280
Total Project Costs:	\$ 25,000
Total Capital Campaign Fund Receive to Date	\$ 12,657

<u>Vestry meetings are held in the Parish Hall on the 2nd Tuesday</u> evening of each month 7:00 – 9:00 p.m.

# OUTREACH & FELLOWSHIP



"Souper Bowl" Sunday, Super Bowl prediction unfortunately favored the Atlanta Falcons 80 - 33. Proceeds went to help feed the homeless at St. Paul's, Camden. (photo courtesy Bob Goodman)

### St. Paul's Feeding the Hungry Outreach

We join St. Andrews to help feed hungry men, women, and children at St. Paul's whenever there is a month in which there are five (5) Sundays, we take the fourth Sunday of that month. We will next participate in this wonderful outreach April 23rd. If you have any toiletries that you picked up and realize you really don't need them, the homeless are in desperate need of them. Bring them to the parish hall and we will see to it they get into the hands of folks who will really appreciate them. If you are sorting your winter/ spring wardrobe, we can also take warmer clothes in April. Please wait until that weekend to bring them to the parish hall. Also, please use kitchen size bags as the stairs leading up to the parish hall at St. Paul's is very steep!

### **SCUCS**

One of our major outreach efforts is donation of food for SCUCS, an organization in Camden County that provides food for senior citizens in the county. With the current economy, there are many seniors who go hungry every day. We provide reusable grocery bags with suggested items attached to the handle. Pick one up, purchase whatever items you choose, and return the bag the following week. Joyce Root will make sure the food gets to the proper location. They always send us a thank you and are most appreciative of our help. No matter the weather, our older folks all need to eat, so consider helping with this wonderful outreach opportunity.

### Wawa 'Shorti' Coupons

Coupons for Wawa 'Shorti' hoagies are available from the office and from Mary Wonderlin 783-6805. Coupons are \$4.00 each and can be used to purchase any Wawa 'Shorti' sandwich or be used towards the purchase of any larger sandwich. Proceeds benefit St. John's.

# Spotlight on our Youth:

To my church family at St John's,

Thank you for all of your support with my NJHS project this year. With your help we collected enough products to pack 96 boxes for IHOC. The boxes were dropped off on Wednesday, March 29th, and will be distributed to those in need in the coming weeks! I couldn't have done it all of you!

### Thanks ~Gretchen Sweeten



Gretchen with the truck fully loaded with the boxes. (photo courtesy Sharon Sweeten)



Gretchen & friend loading the truck. (photo courtesy Sharon Sweeten)



Gretchen and friend with the goodies for loading into the boxes for IHOC. (photo courtesy Sharon Sweeten)

### **Sunday School**



These pictures below show the preschool class intently listening to Miss Patty. (photo courtesy Cynthia Rolle)



### **National Day of Prayer**

May 4, 2017 is the 'National Day of Prayer', and once again Gloucester Township is hosting a breakfast at the Gloucester Township Hall from 7:00 am to 8:00 am. There is no cost to attend but tickets are required. Reverend Margaret will have tickets in early April. Let her know if you would like to attend. Last year we had a great time and great food. Join us this year.

### **Parking Lot Repaving**

On Monday, April 24, the parking lot is scheduled to be repaved. Please <u>do not</u> drive into the lot that Monday or Tuesday! They likely will put up a caution tape to remind us. If you need to get into the parish hall, you can park at the rectory and walk down to the hall and please keep to the sidewalks!

### **IMPORTANT UPCOMING DATES**

April 2: Lenten Program – Planning Yo		11:15 am
April 4: ECW Basket Auction- doors open 6:00 pm		
April 9: Palm Sunday		
April 11: Vestry Meeting		7:00 pm
April 13: Maundy Thursday Liturgy		7:30 pm
April 13: The Watch in the Chapel	9:00 pm thru April 1-	4 7:00 pm
April 14: Good Friday Liturgy	, ,	7:30 pm
April 15: The Great Vigil Liturgy		8:00 pm
April 16: Easter Sunday Services	8:00 am and	•
April 23: Flowering of the Cross		10:00 am
April 23: Easter Egg Hunt		11:30 am
April 23: Feeding the Hungry St. Paul's	Camden	4:00 pm
April 27: BBC – Panera Bread, Voorhee		7:00 pm
April 30: Spring Convocation Meeting	· ·	4:00 pm
, , ,		10:00 pm
May 1: ECW Meeting		10.00 am
May 2: Evening ECW Meeting		
May 4: National Day of Prayer Service	, GT Senior Center	7:00 am
May 9: Vestry Meeting		7:00 pm
May 13: ECW Bake Sale	following the 5:00 p	m service
May 14: ECW Bake Sale	following each of the services	
May 15: Annual ECW Picnic, Redbank		2:00 noon
May 25: BBC - Panera Bread, Voorhee		7:00 pm
June 3: Gloucester Township Day, Veterans Park 10:00 am to 9:00 pm		
June 4: Last day for Sunday School and Choir		
Julie 7. Last day for Suriday Scribor and	u Grion	

### Remember to mark your calendars

### Parish Prayers for Joys and Concerns

### Pray for those in Special Need

John Worsham, Eric Quintavalle, Abby Collins, Matthew Sterling, Bill Cox, Bill Peters, Jimmy Yang, Joan Shupp, Margie Schwartz, Theresa DeCicco, Nancy Hosey, Denise Stricker, Jeff Boggess, Jenny Yocum, Cynthia Yeh, Julian Yeh, Sean Santos, Steve Montgomery, Maria Grace, Anna Black, John Kuchler, Barney Snyder, Jean Perkins, Robert Brancati, Ann Roney, Harry Smith, Maria Velez, Jared Callen, Hadley Benfield, Phyllis Mancuso, Bill Rigney, William Mayer, Sr., Joseph Mancuso, Nicole Youngs, Kym Lundy McCalla, Nancy Klobnak, Lori Onorato, the Haughton Family, Ann Waller, Andrew Hermann, Gemma Hermann, Finn Hermann, Ralph Brancati, Joseph Reily, Joe Waller, Judy Gore, Lee Jones, Nick Giambri, Dot Lutz, Brad Siracuse, Lisa Green, Atwood Shupp, James Wagner Lane John Tillman, John Ervin, Frances Ash, Ken Timms, and Michael Bieg.

### Pray for our Shut-In and Home-Bound

Kay Taylor, Betty Knipe, Anna Scalise, and Barbara Houghton.

# <u>Pray for those serving or entering the military, police, and fire departments</u>

Samantha Sanders, Matthew Sanders, Adam Miller, Henry Yang, Amanda Collazzo, Frank Vanore Jr., Steven Barhmaier, Anthony Moss, Michael Truszkowski, Abbey Wilkins, Janet Prince, Ken Sweeten, Andy Misinkavitach, Nigel P. Shockley, Catherine Marie Wilson, Mike Millisky, Derek Walton, Colin Mair, and Ryan Mair..



# " With a Voice of Singing..."



The choir presents the offertory anthem accompanied by Dan Nelson on keyboard and Margaret Nelson on the oboe.

#### **Choir Notes from Our Music Director**

The choir has expanded its library. This Lenten season we will be doing three new works, two of which were composed as recently as 2016. Performing new music not only brings some freshness to the line-up of pieces the congregation hears each Sunday, but also helps strengthens the choir's musical chops.

We have enjoyed some musical collaborators over the last couple of months. In February, we were joined by Dan Nelson's wife, Margaret, who memorably played the oboe for an anthem with the choir. Later, St. John's youth in Savannah Sichelstiel helped the choir with an excellent narration from the gospel.

Dan has composed an original piece for the choir that will be premiered this spring. He has drawn from the text of the hymn Breathe on me breath of God for his Plaudits to our Choir work. Dan is excited to present his work to the congregation!

### "Sundays at Four"

On Palm Sunday, April 9th at 4:00 pm will be last of the ongoing "Sundays at Four" for 2016-2017 concert series presented by St. Mary's in Haddon Heights. The program will be a group of combined choirs performing *Requiem and Cantique de Jean Racine* by Gabriel Faure and will feature soprano Teresa Bonilla, baritone Jeff Chapman, harpist Sophie Bruno, with William Fenimore on the organ and Maximillian Esmus the guest conductor. Judy Vaughan-Sterling and Bob Goodman will represent St. John's in the combined choirs. You will not want to miss this wonderful concert; a perfect way to spend a spring afternoon.

### The ECW Page

**ECW News** – from Mary Wonderlin





### **Annual ECW Basket Auction Again a Sell Out**

We greatly anticipate the Annual Basket Auction. Many local merchants have made generous donations, and we would like to thank our many parishioners for their donations. We had an all-time record for the quickness with which the tickets sold. This year the hundred tickets sold in less than a week. The ECW women are madly working on preparing baskets.



### **Wine Glass Painting Party a Success**



The Wine Glass Painting Party was a great success. More than thirty people came ready to paint. We all had lots of fun, and the wine glasses came out beautifully. We hope to have another painting party in the fall so we can paint wine glasses in holiday themes.

### There Are Still Some Irish Potatoes Remaining

The ECW made over a thousand Irish Potatoes. We were up to our elbows in coconut and cinnamon. Boxes of Irish Potatoes can still be bought for \$7 a box.



### **ECW Bake Sale**



Don't forget our bake sale is coming soon! The next bake sale will be held the weekend of May 14<sup>th</sup> & 15<sup>th</sup>.

We would like to thank the congregation for their constant support in all the ECW endeavors throughout the year. **You** make us successful!

To the right, scenes from the Wine Glass Painting Party. (photos courtesy Rev. Margaret Sterchi)











### New & Views from the Church of Saint John

Rev. Margaret presiding over the Annual Parish Meeting. (Photo courtesy Bob Goodman)



Election results from the 2017 Annual Parish Meeting for the various parish offices. (photo courtesy Bob Goodman)

Please contact the parish office with any changes in address, phone number, or e-mail address.

### 2017 The Evangelist Annual Parish Meeting



Outgoing senior warden Matt Torpey presents his report. (photo courtesy Bob Goodman)



A view from congregants.

(photo courtesy Bob Goodman)



Shown above and below food preparation for the annual parish meeting. (photo courtesy Bob Goodman)



# From the Divcese of New Jersey





Rev. Margaret, Pat Bosch, Mike Lutz, Judy McGrath, Tom O'Keefe, and Bob Goodman were among the Clergy, Wardens and Delegates listening to Mr. James Bathhurst discuss the 2018 Diocesan budget at the Diocese of New Jersey Pre-Convention Hearing at Christ Church, Woodbury, Monday, February 13th. (photo courtesy Bob Goodman)

### From: Reflections on Lent

The Most Reverend Rowan Williams, 104th Archbishop of Canterbury

It's important to remember that the word 'Lent' itself comes from the old English word for 'spring'. It's not about feeling gloomy for forty days; it's not about making yourself miserable for forty days; it's not even about giving things up for forty days. Lent is springtime. It's preparing for that great climax of springtime which is Easter - new life bursting through death. And as we prepare ourselves for Easter during these days, by prayer and by self-denial, what motivates us and what fills the horizon is not self-denial as an end in itself but trying to sweep and clean the room of our own minds and hearts so that the new life really may have room to come in and take over and transform us at Easter.



### **Coffee Hour**

Coffee Hour Hosts are needed for the fall and winter. A signup sheet is posted in the Parish Hall. Coffee Hour is the perfect venue welcoming our visitors and newcomers as well s getting to know each other better. Coffee Hour follows the late service and it is an important opportunity to meet and greet people. Keep this a success and join us for some refreshments and good fellowship. Also, please consider finding a buddy and hosting a Coffee Hour. A signup sheet is posted in the Parish Hall.





Remember to bring your non-perishables to church and put them in the basket by the door.

# The Messenger

Church of Saint John the Evangelist 1720 Old Black Horse Pike Chews Landing, NJ 08012 856-227-1051

E-Mail: St.Johns1789@verizon.net Web Page: HTTP://www.stjohns1789.org The Realm (On Line Parish Directory): https://onrealm.org

### **STAFF** Rector

The Reverend Margaret Sterchi **Organist & Music Director** 

Dan Nelson

**Parish Secretary** 

Shirley Mullen

Sexton

Mike Millisky

Senior Warden

Michael Lutz

Junior Warden

Pat Bosch

Treasurer

Peggy Cardone/Lou DeCecco

Vestry

Joe Baylouny

Mary Wonderlin

Linda Amber

Todd Wonderlin

Lou DeCecco

Phyllis Sowers

Steve DeBaun

Shelby Myers

Barry McManaman

Tom O'Keefe

Tom Gratton

Dori Milliski

### **Delegates to Convention**

Bob Goodman

Judy McGrath

Tom O'Keefe

### **Delegates to Convocation**

Bob Goodman

Pat Bosch

Jason Komancheck

### Altar Guild/Flowers/Memorials

Phyllis Sowers

Church School

Mary Wonderlin

Churchyard

**Ernie Jones** 

**ECW** 

Bernie Brown

**Publicity** 

Bob Goodman

**Ushers** 

Shirley Mullen

### Acolytes/Readers/Servers Scheduling

Rev. Margaret

### **Deadline for the Easter Messenger** Wednesday, May 24, 2017

Items should be e-mailed to Robertgoodman1@comcast.net (Please show The Messenger in the subject line).

### **Help Our Counters!**

Those who count our donations and those who record them in the computer are volunteers from among the vestry and congregation. They spend time every week in making sure our deposit and the recording of donations is accurate. There are ways you can make their job easier and faster that will mean very little extra time for you. It may mean the counters will be able to come up and enjoy a bit of coffee hour however.

- 1. When preparing your envelope, please make sure you print information neatly and completely. Indicate what account you want your donation to go for. If you indicate other, please specify. Otherwise it will go into the general fund. Under your amount, please indicate if it is cash or check and put the check number down as well. If you don't do this, the counter must, which takes time when you are dealing with over 40 envelopes.
- 2. Remember that Operating Fund and Capital Fund are two (2) different accounts. We cannot tear your check in half, so please put in two separate checks, one for each account. Please put the check numbers on the envelope under the proper fund.
- 3. Flower and Oil money go into the Operating Fund. They are not memorial account donations. If you are donating in memory of someone who has died, please use a separate check. Shirley Mullen and Rev. Margaret handle this. Rev. Margaret will send you a letter acknowledging your donation for tax purposes. It does not get put into the computer.
- 4. If you miss a week or more you can use one envelope to "catch up". Enclosing multiple envelopes is not helpful. The donation is recorded on the date it is received, not the date on the envelope. It is fine to write one check for the entire amount for the same reason.
- 5. Unless you are enclosing coins or mailing in your envelope, it is not necessary to seal the envelope. The counters just must "unseal" the envelope, which takes more time. If you are compelled to seal it, please do so liahtlv!
- 6. If you have any questions or concerns, please contact Mary Wonderlin, Chris Goodman, or Craig Keisling.

If you are willing to be included as one of our counters, please contact Mary Wonderlin. We can always use another counter or two.

# Weekly Schedule

Saturdays

5:00 p.m. Rite II Eucharist with Sermon

Sundays

8:00 a.m. Rite I Eucharist with Sermon 9:30 a.m. Church School 10:00 a.m. Rite II Family Eucharist with Sermon

Wednesdays

11:30 a.m. Holy Eucharist

