

November 2023 NEWSLETTER

WELCOME

Volume #24 | Issue #11 | Chalice Unitarian Universalist Congregation

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The Reed Birth Tree for November

“Let gratitude be the pillow
upon which you kneel to say
your nightly prayer.”
— Maya Angelou

SUNDAY SERVICES SCHEDULE

Sunday Service
9 and 11 AM. Online on Zoom 9 AM
Zoom Meeting ID: 832 129 662
<https://uuma.zoom.us/j/832129662>

After-worship COFFEE HOUR
Stay in the same Zoom site as Sunday Service

November 5 – Lay-Led Service

“One Right Way” (Liberation #3)

This is the third in an 11-part worship series reflecting on the characteristics of white supremacy culture as described by trainer and teacher Dr. Tema Okun on her website

www.whitesupremacyculture.info. The Choir will sing.

NOTE: Daylight savings time ends today.

November 12 – Rev. Peggy Clarke

“Democracy Sunday”

This service considers the state of U.S. democracy and the role of UU congregations in strengthening it. This recorded service will introduce you to the non-profit organization Unitarian Universalists for Social Justice, located in Washington D.C. You will leave worship feeling empowered, connected, and hopeful about what’s next for our collective work and our nation.

November 19 – Rev. Sharon Wylie

“Chalice Soup and Founders Day” Multigenerational Service

Thanksgiving is a time to reflect on and to share our communal abundance, with special appreciation for our founding members. Please bring vegetarian soup ingredients for our communal soup. The choir will sing.

November 26 – Rev. Sharon Wylie

“Prioritizing for Simple Pleasures”

As we head into December, let’s look ahead to what will bring joy and meaning to the holidays, and consider how to let go of what gets in the way.



Minister's Message

The following are excerpts from Rev. Sharon Wylie's sermon "Lessons from My Depression" offered on October 22, 2023. You can watch the full sermon on Chalice's YouTube channel.

As many of you have heard me speak about many times, I worked as a hospital chaplain during the year before I came to Chalice to serve as your minister. In the hospital, I was assigned to work with patients struggling with crises of mental illness, patients so ill they needed to be hospitalized. It was meaningful work, and I was fascinated by mental illness; I read a lot and learned a lot.

When I came to Chalice, I brought with me a continued interest in mental health and wellbeing. It has been my practice to preach at least once a year on a topic related to mental health, and over the years I have talked with you about depression, schizophrenia, paranoia, suicide prevention, eating disorders, borderline personality disorder, as well as general advice for cultivating mental health and coping with the many challenges of these times.

It is my great privilege to walk with some of you through your own struggles with mental health. I hope that at Chalice we are co-creating a spiritual community where there is no shame in facing a mental illness. And I have learned a lot from you all as you have faced your own challenges with mental health.

So I had, I think, an unusual amount of knowledge about mental illness when I came to be diagnosed with depression back in 2018. And in hindsight, that knowledge helped me in lots of ways.

...

Here's how knowing about depression ahead of time helped me:
I was getting help *before* my symptoms were their worst.

I never doubted that exercise would be helpful, and I kept up with it even as my symptoms worsened.

I never doubted—in five months of trying different medications, five months of sleeping terribly—I *never* doubted that we would find a medication to help me.



Rev. Sharon Wylie
Minister



I never doubted that I would come to feel better.

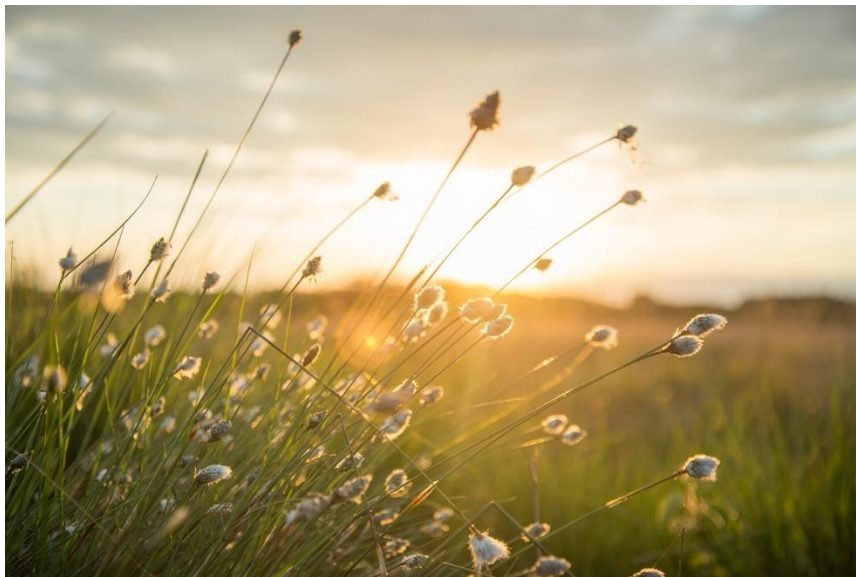
...

I've made this a sermon about depression, but I could tell the whole story over again and make it a sermon about perimenopause. If it's taboo to stand up here and talk about my depression, it's super *duper* taboo to say that in hindsight, my depression was the first symptom of perimenopause. Perimenopause, if you don't know, is the time before menopause, and it can last up to ten years. Perimenopause is sometimes called the "second puberty" because your body is changing, and your hormones are changing, and because of patriarchy, this thing that happens to half the population isn't studied or understood very well AT ALL.

I am still in perimenopause. My hormones are still changing.

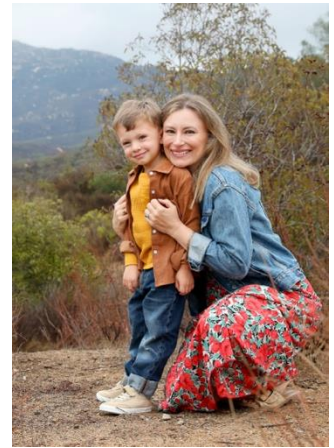
So one of the other things I know about depression is that even though I have a medication that's been working great, the day may come that it stops working. And then I'll have to figure out how I'm feeling and what to do then.

Blessings,
Sharon



President's Column

I know a disabled young person in my life who I take to a monthly young person dance party because disabled or not, no one wants to go to a dance with their Mom. This dance party is so fun, and one of the great things is that no one cares that all my moves are da club circa 2006. I was making small talk with an older teen about what brought her to the party. Her face brightened with a beautiful smile. She opened her arms wide, timed to the beat of the music and said:



“It’s the only place where I can just let go and be me.”

We all are wishing for a place where we can go and just be ourselves. We have our beautiful Chalice community that helps us explore belonging and meaning as an expression of our spirituality. I am so heartened by the work of the Imagining Liberation Team, a living expression of the acts of service that fuel a sense of purpose and belonging. In the October 8th service, Julie Mack stated the following when asked how she connects antiracism to spirituality (emphasis mine):

“It’s spiritual to me because our UU principles tell us that we believe in the inherent worth and dignity of every person. That we believe there should be justice, equity and compassion in human relations. And we have a goal of creating a world community with peace, liberty and justice for all. Yet we live in a society where some people are not seen as worthy. A society that lacks racial justice. That lacks racial equity. A society where there is not peace or justice for all. *And recognizing that fact we are called by our faith to take action.*”

I am heartened that our fellow beloved community members are feeling compelled to consider anti-racism a part of their sacred duty to live out our shared principles. We have had these conversations on this year’s Board and it is something we have struggled with as a group. If you are asking yourself how antiracism work could be considered spiritual, some of the answers include:



-It demands introspection. It is good for us to reconsider our thoughts, experiences and beliefs. Insight is good, and the first and hardest step towards change. We will be able to see the ways in which systemic racism affects us all when we cultivate self-awareness.

-Antiracism is a practice in empathy. To have a position of relative privilege in our culture is to walk through the world with an ease that others simply don't experience. Listening intently to each other's stories opens us up and softens up our hardened up parts. It brings forth our inner tenderness, often hidden under layers of defensiveness. This defensiveness has allowed us to survive but keeps us wounded and separate from each other.

Kate Vereb
Board President

-Antiracism is our sacred promise with the future. By working hard to build an inclusive and equitable community today, we lay the foundation for a flourishing tomorrow. Our spiritual legacy states that we need to leave this world better for each other than how we found it.

I look forward to this year of discovering what we can do together. The Board is planning on writing a sermon and looking forward to digging deeper.

In love and service,
Kate



PS I was so touched by this group's impromptu hand holding circle that I wanted to capture the moment. It's such a pleasure to witness spontaneous joy.



Music Program

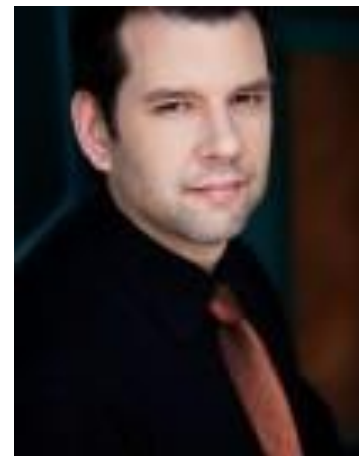
Consider Joining the Chancel Choir!

The Chalice Chancel Choir is always looking for new members. Any time is a great time to join, including November as we begin to rehearse music for the Winter holidays.

The Chancel Choir is Chalice's adult choir, open to anyone who enjoys singing. Chancel Choir rehearses on Thursday nights from 7:30–9:00pm in the Chapel. Chancel Choir serves two primary purposes. First, it is a place where people who love to sing can sing with each other in a community within the larger Chalice community. Second, Chancel Choir prepares music to sing for Sunday worship, in order to enhance the worship and share their musical gifts with the larger congregation. Chancel Choir sings a wide variety of musical styles, including Broadway, sacred, country, pop, classical, folk, and everything in between.

Each member of the choir is provided a folder with sheet music, as well as access to practice files so that they can learn the music at home. This makes rehearsal time more enjoyable and productive.

For more information contact Tim McKnight tmcknight20@att.net



Tim McKnight
Music Director



Sunday Worship Music – November Highlights

Nov 5: The **Chancel Choir** will present “When October Goes (With Autumn Leaves)”, arranged by Paul Langford. **Tim McKnight** will be our worship musician.

Nov 12: A **Guest** will be our worship musician.

Nov 19: The **Chancel Choir** will present “Chicken Soup with Rice”, words by Maurice Sendak, music by Carole King, and arranged by Emily Crocker. **Tim McKnight** will be our worship musician.

Nov 26: **John Schulz** will be our worship musician.

Looking Ahead

Winter PartySaturday, December 2 @ 5p
Auction Event: Nightsongs and Lullabies.. Saturday, January 20, 2024 @ 7p
Chancel Choir RehearsalsThursdays @ 7:30p in the Chapel
Handchime Ensemble Rehearsals Thursdays @ 6:30p in the Hub



Family Ministries

A World of Chalice Wonder

Our very youngest congregants are participating in a curriculum entitled *World of Wonder*. This is a UUA program that delves deep into our seventh Principle. In kid language: We believe in caring for our planet Earth, the home we share with all living things.



Kathleen Swift
Director of Family
Ministries



We hope to instill respect for the interdependent web of all existence of which we are a part. We also want to instill an appreciation of its beauty, excitement, and mystery. The sessions are founded on the premise that direct experience in nature is essential to children's physical, emotional, intellectual, and spiritual development.

We are so lucky to have a wonderful space where our kids can directly explore nature! Thank you so much to so many of you who have helped create this wonderful space for all of us to share. Time spent experiencing and exploring during these years begins a practice that can bring lifelong openness to the wonder nature can spark.



Do You Know...

Chalice used to have a Social Justice Team?

Unfortunately, this team has not been in existence for a few years due to lack of volunteers. However, this doesn't mean our long term commitment to offer financial support to local and/or UU non-profit organizations that do work in alignment with our principles has stopped. Thankfully, the coordinating team has continued this important work that supports our Chalice mission to act in the service of promoting UU principles in ourselves and the wider world.

During the 2022-2023 church year, our congregation, through special collections and direct donations (which aren't calculated in these totals) gave to the following organizations:

- October: \$1105 to the Kumeyaay Community College and the Pauma Band of Mission Indians After School Program
- November: \$717 for "UU the Vote (Vote Forward)"
- December: \$1145 Christmas Eve collection for Interfaith Community Services
- June: \$673 for "DRUUMM" Diverse & Revolutionary Unitarian Universalist Multicultural Ministries

If you are interested in restarting this team you must be a Chalice member. There is information about the team and their responsibilities in the Chalice wiki, under "Committees" and then "Social Justice". If you are interested, please contact Rev. Sharon.

For links on the following information please see October's newsletter: [how to donate to Chalice](#), [how to make a Sunday service announcement](#), [what the coordinating team does](#), [how to join the choir](#), [info on the Chalice Community Bulletin Board](#), and [how to become a greeter](#).

Link to October's newsletter: [[October Newsletter](#)]



Green Sanctuary Team



If we're paying attention, these are hard times, and the future is uncertain. You wouldn't think of not exercising your muscles. But raise your hand if you've been exercising your political muscles. One of the tools that many of us are not using is contacting our elected representatives. There are a million reasons not to take the time to contact them, just like there are a million reasons to skip a physical workout. But in a representative government, we are opting out of our collective power.

It's as easy as 1, 2, 3.

1. Our "senior" Senator is Alex Padilla, who was appointed to fill Kamela Harris' seat. Here is his website.

<https://www.padilla.senate.gov>

And here is one constituent's message that let him know what's important:

"Hello Senator Padilla, I'm writing to ask that you list "Climate" on the list of topics for contacting you. I hesitate to use "Environment", which is too big of an umbrella and indicates that you do not have Climate on the forefront of your initiatives.

I am also asking you to support President Biden in any way you can as he joins the COP 28 Climate talks in Dubai in November 2023.



Finally, the United States Congress needs to step up and lead strongly in using its tools to suppress the profit in fossil fuels and amplify the profit in current renewable energy technology. The future of Californians depends on it."

A contact like this should take only 5 to 10 minutes.

2. Our newest senator is Laphonza Butler, and here is her website. Welcome her to the Senate and let her know that Climate is one of your top priorities.

<https://www.butler.senate.gov>

3. Finally, each of us has a Representative in the infamous House of Representatives. This is a site to look yours up by your postal zip code.

<https://www.house.gov/representatives/find-your-representative>

There! With these 3 contacts you can become a regular climate advocate and participate in government beyond voting. Thank you.



MOON DRUM! Mark your calendar and gather on the Chalice patio Saturday, **November 25** from 6:00-7:00 p.m

“Celebrating what we hope
for together is better than
fighting over what we believe
separately.”

— Steven Charleston



"Carrying Grief Group"

Carrying Grief is a small group specifically for those who are moving through a major loss in their life. The group meets to share stories and experiences, to learn about the grief process, and to talk about what it means to live with grief and loss. The group will meet online (using zoom) and in-person (in Chalice's Blue Room) for six sessions from 4-5:30 pm on the following Tuesdays: 10/10, 10/31, 11/14, 11/28, 12/12 and 12/26.

This group is co-facilitated by Rev. Sharon Wylie and Chalice congregant Julie Mack. To register, please email Rev. Sharon to let her know of your interest.



Hive Mind Idea Board

Have you ever wished for something to happen at Chalice? The Hive Mind Idea Board is a place to share your ideas for the congregation and share if you have the capacity to help make something happen.

Check it out!

www.padlet.com/chalice

Click on “Hive Mind Idea Board”

To post, click on the + in the lower right

No account necessary





HOLIDAY SPONSOR A FAMILY

From 11/5 through 12/3 we will be collecting gifts for a family of 4 people. For information about the family please see the next PreVuus, upcoming Enuus, or the Chalice Community Bulletin Board. This is through a program with Interfaith Community Services. Please bring an unwrapped new gift to Chalice on any Sunday in November or the first Sunday in December.

Please sign up for what you would like to bring on this signup genius link: [SignUpGenius Link](#)

If you are not comfortable with using the website you can email Anne.McKeirnan@gmail.com or contact Anne, Judy Cavallo or Steve Schlesinger on Sundays at service.

This is a great opportunity to help those in need.

Please give generously.



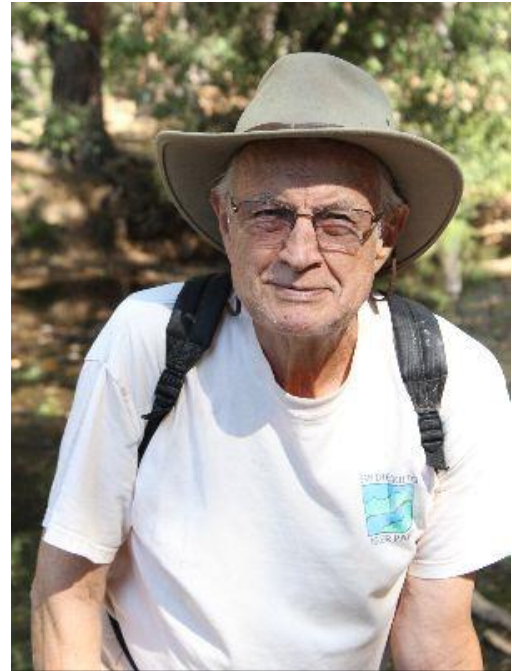
Upcoming Memorial Services

As many of you are sadly aware, we have three memorial services planned over the next three months. These are the first two. (The service for Bruce Campbell will be on January 6th, 2024.)

GENE TROXELL

Saturday, November 4 at 2 p.m.
in the Chalice chapel
and livestream on Zoom (same link that
we use on Sunday mornings)

Zoom Meeting ID: 832 129 662



RICHARD KORTS

Saturday, December 2 at 11 a.m.
in the Chalice chapel
and livestream on Zoom (same link that we
use on Sunday mornings)

Zoom Meeting ID: 832 129 662



From the Nominating Committee

Engage with Chalice: Join the Board of Trustees

Dear Chalice Community,

In the midst of yet another remarkable year, your unwavering support has been the cornerstone of our beloved Chalice community. With Rev. Sharon, our dedicated staff, and the Coordinating Team guiding us through the challenges of the pandemic, we've charted a resilient path forward. Now, it's time to renew and enrich our leadership with fresh perspectives and renewed dedication.

Chalice's Board of Trustees plays a pivotal role in shaping our community's future. Many long-standing members have tirelessly contributed their time and expertise, and now, we invite you to explore the opportunity to lend your unique talents to propel us toward an even brighter tomorrow.

The Nominating Committee, comprised of Alec Bergamini, Patty Carlisle, and Anne McKeirnan, is actively seeking nominations for open positions on the Board of Trustees for the upcoming congregational year, commencing on July 1, 2024. These openings include **Vice-President, Secretary, and three Trustee** positions, plus **one new member of the Nominating Committee**. each with its own set of recommended qualifications detailed in the Chalice Wiki, Congregational Policies June 2019, pages 30-32, available at this [link](#). (Need access to the Chalice Wiki? Contact our Office Administrator to get set up; her email is office@chaliceuucongregation.org.)

If you are interested in serving on the Board or wish to nominate a fellow congregational member, or if you have any questions, please reach out to:

- Alec Bergamini at ab@o2a.com or (858) 335-5342
- Patty Carlisle at pattycar@san.rr.com or (619) 890-8740
- Anne McKeirnan at anne.mckeirnan@gmail.com or (858) 603-6239

The nomination period will conclude **on Wednesday, March 6, 2024**. However, the sooner we assemble a strong slate of candidates, the better!



If you're new to Chalice's governance structure and are curious about the role and operations of the board, we encourage you to peruse the first chapter of our policy book. You can access it on the Chalice Wiki under "Governance/Policy Book Revised" or by visiting this [link](#).

Your contribution to Chalice's future is invaluable, and we look forward to welcoming new voices and fresh ideas to our Board of Trustees.

Thank you for being the heart of Chalice.

Warm regards,

Chalice Nominating Committee



Coordinating Team Report

Goal: As a congregation, we commit to supporting families, in all their incarnations, with emphasis on families with children and youth in RE and on intergenerational relationships by creating, maintaining, and strengthening appropriate programs.

- We were pleased with the Sept. 17 Sunday event. CT especially liked the icebreaker game, which helped nurture how to converse (talking and listening!) during Sunday social time.
- We have been challenged in finding childcare for a Parents Night Out event at Chalice. We are going to set a date for that event and have Chalice volunteers provide childcare, for the time being. CT members are willing to volunteer. If there are Board members (without children in our RE program) willing to volunteer, please contact Kathleen to complete a background check.

Goal: Facing challenging financial times after the building of the Hub followed by the pandemic, it is necessary that all Chalice congregants deeply understand and participate in creating a sustainable and generous financial environment.

- Our online auction is underway.
- Our live auction event is October 7. The theme is Mamma Mia—Here We Go Again!
- Pledge drive task force will be meeting in October.

Goal: Our commitment is to support our anti-racist work and the building of a beloved multicultural community. We will use existing and additional resources to encourage the reconciliation and expansion of involvement among all groups and congregants.

- Our Spirit Study groups are beginning to meet for study and reflection. Our first lay-led Spirit Study service (“On Fear”) will be held on October 8, looking at antidotes to fear.

Oversight of Chalice programs and committees:



- Monitoring reports from our groups and teams are due October 15 (to compile for submission to the Board for the Board's November meeting).
- CT member Susan Spoto has been investigating our four water meters to understand what areas of the property they cover. We have requested one of them (that has not been used, but we are charged a monthly fee anyway) be turned off (there is a nominal fee to turn it back on if needed). We expect this will save us \$600 a year.
- We are launching an online Hive Mind Idea Board for congregants to share ideas and offer support for making things happen.

Memorial Wall Task Force:

- No update.

Powering into the Future (Spirit Level grants):

- If anyone has a 70" TV to donate to Chalice, we can use this for the Hub.
- We will procure new equipment for cleaning up the cable nest in the stage right chapel.

Board Report

The Board is still working on confidential items and will submit a report soon.



Group Announcements

Women's Book Discussion Group

On November 21st at 6:30 pm the Chalice Women's Book Discussion Group will meet in the Hub or via Zoom to discuss *The Only Woman in the Room* by Marie Benedict. If you are interested, please contact Mary for the Zoom information. Non-binary and trans women are warmly invited.

NY Times Book Review:

As a 24-year-old corporate lawyer at Skadden, Arps in New York City in the mid-1990s, Marie Benedict was often the only woman in a room full of men — an experience she has drawn on in her subsequent career as a writer of novels inspired by women whose achievements have been overlooked or underappreciated by history.

Benedict's new novel, based on the life of the Hollywood film star and legendary beauty Hedy Lamarr, puts the conceit of the lone woman in a man's world once again on center stage. "The Only Woman in the Room" homes in not on Lamarr the movie star but on Lamarr the inventor (with the composer George Antheil) of a "frequency-hopping" radio communication technology that distantly prefigured wifi. "Every day most of the people in the world stare at an invention that she had a hand in, and that's the cellphone," Benedict says. "Once I knew that, I knew absolutely that I had to tell her particular story."

In Benedict's telling, that story is a ready-made thriller as well as a feminist parable: A Jewish-born Viennese who flees the Nazis and her pro-fascist arms dealer husband, Lamarr is bent on giving the Allies a military leg up in the form of a jam-proof, radio-guided torpedo system, if only she can get the Navy to take her seriously.

Dine Out Group

The Dine Out group will not be meeting in November due to the Thanksgiving holiday.

May everyone have a wonderful Thanksgiving with their family and friends.



Ladies Out to Lunch

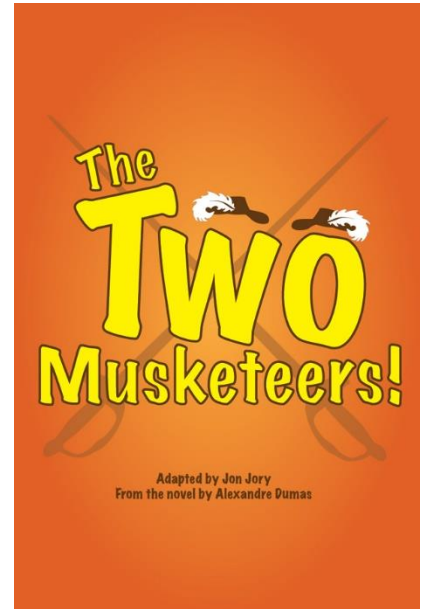
The Ladies Out to Lunch group will meet on Friday, November 17 at 11:30 AM at Burma Place in Rancho Bernardo. The address is 16719 Bernardo Center Drive, Suite A, San Diego. We are a small group and welcome newcomers! Please rsvp by November 15 to Carol.

Readers Theater

We love theater and meet monthly to sight-read plays together. We draw roles at random so we can read a variety of plays that interest us and rarely fit our exact number and demographics. If you are comfortable sight-reading aloud and willing to step into roles and situations that may be out of your comfort zone, you might want to give us a try! If interested, please contact Deb to get on the group's monthly mailing list.

Our next gathering will be held on Monday, November 27th at 6:30 p.m. via Zoom, when we'll be reading the comedy *The Two Musketeers!* adapted by Jon Jory, from the novel by Alexandre Dumas.

The plot: When a small acting company eliminates one Musketeer from their production of *The Three Musketeers* due to budget constraints, the rest of the cast must sally forth bravely with only two. The classic tale of d'Artagnan and his sword-fighting friends is presented by a hilariously self-aware cast of six, with romance, wit, and derring-do to spare. This low-tech, high-comedy adaptation is a witty send-up of Alexandre Dumas' beloved adventure.



Circle Suppers

Circle Suppers is a continuing program open to all Chalice people. The group meets on the third Saturday of each month for dinner and conversation. The food is prepared by each participant guided by the host. If you wish to participate please contact Emily.

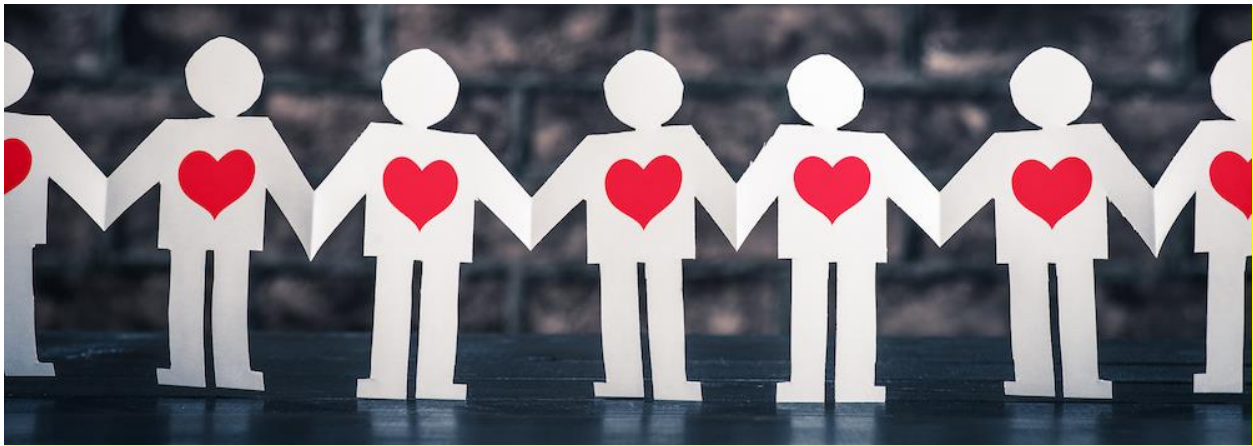


Information

MEMBERSHIP

Official membership is not required for participation in most Chalice activities, but there may come a time when you hear a voice inside saying, “This is my religious home. I want to support it.” If so, it may be time to think about making the commitment of membership.

To learn more about membership, contact Kathleen Swift, our Office Administrator, by email at office@chaliceuucongregation.org.



Chalice Web Site: <https://chaliceuucongregation.org>

Address: 2324 Miller Avenue; Escondido, CA; 92029

Phone: 760.737.0393

PrevUUs is published monthly by Chalice Unitarian Universalist Congregation. The complete newsletter is distributed via email to members and posted on the Members Only section of the website. An edited version (without congregant contact information) is posted on the public section of the website. Paper copies are available per request. Deadline is the 24th of the month.

Submit articles by the 24th of each month to: Office@chaliceuucongregation.org

**With much gratitude to our Editorial Team:
Hope Campbell, Callie Leef, and Andi Stout.**



Calendar for November 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

5

9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group
3 P Freeway Zen

6

7

12P Zoom
Lunch
7P Exec.
Board

8

8A Private
Event
9A Men's
Breakfast
6:30 Men's
Support

9

10:30A
Women's
Meditation
6:30P Hand
Chimes

10

12P Elder's
Lunch

11

8A Private
Event
3P Ghanian
Auction
Event

12

9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group
3 P Freeway Zen

13

1P Poetry
Group

14

12P Zoom
Lunch
1P CT
4P Carrying
Grief Group
7P Board of
Trustees

15

8A Private
Event
9A Men's
Breakfast
1P Fiber
Arts
6P Finance
7P
Humanist
Discussion

16

10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

17

11:30A
Ladies
Lunch

18

8A Private
Event
10 A
Worship
5P Haven
House
6P Circle
Suppers

19

9 & 11 A
Worship
10:10A
Coffee Hour
12 P Teen Group
3 P Freeway Zen

20

21

12P Zoom
Lunch
6:30P
Women's
Book Club

22

8A Private
Event
9A Men's
Breakfast
7P Prayer
Group

23

10:30A
Women's
Meditation

24

25

8A Private
Event
6P Drum
Circle

26

9 & 11 A
Worship
10A K-9 RE
11:10A
Coffee Hour
12P Teen Group
12:15 Greening
of the Chapel
3P Freeway Zen

27

6:30P Readers
Theater

28

12P Zoom
Lunch
1P CT
4P Carrying
Grief Group
6P Dine Out
7P Online
Presence

29

8A Private
Event
9A Men's
Breakfast

30

10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

