

***Life Bible Fellowship Church: The Christian Contrast Podcast
Justice and Mercy, Part 3: Newcomers Access Center***

October 27th, 2022

Dan: Well, hi and welcome to The Christian Contrast where we talk about how walking with Jesus leads us to live differently than the world around us. And I'm excited this week is the third of our five weeks where we're going to be highlighting some of our different local outreach partners as a part of our justice and mercy series and I'm privileged to be here with Anne Thorward and also with Karen Althaus. Anne, you are the president of Newcomers Access Center, and Karen, you are our church liaison helping us get connected there, because for each of our local outreach partners, we have somebody at the church helping us stay connected. I'm excited to talk about this because you guys are one of our newer partners, but you're also doing things that are really significant in our community. So in a few minutes, I want to get into just hearing a little bit about your story and how this organization came about. But first, could you just give us a snapshot of what newcomer's Access Center does?

Anne: Well, if you want to know what we do and what we need, I have it all written out right here on this list which is a pretty poignant visual. Newcomers Access Center serves refugees and immigrants. And how we started off was I moved to Claremont about eight and a half years ago. I'd lived overseas and I lived in the Washington DC area for about 28 years, raised my family there and I got tired of the winter. So we moved west. And I still have my business and a neighbor of mine said she was connected with the local school and she said there's a young girl who's just in the ninth grade over at the high school and she just came from Syria a few days ago and she's having a really hard time. And maybe you'd like to tutor over there. Well, I'm not an ESL teacher. I mean, I used to be a kindergarten teacher, and I think that's a huge leap to ESL. And so I said, Okay, so I went over there and the teacher asked me to come two or three mornings a week, and this little girl was so shy and she was so sweet. And she wasn't feeling very awake. Most teenagers aren't. But in Syrian culture, the main meal is late in the day, so she wasn't getting enough sleep at night. So I met her and worked with her a little bit and then I met her family and then I met some other Syrian families and then I met people at the local mosque, and then some politicians and then community people, and it just grew from there. And this young girl is now in college. She's a math major. I just saw her about three weeks ago. I haven't and she has yet to allow me to take her photograph. But a real smart little girl and that's how it kind of got started. And then a few people in the community had a meeting at a local, I think was the Presbyterian Church. And there were some people helping refugees and then someone said, well, we should get ourselves organized. There must have been about 40 or 50 people at this meeting. And so the local Quaker organization offered their facility and that wasn't big enough. And so I said, well, and this was the fall of 2016, I think 15 or 16. And so I offered my home, and every other week, for six months, people came to my home and we met and people just rose to the occasion and said "I can do that" and "I can do that" and a friend of mine who's now deceased, Barbara Aswad started an ACCESS program and she was in Dearborn, Michigan. And during this process, she showed up at my door with this very fancy four color brochure. And she says "Anne you should start one of these." And I said "I have a business and I'm too old." And she says "no, you're not," and I looked in here it's like a \$25 million budget. I'm thinking we're trying to find money to print up on paper. And so it just grew from that. And I ran

out of chairs in my living room. So we had to move our meeting to another location and one of the retirement homes had space where we could meet. And one of the many fun parts of that process was thinking of a name. We wanted it to be all-inclusive. We wanted it to not name a city or town or state because we wanted it to offer to all immigrants and all refugees. And as I said the most of the people we helped the most at the beginning were the Syrians because they were the ones that were coming in at the time. Many of whom, as Karen had mentioned, were traumatized by war, and some of those little ones were born in the refugee camps. And when they were in the refugee camps, education was at a minimum. You've probably heard this from Mission missionaries as well. So, when they came, they needed everything. And sometimes we had to pay for them to raise money and pay for them to stay in a motel which is highly unpleasant, especially if you have a large family. A couple large families had to get two rooms. So that's kind of where it started. And then we just had a very two or three times we discussed the name and came up with "Newcomers." I wanted to put an apostrophe in there but I lost that battle.

Dan Franklin: Haha, you gotta work in a team, and...

Anne: You gotta go with the flow...

Dan: Yeah.

Anne: So the Newcomers Axis Center, our goal is to help the clients become independent. Statistics show that it takes immigrants about seven years on average, to become independent in the new nation, be it here or wherever they are. And this can include people who are immigrants or displaced persons internally as well. And so we were focused on the Muslim community primarily because that was our clientele. And then of course, we have clients from Egypt, Palestine, Jordan. And then we have, of course, the Afghans. And the Afghans are kind of an interesting situation because they come on a special visa. It's called SIV, and it stands for "special immigration visa." And these visas are given to men primarily (there's a few women) who worked for the U.S. military while they were in Afghanistan, and they were allowed to bring their immediate family which is a spouse and children—no parents, no ancillary people, no siblings—and that's been real rough because many of them were dependent on the extended family to watch the small children so the adults could go to school or work. And just this last week, a gentleman who's been here six years now and he's got his U.S. citizenship so he can sponsor his parents. And he's been begging me and I've been trying to find a way: he needs a co-sponsor on their application, because his income isn't quite high enough. I don't remember, it's short by maybe \$8,000 or \$9,000. So what he's looking for is somebody who will just sign a paper as a co-sponsor, and he will take all responsibility financially for his parents. And that's another case when they come—he's got two preschoolers—his parents can watch the children and his wife who used to be a university-level chemistry professor who's trying to get her English up to speed so she can go to work, maybe not in that field, but she could go to work. And so that's one of the needs we have right now. So that's kind of how it came about. And you wanted to know how I became involved?

Dan: Yeah!

Anne: Ever since I was very young, I was involved in social justice. I must have been in primary school and my mother was making a basket for the—we called them "the poor children," nowadays they call them "the underserved" or whatever it is. And so she said, go to your room and get a toy to give away. That was a tough thing for a seven, eight or nine year old to do. You

know, we didn't have the plethora of toys that kids have now, but, you know, that was tough, and I remembered that. And then, when I was living back east, and the Vietnamese came in 1975 I helped in tutoring. I mean, because that was the need, you know reading children's books with adults, I find that to be the best way, and especially if they have kids, they can read to their children and they both learn together. So I've always done social justice work. And so this fell in my lap and then a couple of years after I was involved with it I got more and more involved and I thought "this is a lot more fun than my job." I was a financial planner and I was blessed to sell my practice. A fellow I knew for many years wanted to buy it and I said, "it's yours, because I've got better things to do"

Dan: Yeah, a new direction.

Anne: Yes, I am president of the Board of Directors since January. We switch around. And I will put a plug in that we're always looking for Board of Directors, people who want to serve. We meet formally six times a year, but we meet in between, because right now we're in a little transition and we need to put our heads together.

Dan: And that's good. Later on we'll talk more just about the whole idea of the opportunities for people to serve. I mean, I love you talking about this. You know what one of the things for us as a church one of the reasons why this is so compelling for us is because throughout Scripture, especially in the Old Testament, but in the New Testament, there's massive talk about God's heart for and it's turned in different ways in different translations, but the foreigner among you, the stranger among you, the alien among you, and just how significant that is. And so talking about the work that you're doing, we know this is close to God's heart because of the vulnerabilities there. Before going a little more into that, Karen, I would just love to hear from you just being the liaison, being around this, what have been some things that you've seen that have just sort of captured your attention or got you excited about this?

Karen: Well, first of all, just getting to know Anne and her passion for helping refugees. And I guess I didn't realize—you watch the news. You see stuff happen. We all watched what happened when people were escaping Afghanistan, and we know what's going on in Ukraine right now. But it's real easy to watch the news, get emotional and then turn it off and make dinner or do something like that. But when I'm interfacing with Anne more often, and I'm hearing stories of people here in the United States whom the United States government has brought them here and is depending on the non government agencies to help them out. It hits a little closer to home and it's a little more at the front of your mind. It's hard. I can't even imagine what a lot of these families are going through. And, you know, I worried about taking care of my own kids as they were growing up and they're worried about so much more, you know, than what I had to worry about. And their livelihood: you know what they were doing before they can't do here because they can't speak English perhaps. You know, it brings it to the front of your mind and it's been fun for me because I'm representing L.B.F., and I'm able to go and help buy supplies on behalf of L.B.F. for newcomers and people getting in their apartments, trying to get outfitted with some supplies. There's so much more that we could be doing as a church, but it takes a little time to get everybody acclimated or understand what's going on with a particular charity and to develop a passion for some of these different things that are going on out there and the needs in the community. But it's been an adventure for me—a learning experience—because I think I didn't know or understand what was really happening in our own community here or

maybe I just had a blind eye because, you know, when I turned off the TV I got distracted in my own life.

Yeah, what and that's actually something I'd like to kind of ask about next. You know, there's probably a lot of us that have very limited interactions with people, especially with first generation immigrants. And so you know, I'm curious, what are maybe what you've experienced, some misconceptions or things that people just wouldn't know about the needs and sort of what life is like for both first generation immigrants and for refugees who have come over?

Anne: You're right. Well, there's little things. A friend of mine had an oak dining room table with, I think six or five or six oak chairs—lovely. And I asked this family if they liked it. I had a picture, I showed it to them, and they'd been here maybe six months. And they're from Afghanistan. But anyway, oh, yes, this would be nice. And it's tempting to expect that they understand you. This culture in the end, the Afghans in particular, do not use a table and chairs. They eat on the floor. So what they really needed in their apartment because they had spilled, the baby had spilled something and it stained in there and they were worried because the landlord wasn't gonna like that when they moved out. And so what they needed was not a table and chairs. Some of those plastic tablecloths from the Dollar Tree so they could put them on the floor and prepare and serve their meals. And so there's little things like that, that you learn about their cultures and how they work. And, of course, we now have a network of translators, and some of them are fabulous because they let me call at the drop of a hat. Some of them are just in conversation. Some will come like when I'm dealing with a financial issue, trying to help a family figure out why they need to work more and why they need to save for a security deposit. Especially with teenagers that get a little money and they're off to the phone store or wherever they are, you know. So if I'm doing something like that I have a translator come into the room, and we try to work together. So it answered your questions. There's just so many little things like that. And so at first we had our office at a church down in Pomona, and we didn't have any housing. We had housing for one or two families and that didn't work out too well in the church building. So we were there. And then a year ago this last month, September, the Claremont School of Theology offered a space and I think I mentioned it's two apartments combined. So our office is in a space with three full bathrooms and two kitchens. Really, all I need is a teapot to heat water for tea, you know. And so, they've also given us four apartments. And so the idea is the family would come and stay three, four months, couple of them stayed five months, but usually three to four months and during that time they get their work permits if that's under their visa permission. They get a job, they get the kids in school, we have English classes every day at the center. And some days we have a lot, some days we don't. And excuse me, and so there's a lot of activity going on. And that's when the volunteers come in sometimes, you know, volunteers aren't sure what to do, but we always find something. So that's so it was Afghans and now it turns out that the four apartments are housing four Ukrainian families. Two of them are single women with children and their spouses are still in Ukraine. One is a young couple who came a week ago and they have a grown son who can't get out. The borders are closed and they're really worried about him. There's another family who won't be staying with us. We found alternative housing for him in someone's home. That usually doesn't work out too well, because of the cultural differences. And the language as you mentioned, Karen is really problematic. And there's a gentleman in Rancho Cucamonga who is a scientist and he works from home. And he has two Ukrainian families living in his house. And they all seem to be getting along well. And he

and I talked about should he charge them rent and I said absolutely. The ones that live on the Claremont School of Theology campus pay rent. It's below market, but it's really important for them to establish credit, because that's the first thing that's going to be needed when they go look for a place to live on their own. And so one of the huge things, and Karen knows, that we raise money for is rent supplements. We've never paid a full month. We've never paid a full security deposit because we want them to have an investment in the true sense of what they're doing. But right now, that's a big problem because the Claremont School of Theology has asked us to leave the campus. They're being sold, or the Claremont Colleges across Foothill are buying the campus and we don't know when that's going to happen. So I asked Karen, I said do you guys have any space?

Karen: That's one way that you need help is for people who if they don't have time to volunteer you talk about sharing time, treasures and talent. Maybe some of your treasures can help with something like this where they need supplementation for apartment rent and different things. And when people go to volunteer for helping with English, they're not necessarily English teachers. So I don't hope that people don't feel like they have to have a degree in English to go help.

Anne: And we have a lot of tools to use. We have calendars and flashcards and all that kind of business. And in every community that I know of in California, there is an adult school where you can go and learn English and it's free and you don't have to live—like I can go to Claremont if I live in Atlanta and vice versa from what I gather, and it's just depends, but then you're not working. So you know, that's a tough one. But you're right, helping with getting them rent and the thing is, they haven't been here. One family came two weeks ago. They landed at LAX, I got a call the night before I mean the night before saying “Anne, they're arriving at 830 and they'll be in Claremont ten or eleven o'clock.” Darling family with a two year old and so and we have another family that came in mid early, mid September the father he's a pediatrician. He worked in Kabul many years he worked with a physician who's retired and now and lives in Pasadena so they kind of hooked up. And he came with his two younger children two and six I think, or three and six years old. I haven't met him personally yet. And his wife only came two days ago because of some administrative snafu. The U.S. Embassy for Afghanistan is in Qatar. So everybody has to go there and sometimes they wait months for their paperwork. And it's unfortunate that the US government has financial allotments for certain people based on their visa and their country of origin and they're not all the same and I have not memorized them. But I just want to share with you where how they find us. We work with two or three resettlement agencies, and resettlement agencies. There's about 300 of them in the U.S. that have a direct line to the Department of State and Immigration Services. And so they find out about people and I probably get an average three calls a week. “Anne, do you have any housing? Do you have any housing? Do you have any housing for that?” And so they will call me as I said, it's not always a lot of notice, because they don't know when that person's getting on the plane. And then they call us and say you know, what do you have right now. The gentleman, the physician, has found an apartment and somehow you know, the average cost of a one bedroom apartment is \$2,300 a month. And because they have no credit, the landlord wants a cosigner and two months rent and a huge security deposit. I mean, it's very expensive. Sure. And so we're going to be really sad that we have to leave those four apartments. And I'm just going to be really sad and we have furnished them. So when they leave and go to a new place as far as I'm

concerned, they take all the furniture with them. Yeah, I was hoping the School of Theology would change their mind...

Karen: That might be another way that people in the congregation can help is if maybe somebody is involved in property management, and has access or knowledge of landlords who might have compassion for the refugees, and maybe be willing to take a little bit of a chance and not require so much security deposit or whatnot, in an effort to kind of help so there's all sorts of ways that people in the church can maybe use some of the connections that they have in the community to help. We've got some folks that I've talked to that have trucks even... and able to help drive and take furniture around and stuff at kind of a moment's notice. If, Anne needs some help transporting furniture into one of these apartments for folks. And so people just being on a call list like that is a way that they can help.

Anne: We have a list of people who have trucks. A couple of them have trucks but they don't lift anything.

Dan: Well what I love about where you both are just talking about here is to say, for opportunities for involvement because I agree, Karen, you'd said earlier just the idea of you know, whether it was thinking of some of the recent things, you know, Syria and then Afghanistan and then Ukraine we see these things and our hearts grieve and then we just feel like but I can't do anything about this. And now to say "well, there is actually something we can do.

Anne: Well it does a lot in your heart. I gave a talk at a synagogue and I brought a client with us and they were going to move the following Saturday and I said we have a need right now. We need a truck and someone to drive it to take them from Claremont to near Torrance area. And this woman came and she says, "I love to drive trucks. If you pay for the Uhaul. I'll be glad to do it." And there she was with her team on Saturday morning and the family was so grateful. And we were so grateful.

Dan: Which is wonderful because you get something like that where you say "what skill set do you need?" You need a truck, you know, low level skill set and even some of the stuff that you were saying hey, coming into the office and just being available to help out you know, being there to help be an English conversation partner help and so things that a lot of us could say, "Okay, I qualify for that." But then also bring up that there are people who have an area of expertise that they could bring to this either profession. Yeah, either with English or, like you were talking about Karen, with helping with the housing which is such a huge need and figuring out "okay, do we have some connections?" Do we have some ways and then certainly also, like you talked about: the financial giving just to help supplement that so that people can like you said they can have some skin in the game and have some dignity of paying the rent when they go so that we can help out because this is Southern California, the average Southern Californians trying to figure out how to do this. You got somebody with a lot less resources trying to make rent in Southern California? No easy task. And so what a great thing for us to say just even through financial giving, we can help set somebody up in a situation like this. Because you were saying many of the Afghani refugees are professionals.

Anne: Many of the Ukrainians also. We have a Ukrainian pediatrician. We have a woman who has a master's degree in finance and banking and she's working at a shop in the mall. We have a woman who's an economist, worked for the Ukrainian government. She traveled to China, Japan and other places for her job. She is working an early morning shift—I'm talking early

morning shift at a gas station and making the coffee and selling the hot-dogs and the doughnuts and all that business. And you know, it's hard for them to see a way out. The wonderful part is and then we have three adults who are working in the same Italian restaurant, washing dishes, and the manager came to him I saw him at the restaurant because I had gone there for a meeting and he says I'm coming over in the afternoon to see you Anne. I said okay. And so I turned around in the office and there he is standing in the in the lobby, and he says, Don't you have somebody who couldn't cook and I happened to get two gals from Ukraine. I said how's your Russia and Oscar? He says, well, not too good. But if you show him what to do, he says, well, they could make pizza. So I don't know if he's hired him yet or not. But I'll find out. And still there's so many opportunities and then of course its housing and the second one is transportation. We've got three adults who need a car and I call it a transportation car. And we are not in the car business. So if someone has an automobile and they want to donate it to us, we have a program. It's on our website where you donate the car and it goes to auction and then we get I think 70% of the proceeds. So that helps. Or if you have a vehicle you run or donate to a person, I get you in touch with the client. We stay out of that transaction because we don't want to appear to be knowledgeable about the condition of the car.

Dan: Right which makes sense yeah. Well, I love this again and we're gonna, in the description for the video when we put this up, we'll make sure to link to your guys website so that people can see this but I know something that you also both were talking about before we started recording was, in February, you have this gala coming up. So let's talk about this just as another opportunity for people to become involved.

Anne: It's been three years since we planned it because our first one fell through with COVID, but it's going to be at the Padua Hills theater location. I don't know if you've ever been there for an event. It's a beautiful place. So every year they allow three or four nonprofits to use it for a very small fee. So it's on Sunday afternoon, the 26th of February, four to seven o'clock and we're gonna also have a silent auction. Maybe there's people in your congregation who want to donate something for the silent auction and that can be services—maybe they know of a B&B in Big Bear, Palm Springs or somewhere where they could get us that opportunity and get those things donated. I'm trying to think so there's going to be a dinner and there's going to be lots of fun music, acoustic music from a little folk group.

Dan: And then potentially also volunteers just to kind of run the whole thing.

Anne: And maybe your congregation would want to purchase a couple tables and be a sponsor. And if you're a sponsor then you get there's a list on our website. You get extra opportunity tickets and you get your name in the program and all that recognition and so forth and so on. And then we will need and you know, we had a planning meeting yesterday. Turns out that some of the people we need as volunteers, we presume are going to be younger because we are going to have those iPad automatic payments for when you purchase something at the auction or soda or wine...

Dan: So you gotta have somebody who speaks that language, some tech savvy folks.

Anne: It's not me. And so one of our young people, we have three interns from the colleges who are helping us and she said yeah, we don't carry credit cards. Everything's on their phone. So I said, well, that leaves me out.

Dan: So once again, lots of avenues for involvement in something like that as donors as participants as volunteers. Clean

Anne: Setup, cleanup, the whole bit, yeah. So the event's from four to seven but the setup is gonna start at 12:30. And we are blessed to have—oh, we are so blessed. A woman who is a professional event planner who's done this tons of times—very high end—and we met at a meeting pre-pandemic, and we just hit it off and she said I want to do this for Newcomers Access Center. Yesterday she had her assignments like who's going to do what first and in second, third and the flowchart. So if you're checking in people, then after an hour, you go over there and you do something else, I don't know what all. But whatever she says I agree. I'm just there to write checks...

Karen: As people are watching this podcast, if they do feel like hey, this is something I may want to help with or I want to be available that day, have them reach out to the church office and then the church office will connect them with me and I'll get people coordinated and ready for volunteer work. If somebody wants to host a table, same idea. Get them connected through the office. So they'll put that person in touch with me. And if somebody's thinking that this has inspired them, and maybe they've got a different idea of how they might be able to provide some help or resource to Newcomers and they're not sure if it would work out or be something that Newcomers needs, please contact the church office. They'll connect you with me and we'll figure out a way to make it all work and and get you connected with Newcomers. But that's that's my hope is that we can get more and more people at this church involved in newcomers and I'm here to help make that connection happen. And just go to the church office or call the church office and have them connected with me.

Anne: There's a lot of things and there's another event coming up November 12, which is Veterans weekend at the Grace Lutheran Church in Upland. And they wanted to do something for a refugee group and they selected us and we're just thrilled as the beneficiary. They're doing a concert, and then a cheese and wine reception afterward and it's at 4:30 that Saturday afternoon, and that's on the website, too. And so the agreement was they wanted to do it, but our organization would have to take responsibility in selling the tickets. And again, that's a younger person's job, not mine. But they figured all the technology out there, they're doing that. So we're really excited about things. But I think the gala is going to be very special, very special. And I know that there's a book group that's going to join, I think there's a bridge club that's going to buy a sponsorship. Primarily people of faith because they're the first ones that step up to the plate in this situation. That's always the case at least that's my experience. Yeah. And so they want to come as a group and sponsor a couple of tables and then bring their people and that's kind of fun, you're with your friends and you're doing good work. But there's other opportunities for the volunteers, if they want to get to know a family. The families are a little reticent especially at first because they don't know who to trust. And but if they work with us then and we do background checks on all volunteers, and that's just a routine and only once has someone refused to do it. And I said, I'm sorry, you can't be at the center and you certainly can't be around the kids. I don't know the reason and I don't want to know the reason but that's something we do as a matter of routine, and it's for their protection as well as ours. So you know, we always need the office vacuumed. I mean, we always you know hom—what I call “honey-do” stuff to go on. And since we're planning to relocate, I don't have enough yet, but I have different volunteers in charge of different things. One's in charge of the art projects, one's in charge of the diaper things one's in charge of, you know, different jobs. We have a small computer lab and I think we're going to downsize to two computers for clients. They can come

any time that you know, if we're not having office hours, we try to meet them at a different time and sit with them. That's another thing people can do is sit and help them with the with the computer and with filling out questionnaires, if they want to take a college class how to enroll. I got a call yesterday from a client—actually it was a text he doesn't use the phone—saying that his wife wanted to enroll in the college. So it's pretty straightforward. But for immigrants, like you said, Pastor Dan, first generation, they don't know how to read those forms. I don't even know half the time what they're asking. You know, you don't have to have training in that to read read a form. And the other thing is getting them as I mentioned transportation to and from social services to and from the Social Security office and those sorts of things and those types of needs don't happen in one visit. It's many visits. And of course then there's the medical appointments and that sort of thing. That's another whole ball of wax.

Karen: That's a great opportunity for someone who might be retired who has the ability to go to a doctor's appointment at one o'clock in the afternoon maybe could be a mentor to that family or a sponsor to that family and whatnot. The families are so grateful I remember some of the things that LBF was able to donate for some of the different departments, the supplies. You got a very nice thank you note from the family and shared it with me. They're very grateful. And I know it's probably hard for them, they don't know who's helping them really, but they're very grateful people.

Anne: We have we have needs for volunteers, for example, I call them the manager. We need somebody to come and sit in the lobby and be the manager. You know, just take questions and try to find out how we can help. And we have a list of people who are drivers. So if we needed as you said, Karen, someone to go from here to there at one in the afternoon, not knowing how long the medical visit is going to take. You know, "who can do it?" The woman that's working at the at the shopping mall, gets off work at 10 o'clock, and she said she'll take the bus but she has to walk to the local transfer station which is several blocks. And I don't want her walking out there at 10:30 at night you know, so we put out the notice and of course couple people answer right away. "It's usually my bedtime but this once I'll do it," that sort of thing.

Dan: I'm excited just for us to figure out what this looks like and us partnering with you, this is such a significant thing in our community that we're excited to be a part of. And so thanks so much for taking the time to come and let us in on it, Anne especially, and thank you for the work that you're doing.

Anne: Thank you very much.

Dan: And Karen, thank you for helping our church get more connected here. That's such a valuable thing that you are sort of the vehicle for us to figure out how we get more people involved in this great organization. And thank you to all of you took the time to listen to or to watch this. We're excited about talking maybe you're listening to this and you're not part of LDS church but you're in the community and you say this is something I want to check out. But especially for those of you who are a part of our church, that as we look to live out the calling for Jesus in our community and show that justice and mercy of God as a sign of what Jesus is doing, these sorts of opportunities are significant for all of us. So thanks for taking the time to watch all the episodes of the Christian contrast podcast you can find on our YouTube channel for you for Life Bible Fellowship Church, and also just on our website, lbf.church and you can comment and give some feedback or give questions and we'll be happy to engage with you on

that. So thank you both for taking the time to do this. For those of you watching, we'll see you again in two weeks with a new episode.