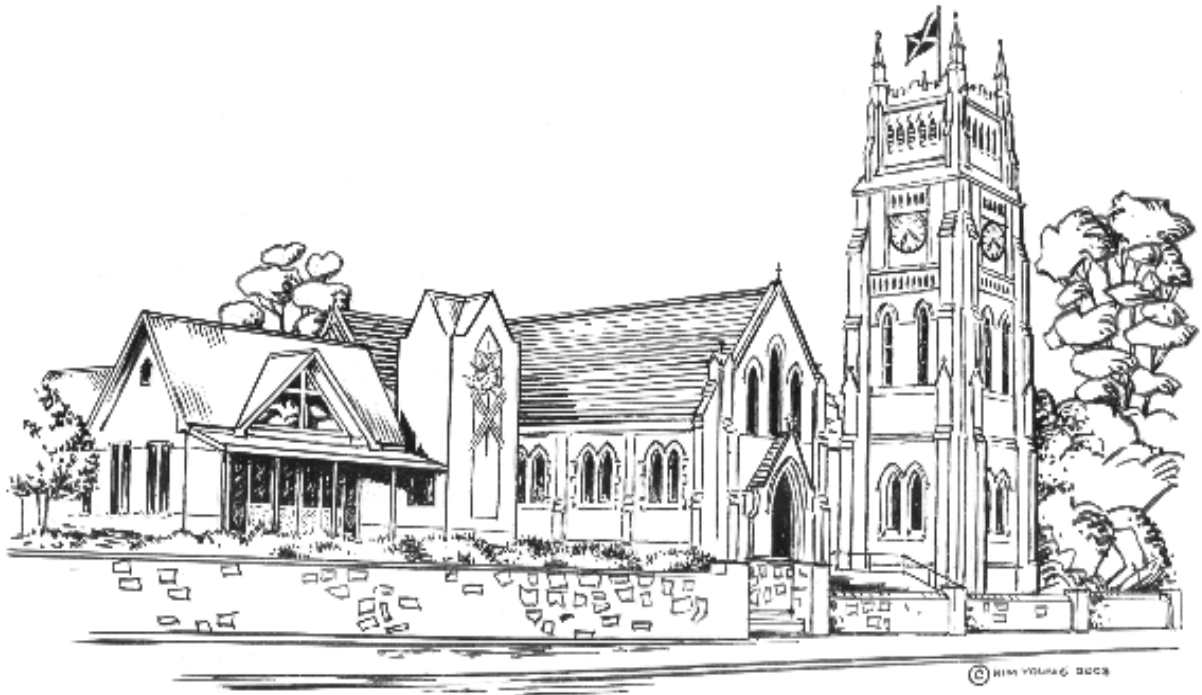


# The Third Sunday after Epiphany

21<sup>st</sup> January 2024

9.00am



Parish Office: 43 Church Terrace  
PO Box 347,  
Walkerville 5081

Tel 8269 5420

Locum Tenens: The Rev'd Stuart Langshaw

Web: [www.standrewswalkerville.org.au](http://www.standrewswalkerville.org.au)  
Email: [office@standrewswalkerville.org.au](mailto:office@standrewswalkerville.org.au)  
[priest@standrewswalkerville.org.au](mailto:priest@standrewswalkerville.org.au)



**St Andrew's  
Church  
WALKERVILLE**

St Andrew's is a Christ-centred,  
sacramental, inclusive, thinking,  
prayerful, mission-oriented  
faith community

# Today's Service

## 9.00am Holy Communion

Celebrant & Preacher:

The Rev'd Paula Bullock

*Processional Hymn (please stand)*

- 1. Rejoice, the Lord is King,  
your Lord and King adore;  
mortals give thanks and sing,  
and triumph evermore.  
*Lift up your heart, lift up your voice;  
Rejoice, again I say, rejoice!***
  
- 2. Jesus the Saviour reigns,  
the God of truth and love;  
when He had purged our stains  
He took his seat above;  
*Lift up your heart, lift up your voice;  
Rejoice, again I say, rejoice.***
  
- 3. His kingdom cannot fail;  
He rules o'er earth and heaven;  
the keys of death and hell  
are to our Jesus given.  
*Lift up your heart, lift up your voice;  
Rejoice, again I say, rejoice!***
  
- 4. He sits at God's right hand  
till all his foes submit;  
and bow to his command,  
and fall beneath his feet:  
*Lift up your heart, lift up your voice;  
Rejoice, again I say, rejoice!***

5. Rejoice in glorious hope,  
Jesus the judge shall come,  
and take his servants up  
to their eternal home:  
*We soon shall hear the Archangel's voice,  
the trump of God shall sound, rejoice!*

*Charles Wesley (1707-88)*

*Greeting*

The grace of the Lord Jesus Christ, the love of God, and the fellowship  
of the Holy Spirit be with you.

**And also with you.**

May Christ, the true, the only light  
**banish all darkness from our hearts and minds.**

Visit us with your salvation  
**and sustain us with your gracious Spirit.**

*Sentence of the Day*

The time is fulfilled, and the kingdom of God is at hand; repent, and  
believe in the gospel.

*Mark 1: 15*

*Prayer of Preparation*

Let us pray

**Almighty God, to whom all hearts are open,  
all desires known, and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord. Amen.**

*Kyrie*

Lord have mercy, **Lord have mercy,**  
Christ have mercy, **Christ have mercy,**  
Lord have mercy, **Lord have mercy.**

*Gloria*

**Glory to God in the highest,  
and peace to God's people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.**

*Prayer of the Day*

Let us pray

Bountiful God,  
through your Son you have called us to repent of our sin,  
to believe the good news,  
and to celebrate the coming of your kingdom:

teach us, like Christ's first apostles,  
to hear the call to discipleship,  
and, forsaking old ways,  
to proclaim the gospel of new life to a broken world;  
through our Lord and Saviour Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*First Reading: Jonah 3: 1-10*

*After the reading*

Hear the word of the Lord,  
**thanks be to God.**

*Psalm 62: 5-12*

<sup>5</sup> My soul, wait in silence for God:

**for from him comes my hope.**

<sup>6</sup> He only is my rock and my salvation:

**my strong tower, so that I shall not be moved.**

<sup>7</sup> In God is my deliverance and my glory:

**God is my strong rock and my shelter.**

<sup>8</sup> Trust in him at all times, O my people:

**pour out your hearts before him, for God is our refuge.**

<sup>9</sup> The children of Adam are but breath,

the children of earth are a lie:

**place them in the scales and they fly upward,**

**they are as light as air.**

<sup>10</sup> Put no trust in extortion,

do not grow worthless by robbery:

**if riches increase, set not your heart upon them.**

<sup>11</sup> God has spoken once, twice have I heard him say:

**that power belongs to God,**

<sup>12</sup> That to the Lord belongs a constant goodness:

**for you reward each one of us according to our works.**

*Second Reading: 1 Corinthians 7: 29-31*

*After the reading*

Hear the word of the Lord,  
**thanks be to God.**

*Gradual Hymn (please stand)*

- 1. We turn to Christ anew  
who hears his call today,  
his way to walk, his will pursue,  
his word obey.  
To serve him as our King  
and of his kingdom learn,  
from sin and every evil thing  
to him we turn.**
  
- 2. We trust in Christ to save;  
in him new life begins:  
who by his cross a ransom gave  
from all our sins.  
Our spirits' strength and stay  
who when all flesh is dust  
will keep us on that final day,  
in him we trust.**
  
- 3. We would be true to him  
til earthly journeys end,  
whose love no passing years can dim,  
our changeless friend.  
May we who bear his name  
our faith and love renew,  
to follow Christ our single aim,  
and find him true.**

*Timothy Dudley-Smith (b. 1926)*

*Gospel Reading: Mark 1: 14-20*

The Gospel of our Lord Jesus Christ according to St. Mark, chapter one, beginning at the fourteenth verse.

**Glory to you, Lord Jesus Christ.**

*After the Gospel the reader says...*

For the Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

*Sermon – Celebrant*

*Affirmation of Faith (please stand)*

Let us together affirm the faith of the Church.

**We believe in one God,  
the Father, the almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God, eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation  
he came down from heaven,  
was incarnate of the Holy Spirit  
and the virgin Mary and became truly human.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge  
the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

*Intercessions (please sit or kneel)*

Let us pray for the Spirit's guidance in the world and for the church.

We pray for the Nations and People of the Earth:

- for the restoration of full peace in Port Moresby, PNG, after the civil riots, looting and fires recently;
- for all involved in clearing up after recent bushfires near Perth, floods in Queensland, New South Wales and Victoria;
- for peace in all the world's trouble spots, and especially pray for wisdom, perseverance, courtesy and a right sense of justice for all diplomats involved in peace negotiations.

Guide with your wisdom and power the leaders of the nations, so that everyone may live in peace and mutual trust, sharing with justice the resources of the earth. Give the people of this land a spirit of unselfishness, compassion, and fairness in public and private life.

Lord, in your mercy  
**hear our prayer.**



Let us pray for the Church and its Mission:

Internationally we pray for The Church of South India (United), and its Moderator: ++Dharmaraj Rasalam. In Adelaide we pray for Warren Huffa at St Columba's, Hawthorn; and interstate we remember +Peter Grice (Virginia) in Rockhampton.

We give thanks for the work and witness of the Mothers' Union throughout the world.

In this parish, we pray:

- for our Patronage Committee - Lyn, Jenny, Brian, Ian and Sandy;
- for preparations for a meaningful Lent and Easter;
- for the recommencement of Bible Study Groups in the parish from February onwards;
- for an increase in our congregation.

Send out the light and truth of your gospel and bring people everywhere to know and love you. Enable those who minister among us to commend your truth by their example and teaching. May we gladly receive and obey your word.

Lord, in your mercy  
**hear our prayer.**

Let us pray for ourselves and our community:

- for all staff at St Andrews School - teachers, administration, maintenance, ancillary- and for the Principal Luke Ritchie - as they prepare for another academic year.
- for our parish representatives on the Board of St Andrew's School
- that visitors and newcomers may find a warm welcome here at St Andrews.

## *Special Prayer Requests*

We call to mind those known to us, or precious to us, who are struggling at this time.

We commend to your fatherly care, merciful God, all who are in sorrow, sickness, discouragement or any other trouble. Give them patience and a firm trust in your goodness. Help those who care for them, and bring us all into the joy of your salvation.

Lord, in your mercy  
**hear our prayer.**

We give thanks for the faithfully departed

- Vincent (d. 304), deacon and martyr (*22 January*)
- Companions of Paul, including Timothy, Titus and Silas (*24 January*)
- John Chrysostom (d. 407), bishop of Constantinople, teacher (*27 January*)

We praise you for all your servants whose lives have honoured Christ. Encourage us by their example, so that we may run with perseverance the race that lies before us, and share with them the fullness of joy in your kingdom.

We pray together for a priest:

**Bountiful God, give to this parish a faithful pastor who will faithfully speak your word and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience, and to us give warm and generous hearts, for Christ's sake. Amen.**

*Parish prayer*

**God our Father, you have made us members of Christ and of his church in this parish. May our worship be offering of our hearts and lives to you. Help us to reach out in welcome to newcomers and visitors, to encourage and care for each other in friendship and fellowship, and to grow in grace, love and unity; through Jesus Christ our Lord. Amen.**

After the intercessions:

Almighty God, you have promised to hear our prayers.  
**Grant that what we have asked in faith we may by your grace receive, through Jesus Christ our Lord. Amen.**

*Confession & Absolution:*

Christ the Son of God has been revealed as a light to the nations.

*A pause for reflection.*

Let us bring our darkness to his light, confessing our sins in penitence and faith.

**Merciful God, our maker and our judge,  
we have sinned against you  
in thought, word, and deed,  
and in what we have failed to do:  
we have not loved you with our whole heart;  
we have not loved our neighbours as ourselves;  
we repent, and are sorry for all our sins. Father, forgive us.  
Strengthen us to love and obey you in newness of life;  
through Jesus Christ our Lord. Amen.**

Almighty God, who has promised forgiveness to all who turn to him in faith: pardon you and set you free from all your sin, strengthen you in all goodness, and keep you in eternal life, through Jesus Christ our Lord. **Amen.**

## *The Prayer of Approach*

Let us pray

**We do not presume  
to come to your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy so much as to gather up the  
crumbs under your table. But you are the same Lord  
whose nature is always to have mercy.  
Grant us, therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ,  
and to drink his blood, that we may evermore dwell in him,  
and he in us. Amen.**

## *Greeting of Peace*

We are the body of Christ.

**His Spirit is with us.**

The peace of the Lord be always with you  
**and also with you.**

## *Offertory Hymn*

- 1. Father, Lord of all creation,  
ground of being, life and love;  
height and depth beyond description  
only life in you can prove:  
you are mortal life's dependence:  
thought, speech, sight are ours by grace;  
yours is every hour's existence  
sovereign Lord of time and space.**

2. **Jesus Christ, the man for others,  
we your people, make our prayer:  
help us love – as sisters, brothers –  
all whose burdens we can share.  
Where your name binds us together  
you, Lord Christ, will surely be;  
where no selfishness can sever  
there your love the world may see.**
  
3. **Holy Spirit, rushing, burning  
wind of flame of Pentecost,  
fire our hearts afresh with yearning  
to regain what we have lost.  
May your love unite our action,  
nevermore to speak alone:  
God, in us abolish faction,  
God, through us your love make known.**

*Stewart Cross 1928-89*

Blessed are you, Lord, God of all creation.  
Through your goodness we have these gifts to share.  
Accept and use our offerings for your glory  
and for the service of your kingdom.  
**Blessed be God for ever.**

*Great Thanksgiving Prayer*

The Lord be with you.  
**And also with you.**

Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

All glory and honour be yours always and everywhere,  
mighty Creator, everliving God.

We give you thanks and praise for your Son,  
our Saviour Jesus Christ,  
who by the power of your Spirit was born of Mary  
and lived as one of us.  
You anointed him as Messiah,  
the light of the nations,  
and revealed him as the hope  
of all who thirst for righteousness and peace.  
By his death on the cross  
and rising to new life,  
he offered the one true sacrifice for sin  
and obtained an eternal deliverance for his people.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,  
Heaven and earth are full of your glory.  
Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord;  
Hosanna in the highest.**

Sustaining God, in you many become one.  
You gathered fishermen from their nets to become apostles;  
just so you take grain from the fields and grapes from the vine to make  
this holy meal.  
And now you gather us around this table  
to remember the story of our redemption.  
Make us one body.  
Sustain us by the grace of the one bread we share  
and one cup of blessing which we bless.

Send your Spirit upon this bread and wine that it may be for us the body and blood of Christ.

Who, on the night he was betrayed took bread;  
and when Jesus had given you thanks  
he broke it, and gave it to his disciples, saying,

'Take, eat. This is my body given for you.  
Do this in remembrance of me.'

After supper, he took the cup,  
and again giving you thanks  
he gave it to his disciples, saying,  
'Drink from this, all of you.  
This is my blood of the new covenant  
shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.'

Therefore we do as our Saviour has commanded:  
proclaiming his offering of himself  
made once for all upon the cross,  
his mighty resurrection and glorious ascension,  
and looking for his coming again,  
we celebrate, with this bread and this cup,  
his one perfect and sufficient sacrifice  
for the sin of the whole world.

Let us proclaim the mystery of faith:  
**Christ has died**  
**Christ is risen**  
**Christ will come again.**

Generous God, in Christ you threw wide the net of your grace,  
calling disciples one by one to be your followers;  
not in their own righteousness,  
but because you would have us be your companions  
and share your glory for ever.

Reveal in your church the wideness of your mercy.  
Bless those today who wonder if they have strayed too far  
to be found by you or to belong among your people.  
Inspire all who struggle to know their purpose in your kingdom and  
long to hear your voice.  
Beckon your disciples to come and follow, to work alongside you,  
casting the net of grace, until all are gathered in and one in you,  
ever seeking and ever saving God.  
**Blessing and honour, glory and power,  
are yours for ever and ever, Amen.**

As our Saviour Christ has taught us, we are confident to pray:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins, as we forgive  
those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power  
and the glory are yours,  
now and for ever. Amen.**

*The Breaking of Bread and Communion*

We break this bread to share in the body of Christ.  
We who are many are one body:  
**for we all share in the one bread.**

*The congregation joins in the Agnus Dei*

**Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, grant us your peace.**



## *Invitation to Communion*

The gifts of God for the people of God. Come, let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts, by faith, with thanksgiving.

## *Administration of Communion*

*Baptised and communicant Christians of all denominations are welcome to come forward and receive Holy Communion. Gluten free bread is available on request. If you do not wish to receive Holy Communion, you may like to come forward to receive a blessing (simply bow your head as a signal to the priest).*

## *Communion Hymn*

### **1. Make me a channel of your peace.**

**Where there is hatred, let me bring your love;  
where there is injury, your pardon, Lord;  
and where there's doubt, true faith in you:**

*O Master, grant that I may never seek  
so much to be consoled as to console;  
to be understood as to understand;  
to be loved, as to love with all my soul.*

### **2. Make me a channel of your peace.**

**Where there's despair in life, let me bring hope;  
where there is darkness, let me bring your light;  
and where there's sadness, bring your joy:**

*O Master, grant that I may never seek  
so much to be consoled as to console;  
to be understood as to understand;  
to be loved, as to love with all my soul.*

### **3. Make me a channel of your peace;**

**for when we give we will ourselves receive.  
It is in pardoning that we are pardoned  
and in dying that we gain eternal life.**

*From a prayer attributed to St. Francis (1182-1226)*

## *Prayer after Communion*

Let us pray

God of the nations,  
we thank you for nourishing us with this holy sacrament.  
Guide us by your presence,  
that we may bring your light to those who dwell in darkness,  
and establish your justice in the earth.

**Father, we offer ourselves to you as a living sacrifice,  
through Jesus Christ our Lord.  
Send us out, in the power of your Spirit  
To live and work to your praise and glory.**

*Notices – see page 21*

## *Final Hymn*

- 1. Will you come and follow me  
if I but call your name?  
Will you go where you don't know  
and never be the same?  
Will you let my love be shown,  
will you let my love be known,  
will you let my life be grown  
in you and you in me?**
- 2. Will you leave yourself behind  
if I but call your name?  
Will you care for cruel and kind  
and never be the same?  
Will you risk the hostile stare  
should your life attract or scare?  
will you let me answer prayer  
in you and you in me?**

3. Will you let the blinded see  
if I but call your name?  
will you set the prisoners free  
and never be the same?  
Will you kiss the leper clean,  
and do such as this unseen,  
and admit to what I mean  
in you and you in me?
4. Will you love the 'you' you hide  
if I but call your name?  
Will you quell the fear inside  
and never be the same?  
Will you use the faith you've found  
to reshape the world around,  
through my sight and touch and sound  
in you and you in me?
5. Lord, your summons echoes true  
when you but call my name.  
Let me turn and follow you  
and never be the same.  
In your company I'll go  
where your love and footsteps show.  
Thus I'll move and live and grow  
in you and you in me.

*John L. Bell (b. 1949) & Graham Maule (1958-2019)*

### *Blessing & Dismissal*

May Christ the Son of God be manifest to you, that your lives may be a light to the world;  
and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.  
**Amen.**

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen**

*Organ Postlude – we sit in reflection*

If you are new today, welcome!  
Contact cards are available for you to complete today.  
We would love to get your contact details so that we can keep you  
up to date with the life of the parish.  
Please ask one of our friendly welcomers for a card, and return it to  
them (or place it in the offertory bowl) when you have completed it.  
Many thanks.

Text from *A Prayer Book for Australia* (Sydney: Broughton Books, 1995) © 1995, The Anglican Church of Australia Trusts Corporation.

Prayer of Thanksgiving: Samuel Wells and Abigail Kocher 2016, *Joining the Angels' Song: Eucharistic Prayers for Sundays and Holy Days, Years A,B &C*, Canterbury Press, Norwich UK.

Text and streaming provided under CCLI Licence #94972 and OneLicence #404684

# Notices

## *In the Parish*

---

- ❖ We welcome **The Rev'd Paula Bullock** to St Andrew's this morning, and also next week as the Celebrant and Preacher at our 9am service. Our usual pattern of worship, two services at 8 and 9.30am, will resume on Sunday 4<sup>th</sup> February.
- ❖ **A plea from the Wardens!** We need your help and support. Are you willing to volunteer your time to help in any of the following areas? **Morning Tea, Reading the Lessons, Sidespeople, Flower Ministry, Prayer Leader.** We are desperate for more support for those who already fulfil many of these activities. Please speak with Sally or Donna if you think you can contribute and help us draw up rosters for 2024.
- ❖ **Palm crosses:**
  - **For your diary:** Saturday morning, February 24 – Working Bee with ABM to make palm crosses, in the Parish Centre.
  - **last year's** crosses can be returned to us, in the basket at the back of the church.
- ❖ **Offertory envelopes** for the current year are available on the table near the Choir Vestry at the back of the Church.  
If you wish **give electronically**, please donate to this account:  
*Account name:* St Andrew's, Walkerville  
*BSB:* 633-000  
*Account number:* 144 103 314  
*Reference:* "Offering", + your name if different from the name on your account.
- ❖ **Easter services:** please check the parish website for details of Easter services this year.
- ❖ **Special Prayer Requests:** if you would like to nominate someone for special prayers, please mention their names, and the circumstances they face, to Stuart – or for next week, to Paula.

# Diary Dates

<b>Sunday 21 January</b> <b>Epiphany 3</b>	<b>9.00am</b> <b>Said Eucharist with hymns</b> (The Rev'd Paula Bullock presiding)
Friday 26 January	AUSTRALIA DAY PUBLIC HOLIDAY
<b>Sunday 28 January</b> <b>Epiphany 4</b> (Blessing of the backpacks as the children prepare to return to school)	<b>9.00am</b> <b>Said Eucharist with hymns</b> (The Rev'd Paula Bullock presiding)
Monday 29 January	9.00am St Andrew's School staff commencement service (Church)
Friday 2 February	10.00am Tai Chi (Parish Centre)
<b>Sunday 4 February</b> <b>Epiphany 5</b>	<b>8.00am</b> <b>Said Eucharist</b> <b>9.30am</b> <b>Sung Eucharist</b>
Friday 9 February	10.00am Tai Chi (Parish Centre)
<b>Sunday 11 February</b> <b>Last after Epiphany</b>	<b>8.00am</b> <b>Said Eucharist</b> <b>9.30am</b> <b>Sung Eucharist</b>

## Readings for next Sunday (Epiphany 4)

1st Reading: Deuteronomy 18: 15-20

Psalm 111

2nd Reading: 1 Corinthians 8: 1-13

Gospel: Mark 1: 21-28

Rosters for today, Sunday 21<sup>st</sup> January (3<sup>rd</sup> Sunday after Epiphany)

Celebrant & Preacher: 9.00am The Rev'd Paula Bullock

Readers: 9.00am Sally Zimmerman

Prayer Leader: 9.00am Paula Bullock

Lay Assistants: 9.00am Biffy Ormsby

Server: 9.00am John Beer

Sidespersons: 9.00am Brian Zwar, Michael Thomas, Robin  
Coleman

Morning Tea 9.00am Frances Wilson, Molly Radakovitch

Rosters for Sunday 28<sup>th</sup> January (4<sup>th</sup> Sunday after Epiphany)

Celebrant & Preacher: 9.00am The Rev'd Paula Bullock

Readers: 9.00am Janet Martin

Prayer Leader: 9.00am Wayne Butcher

Lay Assistants: 9.00am Volunteer Needed

Server: 9.00am Michael Thomas

Sidespersons: 9.00am Ray Newell; Tony Holloway, Robert Dow

Morning Tea 9.00am Jennie Coleman, Margaret Gall, Donna  
Coombe

Rosters for Sunday 4<sup>th</sup> February (5<sup>th</sup> Sunday after Epiphany)

Celebrant & Preacher: 8.00 & 9.30am The Rev'd Stuart Langshaw

Readers: 8.00am Liz Owen

9.30am Robin Coleman

Prayer Leader: 9.30am Michael Thomas

Lay Assistants: 8.00am Darren Fleming

9.30am Wayne Butcher

Server: 9.30am *Volunteer needed*

Sidespersons: 8.00am *Volunteer needed*

9.30am Brian & Heather Wheatley

Morning Tea 9.30am Needra Silva, Sally Zimmerman