

Marco Lutheran Church

525 N. COLLIER BLVD. MARCO ISLAND, FL 34145

marcolutheran.org

Sunday, October 11th, 2026

WORSHIP HOUR: 9:30 A.M.

"At Marco Lutheran Church, we are followers of Jesus Christ who share His Good News by loving and serving all people."

Office Hours: Monday - Thursday 7:30 A.M. to 3:30 P.M.

Church Office: (239) 394-0332

office@marcolutheran.org



THE SHIP OF THE CHURCH For Christians, since the days of the apostles, *THE SHIP* has been a symbol for the Christian Church. The mast and yardarm form a simple *CROSS* (in wood) which stands for Jesus who saved us by giving Himself on a cross that we might be forgiven.

The *CHI RHO* ☿ (in metal) is a combination of the first two Greek letters of the name *Christ*, meaning "The Anointed One" or "The Messiah." *THE WAVES* symbolize the troubles and difficulties of life on earth. *THE SAILS* are filled with wind, a symbol of the Holy Spirit, which empowers the Church. Thus, the Christian Church, under the Cross of Christ carries the faithful safely across the troubled seas of life to heaven. As we come together for worship, the cross of Christ is before us. We choose, you and I, to worship with people for whom the cross is both the sign of salvation and the sign of Christ in our lives.

A special welcome to our guests today. May you find grace and blessing in the time we spend together. If you are looking for a church home, please speak to the Pastor, the Lay Minister for the day, or an Usher. We would be most pleased to share with you ways in which you might become a regular part of our Christian fellowship.

HOLY COMMUNION – WHAT WE BELIEVE



In this Sacrament, Jesus gives us Himself, His true Body and Blood as we receive the bread and wine. On the night He was betrayed and before He was put to death, Jesus celebrated this Meal with His disciples assuring us that each time we receive it, we are again remembering His death and receiving the full benefits of His grace, namely the forgiveness of sin.

In 1 Corinthians 11, St. Paul says that we should "examine ourselves" ahead of time. We can do so each time by asking ourselves these basic questions:

- † **Do I acknowledge the fact that I am indeed a sinner and that I am sorry for my sin?**
- † **Do I believe that Jesus Christ is my Savior from all sin?**
- † **Am I trusting in Jesus' promise that I receive full pardon and strength through this Holy Meal?**
- † **Do I believe that the body and blood of Jesus is truly present in, with and under the bread and the wine of Holy Communion?**
- † **Finally, with the Lord's help, will I seek to amend my life and live in conformity with His Holy Will?**

Jesus Himself invites baptized followers, who believe in Him as their Lord and Savior, who recognize their sinful condition and who seek His forgiveness, to come to His Table to receive His precious Body and Blood. May the Lord bless your personal reception as well as your daily living under His power and blessing. Should you have questions, please see a Pastor or a Lay minister prior to the worship service. If you prefer not to participate in the sacrament, please cross your arms when coming forward to receive a blessing.

For those who prefer, **white grape juice is in the center of the tray**. There are also **gluten free wafers** by informing a distributing Host. For those who may have **difficulty coming to the front**, please **inform an usher** so that the Sacrament may be brought to you.

WORSHIP

AS WE GATHER

God has saved each of us by grace and created us in Christ Jesus for a life of meaningful service. He equips those He calls, using our gifts, abilities, and even our painful experiences to prepare us to encourage and help others. Serving begins with the humble attitude of Christ—looking beyond our own interests and noticing the needs of the people around us. We should never grow weary of doing good but faithfully use every opportunity and resource God places before us. As we wait for Christ's return, we are called to serve faithfully, trusting that one day we will hear Him say, "Well done, good and faithful servant."

✠ PREPARATION ✠

ANNOUNCEMENTS AND WELCOME

Please Stand and Face the Cross

INVOCATION

Pastor: In the name of the Father and of the ✠ Son and of the Holy Spirit.

People: Amen.

OPENING HYMN

Here I am Lord

1 I, The Lord Of Sea And Sky,
I Have Heard My People Cry.
All Who Dwell In Dark And Sin,
My Hand Will Save.
I Who Made The Stars Of Night,
I Will Make Their Darkness Bright.
Who Will Bear My Light To Them?
Whom Shall I Send?

2 I, The Lord Of Snow And Rain,
I Have Borne My People's Pain.
I Have Wept For Love Of Them,
They Turn Away.
I Will Break Their Hearts Of Stone,
Give Them Hearts For Love Alone.
I Will Speak My Word To Them
Whom Shall I Send? **[Refrain]**

REFRAIN

**Here I Am Lord, Is It I, Lord?
I Have Heard You Calling In The Night.
I Will Go Lord, If You Lead Me.
I Will Hold Your People In My Heart.**

3 I, The Lord Of Wind And Flame
I Will Tend The Poor And Lame.
I Will Set A Feast For Them,
My Hand Will Save
Finest Bread I Will Provide,
Till Their Hearts Be Satisfied.
I Will Give My Life To Them,
Whom Shall I Send? **[Refrain]**

Please be Seated

PSALM 100

Leader: Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness!

People: **Come into his presence with singing!**

Leader: Know that the Lord, he is God! It is He who made us, and we are His;

People: **we are His people, and the sheep of His pasture.**

Leader: Enter His gates with thanksgiving, and His courts with praise!

People: **Give thanks to him; bless his name!**

Leader: For the Lord is good;

People: **His steadfast love endures forever, and His faithfulness to all generations.**

FIRST READING

Ephesians 2: 1-10

Leader: And you were dead in the trespasses and sins ²in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind. ⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Leader: This is the Word of the Lord.

People: **Thanks be to God**

Please Stand

HYMN

Lift High The Cross

Refrain

Lift high the cross, the love of Christ proclaim
Till all the world adore His sacred name

1 Come, Christians,
follow where our Captain trod
Our King victorious, Christ, the Son of God.
[Refrain]

5 Let ev'ry race and ev'ry language tell
Of Him who saves our lives
from death and hell [Refrain]

Holy Gospel

Matthew 14: 13-21

Pastor: The Holy Gospel according to St Matthew, the fourteenth chapter.

People: **Glory to You, O Lord.**

Pastor: ¹³ Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore he saw a great crowd, and he had compassion on them and healed their sick. ¹⁵ Now when it was evening, the disciples came to him and said, "This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." ¹⁶ But Jesus said, "They need not go away; you give them something to eat." ¹⁷ They said to him, "We have only five loaves here and two fish." ¹⁸ And he said, "Bring them here to me." ¹⁹ Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. ²¹ And those who ate were about five thousand men, besides women and children.

Pastor: This is the Gospel of the Lord.

People: **Praise to You, O Christ**

After the Cross is Returned, Please Be Seated

CHORAL ANTHEM

"THEE LORD, I WOULD SERVE"

CONFESSION AND FORGIVENESS

Pastor: Today Jesus Christ comes to you with an invitation, saying, "Repent" and "Follow Me." Let us prepare to receive His Word, leave our sin behind, and follow Him in the power of His forgiveness.

People: **Lord God, open our ears to hear Your call of salvation and life. Enable us to hear the voice of Your Son, Christ our Lord, that His Word may move us to turn from our ways and our walk without You, and follow Him in faith, that we may learn and live in the light of Your love.**

Pastor: Upon this your confession, I, as a called and ordained servant of the Word, announce the grace of God to you. And in the stead and by the command of my Lord Jesus Christ, I forgive you all your sins in the name of the Father and of the ✠ Son and of the Holy Spirit.

People: **Amen.**

✠ SACRAMENT ✠

PREFACE

2 Timothy 4:22

Pastor: The Lord be with you.

People: **And also with you.**

Pastor: Lift up your hearts.

People: **We lift them to the Lord.**

Pastor: Let us give thanks to the Lord our God.

People: **It is right to give Him thanks and praise.**

PRAYER OF THANKSGIVING

Pastor: Lord of heaven and earth, we bless Your Holy Name! In Your mercy, You sent Your Son, Jesus, to take on our flesh, bear our sin, and be our Savior. With thankful and repentant hearts, we receive the salvation He won for us through His body and blood given on the cross. Gathered in Jesus' name, we ask You to

forgive us, renew us, and strengthen us by Your Word and Spirit. Help us faithfully receive His body and blood as He has given us to do. Keep us in Your care, hear our prayers, and bring us at last to the eternal feast of the Lamb in Your kingdom. To You, Father, Son, and Holy Spirit, be all glory, honor, and praise, now and forever.

People: **Amen.**

THE WORDS OF OUR LORD

***Matthew 26:26–28; Mark 14:22–24; Luke 22:19 20;
1 Corinthians 11:23–25***

Pastor: Our Lord Jesus Christ, on the night when He was betrayed, took bread, and after He had given thanks, He broke it and gave it to the disciples and said: “Take, eat; this is My ✠ body, which is given for you. This do in remembrance of Me.” In the same way also He took the cup after supper, and after He had given thanks, He gave it to them, saying: “Drink of it, all of you; this cup is the New Testament in My ✠ blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me.”

PROCLAMATION OF CHRIST

1 Corinthians 11:26; Revelation 22:20

Pastor: As often as we eat this bread and drink this cup, we proclaim the Lord’s death until He comes.

People: **Amen. Come, Lord Jesus.**

Pastor: O Lord Jesus Christ, only Son of the Father, in giving us Your body and blood to eat and to drink, You lead us to remember and confess Your holy cross and passion, Your blessed death, Your rest in the tomb, Your resurrection from the dead, Your ascension into heaven, and Your coming for the final judgment.

PEACE OF THE LORD

Pastor: The peace of the Lord be with you always.

People: **Amen.**

DISTRIBUTION HYMN

Precious Lord, Take My Hand

- 1 Precious Lord, take my hand,
Lead me on, let me stand,
I am tired, I am weak, I am worn;
Through the storm, through the night,
Lead me on to the light:
Take my hand, precious Lord, Lead me home.
- 2 When my way grows drear,
Precious Lord, linger near,
When my life is almost gone,
Hear my cry, hear my call,
Hold my hand lest I fall:
Take my hand, precious Lord, Lead me home.
- 3 When the darkness appears
And the night draws near,
And the day is past and gone,
At the river I stand,
Guide my feet, hold my hand
Take my hand, precious Lord, Lead me home.

POST-COMMUNION THANKSGIVING

PRAYER OF THE PEOPLE

LORD'S PRAYER

Matthew 6:9–13

People: Our Father who art in heaven, Hallowed be Thy name,
Thy kingdom come, Thy will be done on earth as it is in heaven;
give us this day our daily bread; and forgive us our trespasses as we forgive
those who trespass against us; and lead us not into temptation but deliver us
from evil. For Thine is the kingdom and the power and the glory forever and
ever. Amen.

SERMON

'God Equips the Called'

PASTOR JOHN BENHAM

Please Stand

APOSTLES CREED

People: I believe in God, the Father Almighty, maker of heaven and earth. And in
Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit,
born of the virgin Mary, suffered under Pontius Pilate, was crucified, died
and was buried. He descended into hell. The third day He rose again from
the dead. He ascended into heaven and sits at the right hand of God the
Father Almighty. From thence He will come to judge the living and the

dead. I believe in the Holy Spirit, the Holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life ☩ everlasting. Amen.

BENEDICTION

Numbers 6:24–26

Pastor: The Lord bless you and keep you.
The Lord make His face shine on you and be gracious to you.
The Lord look upon you with favor and ☩ give you peace.

People: **Amen.**

CLOSING HYMN

Hark The Voice Of Jesus Crying

- | | |
|---|--|
| 1 Hark, the voice of Jesus crying,
“Who will go and work today?
Fields are white and harvests waiting—
Who will bear the sheaves away?”
Loud and long the Master calleth;
Rich reward He offers thee.
Who will answer, gladly saying,
“Here am I, send me, send me”? | 2 If you cannot speak like angels,
If you cannot preach like Paul,
You can tell the love of Jesus,
You can say He died for all.
If you cannot rouse the wicked
With the judgment’s dread alarms,
You can lead the little children
To the Savior’s waiting arms. |
| 3 If you cannot be a watchman,
Standing high on Zion’s wall,
Pointing out the path to heaven,
Off’ring life and peace to all,
With your prayers and with your bounties
You can do what God commands;
You can be like faithful Aaron,
Holding up the prophet’s hands. | 4 Let none hear you idly saying,
“There is nothing I can do,”
While the multitudes are dying
And the Master calls for you.
Take the task He gives you gladly,
Let His work your pleasure be;
Answer quickly when He calleth,
“Here am I, send me, send me!” |

DISMISSAL

Pastor: Go in peace as you love and serve the Lord
People: Thanks be to God.

Thank You to Our Helpful Servants For:
Sunday, October 11th, 2026
Worship Leader: Carmen Brookshaw
Pastors: Jim Thelen & John Benham
Music Director: Craig Greussel
Keyboardist: John Davis

SHARING

PRAYERS FOR MEMBERS: Joyce Maxfield, Kitty Argobright, Bob Kelley, Don Terry, Al Wilke, Hal Heidtman, Marilyn Nervig, Mirella Brache

PRAYERS FOR FRIENDS & FAMILY: Andrea Sager (Donnie & Norva Jeanne Rooksberry), Rene & Terry Maurer (Anne Rozite) Woody Barnette (Donnie & Norva Jeanne Rooksberry), John SchenckII (Lydia Krueger), Judy Resler, Charlie Pike (Dick & Vicki Ross), Don Clark Jr. (Betty Clark), Cecilia Popoff (Vicki Williams), Family Member (Judy Volker), Charlie Darr (Patti Naughton), Kevin Carr (Marie Mahr), Ruth Naughton (Patti Naughton), Jack & Connie Hawkins, Darlene Kent (Dave & Connie Wuellner), Shane Silver (Nancy Carrington), Jim Cookfair, John & John Brewitt Jr. (Doug & Sandy Alger), Patricia Willey, Ryan Degen (David & Judy Karlin), Frank Alterio (Marge Alterio), Tracy Rusinyak (Patti Naughton), Shirley Rhodes (Sybil Fleming), David Hill (Pamela Hill), Dave Stiffler, Pam Harger (Dave & Connie Wuellner), Dan Popoff, Larry Sturzenegger (Vicki Williams), Denny Zent (Dave & Connie Wuellner) August Streit (Eric & Sara Peterson), Rick Maxfield (Joyce Maxfield), Sharon Grady (Laverne & Conrad Henry), Pastor Gary Koltz, Shawn Alcarese (Ruth Miller), Madelyn Erickson (Doug & Sandy Alger), Tim Graunke (Cindy Widby), Ron Hysell (Jan, Ray & May Skelly), Mike B and those we name in our hearts.

KINDLY ADVISE IF WE MAY REMOVE ANY NAMES FROM OUR PRAYER LISTS

ANNIVERSARIES: Warren & Jeanette Leonard **BIRTHDAYS:**

IN HOME VISITATIONS: If you, or someone you know, would like to have a visit from Pastor Jim, please call the office and we can make the arrangements. Thank you!

ATTENDANCE LAST WEEK:

IN PERSON –146 ONLINE-118 GATHERINGS –28 TOTAL –292

CONTRIBUTIONS:

Total October Target: **\$71,200**

October to-date (1 Sunday): **\$15,632 (22%)**

Year-to-date Target: **\$764,600**

Actual Year-to-date: **\$715,457 (94%)**



OUR DAILY BREAD FOOD PANTRY PALLET DRIVE ENDS:

Our congregation responded this summer with almost \$18,000 of donations, and when combined with the reserved matching funds from the church – BLESSINGS ABOUND.

How amazing that Marco Lutheran is able to present a check for **\$25,675.00** to ODBFP!! They will be able to purchase **ALL 9 Pallets** of food requested!

DISCOVER MARCO: If you are interested in becoming a member of Marco Lutheran Church or are already a member and just want to “refresh,” we invite you to attend a one on-one session of the ***Discover Marco Lutheran Class*** with Pastor Jim. If you have any questions about “Discover Marco” please contact Amy at the church office **(239) 394-0332**

CURRENT OPPORTUNITIES TO SERVE **VISIT OUR MINISTRY DESK TO SIGN UP**

* OKTOBERFEST * THE GATHERINGS * CELEBRATING YOU *
* MEALS OF HOPE PACKING EVENT * DINNER WITH FRIENDS

BECOME PART OF WHAT GOD IS DOING AT MARCO LUTHERAN



Marco Lutheran's Care Ministry shares God's love through prayer, companionship, practical help, and confidential support.

To learn more about this Ministry and how you can get involved,
Visit marcolutheran.org- “Serving” Tab, Human Care/Outreach

The Care Ministry includes three areas of service:

- **Prayer Warriors** - faithfully praying for the joys, concerns, and needs of others.
- **Better Together** - offering friendly visits, companionship, and practical support.
- **Lifeboat** - providing confidential, one-to-one, Christ-centered care during difficult life transitions.

Would you like more information? Would you like to be a part of this ministry?

Go to our website at marcolutheran.org or come to one of our information meetings on:

Sunday, November 8th: 10:45 a.m. - 11:45 a.m. Great Room.

Saturday, January 9th: 3:30 p.m. – 4:30 p.m. Great Room.

Sunday, January 10th: 10:30 a.m. – 11:30 a.m. Great Room.



Dinner with Friends

Do you have any interest in dining with friends at Mangos Dockside Bistro? Join Us October 29th, the time is 5:30PM. Please sign-up via the signup sheet in the church Narthex. We are limited to 36 people, so please sign up ASAP if you would like to attend. Everyone pays for their own meal. Please gather with us for a FUN evening of food and socializing!

LOVE TO SING?

**JOIN THE
MLC CHOIR**

Lift your voice in worship with our church choir.

New singers are welcome.

Contact:

Craig Greusel - Music Director
cagreusel@gmail.com





MARCO LUTHERAN
CHURCH

SERVE OUR COMMUNITY

MEALS OF HOPE PACKING EVENT

Saturday, November 14
9:00–11:00 a.m. • Offsite

Join fellow members to pack meals for
neighbors in need.



SIGN UP TO SERVE

Contact the church office • (239) 394-0332

Oktoberfest

Saturday October 17th

Potato Pancakes

Brats

All the sides!

at 5:00p.m.

Join us in the Great Room



Advent Devotion and Activity Packets:

Welcome in Advent Season with your young ones. Preschool and toddler packets are available to be picked up after Sunday service at the Ministry Desk. Enjoy sharing with your children or grandchildren in person or they are also ready to mail to enjoy sharing together during the season wherever your loved ones may be.



2026 Medicare Open Enrollment Event

Friday, November 13
10:00 a.m. - 2:00 p.m.
Marco Lutheran Church
(Great Room)
525 N. Collier Blvd.
Marco Island, FL 34145



Marco Lutheran Church
Foundation

"Marco Lutheran Church Foundation's mission is to spread the Love of Jesus and be a beacon of light throughout our local Community, our Nation and across the Globe."

GRANT APPLICATIONS ARE NOW OPEN

DUE DATE: OCTOBER 15, 2026

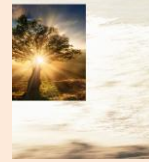
marcolutheran.org/foundation

We recognize throughout 2026 communities across the United States and around the world have experienced devastating natural disasters



Recent major events have included:
Deadly winter storms across central/eastern United States; Tropical storms & hurricanes affecting Hawaii and the Gulf states.
Destructive tornados throughout the central United States.
Severe flooding in Hawaii, Kentucky, Indiana, and along the Gulf Coast & most recently the NE Coast due to the Nor'easter Storm.
Wildfires, drought, and extreme heat across several US western states.
Earthquakes in Venezuela.
Typhoons, monsoon rains, flooding, and landslides in the Philippines, China, and other parts of Asia.

HOPE AFTER DISASTER



It seems that the daily news media is constantly reporting on a new tragedy. Behind every disaster are people who have lost homes, possessions, livelihoods, and loved ones. Families have been displaced, communities have been damaged, and many people face months - even years - of recovery.

As our heartfelt response, Marco Lutheran will be collecting donations for the rest of this year to help in all recovery efforts, with funds being split between "LCMS Missouri Synod" for US disasters and "Lutheran World Relief" for International disasters. Please prayerfully consider making a special gift. Donations may be placed in the offering or delivered to the church office. Please clearly mark your gift **"Disaster Relief"**.



OCTOBER 2026 EVENTS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 12:30pm GENTLE YOGA 2:00pm CHAIR YOGA	2	3
4 9:30am WORSHIP 10:45am WELCOME RECEPTION/ CELEBRATING YOU 1:00pm WATERMARK 3:00pm DISCOVERY VILLAGE	5 11:00am OUTREACH 12:30pm GENTLE YOGA 1:00pm GRIEF SHARE 2:00pm CHAIR YOGA	6 8:30am MENS BIBLE STUDY 10:00am WOMEN OF MARCO 11:00am FAITH, FRIENDSHIP AND FELLOWSHIP LUNCHEON 5:30pm BSF MENS/WOMEN	7 10:00am WOMEN OF THE WORD 4:00pm CHOIR REHEARSAL	8 10:00am ADULT BIBLE STUDY 12:30pm GENTLE YOGA 2:00pm CHAIR YOGA	9	10
11 9:30am WORSHIP 10:45am COFFEE & CONVERSATION 1:00pm WATERMARK 3:00pm DISCOVERY VILLAGE	12 10:00am PROPERTY BOARD 12:30pm GENTLE YOGA 1:00pm GRIEF SHARE 2:00pm CHAIR YOGA	13 8:30am MENS BIBLE STUDY 10am CHRISTIAN ED. 1:00pm PARADE PLANNING 5:30pm BSF MENS/WOMEN	14 10:00am WOMEN OF THE WORD 4:00pm CHOIR REHEARSAL 5:30pm FOUNDATION	15 10:00am ADULT BIBLE STUDY 12:30pm GENTLE YOGA 2:00pm CHAIR YOGA	16	17 5:00pm OKTOBERFEST
18 9:30am WORSHIP 10:45am COFFEE & CONVERSATION 1:00pm WATERMARK 3:00pm DISCOVERY VILLAGE	19 12:30pm GENTLE YOGA 1:00pm GRIEF SHARE 2:00pm CHAIR YOGA	20 8:30am MENS BIBLE STUDY 10:00am COUNCIL SAILING SOLO 5:30pm BSF MEN/WOMEN	21 10:00am WOMEN OF THE WORD 11:00am LUNCH W/ FRIENDS 1:00pm HUMAN CARE 4:00pm CHOIR REHEARSAL 5:30pm BOOK CLUB	22 10:00am ADULT BIBLE STUDY 12:30pm GENTLE YOGA 2:00pm CHAIR YOGA	23	24
25 9:30am WORSHIP 10:45am COFFEE & CONVERSATION 1:00pm WATERMARK 4:00p.m. SAILING SOLO	26 12:30pm GENTLE YOGA 1:00pm GRIEF SHARE 2:00pm CHAIR YOGA	27 8:30am MEN'S BIBLE STUDY 5:30pm BSF MEN/WOMEN	28 10:00am WOMEN OF THE WORD 4:00pm CHOIR REHEARSAL	29 10:00am ADULT BIBLE STUDY 12:30pm GENTLE YOGA 2:00pm CHAIR YOGA	30	31 HALLOWEEN  REFORMATION DAY 10:00am SHINE LIKE STARS SET UP