

ELEVENTH SUNDAY AFTER PENTECOST
SUNDAY, AUGUST 24TH, 2025

I am the way, the truth, and the life, says the Lord; no one comes to the Father, but by me. John 14:6



ST PAUL'S CATHEDRAL
LONDON, ONTARIO | ANGLICAN DIOCESE OF HURON

SUNG EUCHARIST (Book of Alternative Services)

Please stand when clergy enter.

Opening Hymn *New Every Morning Is the Love*

MELCOMBE
CP 7

Samuel Webbe
1740 - 1816

1. New ev - 'ry mor - ning is the love our wak - 'ning and up - ri - sing prove;

5 through sleep and dark - ness safe - ly brought, re - stored to life and power and thought.

- 2 New mercies, each returning day,
hover around us while we pray;
new perils past, new sins forgiven,
new thoughts of God,
new hopes of heaven.
- 3 Old friends, old scenes will lovelier be,
as more of heaven in each we see;
some softening gleam of love and prayer
shall dawn on every cross and care.
- 4 The trivial round, the common task,
will furnish all we ought to ask:
room to deny ourselves, a road
to bring us daily nearer God.
- 5 Only, O Lord, in thy dear love
fit us for perfect rest above;
and help us, this and every day,
to live more nearly as we pray.

THE GATHERING OF THE COMMUNITY

- Presider* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.
- People* **And also with you.**

Presider In this time and place, we gather on the ancestral beaver hunting grounds of the Algonquin, Haudenosaunee and Attawandaran Peoples; the traditional lands of the Anishnaabe Peoples, the Haudenosaunee Confederacy, and the Lenni-Lanape Peoples; and the current communities of the Chippewa of the Thames First Nation, Oneida Nation of the Thames, and Munsee-Delaware Nation.

People **From many places and peoples we come to this time of prayer.**

Presider We uphold our common stewardship of creation and our common birthplace of God's earth.

People **We respect our place on this land and move forward in love and peace.**

Presider Almighty God,
People **to you all hearts are open, all desires known, and from you 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.**

Act of Praise

- 1 Glory to God, we give you thanks and praise;
Of Heav'nly joy and earthly peace we sing.
We worship You, to You our hearts we raise,
Lord God, almighty Father, heav'nly King.
- 2 Lord Jesus Christ, the Father's only Son,
You bore for us the load of this world's sin.
O Lamb of God, Your glorious vict'ry won,
Receive our prayer, grant us your peace within.
- 3 Alone, O Christ, You only are the Lord,
At God's right hand in majesty most high:
Who with the Spirit worshiped and adored,
With all the heav'nly host we glorify.

The Collect of the Day

Presider Let us pray. (silence)
Almighty God, we are taught by your word that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtue; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
People **Amen.**

“Children's Corner” – Children are welcome to join Heather in the Assembly Room.

Congregation be seated fro the Proclamation of th Word.

PROCLAMATION OF THE WORD

(Silence is observed between the readings and the homily for reflection.)

A Reading from the Book of Jeremiah: Reader: Lois Gosney

Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put out his hand and touched my mouth; and the Lord said to me, "Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant." (Jeremiah 1:4-10)

Reader The word of the Lord.
People **Thanks be to God.**

Psalm 71:1-6

Organ



From my mo-ther's womb, you have been my strength.

A Reading from the Letter to the Hebrews: Reader: Rhonda Burt

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken - that is, created things - so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire. (Hebrews 12:18-29)

Reader The word of the Lord.
People **Thanks be to God.**

Sequence Hymn

ALLELUIA NO. 1
CP 405

Donald Fishel
1950 -

The musical notation is for a hymn in G major (one sharp) and 4/4 time. It consists of three staves. The first staff contains the lyrics: "I. Al - le - lu - ia, al - le - lu - ia! Give thanks to the ri - sen Lord. Al - le -". The second staff continues with: "lu - ia, al - le - lu - ia! Give thanks to his name." The third staff concludes with: "lu - ia, al - le - lu - ia! Give thanks to his name." The melody is simple and hymn-like, with a final double bar line at the end of the third staff.

Holy Gospel Luke 13:10-17

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

Reader The Holy Gospel of our Lord Jesus Christ according to Luke
People **Glory to you, Lord Jesus Christ.**

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Reader The Gospel of Christ.
People **Praise to you, Lord Jesus Christ**

The musical notation is for a hymn in G major (one sharp) and 4/4 time. It consists of two staves. The first staff contains the lyrics: "I. Al - le - lu - ia, al - le - lu - ia! Give thanks to the ri - sen Lord. Al - le -". The second staff continues with: "lu - ia, al - le - lu - ia! Give thanks to his name." The melody is simple and hymn-like, with a final double bar line at the end of the second staff.

Homily The Venerable Sam Thomas Please be seated
The Nicene Creed Please stand

Presider Let us confess our faith, as we say,

All **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: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. 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. With the Father and the Son he is worshipped and glorified. He 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.

Prayers of Intercession Led by Ann Tonkin

Leader Let us pray for the church, the creation, and the whole people of God, for God is near. I invite you to take a comfortable posture: standing or sitting for the Prayers of the People.
(A brief silence.)
You call your church to proclaim liberation and freedom to all. Give wisdom to bishops, synod councils and staff, and congregation leaders as they pursue a more just and equitable church and society. Hear us, O God.

People **Your mercy is great.**

Leader You inspire all creation to sing and bless your holy name. Send healing rains to parched places and relief to flooded lands. Lead us to enact policies to rebuild ruined ecosystems and habitats. Hear us, O God.

People **Your mercy is great.**

Leader You work vindication and justice for all who are oppressed. Strengthen the resolve of world leaders and local officials in the way of love and mercy, so that all persons may experience abundant life. Hear us, O God.

People **Your mercy is great.**

Leader You satisfy your people with good things. In your steadfast love, receive the cries of all who are bent over under the weight of addiction, isolation, and mental or physical illness especially Ann & Ellis, Marg, George, Trudy, Sharon, Ken, Carol, Harvey & Family, Leigh, Sue, Esther, Rhonda, Roland, Patricia. Manifest your healing presence in their midst. Hear us, O God.

People **Your mercy is great.**

Leader You call us to delight in the sabbath. Invigorate worship planners and leaders with creativity to aid this assembly in fresh and faithful prayer and praise. Enable all who gather here to be nourished and renewed. Hear us, O God.

People **Your mercy is great.**

Leader With all your apostles, prophets, and saints, we give thanks and bless your holy name. As they now rest from their labours, guide us by the witness of their lives to pursue your reign, which can never be shaken. We commend Helen into God's gracious keeping and pray for her grieving family. Hear us O Lord.

People **Your mercy is great.**

Leader Gracious God, we lift up the community of St. Paul's, it's clergy and all ministry leaders entrusted with holy work. May Your Holy Spirit guide them in faithfulness, that all who enters this sacred space may encounter the redeeming love of Christ Jesus. Let our witness extend beyond these walls, bearing Your light to the world. Hear us O Lord.

People **Your mercy is great.**

Leader Confident in God's presence and promise, we entrust our prayers to the one who always receives them; through Jesus Christ, our wisdom and companion.
Amen.

Confession and Absolution

Presider Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

Silence is kept.

Presider Most merciful God,
All **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

Presider Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

People **Amen.**

The Peace Please stand

Presider The peace of the Lord be always with you.

People **And also with you.**

Offertory Hymn *Your Hands, O Lord, in Days of Old*

ST. MICHAEL'S
CP 293

Attrib. Josef Haydn
1732-1809

I. Your hands, O Lord, in days of old were strong to heal and save; ___

5 They tri-umphed o - ver pain and death, o'er dark - ness and the grave. ___

10 To you they went, the blind, the mute, the pal - sied and the lame,

15 the lep - er set a - part and shunned, the sick and those in shame. ___

(continued)

2 And then your touch brought life and health, gave speech and strength and sight; and youth renewed, with health restored, claimed you, the Lord of light. And so, O Lord, be near to bless, almighty now as then, in every street, in every home, in every troubled friend.

3 O be our mighty healer still, O Lord of life and earth; restore and strengthen, soothe and bless with your almighty breath. On hands that work and eyes that see, your healing wisdom pour, that whole and sick and weak and strong may praise you evermore

THE CELEBRATION OF THE EUCHARIST

Prayer over the Gifts

Presider God of glory, receive all we offer this day as a symbol of our love, and increase in us that true and perfect gift. We ask this in the name of Jesus Christ our Lord.

People **Amen.**

The Great Thanksgiving

Presider May God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them up.**

Presider Let us give thanks to God our Creator.

People **It is right to give our thanks and praise.**

Presider It is right in all times and in all places to thank and praise you Creator of all. We praise you here where the Thames River blends and flows, where city and farm, wilderness and industry are side by side. We praise you at a time when the body of earth is broken again and again.

We give thanks for our place in the story of salvation. Our ancestors journeyed with you in creation and migration. They depended on the land, were displaced from the land and displaced others from their lands. They knew you in tents and cities, on mountains and by wells, in families and in dreams, and through wilderness prophets who spoke of cedars and listened to ravens.

Together with angels, archangels and ancestors, eagle and bear, salmon and sheep, pine and trillium, we join our voices with all creation in this ancient honour song of Your praise:

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, heav'n and earth are full of your glo - ry. Ho -
san - na, ho - san - na, ho - san - na in the
high - est. Ho - san - na, ho - san - na, ho -
san - na in the high - est. Bless - ed is he who comes in the
name of the Lord. Ho - san - na, ho -
san - na, ho - san - na in the high - est. Ho -
san - na, ho - san - na, ho - san - na in the high - est.

Music: *Mass of the Angels and Saints*, Steven R. Janco, © 1996, GIA Publications, Inc.

Presider We give thanks to you for Jesus, whose first bed was a feed trough. He was baptized in the Jordan, tested in the wilderness, he traveled in fishing boats and told parables of farmers and seeds, labour and wages, yeast and bread.

On the night before he died, Jesus took bread, food of the poor, the work of field and hearth, he gave thanks, broke it and gave it to his friends saying: Take and eat, this is my body, given for you, do this to remember me.

Again after supper he took the cup of wine, fruit of the land, gave thanks and gave it to his friends saying: This is my blood, which is shed for you. When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection and awaiting his coming kingdom, we offer you this bread and this cup. Creator, send your Spirit on these gifts so that we know Jesus in them and are gathered together with everyone who shares this sacred meal of justice and community.

Fill us with the courage and love of Jesus, that we may strive for justice and peace, respect the dignity of every human being, and safeguard the integrity of creation. Bring us with all your saints to your commonwealth of sparrow and lily, child and beggar which is both now and yet to come. All honour and glory are yours, Creator, Christ and Spirit, now and forever.

Community Mass CP 734 Richard Proulx 1937-2010

People Organ: All sing:
A - men, A - men, A - men.

Lord’s Prayer

Presider: 

Priest: As our Sa-viour taught us, let us pray:

All 

Our Fa - ther in heaven, hal-lowed be your name, your king - dom come,



your will be done on earth as in heaven. Give us to-day our dai - ly bread.



For-give us our sins As we for-give those who sin a - gainst_ us.



Save us from the time of trial, and de - li - ver us from e - vil.




For the king-dom, the power, and the glo-ry are yours, now and for-ev-er. A-men.


Agnus Dei from the Deutsche Messe

DEUTSCHE MESSE
CP 747


Franz Schubert
1797-1828

Organ: 

Je - sus, Lamb of God, have mer - cy on us.



Je - sus, bea-rer of our sins, have mer - cy on us. Je - sus, re - dee - mer, re-



dee-mer of the world, give us your peace, give us your peace.

The Communion (Healing Ministry – If you like to be prayed for healing and anointing, please go to the chapel prior to receiving Holy Communion.)

Presider The gifts of God for the People of God.
All **Thanks be to God.**

Gluten-free communion wafers are available. Please indicate your wish to the administrant at Communion.

Communion Anthem "The Call" (No. 4 from Five Mystical Songs)
by Ralph Vaughan-Williams (1872-1958)

Come, my Way, my Truth, my Life:
Such a Way, as gives us breath:
Such a Truth, as ends all strife:
Such a Life, as killeth death.

Come, My Light, my Feast, my Strength:
Such a Light, as shows a feast:
Such a Feast, as mends in length:
Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:
Such a Joy, as none can move:
Such a Love, as none can part:
Such a Heart, as joys in love.

Communion Hymn *Be Still, For The Presence of the Lord*

BE STILL
CP --

David Evans
b. 1957

I. Be still, for the pre-sence of the Lord, the Ho - ly one is here,

5
Come bow be - fore him now, with re - ve-rence and fear:

9
In Him no sin is found, we stand on Ho - ly ground:

13
Be still, for the pre-sence of the Lord, the Ho - ly one is here.

- 2 Be still, for the glory of the Lord is shining all around;
He burns with holy fire,
with splendour He is crowned.
How awesome is the sight,
our radiant King of light!
Be still, for the glory of the Lord is shining all around.
- 3 Be still, for the power of the Lord is moving in this place;
He comes to cleanse and heal,
to minister His grace.
No work too hard for Him,
in faith receive from Him;
Be still for the power of the Lord is moving in this place,
is shining all around,
the Holy one is here.

Prayer after Communion (silence is kept) Please stand

Presider Let us pray.
Eternal God, we have received a token of your promise. May we who have been nourished by holy things live as faithful heirs of your promised kingdom, in the name of Jesus Christ our Lord.

People Amen.

Doxology

Presider Glory to God,
All whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

Closing Announcements and Blessing

Post Communion Hymn *Lord, You Give the Great Commission*

ABBOT'S LEIGH
CP 433

Cyril Taylor
1907 - 1991

I. Lord, you give the great_ com-mis-sion:"Heal the sick_ and preach_ the word."

9
Lest the church ne - glect_ its mis-sion and the gos - pel go_ un-heard,

17
Help us wit - ness to_ your pur-pose with re - newed_ in - teg - ri - ty;

25
with_ the Spi - rit's gifts_ em-power us for_ the work_ of mi - nis - try.

- 2 Lord, you call us to your service:
"In my name baptize the teach."
That the world may trust your promise,
life abundant meant for each,
give us all new fervour, draw us
closer in community;
with the Spirit's gifts empower us
for the work of ministry.
- 3 Lord, you bless with words assuring:
"I am with you to the end."
Faith and hope and love restoring,
may we serve as you intend,
and, amid the cares that claim us,
hold in mind eternity;
with the Spirit's gifts empower us
for the work of ministry.

Dismissal

The Deacon dismisses the congregation in these or similar words:

Deacon Go forth in the name of Christ. Alleluia.
People **Thanks be to God.**

Postlude 2nd Symphony for Organ: 1st Movement Louis Vierne (1870 - 1937)

Notes for the Postlude:

Louis Vierne was a prominent French organist and composer, renowned for his significant contributions to the organ repertoire and its development. He was organist of Notre-Dame Cathedral in Paris from 1900 until his death, famously collapsing at the console during his 1750th recital there on June 2, 1937.

His 2nd Symphony (one of 6) is in five movements. This stormy first movement opens with a jumping, rising theme, which is quickly heard a second time in the feet (or pedals as they are known (yes, organists have a keyboard for their feet)).

After some development of this idea, the music gives way to a more restful 2nd theme - more melodic, in the major key and rooted over a long bass note. A brief reprise of the opening theme concludes with a large chaotic chord, heralding the beginning of a section developing the previous themes.

Vierne uses this as an opportunity to combine both the first and second theme (one in the pedals, the other in the top line). Finally, a big swelling build up leads us back to the opening theme, and also a rendition of the 2nd theme: this time, we hear this in E minor (rather than G major as before) with a pulsing bass line driving the piece towards the finish.

Loud organs are often a theme of French romantic (post 1850) organ music - feel free to wander around the building and hear the organ in this beautiful, renewed acoustic, or perhaps you want to come up to the organ console and watch from behind. You are welcome to do so!

Coffee Hour

After the service please join us for coffee and cold drinks.

ANNOUNCEMENTS

Know Your Cathedral Tours

We are pleased to announce that our **Guided Tours** continue through the summer.

Guests will gain a new perspective and get transported through history as our guides highlight the building's unique architectural design, its rich heritage, its proud military connection, and point out the exquisite embroidered linens, the labyrinth and icons throughout the church.

Sunday Tours

Please join one of our volunteer Guides at the bottom of the chancel steps at 11:30 a.m. each Sunday in July and August.

<u>Date</u>	<u>Host</u>	<u>Featuring</u>
24-Aug	Bette Ferguson	St Paul Windows
31-Aug	Carol Grant	St. Aidan's Chapel

Thursday Tour

August 28 History and Architecture – John Lutman will meet you by the font near the west doors at 1:30 p.m.

Diocese of Huron Chain of Prayer – Today we pray for the Parishes of Trinity, Durham; St. James, Fairmount; Christ Church, Markdale; and Church of the Ascension, Kinlough.

Mid-Week Holy Eucharist will resume on Wednesday, September 3.



Once again, we have been selected to host Doors Open which will be held on September 20th and 21st, 2025. This year’s theme is **Sights, Sounds, & Stories that Make Our City**. Heritage buildings are encouraged to show how their spaces have been repurposed. We will be open from 10am to 2pm on Saturday and 11:30am to 4pm on Sunday. If you would like to participate in some way, please contact Deacon Pat Henderson who is looking for volunteers. Thank you.

Memorial Flowers – This is a wonderful way to beautify our Church, while remembering our loved ones. There are available Sundays for all Altars, especially during the summer months. For more information please contact Carrie Fieldhouse at 519-434-3225, ext. 201 st.pauls@stpaulscathedral.on.ca.

Today’s Liturgical Leaders

Presider and Preacher – **The Venerable Sam Thomas**
Gospeller – **The Reverend Pat Henderson**
Organist & Director of Music – **Laurence Williams**
Associate Organist – **Olakunle Aoko**
Servers – **Stephanie Allen, Victor Onebunne**
Lay Administrants – **Bette Ferguson, Peter Hockin**
Greeters – **Lois Gosney, Marsha Lemon**
Bell Ringer – **Jean Willadsen**
Welcome Ministers – **Doreen Hodgkinson, Doreen Kyomugisha**
Children’s Ministry – **Heather Clark**
Warden – **Jim Ferguson**

The Right Reverend Todd Townshend
Bishop of Huron
The Very Reverend Dr. Kevin George
Dean of Huron & Rector of St. Paul’s Cathedral
The Venerable Sam Thomas
Senior Associate Priest/Director of Pastoral Care
The Reverend Dr. Dawn Davis
Director of Faith Formation
The Reverend Pat Henderson
Deacon
The Reverend Canon Marian Haggerty
Honorary Assistant Emeritus
The Most Reverend Linda Nicholls
Honorary Assistant

The Reverend Dr. Joshua Samuel
Resident Theologian
Laurence Williams
Organist & Director of Music
Gord Rolleston
Church Warden
Jim Ferguson
Church Warden
Doreen Kyomugisha
Deputy Church Warden
Heather Clark
Children’s Ministry
Carrie Fieldhouse
Parish Coordinator



SING THROUGH THE AGES!

A TASTER DAY AS WE LAUNCH OUR 'CHORISTER-EXPERIENCE PROGRAMME'

Come be part of an age-old continuing tradition and develop skills for life. We are re-founding our children's choir to sing in the Cathedral after school on Wednesday afternoons, and this is your chance to try us out and be a founding member.

This event, and membership in the new choir, are completely free.

- Who:** Children aged 6-13, led by Music Director and Educator, Laurence Williams
- What:** A unique and fun afternoon of singing, learning and listening in the beautifully refurbished nave of St. Paul's Cathedral.
- When:** Sunday, September 7th 2025, 2pm - 5pm
- Where:** St. Paul's Cathedral, 472 Richmond St. London, ON

No experience or religious background is necessary—just a love to try singing!

For more information, see our website at
<https://www.stpaulscathedral.on.ca/collections/music>

To sign up, scan the QR code

SCAN ME