

The Testament

June 2020

Lincoln Memorial Baptist Church

Durham, NC

Gathered In His Name

- by Bro. Dean Jernigan

During this season of reflection on the history of our wonderful church, the foresight of our founding members and the continued growth and evolution of our church family, it's interesting to note how our humble beginnings - in the home of Deacon Stephen Blake, shape an appreciation for the current state of our church. In the truest sense of "gathering together in His name", those individuals who organized our church and used the American Tobacco Union Hall as their sanctuary, provided an example of the true definition of the church. As a church, they gathered in His name to worship at American Tobacco until they were able to construct a building to call home. In essence, Lincoln Memorial - the church, existed long before Lincoln Memorial, the church building. It is important to note that the two can coexist and even share the same space and time, but they are not the same.

As a result of the devastating effects of the coronavirus, never before has it been clearer that the work of the church is not confined to the brick and mortar walls of the church. Restricted by limitations on mass assemblies, houses of faith across the country have looked beyond their traditional means of worship and the study of God's Word. Through the use of technology, congregations have remained spiritually connected through live-streamed worship services and virtual study sessions. Lincoln - the church, apart from Lincoln - the building, has followed suit and embraced technology to spread the Good News. Gathering in His name, our virtual means of worship and study have attracted an encouraging number of attendees.

In recent weeks, the restrictions on religious gathering have eased. While some church buildings have reopened, Lincoln, like many other buildings, has remained closed. Reminding us that we are "safer at home", Rev. Atkins expressed the sentiment of many pastors of Black churches in our community and across the nation. Although it

doesn't discriminate, the Black community has been hit especially hard by this deadly virus. The number of deaths in our communities across the country has been disproportionately higher as it relates to our overall population in those communities. Recognizing that opening our church buildings too soon exposes our population to an unnecessary risk, faith leaders across our city and nation are developing plans to slowly and gradually reopen the physical doors of the church. Emphasizing that the church - that body of baptized believers, has not closed, these leaders continue to guide and lead their congregations in socially distant yet spiritually connected worship services. We can count it as a blessing that our Pastor is among this forward thinking group.

As we await the instructions on the reopening of Lincoln - the building, let us be ever mindful that the work of Lincoln - the church, continues. From our continued efforts to feed the hungry to our forthcoming efforts to recognize our youth and award scholarships, our desire to do God's Will remains intact. In the same manner that Jesus healed the sick, fed the hungry, drove out demons and restored life outside of the walls of the synagogue, we too have to look for opportunities to act in a Christ-like manner to offer assistance in times of need. In the face of uncertainty and anxiety by our neighbors, family members and friends, we have to model the teachings of Christ and remember that *God blesses those who work for peace, for they will be called the children of God. (Matthew 5:9 NLT)*

Let us continue to keep the faith and conviction that whatever the outward appearance may be, God is still in control. Let us continue to gather for worship and study, by whatever means available, understanding and believing that *For where two or three are gathered together in My name, I am there in the midst of them.* (Matthew 18:20 NKJV)



LMBC Online Viewing/Listening

As we move closer toward the reopening of Lincoln's doors, please join us online and/or over the telephone for the following services:

Morning Worship Service:

On Facebook: go to LMBC

Church Website:

<https://mylmbc.org/sunday-morning-services>

Sunday School:

In your web browser, type:

meet.google.com/mzc-ybuq-iwk

For audio only for Sunday School and/or Morning Worship Service:

On your phone, call:

(234) 714-0382

PIN: 421 305 768#

Wednesday Evening Bible Study:

In your web browser, type:

meet.google.com/rzy-nsiz-xssx

On your phone, call:

(401) 702-0615

PIN: 831 099 935#



Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6-7 (NKJV)

Around Lincoln...



The smile on Sis. Makiah Atwater's face says it all as she celebrates her graduation from the Josephine Dobbs Clement Early College High School. Best wishes to Makiah as she plans to continue her educational pursuits at UNC-Greensboro. ***Congratulations Makiah!!***



Sis. Bailee Davenport enjoys the moment during a drive-by celebration of her graduation from the City of Medicine Academy. Best wishes to Bailee as she prepares to continue her educational pursuits at UNC-Charlotte. ***Congratulations Bailee!!***



Graduating Next - Sis. Tamecia Daye!

Congratulations to Tamecia (Mecy) on her forthcoming graduation from the School for Creative Studies. Best wishes to Mecy as she prepares to continue her educational pursuits at Elizabeth City State University. ***Congratulations Mecy!!***



Deacon on Duty for the month of June:

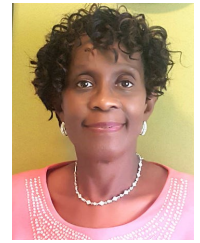
***Deacon Joseph Hilliard
(919) 961-3710***

Minister's Corner

- by Rev. Patricia Lee

Jesus Does Care

A world so spiritually blind that it has yet to understand the mercies of a God, who always cares about us even when we are opposing Him requires continuous reminders that God loves and cares for us. He doesn't forsake us when we mess up but stands with us to strengthen us in our weakness. We may not believe that He is present during our difficult times but He is.



The scriptures constantly reveal the mercies of a loving, caring God who never forsakes His children. He allows trials to make us strong. We need strength in Jesus in order to be steadfast in times of trouble. Our faithfulness during these difficult times is what brings Glory to this caring God.

The Bible prepares us for difficult times. God doesn't hang us out to drown. Listen as we hear all the testimonies of people who have miraculously survived this deadly plague cementing God's concern for mankind.

Jesus is an on time God only because He cares. His eye is on the sparrow because He cares. He is only a prayer away because He cares. Trouble don't last always because He cares. My soul is anchored in the Lord because I know He cares. I make a joyful noise unto the Lord singing Thank you Lord for all you have done for me because He is my Shepherd and I know He cares. Yes I know he cares. I know He cares. Do you know it? Does the world know it? God is our all and all!! His only begotten demonstrated this everlasting love and care on an "Old Rugged Cross". I know He cares. I know He cares. I know He cares for me. ***I've Got It!***



Black History Spotlight



Robert Abbott

Activist/Publisher - The Chicago Defender

Born on December 24, 1870 to formerly enslaved parents in St. Simons, Georgia, Robert Sengstacke Abbott attended Hampton Institute in Virginia and then went on to graduate from Kent Law School (now Chicago-Kent College of Law in Illinois) in 1899. In May 1905, he started publishing *The Chicago Defender* (*The Defender*). In the early years he personally sold subscriptions to the paper and advertising by going door to door.

The paper attacked racial injustice, particularly lynching in the south. *The Defender* did not use the words "Negro" or "Black" in its pages. Instead, African Americans were referred to as "the Race" and Black men and women as "Race men and Race women."

Many places in the south effectively banned the paper, especially when, during World War I, Abbott actively tried to convince southern Blacks to migrate to the north. Abbott managed to get railroad porters to carry his papers south and he ran articles, editorials, cartoons — even train schedules and job listings — to convince *The Defender's* southern readers to come north. The "Great Northern Migration," as it was called in *The Defender*, resulted in more than one million Blacks migrating north, about 100,000 of them coming to Chicago.

The Defender was passed from person to person, and read aloud in barbershops and churches. It is estimated that at its height each paper sold was read by four to five African Americans, putting its readership at over 500,000 people each week.

In the burgeoning economic times of the 1920s, with hundreds of new products and the growth of advertising, *The Defender* became an economic success and Abbott became one of the first African American millionaires. He died in Chicago on February 29, 1940 at the age of 69, with *The Defender* still a success.

www.blackpast.org

The Testament is produced monthly by our Newsletter Committee. Please send articles, photos or other items for publication to newsletter@mylmbc.org by the 3rd Sunday of each month.

Newsletter Committee

Reginald Davis • Willee Murphy
Joan Lofton • Marva Atkins • William Mayfield
Earleen Sharrock, Editor • Dean Jernigan, Chair

Food For Thought...

Christ

*Christ my Saviour, Christ my Friend
Christ my Treasure without end;
Christ when waves of sorrow roll,
Christ the Comfort of my soul.*

*Christ when all around should fail,
Christ when enemies prevail:
Christ when false accusers rise,
Christ my Solace in the skies.*

*Christ when days are dark and drear,
Christ when all around is clear;
Christ when all the earth is gone,
Christ my Portion on the throne.*

*Christ at home, and Christ abroad,
Christ my Company on the road;
Christ in sickness, Christ in health,
Christ in poverty and wealth.*

*Christ who once on earth has trod,
Christ the blessed "Son of God"
Christ for time and Christ for aye,
Christ for all eternity.*

- Edwin B. Hartt

www.wholesomewords.org

Happy Birthday to our

June Birthday Celebrities!

Betty Jay • Preston Norman
Theresa Wilson • LaTacha Evans
Mamie Brodie • Joel Baptiste
Tanga Best • Jasper Earl
Jonathan Poole • Christopher Sanders
Tiffany Long • Darnell Boone
Barbara Cromartie • Dean Jernigan
Tamecia Daye • Adrienne Jernigan
Stephen Smith • Montesia Carrillo
Tameka Webb • Caleb Crawley
Best Wishes For Many More!!

Hurricane Season June - November

Enter the Season Prepared:

- by Sis. Janice Campbell

1. Know all evacuation routes
2. Make sure your home meets all building codes for withstanding hurricanes.
3. Have proper tools, supplies, and first aid kits.
4. Have plenty batteries and a flashlights.
5. Have non-perishable foods on hand, and water.

A watch or warning:

Leave low lying areas

Secure outside objects

Have plenty of food and water for each member of the family

If called to evacuate, do so immediately

Eight hurricanes are expected, including four major hurricanes with winds of at least one hundred eleven miles per hour.

(Colorado State University's Meteorology Project)

Why A Hurricane?

- by Sis. Janice Campbell

Hurricanes make up an important part of the earth's yearly rainfall; strong winds from the hurricanes contribute to the distributed topsoil to areas that need it. As the earth warms up, the hurricane can lower the temperature and make the coastal areas of the islands wider.



Hurricanes provide heat balance; water gets too warm; and a hurricane cools it down. Without hurricanes the barrier islands would shrink and sink into the ocean. We know that hurricanes cause great damage, jobs are lost, and families may be separated and the economy will take a hit, but the earth must have balance.

Science Experience (Schools Out) - Hurricane in a Bowl

Pour water into a bowl to about $\frac{3}{4}$ full. Stir the water in a circle until it is spinning.


Place a drop of food coloring near the center of the bowl. As the water continues to spin, observe how the bands radiate out and begin to lose their shape. As the spinning slows down the hurricane will lose its energy.

Have mercy on me, O God have mercy on me, for in you my soul takes refuge in the shadow of your wings until the disaster has passed. (Psalm 57:1-2)

Health and Wellness

- submitted by Sis. Betty Jay, Chair

Although the National Minority Health Month has passed, the exercises in this challenge are always in order and add value to our overall well-being.



NATIONAL MINORITY HEALTH MONTH
ACTIVE & HEALTHY | APRIL 2020



Active & Healthy Bingo Challenge

Celebrate National Minority Health Month (NMHM) by sharing and completing the Active & Healthy Bingo Challenge! Mark the squares of the activities you completed – five in a row means BINGO! Be sure to share your completed board on [Facebook](#) or [Twitter](#) with the hashtags #ActiveandHealthyBingo and #NMHM2020! Show your friends, your family, and us how you're staying active and healthy at home during NMHM.

Drank 8 cups of water in a day	Swept the floor	Completed a memory game (e.g., crossword, jigsaw)	Meditated for 10 minutes	Participated in an online fitness class
Took 10 deep breaths	Slept for a full 8 hours	Chose water over a sweetened beverage	Danced to music for 15 minutes	Played a board game
Did a muscle-strengthening activity	Decluttered a space	FREE SPACE National Minority Health Month	Practiced yoga poses or tai chi to relieve stress	Ate 1–3 cups of vegetables in a day
Learned about Move Your Way **	Made my MyPlate plan via USDA *	Video chatted with a friend or family member	Wrote in my journal	Stretched 2–3 times in a day
Took a break from social media	Spoke with an old friend	Flossed after every meal	Avoided dessert and candy for a day	Read a book

*U.S. Department of Agriculture's MyPlate Plan: <https://www.choosemyplate.gov/resources/MyPlatePlan>
**The Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services' Move Your Way Campaign: <https://health.gov/moveyourway>

#NMHM2020 | #ActiveandHealthyBingo



National Institute on Minority Health and Health Disparities

Remember...

If you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help. For support or help, you can contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, or the National Suicide Prevention Lifeline at 800-273-8255.

*If you or others you know want to harm themselves or others
CALL 911*

Health and Wellness

**Women's Health
Awareness Day**
Transforming Communities
by Enhancing Women's Health

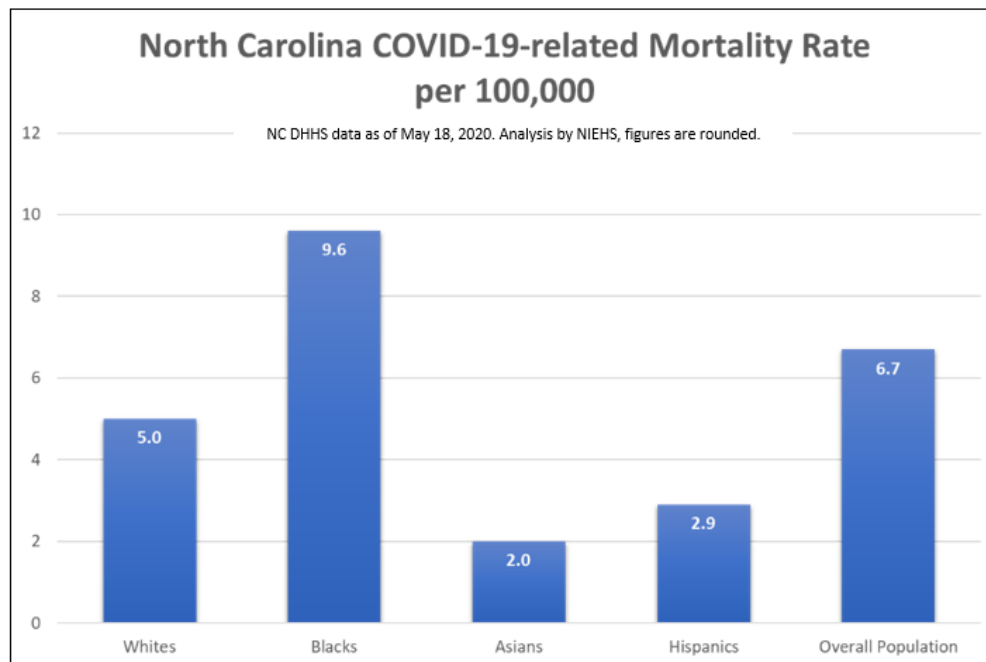


- submitted by Sis. Betty Jay, Chair

North Carolina Is Re-Opening: Is It Safe?

The COVID-19 pandemic has altered lives in many ways, including the closing of schools and businesses, the mandatory state-wide stay-at-home orders, and the new concept of physical distancing. North Carolina is taking a three-phased approach to life restrictions to slow the spread of the COVID-19 coronavirus pandemic.

Although NC is beginning to reopen, it is important that you continue to protect yourselves as COVID-19 cases are still on the rise in our state. As of May 20th, there have been 20,122 laboratory-confirmed COVID-19 cases and 702 deaths in NC. During this pandemic the most vulnerable populations are individuals who are 65 years of age and older and minority populations. The elderly have the highest death rate, at 85% of COVID-19-related deaths in NC; this can be attributed to COVID-19-related infections in long-term care facilities.



Blacks make up 22% of the population in NC; however, 33% of the COVID cases and 35% of COVID-19 related deaths are Blacks. Consequently, among racial and ethnic minority groups, Blacks have more hospitalizations as a result of this disease. Nationally, it has been shown that Blacks and Hispanics are experiencing a higher rate of complications and death from COVID-19 than their White and Asian counterparts, suggesting a disproportionate burden of illness and death among racial and ethnic minority groups. According to data released by the North Carolina Department of Health and Human Services (NC DHHS), Blacks are twice as likely to die from COVID-19-related causes than Whites and 3 times more likely to die from COVID-19-related causes than Asians and Hispanics. Overall, Blacks are more likely to die from COVID-19-related causes than all racial groups combined.

What does this mean for you and your family?

We continue to be in the middle of a public health crisis in America. There can be no real “sense of normalcy” during a pandemic. Although promising data on therapeutic interventions come out daily, there is still no optimal treatment or vaccine for this disease. ***We are just as vulnerable to catching this virus today as we were 30 days ago before the state initiated the stay-at-home policy.*** Now is not the time to relax your standards to protect yourself and your family during public outings. ***If you are able, staying home is your best option.*** Be vigilant and do all that you can to take precautions to prevent acquiring or transmitting this infectious disease to your family members and to others. Everyone should continue following the suggested recommendations below promoting social distancing, proper hygiene and sanitation methods to reduce transmission.

Congratulations Marcus!!

Hats off to Bro. Marcus Lofton on his graduation from UNC-Charlotte!! Although his graduation ceremony was cancelled due to the COVID-19 pandemic, the Lofton family proudly acknowledged Marcus' achievement with a drive through celebration, including families and friends of the Loftons, and many from within the Lincoln family. Focused and disciplined, Bro. Lofton has already begun working on his Master's degree and is on track to complete it in December. Congratulations Marcus!!



When You Need Wisdom and Power, Turn to God

True wisdom and real power belong to God; from him we learn how to live, and also what to live for.

Job 12:13 (The Message)

The Bible tells the story of Job, a man who loved and served God. But he lost almost everything - his wealth, health, and children - in the span of one day.

Job's story shows us how to worship even when we're wounded. Even in the worst times, we can worship God by invoking his wisdom and strength.

Soon after Job had lost it all, he was on the ground in agony, grieving his losses and suffering physically from illness.

Three of Job's friends showed up and eventually started giving advice. A lot of it wasn't very helpful, but one friend, Eliphaz, told him, "If I were you, I would call on God and bring my problem before him" (Job 5:8 NCV).

Eliphaz is telling Job to invoke God's help. What does it mean to "invoke"? It means to appeal to someone greater than yourself for a special act, power, or privilege.

That was good advice. When you're confused, angry, doubting, and wounded, don't turn away from God. Instead, turn toward him because he's the only one who has the power to really comfort you.

Once when Jesus was talking to a crowd, he was telling the people what changes they would have to make in their lives in order to follow him. But they didn't want any demands on their lives, so they started walking away.

John 6:67-68 says Jesus turned to his disciples and asked, "Do you also want to leave?" One of the men, Peter, said, "Lord, where would we go? You have the words of eternal life" (CEB).

If you turn away from God in pain, where will you go? No one else can help you like he can. So instead of turning away from him, invoke his strength and wisdom.

The Bible says, "True wisdom and real power belong to God; from him we learn how to live, and also what to live for" (Job 12:13 The Message).

Following Jesus doesn't exempt you from life's problems. But it does mean God's wisdom and strength are available to you. Turn to him, and he'll show you what to do and give you the power to do it.

Pastor Rick Warren
www.pastorick.com

Coping with COVID-19 - Teen Mental Health



Healing Starts In The Heart

A TEENS GUIDE TO DEALING WITH COVID-19 AND ITS EFFECTS ON YOUR FAMILY'S MENTAL HEALTH



TALK ABOUT IT

It sounds simple, right? Yet so many of us have issues opening up and talking about how we are feeling. Nothing you feel is “wrong” it’s just how YOU feel. If you’re stressed, anxious, sad or scared, tell someone. Even if that person doesn’t have the same feelings as you, it can be good to “verbally ventilate.”



CREATE RITUALS

Build some new, free and easy rituals into your day. Pick the same time of day you usually hang out or talk to friends after completing your school work. Try spending 15-20 minutes playing an online game with friends. (have a Candy Crush competition or play Game Pigeon or the SIMS).



CURATE YOUR NEWS

Use Staytuned, Now This and BuzzFeed to learn top headlines. Pay attention to things about prevention and symptoms. Try not to focus on the number of people who are sick or with worse outcomes. This will help lower your anxiety and help you feel educated about what to do to keep yourself healthy!

*- submitted by Christian Education Ministry
Dr. Alfiee Breland-Noble, author*

Coping with COVID-19 - Teen Mental Health

DR. ALFIEE SAYS ...

WHY?

- These are unprecedented times

WHEN?

- Now is the best time for you to begin taking REAL care of yourself and loved ones.
 - Things may not change soon or they will change slowly, so start making changes today.

WHO?

- You come from a people/culture built on survival, resilience and strong practices.
 - Use their wisdom and strength and build on them for YOU.

WHAT?

- Remember
 - Pride is Useless
 - Call (text, email) someone you trust
 - Ask for Help
 - You may be physically alone, but you need not be lonely.

HOW?

- 3 Goals during this time
 - Stay Connected
 - Stay Informed ("Curate your News")
 - Lean on the wisdom of the ancestors (Recall what Abuela and Big Mama taught you)

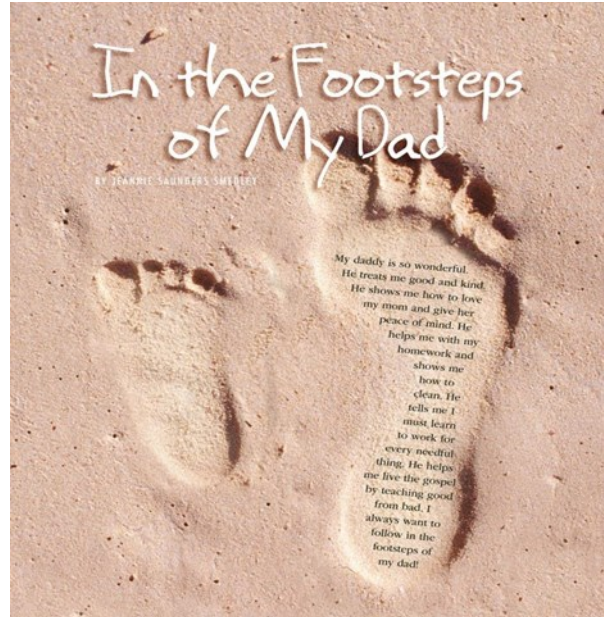
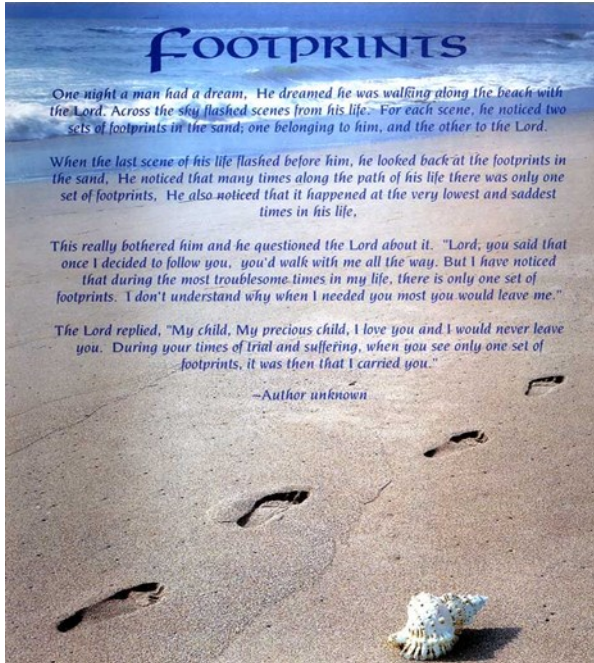
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- submitted by Christian Education Ministry
Dr. Alfiee Breland-Noble, author

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

THE FOOTSTEPS OF A LOVING FATHER



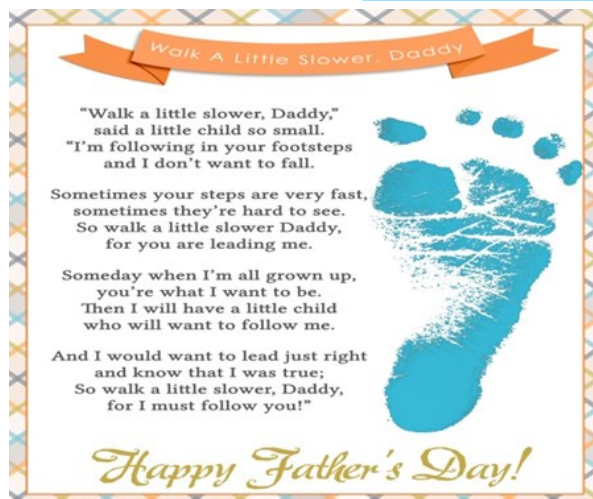
WALK With Me, Daddy

By Helen Bush

WALK alongside me, Daddy
and hold my little hand
I have so many things to learn
that I don't yet understand.
Teach me things to keep me safe
from dangers every day.
Show me how to do my best
at home, at school at play
Every child needs a gentle hand
to guide them as they grow.
So walk alongside me, Daddy.
We have a long way to go.

Walk A Little Plainer, Daddy

Walk a little plainer, Daddy,
Said a little boy so frail.
I'm following in your footsteps,
And I don't want to fail.
Sometimes your steps are very plain,
Sometimes they are hard to see,
So walk a little plainer, Daddy,
For you are leading me.
I know that once you walked this way
Many years ago,
And what you did along the way,
I'd really like to know.
For sometimes when I am tempted,
I don't know what to do.
So walk a little plainer, Daddy,
For I must follow you.
Someday when I'm grown up,
You are like I want to be.
Then I will have a little boy,
Who will want to follow me.
And I would want to lead him right,
And help him to be true.
So walk a little plainer, Daddy.
For we must follow you.



KIDZ ZONE

-submitted by Sis. Earleen Sharrock

God the Father

F V E Y F A T H E R G R A C E T J
T T B L T H D R K Q D H L N D C O
R J O B W P F I S T R O N G K V Y
U N E X X C Z S Q P Y L M O L D O
T N R R C X C K M Y L Y L X K O M
H M E R C Y R L Q S S P I R I T Q
M H D C F L E J E S U S G J B C P
K S E M O W A N U M M J J U S T U
P V E G B N T E F L I S F K Y U T
G K M A P S E E K G R E A T I K A
F I Q X D Q D V L O V E A N A I G
O N N R X U R G I M I G H T Y X U
R D D R P A Z B I B L E I Z Z G H
G P R E W O N D E R F U L V B O A
I L M O Y O V I Q N I T O W S D V
V Z Z Z X S D M C J H K F J F W H
E L K Q R L X O H D K F Q P L A N

Bible	Created	Father	Forgive
God	Grace	Great	Holy
Jesus	Joy	Just	Kind
Love	Mercy	Mighty	Plan
Redeem	Spirit	Strong	Truth
Wonderful			

Father's Day Word Search

H L A I C E P S H I L K N A T
R E S P E C T H O N O R E P N
C L L A M T H A N K V O T P A
Y M R P Y E B O P J E W S R T
S T N E M D N A M M O C I E R
Y A D I L O H F I X C M L C O
U N D E R S T A N D I N G I P
M I N S T R U C T I O N C A M
E N I L P I C S I D X G Y T I
F O R G I V E N R A E L T E Y

appreciate
commandments
discipline
fix
forgive
help
holiday
honor
important
instruction



learn
listen
love
obey
respect
special
thank
understanding
work



Father's Day Sudoku

Every row, column and mini-grid must contain the letters F A T H E R.
Don't guess - use logic



June 2020

“Building the Church in the Community and the Community in the Church”

****Note - We are in the process of reopening the church building. Rev. Atkins will advise when all services and meetings may resume at Lincoln.***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	4 1:00pm RTTC Community Group 6:30pm Mass Choir	5 7:00pm Seventh Day Adventist	6 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
7	8 6:00pm Durham Ushers Union 6:30pm Music Committee 7:00pm Leadership Institute	9 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	10 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	11 1:00pm RTTC Community Group 6:00pm Christian Education 6:30pm Sounds of Joy	12 7:00pm Seventh Day Adventist	13 Seventh Day Adventist (All Day) 10:00am Deaconess
14 Youth Day 8:00am Deacons 3:00pm Youth Missionaries	15	16	17 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer	18 1:00pm RTTC Community Group	19	20 Seventh Day Adventist (All Day) 9:00am Layman's League
<i>Vacation Bible School 6:00pm Nightly</i>						
21 Father's Day	22 6:00pm Health & Wellness	23 6:30pm Male Chorus 7:00pm Seventh Day Adventist	24 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	25 1:00pm RTTC Community Group 6:30pm Male Chorus	26 7:00pm Seventh Day Adventist	27 Seventh Day Adventist (All Day)
28 Ushers Meeting After Service	29	30 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	<div> <p><i>*Conference Call Prayer Line: Dial (605) 475-3235 and enter the pin - 20396# after the prompt.</i></p> <p><i>To add an event to the church calendar, please contact Sis. Janice Campbell by calling the church at 919-688-1886. You may also reach her at churchcalendar@mylmbc.org.</i></p> <p><i>Please send articles, photos or information for The Testament to newsletter@mylmbc.org by the 3rd Sunday of each month.</i></p> </div>			