

**Dingmans Ferry
United Methodist Church**

THE BRIDGE

September & October 2014

Newsletter

MILLER'S MUMBLINGS

"Rejoice in the Lord always; again I will say, Rejoice! Let all persons know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus"

~Philippians 4:4-7

As the Church of our Lord, we gather under the Lord's umbrella and make ourselves transparent to our God. What does that mean to me?

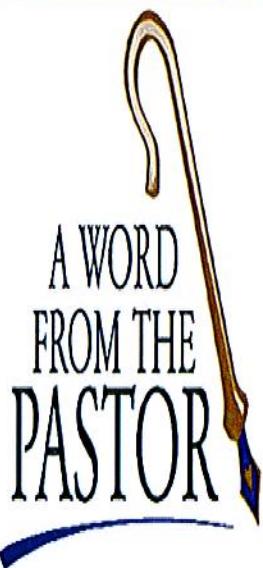
The Lord is at hand.

We are not to be an anxious people.

We are to be a people of prayer.

We should bring our requests before God.

We know that God's Grace is present - so we keep our focus on the Christ, Jesus our Lord.



In focusing on Jesus we see more clearly that he is calling us to love one another- way beyond what we would prescribe for ourselves.

The Letter of 1 John is direct: *"If we say we have fellowship with him while we walk in darkness, we lie and do not walk in the light, as he is the light."*

Paul tells us how we should live as the people of God in Ephesians 4:2. *"I beg you to lead a life worthy of the calling to which you have been called with all lowliness and meekness, with patience, bearing one another in love, eager to maintain the unity of the Spirit in the bond of peace."*

Between you and me- these are tough sandals to fill, but we are the church and this is what we are called to do. As forgiven people we do our best! It is good to serve a forgiving God.
See you in church! ~Be Talking!

Your servant, Doug Miller





September & October Lectionary Readings

9/7 Psalm 149; Exodus 12:1-14; Romans 13:8-14; Matthew 18:15-20

9/14 Exodus 15:1b-11, 20-21; Exodus 14:19-31; Romans 14:1-12; Matthew 18:21-35

9/21 Psalm 105:1-6, 37-45; Exodus 16:2-15; Philippians 1:21-30; Matthew 20:1-16

9/28 Psalm 78:1-4, 12-16; Exodus 17:1-7; Philippians 2:1-13; Matthew 21:23-32

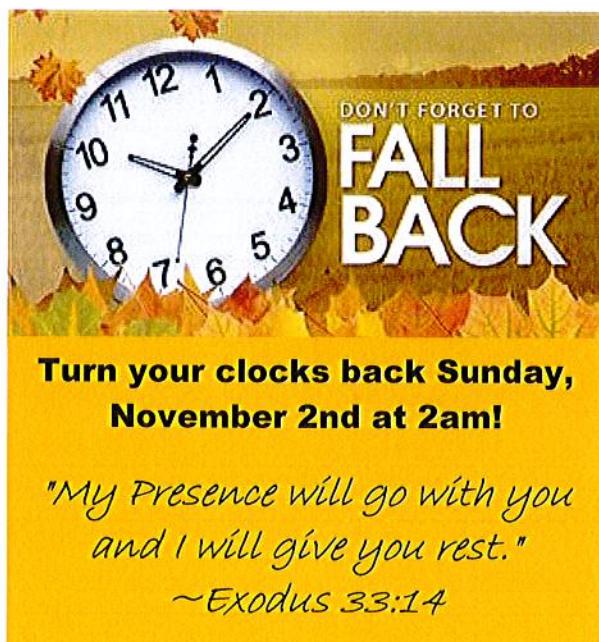
10/5 Psalm 19; Exodus 20:1-4, 7-9, 12-20; Philippians 3:4b-14; Matthew 21:33-46

10/12 Psalm 106:1-6, 19-23; Exodus 32:1-14; Philippians 4:1-9; Matthew 22:1-14

10/19 Psalm 99; Exodus 33:12-23; 1 Thessalonians 1:1-10; Matthew 22:15-22

10/26 Psalm 90:1-6, 13-17; Deuteronomy 34:1-12; 1 Thessalonians 2:1-8; Matthew 22:34-46

11/2 Psalm 107:1-7, 33-37; Joshua 3:7-17; 1 Thessalonians 2:9-13; Matthew 23:1-12



Worship Servants

Schedule of Worship Leadership

9:00 Service	11:00 Service
9/7 Donna Frable	Elaine Cooper
9/14 Art Ridley	Art Birtner
9/21 Laura Wright	Carol Birtner
9/28 Gayla Garren	Eric Kislak
10/5 Dave Ridyard	Elaine Cooper
10/12 Donna Frable	Art Birtner
10/19 Art Ridley	Carol Birtner
10/26 Gayla Garren	Eric Kislak
11/2 Laura Wright	Elaine Cooper

Schedule of Eucharistic Ministers

9:00 Service
9/7 Doris Hnida & Linda Rutledge
9/14 Pat Pierson & Caren Shimanski
9/21 Linda Rutledge & Art Ridley
9/28 John & Gayla Garren
10/5 Doris Hnida & Donna Frable
10/12 Linda Rutledge & Art Ridley
10/19 Pat Pierson & Caren Shimanski
10/26 John & Gayla Garren
11/2 Doris Hnida & Linda Rutledge

11:00 Service

9/7 Connie Squire
9/14 Linda Schierloh
9/21 Art Birtner
9/28 Elaine Cooper
10/5 Connie Squire
10/12 Linda Schierloh
10/19 Art Birtner
10/26 Elaine Cooper
11/2 Connie Squire

Greeters/Ushers for

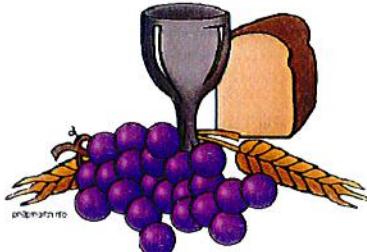
9:00 Service

9/7	Gary Stevenson & Sally Pohlman
9/14	Bob & Linda Davis
9/21	Jim Bois & Anna Curtin
9/28	Mike & Pat Brown
10/5	Marilyn Chasar & Linda Rutledge
10/12	Gary Stevenson & Sally Pohlman
10/19	Bob & Linda Davis
10/26	Jim Bois & Anna Curtin
11/2	Mike & Pat Brown

Greeters/Ushers for

11:00 Service

9/7	Eileen Guyadeen & Volunteer
9/14	John & Philly Viscardo
9/21	Please Call Church Office to Volunteer
9/28	Deb McGowan & Mary Balton
10/5	Eileen Guyadeen & Volunteer
10/12	John & Philly Viscardo
10/19	Please Call Church Office to Volunteer
10/26	Deb McGowan & Mary Balton
11/2	Eileen Guyadeen & Volunteer



Eucharistic Ministry (Communion Set up & Clean-up)

9am

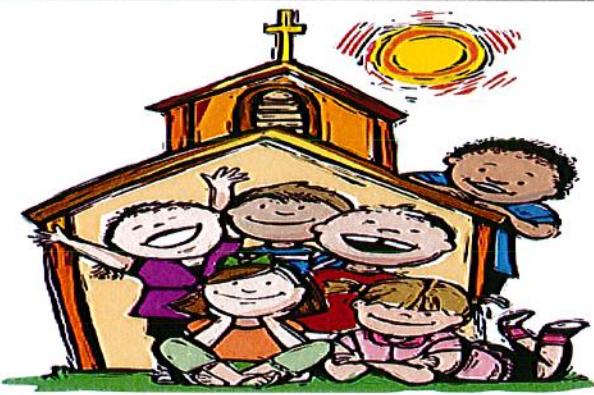
1 st Sunday of Month:	Donna Frable
2 nd Sunday of Month:	The Davis'
3 rd Sunday of Month:	The Garren's
4 th Sunday of Month:	Kathi White
5 th Sunday of Month:	Linda Rutledge

11am

The Birtner's
Volunteer
Darlene Mihiel
The Schierloh's
Volunteer



Copies of the Worship Servants List are available in the Church Office.



**We're Back
Beginning June 7th!
COME TO
SUNDAY SCHOOL!
Tell Your Friends!**

Sunday School
Meets During the 11am
Worship Service.
Our Sunday School
Superintendent is
Melissa Joseph.

Teachers for the 2014 year:

Pre-K through 2nd Grade: Miss Jill & Miss Missy
3rd through 6th Grade: Miss Philly & Miss Pam
Grade 7 through 12: Will Joseph

Don't forget.....

**A Nursery is available for infants &
toddlers during the 11am Service!**



Youth Ministry

**You're Invited
To Join Us for
Youth Group!**
**Meetings are Scheduled
for the 1st & 3rd Sunday's
of the Month**
6:30-8PM
(Unless otherwise stated)

**We Meet in the
Fellowship Hall**

Bring Your Friends!

MYF (METHODIST YOUR FELLOWSHIP)



JUMP! (JUST UNITE MY PEOPLE)



**Dingmans Ferry United Methodist Church
Presents.....**

PARENT & TODDLER PLAYGROUP

Playtime, Arts, Crafts, Music, Snacks, New Friends



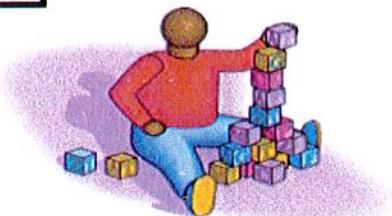
**FRIDAYS
9:30 - 11AM**

(RUNS DURING THE SCHOOL YEAR)

**Playgroup is a Great Time to Meet
Other Parents With Many of the Same
Things in Common.
Call 828-2288 for More Info.
OR JUST DROP IN!**



**ONLY \$30.
FOR THE
WHOLE
SCHOOL
YEAR!**



**Held in the Church's Fellowship Hall
The Church is Located on Myck Road
Just Behind Child's Park.**



First Day of Playgroup is September 19, 2014.

COME JOIN OUR

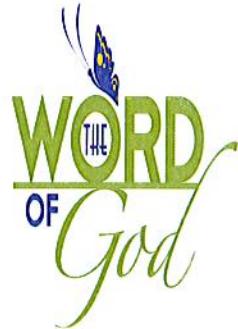
BIBLE



Study

MONDAY NIGHT BIBLE STUDY – 7PM

Meets at the Ridley Home
Call church Office for Directions
All are Welcome!



PASTOR'S TUESDAY MORNING

BIBLE STUDY 10AM – 11:30AM

Meets at the Church – Room 5
Come Join Us!



WEDNESDAY NIGHT BIBLE STUDY

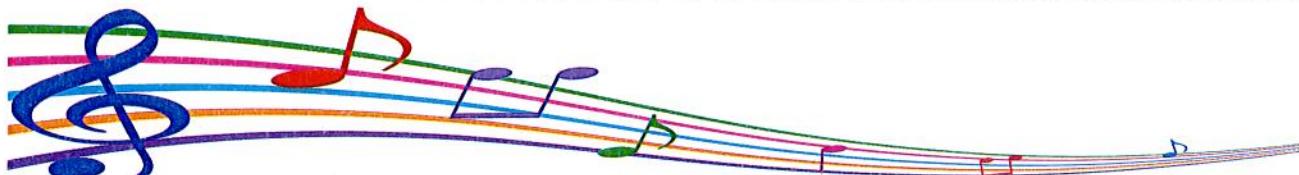
7:30 – 9PM

Meets at the Church – Room 3
See You There!

MONTHLY PRAYER SERVICE – 6pm

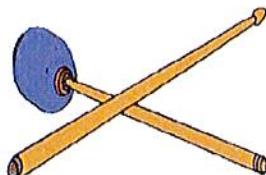
2nd Thursday of each Month

Meets In the Sanctuary
Join Us for Prayer & Meditation



CALLING ALL MUSICALLY TALENTED PEOPLE!!

The **Jammers** are starting up again in September. We would love to expand our group. If there is anyone who plays an instrument and/or sings **please consider joining us**. We would especially love to have a **pianist or a drummer** but anyone is more than welcome. We practice on Saturday mornings but that is open to change. Hope to **“See you in September”!**



Something New is Always Happening!...

For Your Information.....

Connie Squire, having recently been hired into a part time position by the church as Assistant to the Pastor, has resigned as chairperson of Staff/Parish relations (SPR).

Holly Bradley was asked to sit in as temporary chairperson (just to do paperwork) until a new chairperson was elected.

The Nomination Committee submitted Susan Ridyard's name for the position.

If elected, Susan would serve as the chairperson of SPR for the next three years.

At a Special Church conference on Sunday, July 13, 2014, the motion was made to elect Susan, and there were no other nominations put forth. All present were in favor and Susan Ridyard is now our SPR chairperson.

Statement from Susan: I will serve with the help of God and all my fellow church members.



NEW!! Church Directory



MARK YOUR CALENDAR!

It's been 4 years since we've done a church directory. It's time to up-date!!

Scheduled dates for photos are:

- **Friday, November 7th**
2pm - 9pm
&
- **Saturday, November 8th**
10am-5pm

Every family who sits for a picture for the NEW Directory will receive a FREE complimentary 8x10 photo.

Our goal is to have everyone included in the new Directory. Appointment Scheduling will take place through the Church Office beginning Mid-September.

P.S. Bring your extended family for a group photo, if you wish!

*Arrangements for absentee photos will be made.

September & October Birthdays!

9/1	Jeff Damstra	10/1	Bill Schmalkuche
9/1	Dan Locke	10/2	Paige Gualandi
9/2	Delores Kingston	10/6	Gino Gualandi
9/7	Linda Rutledge	10/8	Kim Mihiel
9/9	Shane Niper	10/10	Mark DeFederico
9/11	Ginny Malloy	10/16	Fran Myck
9/13	Kathi White	10/21	Dawn Curley
9/15	Kristine Van Duzer	10/30	Art Birtner
9/15	Melissa Joseph		
9/21	Aubrey Vivaldo (1 st BD!)		
9/25	Kurt Mihiel		
9/25	Scott McGowan		
9/25	Pastor Doug		
9/27	Mariah Curley		
9/29	Priscilla Miller		



**God Bless All of
You on Your
Birthday and
Throughout the
Year!**

Administrative Council

The next 2 Ad Council Meetings
are Scheduled for

Saturday, September 20th 9am-Noon
in the Parsonage
&
Wednesday, October 15th 7pm
at the Church



Those serving on Ad Council for 2014 are:

Pastor: Doug Miller
*Ad. Council Chairperson - Pat Pierson
Ad. Council Secretary – Lisa Niper
Church Secretary – Linda Rutledge
Lay Member – Donna Frable
Reserve Member – Holly Bradley
Lay Leader – Holly Bradley
SPRC Chairperson – Susan Ridyard
Finance Chairperson - Mary Balton
Church Treasurer – Darlene Mihiel
Recording Secretary – Caren Shimanski
Finance Counters – Bob & Judy Brumbaugh
Trustee Chairperson – Jim Bradley

Worship Committee Chairperson – Donna Frable
Music director: Adista Wightman
Membership/Evangelism – Linda Schierloh
Missions Chairperson – Gayla Garren, Deb McGowan
& Eleanor Hutter
Nurture Chairperson – Linda Davis
Sunday School Sup. – Melissa Joseph & Teresa Tarquini
Youth Leaders – Will & Melissa Joseph
Theresa & Steve Tarquini & Eric Kislak
Education/Nursery School Board Chair. – Laura Jewett
UMW President – Mary Balton
Communications Chairperson – Susan Ridyard

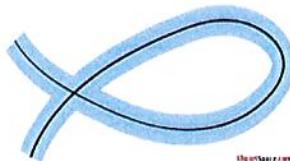


ANNUAL CHURCH CONFERENCE

OCTOBER 21, 2014 at 7:30PM

Meeting is open to all parishioners.

- 6PM Parsonge Walk Through
- 6:30PM SPRC Meeting with District Superintendent



Staff/Pastor Relations Committee (SPRC)

Chairperson, Susan Ridyard, would like the congregation to know that if you have a concern or suggestion regarding the church staff, please see/contact her.

The next SPRC Meeting is scheduled for Monday, Sept. 15th 6-7:30pm.

Those Serving on SPRC 2014:

Pastor Doug Miller, *Susan Ridyard, Connie Squire, Donna Frable, Kim Greene, Kathi White, Carol Birtner, Laura Jewett & Linda Schierloh



FINANCE COMMITTEE

The next 2 Finance Meeting s are scheduled for Sept, 8th & October 6th at 6pm

Those Serving on Finance Committee 2014:

Pastor Doug Miller, Mary Balton, Pat Pierson, Darlene Mihiel, Caren Shimanski, Jim Bradley, Holly Bradley, Connie Squire Donna Frable, Dave Ridyard, Gayla Garren, Lisa Niper & David Cowan



Those serving on the Worship Committee 2014:

Donna Frable, Annie Craige, & Laura Wright.,

VISION COMMITTEE



Serving on the Vision Committee for 2014 are:

Pastor Doug Miller, Linda Davis, Mary Balton, Sally Pohlman, George Aber, Laura Jewett, Art Birtner, Cindy DeFederico, Linda Schierloh, James Bradley, Pat Pierson & Art Ridley.



The next 2 Trustee Meetings are September 4th & October 2nd at 6:30pm.

Those serving as Trustees for 2014 are:

Jim Bradley, Mark Gualandi, Joe Calabria, Steve Tarquini, John Garren, Sally Pohlman, Rob Balton, Wayne Joseph and Caren Shimanski.



Nominations Committee

Up-coming meetings will be announced in Sunday Bulletins.

Those Serving on the committee are:

Bob Davis, Rob Balton, Kim Greene, Irene Luciano, Colleen Craige, Dave Cowan, Holly Bradley, Pat Pierson, & Connie Squire

MISSIONS • MISSIONS MISSIONS • MISSIONS •

O Lord, give us eyes to see, hearts to love, and hands to serve those in need. Amen.



Encouragement Packages for College Students

During September we will be collecting snacks to send to our new and returning college students. Small packages of cookies, crackers, health bars, candy, cocoa packages, and soup mixes are all helpful. There will be a container at the rear of the sanctuary for your donations.

In early October the high school class will prepare the packages which will be sent with a note of encouragement. Please support this effort to remind the college students of our love and concern.

Plans for Tri-State CROPWALK

Move Forward



The 8th annual Tri-State CROPWALK is scheduled for October 19th, with registration beginning at 1:00 and kick-off at 2:00. We will again have 1, 2, or 3 mile routes through Port Jervis. The Broome Street Band will play as we gather and register. Support for the free T-shirts is nearly fulfilled, and the organizing committee will meet and prepare materials for distribution in September.

Sponsor forms will be available on Sunday, September 21. Plan now to walk or sponsor a walker. Continue to pray for the CROPWALK that we might grow and help hungry people around the world and in our community.



CAN YOU HELP????

Pastor Doug uses the Outreach Fund at his discretion to help folks in the community with all kinds of emergencies including, electricity, medical and etc.

The Pastor's Outreach is only made possible by our donations. If you would like to make a donation to the Outreach Fund, please place a check (made out to DFUMC) or cash into an envelope and mark it "Outreach" and we will be sure to deposit it into the Outreach account. Please donate as you are able, not just at the holidays, but throughout the year.

P.S. Your church financial record will reflect your donation.



DINGMANS FERRY UNITED METHODIST CHURCH
115 MYCK ROAD • DINGMANS FERRY, PA 18328
(570) 828-2288



PRESENTS.....

BBQ

FREE
LONDON BROIL
DINNER



SATURDAY



September 20th • 5 – 7PM

**A Love Donation Will Be Taken.
All Proceeds Support Church Ministries.**



You're Welcome to Join Us!

During the month we get together with the nursing home residents of Belle Reve and Milford Senior Care for our time of "Hymns & Scriptures". Our monthly visits give us the pleasure and opportunity to visit and serve in the name of Jesus Christ.

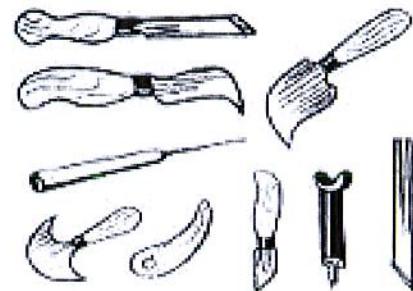
COME WITH US!

Our schedule for September & October:

Belle Reve 2pm:
September 2nd, 11th, 16th & 30th
October 9th, 14th & 28th

Milford Sr. Care 2:15pm:
September 3rd & 17th
October 1st, 15th & 29th

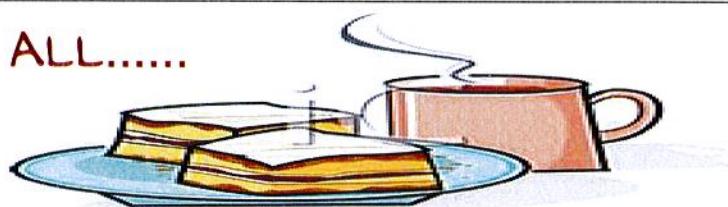
We invite and encourage you to please join us!
If you have any questions?...Call Kathi White 828-1251.



WOODCARVERS

Our woodcarving group meets on Wednesday's from 9am - Noon in the Fellowship Hall. If you've never carved before, don't let that stop you! We can teach you enough to get you started. Come & join us!! It's lots of fun! Talk to Gary Stevenson or Ray Costanzo if you want more information.

ATTENTION ALL.....



Please Sign-up on the Back Table in the Sanctuary To Host Coffee Hour on Sunday Morning.



Dingmans Ferry UMW / Joy Circle

Mission Project Now Through October

Collection Taken for
Safe Haven of Pike County

The women's group will be taking donations of
Turkey Hill Gasoline Gift Cards,
in any increment, to support
Safe Haven of Pike County clients

Please drop off gift cards in the Church Office.



402 Broad Street • Milford, PA 18337

www.safehavenofpikecounty.org/



The next UMW Joy Circle Meeting is scheduled for
Sunday, September 14th between Services (10:15am).



**Remember to Invite your
Friends & Neighbors to
Church & Sunday School!**

Dingmans Ferry United Methodist Church
Is Holding Its Annual

CLOTHING GIVEAWAY

For the Benefit of Our Community

Friday, Sept. 26th
~~4pm - 8pm~~
& Saturday, Sept. 27th
~~8am - 12pm~~

**In the Fellowship Hall
FREE OF CHARGE**

**Good * Clean * Used * Clothing
Men's * Womens * Childrens * Infants
(Please Use Rear Entrance)**

Dingmans Ferry United Methodist Church
Is on Myck Road off Park Road....
Behind Childs State Park
Call with any questions (570) 828-2288

Afternoon Tea

Saturday, October 4, 2014

*Dingmans Ferry
United Methodist Church*

115 Myck Road, Dingmans Ferry, PA 18328

continuous serving...11:30am - 2:30pm

\$12. Per Person

Scones

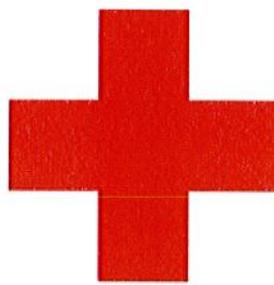
Finger Sandwiches

Dessert

And, Of Course, Tea

Reservations Suggested but not required.....(570) 828-2288





American Red Cross

The need is constant.
The gratification is instant.
Give blood.™

1-800-GIVE-LIFE | RedCrossBlood.org

BLOOD DRIVE

THE DINGMANS FERRY UNITED METHODIST CHURCH

October 11, 2014
9AM – 1PM

Dingmans Ferry United Methodist Church
115 Myck Road • Dingmans Ferry, PA 18328
(570) 828-2288

Afternoon Tea

Saturday, October 11, 2014

*Dingmans Ferry
United Methodist Church*

115 Myck Road, Dingmans Ferry, PA 18328

continuous serving...11:30am - 2:30pm

\$12. Per Person

Scones

Finger Sandwiches

Dessert

And, Of Course, Tea

Reservations Suggested but not required.....(570) 828-2288





Question: "What is intercessory prayer?"

Answer: Quite simply, intercessory prayer is the act of praying on behalf of others. The role of mediator in prayer was prevalent in the Old Testament, in the cases of Abraham, Moses, David, Samuel, Hezekiah, Elijah, Jeremiah, Ezekiel, and Daniel. Christ is pictured in the New Testament as the ultimate intercessor, and because of this, all Christian prayer becomes intercession since it is offered to God through and by Christ. Jesus closed the gap between us and God when He died on the cross. Because of Jesus' mediation, we can now intercede in prayer on behalf of other Christians or for the lost, asking God to grant their requests according to His will. "For there is one God and one mediator between God and men, the man Christ Jesus" ([1 Timothy 2:5](#)). "Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us" ([Romans 8:34](#)).

A wonderful model of intercessory prayer is found in [Daniel 9](#). It has all the elements of true intercessory prayer. It is in response to the Word (v. 2); characterized by fervency (v. 3) and self-denial (v. 4); identified unselfishly with God's people (v. 5); strengthened by confession (v. 5-15); dependent on God's character (vv. 4, 7, 9, 15); and has as its goal God's glory (vv. 16-19). Like Daniel, Christians are to come to God on behalf of others in a heartbroken and repentant attitude, recognizing their own unworthiness and with a sense of self-denial. Daniel does not say, "I have a right to demand this out of You, God, because I am one of your special, chosen intercessors." He says, "I'm a sinner," and, in effect, "I do not have a right to demand anything." True intercessory prayer seeks not only to know God's will and see it fulfilled, but to see it fulfilled whether or not it benefits us and regardless of what it costs us. True intercessory prayer seeks God's glory, not our own.

The following is only a partial list of those for whom we are to offer intercessory prayers: all in authority ([1 Timothy 2:2](#)); ministers ([Philippians 1:19](#)); Jerusalem ([Psalm 122:6](#)); friends ([Job 42:8](#)); fellow countrymen ([Romans 10:1](#)); the sick ([James 5:14](#)); enemies ([Jeremiah 29:7](#)); those who persecute us ([Matthew 5:44](#)); those who forsake us ([2 Timothy 4:16](#)); and all men ([1 Timothy 2:1](#)).

Further, Paul sought prayer on his behalf from all the Roman believers in [Romans 15:30](#). He also urged the Colossians to intercede for him in [Colossians 4:2-3](#). Nowhere in any biblical request for intercession is there any indication that only a certain group of people could intercede. On the contrary, those who seek others to intercede for them can use all the help they can get! God calls all Christians to be intercessors. It is God's desire that every believer be active in intercessory prayer. What a wonderful and exalted privilege we have in being able to come boldly before the throne of Almighty God with our prayers and requests!

If you have a prayer request, please call the church office or e-mail the church at dfumc@verizon.com and your requests will be added to our confidential Prayer Chain and lifted up at Prayers Services.



Dingmans Ferry United Methodist Church
 115 Myck Road · Dingmans Ferry, PA 18328
 Church: (570) 828-2288 Pastor: (845) 820-3950
 Church E-mail Address: dfumc@verizon.net

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 13th Sunday of Pentecost	2 Labor Day AA - 7:30-9PM	3 Tuesday Morning Bible Study Room 5 -10AM Nursing Home 2pm Drama Practice 7PM	4 Wood Carvers 9AM-Noon Nursing Home 2:15pm BSA Leader Mtg. 7:30-9PM Bible Study7:30-9PM	5 Trustee Meeting 6:30PM Drama Practice 7PM	6 Annual Dinner Theater 1PM & 7PM	
7 13th Sunday of Pentecost	8 AA - 7:30-9PM Finance Meeting Parsonage 6PM	9 Tuesday Morning Bible Study Room 5 -10AM BSA Leader Mtg. 7:30-9PM	10 Wood Carvers 9AM-Noon Bible Study7:30-9PM	11 Nursing Home 2pm Prayer Service 6pm BSA Registration 6:30-8PM	12	13
14 14th Sunday of Pentecost	15 AA - 7:30-9PM SPRC Meeting 6-7:30pm	16 Tuesday Morning Bible Study Room 5 -10AM Nursing Home 2pm	17 Wood Carvers 9AM-Noon Nursing Home 2:15pm Bible Study Rm. 3 at 7:30-9PM	18	19	20 Ad Council/ Planning Session 9am - Noon London Broil 5-7PM
21 15th Sunday of Pentecost	22 AA - 7:30-9PM	23 Tuesday Morning Bible Study Room 5 -10AM	24 Wood Carvers 9AM-Noon BSA Pack Night 6:30-8PM Bible Study7:30-9PM	25	26 Clothing Giveaway 4-8PM	27 Clothing Giveaway 8AM - Noon
28 16th Sunday of Pentecost	29 AA - 7:30-9PM	30 Tuesday Morning Bible Study Room 5 -10AM Nursing Home 2pm				

MONTHLY MISSION COLLECTIONS:
 • ENCOURAGEMENT PACKAGES FOR COLLEGE STUDENTS
 • UMW/Joy Circle: TURKEY HILL GAS CARDS

Up-Coming



Calendar of Events

- Sept. 26th & 27th
Clothing Giveaway

(Clothing Donations can be dropped off beginning 9/20)

- Oct. 11th 11:30am - 2:30pm
Afternoon Tea

- Oct. 12th

Stewardship Sunday - One Service at 10am Luncheon
follows

- Oct. 18th 4-6pm

Monthly FREE London Broil

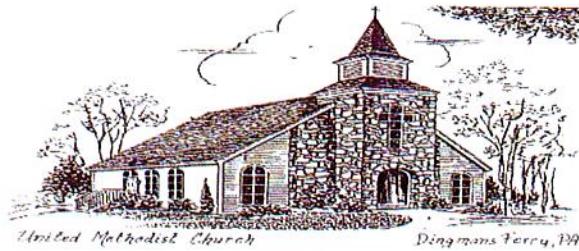
- Oct. 21st 7:30pm

Annual Church Conference

- Oct. 25th

October Festival

- Nov. 1st Senior Citizen Free Holiday Dinner - 1pm



Dingmans Ferry United Methodist Church

115 Myck Road
Dingmans Ferry, PA
18328

PHONE:
(570) 828-2288

FAX:
(570) 828-2288

E-MAIL:
dfumc@Verizon.net

We're on the Web!

See us at:
www.dfumc.com

Check Us Out On
Facebook, Too!

People can know that we are
Followers of Christ by our attitudes
and our actions.