



Religion and Me

A Unitarian Universalist

Religious Award Program

For Cub Scouts



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Introduction for Parents/Adult Partners

This program is for your UU Cub Scout and you!

The Religion & Me Award Program was developed by the Unitarian Universalist Scouters Organization, Inc. (UUSO), an association of scouters active in Unitarian Universalist churches and congregations nationwide.

The UUSO was incorporated in April 2003, with the approval of Dr. John Beuhrens, who was then the President of the Unitarian Universalist Association (UUA). The mission of the UUSO is to provide support to UU scouts, scouters, and congregations wanting to participate in scouting programs, recognizing that, although the values of the Boy Scouts of America (BSA) and the UUA are very similar, there are some differences. (More information about the UUSO and its programs can be found on the Web at www.uuscouters.org.)

The initial task of the UUSO was to develop a Unitarian Universalist award for Boy Scouts that would be recognized by the BSA's Religious Relationships Sub-Committee, thus permitting the scout earning the award to wear it on his uniform. This goal was accomplished in 2006 with the "Living Your Religion" program. After the approval of the Boy Scout award, the "Religion and Family" award program for Webelos Scouts was developed. That program was approved by BSA in 2007. Work then began on the "Religion and Me" award program for Cub Scouts, and was approved by BSA in 2008.

Our purpose in publishing this workbook is to provide a religious study program specifically for Unitarian Universalist boys who are active in the Tiger, Wolf and Bear programs of Cub Scouting.

The Religion & Family Award Program has four goals:

1. Provide UU Cub Scouts with a basic understanding of UU history and principles;
2. Highlight the connections between UU principles and scouting values;
3. Encourage UU Cub Scouts to begin formulating their own religious beliefs and philosophies;
4. Foster meaningful religious conversations between UU Cub Scouts and their parents or adult partners.

The Religion & Me Award Program requires your Cub Scout to work closely with you to begin defining his own religious views and heritage. It also requires that he talk to other people at your UU church or fellowship. Our intention is that your Cub Scout will work through most of the exercises in this book with your assistance. Some exercises will require your signature when it is completed. He will need your guidance in order to know whom to approach at church and how to ask his questions, though he should try to do his own asking. For everyone's protection, your scout should not meet with an adult from your church one-on-one in a private setting; you should be present during these meetings. "No one-on-one contact" is a fundamental principle of the BSA Youth Protection program.

Children are also at varying levels of readiness for reading and writing. If it helps to read this material to your son, then do that. If writing is a problem for him, then be his transcriber. The ideas and thoughts need to be his and he should do for himself what he can, but your job is to facilitate the process and make sure he is able to focus on what matters...the content.

Your Cub Scout will be asked to read a few Bible stories. Rather than read directly from the Bible, you should find children's version of the Bible or children's books about these specific stories. You can find them at your local library, or your church will probably have a library with books like this. You can also find books like this on the Internet, such as at Amazon.com (search for "Children's Bible") or the UAABookstore.org (search for "Bible").

The Religion & Me Award of the UUSO is recognized by the Boy Scouts of America. Successfully completing this program entitles your Cub Scout to wear the Religion & Me medal as well as the BSA's religious emblem knot (silver knot on a purple background) above the left pocket of his Scout uniform.

We hope the Religion & Me program will enhance your Scout's understanding of his duty to God as a Scout and as a Unitarian Universalist.

UUSO Cub Scout Award Committee members who contributed to this workbook include David K. O'Brien, PhD, Irene M. O'Brien, MBA, John A. Boyce, Henry J. Rauch III, and Harold A. Yocum, MD.

How does a Scout obtain the Award?

The UUSO has selected a non-profit organization entitled "Programs of Religious Activity with Youth" (PRAY) to fulfill the delivery of the Award for the Scout that has completed the program. A large number of national faith groups use PRAY to fulfill their awards. Please visit the PRAY website for details (www.praypub.org) to determine the exact fee for the Award.

The application for UUSO Awards can be found as a separate file at www.uuscouters.org.

Please mail or fax the Application on the following page to PRAY at the following address along with the fee for the Award:

**Program for Religious Activities with Youth
8520 Mackenzie Road, Suite 3
St. Louis, MO 63123-3413**

**Telephone: 800-933-7729
Facsimile: 301-638-7250**

Introduction for Cub Scouts

Welcome to the Religion and Me program!

Who are the Unitarian Universalists? If your friends asked you to tell them about your church, what would you say? Many people would say, “We are the church of the open mind, the loving hearts, and the helping hands.” But there is a lot more to being a Unitarian Universalist (UU) than that! Other people might say that being UU “encourages each of us to understand and apply the teachings of the world’s religions to our daily lives, to seek truth, to promote justice, and to live in harmony with the world around us¹.”

The program in this workbook is all about being UU. It is designed to help you understand more about what it means to be a UU and to get you started on a life-long process of figuring out what you believe and living up to your values.

It is also about connecting the values you are learning through cub scouting with the values of your UU faith.

You will have to get some help from your parents or guardian on how to answer some of these questions. You will also have to talk to some people at church and ask them questions. Ask a parent or guardian who would be the best people to talk with, and have a parent or guardian with you when you talk to them.

So let’s start figuring out what’s it like to be a UU Scout!

¹ Bruce Melville, Southwest Unitarian Universalist Church, Berea, OH, quote published in UU World, May/June 2004, p.24

Part One: Some Things About Me

My Description

UUs believe that each person is important. That means you too! Write down some things about yourself here:

Your name: _____

Your age: _____ Your birthday: _____

Your height: _____ Your weight: _____

The color of your eyes: _____ The color of your hair: _____

Things I Like

Write down some of your favorite things here:

Food: _____

Dessert: _____

Color: _____

TV show: _____

Video game: _____

Movie: _____

Book: _____

Board game: _____

Sport to play: _____

Sport to watch: _____

Friend: _____

Teacher: _____

Subject in school: _____

Holiday: _____

What things do you like to do for fun?

What things have you done that you are really proud of?

My Picture

Now that we know some things about you, let's find out what you look like! Draw a picture of yourself below. You can draw yourself wearing your favorite color clothes or eating your favorite dessert or playing your favorite sport or just hanging out. Or if you like, you can paste in a photo of yourself instead.

Part Two: Some Things About My Family

Family Members

Who are the people in your family? Write down their names and ages below.

Do you have more than one brother or sister? Circle the best word in this sentence that shows your place in your family:

I am the (only) (oldest) (middle) (sort of middle) (youngest) child in my family.

What is one good thing about your place in your family?

What is one hard thing about your place in your family?

What are some activities that your family likes to do together?

Family Chores

UUs believe it is important to work together and help each other to build a fair and peaceful world. In a family, we also work together and help each other to build a happy home. How does your family share household chores? Write down the name(s) of who does the following chores in your family:

Earns the money: _____

Pays the bills _____

Buys the clothes: _____

Buys the food: _____

Cooks the meals: _____

Sets the table: _____

Washes the dishes: _____

Takes out the trash: _____

Cleans the house: _____

Takes care of the children: _____

Takes care of the pets (if you have any): _____

Does the laundry: _____

Fixes things that get broken: _____

Does homework (hey, this is an important family chore too!): _____

Family Rules

Besides having chores, families also have rules. For example, you need to go to bed early enough during the week so that you get enough sleep and do well in school the next day. What are some other rules that your family has?

Are there other rules that you think your family should have?

Why do you think a family needs rules?

Family Pride

UUs believe we should be kind and compassionate in all that we do. Your family loves you and cares a lot about you. That is one reason your family brings you to Cub Scout meetings and church services. What is one thing you can think of that makes you proud of your family?

Part Three: Some Things About My Den

Akela

What Cub Scout Den are you in? Circle one: **Tiger** **Wolf** **Bear**

When you first joined Cub Scouting, you learned the story of Mowgli and how he met Akela, the leader of the wolf pack. Just as that story says, in a real wolf pack all the wolves look to Akela, the leader, for guidance – when to work, when to learn, when to play. Akela makes sure each young wolf in the pack gets the chance to learn about the world and how to get along with other members of the pack.

Akela is also a Cub Scout name for a good leader. This can be your father, mother, guardian, aunt, uncle, grandparent, teacher, or other adult you look up to. In Cub Scouts, your Akela can be your Cubmaster, Den Leader, or Den Chief. To be a good leader yourself, you must also learn to follow good leaders and learn from them.

What is the Cub Scout Promise? Write it here:

What is the Law of the Pack? Write it here:

Den Members

What is the name of your Den Leader?

What are the names of the members of your den?

Den Activities

What are some fun games your den likes to do?

What are some den activities that you have enjoyed doing?

What are some interesting things you have learned in your den?

What is one thing you can think of that makes you proud of your den?

Part Four: Some Things About My Church

Church Basics

What is the name of your church?

What is the address of your church?

How long does it take to get to your church with your family?

What does your church look like? Draw a picture or paste a photo of your church below.

People Who Help Out At Church

When we were talking about your family earlier and family chores, we said that UUs believe in working together and helping each other to build a fair and peaceful world. Well, there are also lots of chores to do at a church and there are lots of people that help do them to help build a happy and successful church. Remember that we are the **church of the helping hands!** There are church staff who get paid to work at your church. There are also church volunteers who work at other places but like to help out at your church without getting paid.

Who are some of the staff that work at your church and what do they do? With a parent or guardian, talk to one of your church staff about what they do. Ask this person about other church staff and their jobs. In the spaces below, list at least three church staff and their jobs.

Person's Name

Job Title

Who are some of the volunteers that help out at your church and what do they do? With a parent or guardian, talk to one of your church volunteers about what they do. Ask this person about other church volunteers and their volunteer activities. In the spaces below, list at least three church volunteers and their activities:

Person's Name

Church Volunteer Activities

Part Five: Some Things About Unitarian Universalism

Some UU History

Why do we have such a loooooong name?

Back in 1961, when your parents were probably very young or maybe not even born yet, two groups of churches – the Universalists and the Unitarians – joined together. Each had a long history in this country of working to make the world a better place. Each came from a Christian tradition, but had grown open to a variety of beliefs. The two groups had much in common and it made sense to join forces. Each group was proud of its own history and traditions, however, so they kept both names and joined them together.

The Unitarians believed that there is only one God, not one God in three parts – Father, Son (Jesus Christ) and Holy Spirit – as most Christians believe. The first Unitarians were in Europe over a thousand years ago!

The Universalists got their name because they traditionally believed that all people would go to Heaven after they died because God would not send people to Hell. This is called “Universal Salvation.” The Universalists held big tent parties all over the country telling people this good news!

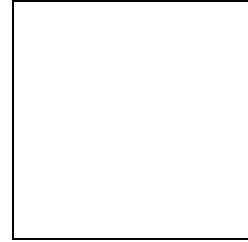
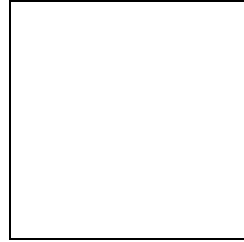
So now that you know some UU history, what year was your church founded? _____

If it was before 1961, was your church a Unitarian Church or a Universalist Church?

Why was it given the name it has? What does the name mean?

The UU Flaming Chalice

The flaming chalice is the symbol of Unitarian Universalism. It was first created by an artist during World War II as a symbol to represent the Unitarian Service Committee in its work to help people being hurt by the Nazis in Germany and Europe. Today, many congregations light a chalice during their services, classes, and important meetings to remind them of our shared UU values.



The UU flaming chalice has many different designs, some of which are pictured above. Design a chalice symbol that you like below. You can use as many or as few colors as you want!

Part Six: The Seven Principles

Creed or Covenant?

Most religions require their members to believe in sets of very particular things about God and how the universe works. These sets of beliefs are called “creeds”. For examples, most Jewish creeds come from the “Old Testament” Bible and most Christian creeds come from the “New Testament” Bible. By sharing belief in a creed, the members of that religion feel closer to each other and support each other in their efforts to understand God and the big questions of life, such as what happens when we die or how we should behave.

However, UUs don’t have a Bible, or any other book of creeds. Unitarian Universalism is a “non-creedal” religion. Since we don’t have a creed, we don’t tell our members that they have to believe in particular things about God and the universe. Therefore, UUs generally get their religious beliefs from many different sources and it is up to each person to choose which ones. These sources can include:

- Books of religious teachings from many different religions.
- Words of inspiration from wise men and women in both ancient and modern times.
- Philosophical teachings including “Humanism”, which focuses on how people should make decisions about what is right and wrong based on using reasoning powers of their brains rather than on anyone’s ideas of what God may or may not want.
- Spiritual teachings of earth-centered traditions, which celebrate the sacred circle of life and tell us how to live in harmony with the rhythms of nature.

But this doesn’t mean that UUs can believe in anything. So what ties all UUs together?

Instead of a creed, UUs share a covenant. “A coven... what?” you might ask. A covenant is an agreement. It is a bond that all UUs share. All UUs are committed to this agreement and we trust each other to stick with what we’ve agreed. The covenant that we agree to is known as The Seven Principles. If you attend Sunday School at your church, you might have heard of these and even might have started learning some things about them. We have already talked about a few of these in this workbook.

The Seven UU Principles

- 1) **Each person is important.**
Speak and act with respect for classmates, teachers, and all members of the congregation, and for oneself.
- 2) **Be kind in all you do.**
We work to make the rules fair for everybody so that everyone is treated fairly.
- 3) **We're free to learn together.**
In our church and community, we trust one another and we promise to help one another.
- 4) **Search for what is true.**
We believe that each person must be free to search for what is true and right in life.
- 5) **All people need a voice.**
When we discuss something, we listen to what each person wants to say.
- 6) **Build a fair and peaceful world.**
We believe it is our task to make the world a place that is peaceful, fair and free. Do your best to get along with others and to be helpful.
- 7) **We care for the Earth.**
We love and respect the earth's environment and all its plants and animals.

Here's a homework assignment: Memorize The Seven Principles. Yup, be able to tell anyone who asks what seven main things all UUs agree to. Be sure that you do more than just memorize the words, though. Make sure you can tell someone in your own words what they mean. You'll probably have to practice with a parent or guardian quite a bit to get this one down. Once you think you have it, go to your parent or guardian, or to someone at your church – maybe your religious education teacher or the minister – and tell him or her about the seven principles.

Once you do that, have him or her sign here:

Signature: _____ Date: _____

Part Seven: The Church of the Helping Hands

Social Justice and UU

Now that you know about The Seven Principles, you know that one of the principles is to “Build a Fair and Peaceful World.” UUs like to help all kinds of people. They work hard to make the world a better place. The Unitarian Universalist Association (UUA) is the national organization in Boston, Massachusetts, of which your church is a member. The UUA has a social justice group called the UU Service Committee (UUSC), which has been helping people all over the world since World War II.

Most UU churches have their own social justice groups too. They might do things such as volunteer to sort boxes of food at the Food Bank, or collect mittens and socks to give to poor children each winter. Find out if there is such a group at your church! Find out what it is called and what they do!

The name of my church’s social action group is:

Some projects they’ve worked on recently are:

Social Justice and YOU!

You know that doing what you can to help others is central to being UU. You also know that part of the Cub Scout Promise is:

“To help other people”.

You also know that part of the Law of the Pack is:

“The Cub Scout gives goodwill”.

Part Eight: Religion and Me

About God

Everyone asks “big questions” about life. Have you ever asked yourself “big questions” that are hard to answer? One of the biggest questions that religions all over the world try to answer is about God.

There are many different views of God within our UU faith. Some UUs don’t use the word, “God.” For those who do, it means many different things. Some people believe God represents our duty to help other people and our world. Others think of God as a force or power. Some say that God is love. Some see God as an unseen but ever-present being who guides people’s lives. Some believe in a God who created the world, but who is no longer active in it. Some prefer to think of God as female, so they talk about the Goddess. Some feel they will never have enough information to figure out what God is or is not.

In a UU church, you are encouraged to figure out for yourself about God. (Remember our fourth principle -- “Search for what is true!”) You are also encouraged to learn from the many different faith traditions around you to help you figure out what inspires you and fits you best.

What is your view and your family’s view of God?

Getting to Know God

Here's another big question: How can a person grow to know God better? Some people feel meditation brings them closer to God. Some people spend a lot of time outdoors and feel nature brings them closer to God. Many people, especially those of other religions, believe prayer brings them closer to God and allows them to talk to God directly.

There are different forms of prayer. These parts described below you might think of as the "PATH" to prayer for the first letters of each of the four words:

Praise: People say how wonderful God is.

Apology: People tell God they are sorry for doing wrong things and ask for forgiveness.

Thanks: People thank God for good things in their lives.

Help: People ask God for help or to help other people.

Do you and your family do anything to get to know God better? If so, what do you do?

Some Other Big Questions

There are many other Big Questions in life that religion tries to answer. There is not necessarily one right answer to them. If there were, there probably wouldn't be so many different religions in the world! But here are some of those questions. Talk with a parent or guardian about these questions and write your best answer down. Remember, there is no wrong answer!

What happens to a person after they die?

Is there a Heaven and a Hell?

Why does "evil" exist in the world?

If God could change one big thing about the world right now, what do you think it should be?

After discussing these questions with your parent or guardian, have them sign here:

Signature: _____ Date: _____

The Bible

There are many religions in the world, and most of them have their own books of religious teachings. The Bible, consisting of an “Old Testament” and a “New Testament”, is one such book of religious teachings. Most Jewish religious teachings come from the Old Testament and most Christian religious teachings come from the New Testament. There are lots of good stories in the Bible, and they can teach us a lot of things that we can use in our daily lives. Different religions view the Bible differently. Some people believe the Bible is a collection of “parables”, or stories that are used to teach a lesson. Other people believe the Bible is historical fact and is the one true “word of God”. Most UUs believe that the Bible, together with other books from other religions, have important lessons in them that we can learn from to make us all better people. The Bible has lots of stories in it about all kinds of people. Let’s learn about some of them!

The Old Testament and The Story of Moses

One of the best-known stories of the Old Testament is the story of Moses and how he freed the Hebrew slaves in Egypt and brought them to live in the land of Israel. With a parent or adult partner, read about the story of Moses from a children’s Bible or Bible storybook. There are lots of summaries of this story. After you have read the story, answer these questions:

The Bible is divided up into many “books”. What is the name of the book of the Bible that has the story of Moses?

What was the most exciting part of the story for you?

What was the scariest part of the story for you?

Since most stories of the Bible teach things, what did you learn from this story?

The New Testament and The Story of Jesus

The most important person in the New Testament is Jesus of Nazareth. He taught that people should love God and their neighbors, that God would forgive us for doing bad things, or sinning. Jesus was eventually arrested and sentenced to die on a cross. Christians believe Jesus was the son of God, and that Jesus died to take away all the sins of all the people in the world for all eternity. By loving God and believing in Jesus as the son of God and his teachings, Christians believe that Jesus' death takes away all their sins so that they can enter Heaven after they die. Christians call this "salvation" and they call Jesus their "savior".

With a parent or adult partner, read a few stories about Jesus from the New Testament using a children's Bible or Bible storybook. Some possible stories you could read are:

- The story of Jesus' birth in the town of Bethlehem.
- How Jesus fed a large crowd of several thousand people with only a few loaves of bread and a few fish.
- Jesus telling of the story of the "Good Samaritan" who helped an injured person.

After you have read the stories, answer these questions:

What book or books of the Bible do your stories come from?

What stories of Jesus did you read about?

Since most stories of the Bible teach things, what did you learn from the stories?

After discussing the Bible stories with your parent or guardian, have them sign here:

Signature: _____ Date: _____

Part Nine: Unitarian Universalism and Scouting

Being a UU Scout!

As a Cub Scout, one of the things you learned is the Cub Scout Promise:

I, (your name), promise to do my best to do my duty to God and my country, to help other people, and to obey the Law of the Pack.

You also learned the Law of the Pack:

**The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.**

Does any of that sound familiar? Can you see how your scouting lessons and experiences might fit with what you know about being Unitarian Universalist?

Below are our seven UU principles listed on the left, with the values from the Cub Scout Promise and Law of the Pack on the right. Draw a line from each UU principle that you think is related to an item from the Cub Scout Promise and Law of the Pack. Each principle may relate to several scouting values or one scouting value may relate to several UU principles, so you may have multiple lines! When you are done, it may look a bit like a spider web!

Each person is important ◆	◆ Promise
Be kind in all you do ◆	◆ Do my best
We're free to learn together ◆	◆ Do my duty to God and my country
Search for what is true ◆	◆ Help other people
All people need a voice ◆	◆ Obey the Law of the Pack
Build a fair and peaceful world ◆	◆ Helps the pack go
We care for the Earth ◆	◆ Helps the Cub Scout grow
	◆ Gives goodwill

Being a Scout gives you many opportunities to practice your UU values

Each person is important

Even people who hold completely different views of the world should be treated well. The boys in your den and pack probably come from different faith traditions than yours and probably believe different things. Yet they are your friends and you do many fun and important things together in Cub Scouts.

Be kind in all you do

Being with any group of people, even your pack, can be tough. Sometimes kids just don't get along. Yet our UU values ask that you try to be nice to everyone, even the kid in your den who keeps trying to take your chair!

We're free to learn together

Scouting gives you all kinds of chances to learn new things, from swimming to geology to art to first aid. Scouting is all about learning together!

Search for what is true

Scouting encourages you to talk with your family about the great truths of life and to think about those truths as you go through life. A Scout is reverent!

All people need a voice

Your den votes for a den name that you hate! But next week they vote to go bowling instead of skating, and you're thrilled! Being part of your den gives you many chances to learn about having a voice in decisions and about listening to other voices, even when you don't like what they have to say.

Build a fair and peaceful world

Your pack collects donations (even though it's snowing!) for Scouting for Food. Your den learns about and practices good citizenship. All of the boys and parents learn something about getting along with others at den meetings, at pack meetings, and at special events such as the Pinewood Derby. Getting along well with our neighbors is the true first step toward a fair and peaceful world.

We care for the Earth

Scouts learn to "Leave No Trace" when they venture outside and to appreciate the beauty and wonder of wild places. Scouts pick up litter and build trails. Scouts definitely care for the Earth!

Picture It!

Use this space to draw a picture of a Cub Scout activity that you think shows one of our UU principles in action. Be sure to label it so that anyone looking at it can see how scouting fits with being UU!

Scout Activity: _____
UU Principle: _____

Conclusion and Congratulations

You've done it! You have completed the Religion & Me Award program for Cub Scouts!

First, ask a parent or other adult family member to check out all the good work you've done, to sign here, and to sign the award application:

Parent/Guardian Signature: _____ Date: _____

Now, go to a leader of your church (such as the minister or the director of religious education) and have him or her sign here and on the award application:

Church Leader Signature: _____ Date: _____

Then, go to your Den Leader and have him or her sign here and on the award application:

Scout Leader Signature: _____ Date: _____

Your church and your pack will both be eager to celebrate your achievement with you! Your church may have a tradition of recognizing Scouts who complete a religious emblem program, and your pack will definitely want to recognize your efforts at a pack meeting!

Your church will award you a Religion & Me Award medal that you can wear on your scout uniform for special occasions and your pack will award you a patch with a silver knot on a purple background that you wear on your uniform shirt just above the left pocket all the time. Wear these proudly!

We hope that you have learned a few things from this program...something about UU history, something about UU values, something about your own religious beliefs, and something about being a UU Scout.

As a Cub Scout, you're starting out on the "Scouting Trail" that will lead you to Webelos and then to Boy Scouts. May your UU values of tolerance and respect for others serve you well in that effort and throughout your life.