November 2026

Tranquil United Methodist Church

Tranquil Tidings

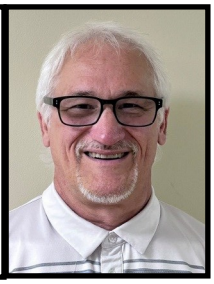
Sharing the Peace and Love of Christ in our Community since 1820.



You will be blessed when you come in

And blessed when you go out.

Deuteronomy 28:6



As the days grow shorter and cooler, I rejoice that Autumn is upon us. It was always Lisa and my favorite time of the year, a season we looked forward to and cherished together. There is a deep, familiar comfort in the beauty of the leaves as they change color against those brilliant blue skies—if feels like a breath of fresh air for the soul. The leaves have completed their vibrant work since their appearance in the Spring. Now, in their final phase of service, they gently rest upon the earth to nourish the very trees and vegetation that sustained them.

Just as the Earth moves into this natural time of rest and renewal, we often find ourselves kicking into a higher gear. The Christmas season begins earlier each year, it seems. Industrialized societies have long since forgotten the rhythms of nature. I believe the Holy Trinity created a cycle of productivity and rest for all their creatures. Yet, that intentional slowdown seems to have gone the way of the Carolina Parakeet, which became extinct in the early 20th century.

Perhaps during this time of fallow ground, you can take a few minutes each day to simply be in awe of God's handiwork, just as Lisa and I so often loved to do. Just look at the sky as if you were a child. When you notice a tiny flower pushing through a crack in the concrete, be inspired by her "last hurrah" before winter. Taking a few minutes to do things like these can rejuvenate us. We cut off autopilot and do something intentional. We can be still and realize that God is God. Give this a few tries—but watch out, it is addictive!

Pastor Greg



It is not happy people who are thankful
it is thankful people who are happy.
By: Melissa Llado

STEWARDSHIP

October Offerings

Budget received to date(10-25-2026): $108,825.05

Giving tithes and offerings to church is God's way of supporting the ministry of God on earth.

SERVING

November Trustee of the Month

Sandy Shaffer
864-980-8496 (C)

November Counters:

2 Janet Robinson
9 Linda Goldman
16 Martha Vincent
23 Patsy Anderson
30 Sandy Shaffer

Altar Guild Volunteer for November

Martha Vincent

November Usher

Jerrel Goldman

ALTAR FLOWERS

November Altar Flowers

1 In honor of Margaret Simpson
By Sherry Bayne
and
In honor of Robby Moore
By Bobby Moore

8 In honor of Dolly Murdock
By Cecil and Lisa Talley

15 HARVEST TABLE

22 HARVEST TABLE

29 Advent *and*
In honor of Pat Moore
By Bobby Moore



LECTIONARY READINGS

November 1 **All Saints Sunday**
Daylight Saving Time Ends
Josh 3:7-17
Ps 107:1-7, 33-37 (UMH 830)
1 Thess 2:9-13
Matt 23:1-12

Rev. 7:9-17
Ps 34:1-10, 22 (UMH 769)
1 John 3:1-3; Matt 5:1-12

November 8 Josh 24:1-3a, 14-25
Ps 78:1-7 (UMH 799)
1 Thess 4:13-18
Matt 25:1-13

November 15 Judg 4:1-7
Ps 123 or Ps 76 (UMH 797)
1 Thess 5:1-11
Matt 25:14-30

November 22 **Christ the King/Reign of Christ Sunday**
Ezek 34:11-16, 20-24
Ps 100 (UMH 821)
Eph 1:15-23
Matt 25:31-46

November 29 Isa 64:1-9
Ps 80:1-7, 17-19 (UMH 801)
1 Cor 1:3-9
Mark 13:24-37



Lay Speakers

November 1 Martha Vincent

8 Sandy Shaffer

15 Jo Ann Purkerson

22 Martha Vincent

29 Sandy Shaffer

November Celebrations

Birthdays

1 Larry McCombs, Helen Creswell
3 Doug Mikeal
5 Robbie Moore
7 Bruce Robinson
9 Diane Eubanks
12 Ann Coker, JoAnn Purkerson
13 Arron McCombs
16 Cecil Talley
20 Evelyn Cauley, Libby Harling
23 Angela Yingling
27 Collins Grace Strickland
28 Ellen Laughlin
30 Jo Bartley, Austin Yingling, Dylan Yingling

HAPPY BIRTHDAY TO YOU!





Birthstone: Topaz

Anniversaries

16 Brian and Lynn Lyons
25 Joe and Carol Langley



Thanksgiving

NOVEMBER 26

A day to praise and thank God for our blessings and ask Him to heal the nation's wounds.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7

Flower: Chrysanthemum

Meetings, Practices & Events



Pauline Botts Circle
Monday, November 16, 2025
Noon—Howard's On Main

Tranquility Circle
Monday, November 16, 2025
Fellowship Hall

Choir Practice
Each Sunday at 2:00 p.m.
Practice in the Sanctuary unless otherwise noted

Bobbie Wiley Bible Study
Meets Mondays at 10 a.m.
Fellowship Hall

NOW!(Outreach)Committee Meeting
Monday, November 2, 2026
5:00 p.m.—Brockwell Classroom



Placement/Removal of Flags
Wednesday, Nov. 4th—10am - placement
Wednesday, Nov 18th—10am - removal

Daylight Saving Time



Sunday, Nov. 1st

Be sure to turn your clocks BACK one hour before going to bed the night before!

S/PPRC Meeting
Monday, November 9, 2026
3:00 p.m.—Fellowship Hall

Please keep the church office notified of any notices or cancellations in advance if at all possible.

Operation Christmas Child

Shoeboxes for Samaritan's Purse are located in the Narthex. Please get yours, fill it up, and bring it back to the church for delivery by November 8th.

See below for how you can participate!

Thank you!
JoAnn Purkerson

HOW YOU CAN PARTICIPATE:

1 Get a standard-size shoebox to pack for a boy or girl. If you need a shoebox see JoAnn Purkerson.

2 "WOW" Item: Select a quality "wow" toy such as those listed below.

3 Then select from the other gift items on the list.

4 Pray: Pray for the child who will receive your gift. You can include a personal note and a photo to delight the child.

5 DONATE $10 PER BOX:

A donation of $10 per box is critical to cover shipping and other project costs.

6 DEADLINE: Sunday, November 8th.

DID YOU KNOW?

Many boys and girls who receive shoeboxes are invited to participate in our follow-up discipleship program, The Greatest Journey. Through 12 exciting lessons taught by trained volunteer teachers, the children learn how to faithfully follow Jesus and tell others about Him.

SHOEBOX GIFT IDEAS

"WOW" ITEM

- Soccer ball with pump
- Doll
- Stuffed animal
- Shoes

TOYS

- Toy cars
- Jump ropes
- Yo-yos
- Toys that light up and make noise (with extra batteries)



PERSONAL CARE ITEMS

- Toothbrushes
- Washcloths
- Combs
- Hairbrushes

SCHOOL SUPPLIES

- Pens, pencils, sharpeners, crayons, and markers
- Notebooks and paper
- Coloring and picture books
- Solar calculators

ACCESSORIES

- Socks
- Sunglasses
- Jewelry and watches
- Flashlights (with extra batteries)

For additional gift suggestions and more, visit SAMARITANSPURSE.ORG/OCC

DO NOT INCLUDE: Candy; toothpaste; gum; used or damaged items; scary or war-related items; seeds; food; liquids or lotions; medications or vitamins; breakable items or glass containers; aerosol cans. Thank you!

CHRIST THE KING SUNDAY

NOVEMBER 22, 2025



WHAT IT MEANS……
to acknowledge the dominion of our king, Jesus Christ, over all of creation and every aspect of our lives.

Christ the King Sunday, officially called 'the Feast of Christ the King' and also referred to as 'the Solemnity of Our Lord Jesus Christ, King of the Universe' is a feast day that celebrates the full authority of Christ as King and Lord of the universe.

There are countless passages throughout the New Testament where Jesus is referred to as "King." Some of these include Matthew 27:11 which says, "Now Jesus stood before the governor; and the governor asked him, "Are you the King of the Jews?" Jesus said, "You have said so."

Another passage is First Timothy 1:17 which says, "To the King of ages, immortal, invisible, the only God, be honor and glory for ever and ever. Amen." Revelation 19:6 also says, "On his robe and on his thigh he has a name inscribed King of kings and Lord of lords." From these passages, we see that "King" was one of the earliest titles given to Jesus Christ.

This title is not that of an earthly king which so many Jews were expecting because they were awaiting someone to overthrow the Roman rule and be the earthly king of Israel. This was the title of a spiritual king. Christ's Kingdom is in heaven. His title as King does not bind Him to earth alone. Ultimately, on this day we recognize the higher authority of Christ.

Some of the major roles of a king are to protect the poor and protect the kingdom. Christ did this and more. Jesus focused on the poor and marginalized during His earthly ministry. While He was a king, he embraced the lowly and called the disciples to do the same. There are countless examples in the Bible of His commitment to helping those in need, and His desire for us to model the same love in our lives.



SUNDAY, NOVEMBER 29TH DURING WORSHIP SERVICE

The congregation will have an opportunity to participate in the hanging of the ornaments on the Chrismon tree. The ornaments will be located on the altar.

Plum corny!



Why did the football coach go to the bakery?
To get some turnovers.

What was the turkey thankful for on Thanksgiving?
Vegetarians.

"How did Noah feel about his Thanksgiving feast?"
Grateful he didn't have to bring two of every dish!

Why did the turkey join the band?
Because he already had the drum sticks.



Laughter as a gift from God.
God wants us to be happy. Joy is one of the fruits of the Holy Spirit and what better way is there to express joy but through laughter?

Church Sign:

WHAT IF YOU WOKE UP TODAY
WITH ONLY THE THINGS YOU
THANKED GOD FOR YESTERDAY?



Crow
Symbol of God's provision

God shows his limitless care for his people and demonstrates how he can use even the most unlikely messengers, a **crow**, to bring food to man. In the spirit of **provision**, God expects us to share our love and care by providing for other people in need. It is not reciprocity but rather an extension **of God's** care over our lives.

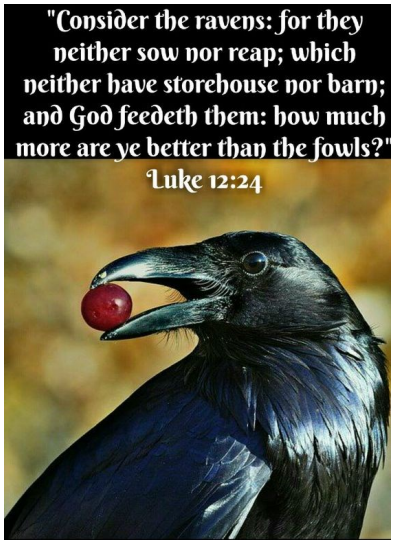
November

Now is the time for gratefulness.
Offer gestures of kindness.
Veer from negativity.
Energize yourself with hope.
Meditate on the Word.
Be a good neighbor.
Engage in learning more.
Remember to LOVE!

GOD WILL PROVIDE

But my God shall supply all your needs according to his riches in glory by Christ Jesus.

Philippians 4:19



Native American Heritage Month





Native American Heritage Month is celebrated each year in November to honor the traditions, languages, and stories of Native American and Alaska Native communities. This month serves as a time to recognize their rich histories and contributions to society, ensuring that their heritage continues to thrive with each generation. The observance was established to provide a platform for Native people in the United States to share their culture, traditions, and accomplishments.

FACTS:

- There are **574** federally recognized Native American tribes in the United States, each with its own unique culture and traditions.
- There are approximately **326 Indian land areas in the U.S.** administered as federal Indian reservations, covering more than 56 million acres.
- There are approximately **175 Indigenous languages spoken in the United States** today.
- The three largest Native American tribal groupings are **Cherokee, Navajo and Latin American Indian tribes.**
- It wasn't until 1924 that Native Americans were granted citizenship after Congress enacted the **Indian Citizenship Act.** While Native Americans were also given the right to vote in 1924, it took another 40 years for all 50 states to allow voting rights.,
- Native Americans have significantly influenced various aspects of modern society, including **agriculture, art, and democracy.** For example, the Iroquois Confederacy placed a role in shaping the U.S. constitution.
- Navajo people were crucial during the WWII effort. During WWII, the United States government enlisted the help of skilled Native Americans, known as **code talkers**, who used the Navajo language to transmit top-secret information to allied forces. Much of this information was classified until 2002 when Congress passed the **Code Talkers Recognition Act**. Overall, some tribes had as much as 70% participation in the war effort.
- Native American cultures are incredibly diverse with over **300 languages** still spoken today. Powwows, social gatherings that celebrate Native American culture through dance, music, and art, are common.
- This month is also a time to raise awareness about issues affecting Native communities, including the impacts of historical trauma and the importance of preserving their languages and traditions.
- Native American Heritage Month also honors the contributions of Native American veterans who have served in the U.S. military.

Did you know?

Veteran's Day
November 11













"A hero is someone who has given his or her life or struggled for something bigger than themselves."

Thank you for your service, protection and support.

Dear God, we give thanks on this day for our veterans and their willingness to risk all for the sake of freedom. Bless them and their families. Protect them and heal them; comfort their hearts and grant them peace. May their dedication and honor never be forgotten. Amen

Thank a veteran EVERYDAY!

Prayer Requests

Alfrieda Foster
Ashley
Ashton
Austin
Benzie Witt
Billy and Brenda Fuller
Bob Coman
Bonnie
Carson
Claudette McKinney
Cody
Channing
Dave Brinkerhoff
Debbie
Dianne
Dolly
Eddie Porter
Emma
Family of Don Wu
Fulmer Family
Gaines



Helen
Gracen
Harper-Reese
Israel
James Poore
Janet, Glenda, & Christopher
Jeff Channing
Jeanne Purvis
Jessica
Jim Hagan
Jim Rainey
Joyce and David
Justin
Karen
Lawrence Daniel

Linda Sanders
Lois
Lori
Marcia
Margaret Simpson
Matt
Military
Phyllis
Poole Family
Richard Coker
Ronnie and Twiler
Rosie
Sean Cornelsen
Sonny Meadows
Sonny Tharpe
Those deployed
Tisa McCall and Family
Tranquil
Unspoken
Wayne

Prayer requests can be submitted by calling or emailing the church office at 864-223-5333, tranquilumc@wctel.net or by accessing the church website at www.thetranquillife.org.

PLEASE notify the church office of any changes to the prayer request lists.

Our prayer for you!

God, we lift up those who are fighting disease, whether it be in mind or body. When they want to give up, give them fresh strength and courage. Comfort them in times of pain, give them peace in times of fear and bless them with your healing touch. In Jesus' name. Amen!

November

FOOD BANK OF GREENWOOD COUNTY

DONATE to the Greenwood Food Bank

Collected items can be placed on the designated table in the hallway near the church office.

Deadline….

November 29th

Canned Goods



Tuna



Chicken



Salmon



Chunky Soups



Canned Stews



Tranquil United Methodist Church
1702 McCormick Highway
Greenwood, SC 29646
Sharing the Peace and Love of Christ

OUTREACH PROJECT

SUPPORTING A GRIEVING LOVED ONE: LESSONS IN LISTENING

By Rev. David Cathcart, MDiv, Grief Counselor

Supporting someone who has lost a close loved one requires more than comforting words—it requires presence, humility, and intentional listening. Anne Long, in *Listening*, and Mortimer Adler, in *How to Speak, How to Listen*, both emphasize that genuine listening is an act of love and moral responsibility. Their teachings offer a compassionate framework for accompanying someone through one of life's most painful experiences.

Long describes listening as a form of "hospitality" - creating space for another person's story without judgment or correction. For the bereaved, whose inner world often feels chaotic, this kind of listening becomes a sanctuary. It means allowing the grieving person to set both the pace and the content of the conversation. Some days, they may want to share memories; other days they may express anger, confusion, or silence. Long reminds us that listening is not passive but a deliberate act of attending to another's emotional landscape. To support someone in grief, we must resist the urge to fix their pain and instead honor the meaning behind what they share.

Adler adds a practical and philosophical dimension. He distinguishes between passive hearing and active listening—listening that requires discipline, training, and the suspension of self. Active listening involves entering the speaker's frame of reference, working to understand not just their words but their meaning. This is essential when supporting someone who is grieving, as their speech often comes in fragments, metaphors, or deep emotion. Active listening helps us hear the longings, fears, guilt, or love beneath the surface. Adler also insists that listening should aim at understanding rather than responding. For a grieving person, simply being understood can be profoundly healing.

Together, Long and Adler suggest several practices for supporting the bereaved.

Create emotional space. Grieving people need room to bring whatever arises without fear of judgment. This means allowing them to talk about their loved one as much and as often as they need. Many mourners worry others will grow tired of their sorrow by staying present, we affirm that their loss matters and that their relationship continues to hold meaning.

Listen with humility. Adler argues that humility is essential because it centers the speaker's experience. In grief support, humility means recognizing that the bereaved is the expert on their own loss. Even if you have experienced grief, your story is not theirs. Avoid comparisons or unsolicited advice. Instead, ask gentle, open questions— "What has been hardest lately?" or "What do you find yourself missing today?" - that invite reflection without steering the conversation.

Practice patience. Grief is nonlinear and unpredictable. Long teaches that listening is often more about being than doing. This is especially important in the months after a death, when support from others begins to fade. Continuing to check in, remembering anniversaries, and offering simple companionship reinforces that the grieving person is not alone. Patience also means accepting silence. Adler notes that silence is a part of deep listening; it gives space for emotion and thought. Sitting quietly with someone can be more comforting than any advice.

Be honest and steady. Adler reminds us that communication relies on sincerity. A grieving person benefits from knowing you are reliable and authentic. If you don't know what to say, it is better to admit it— "I don't have the right words, but I'm here" - than to rely on cliches that minimize their pain.

Supporting someone through grief is a sacred responsibility. Long and Adler show that the most meaningful gift we can offer is our attentive presence. By practicing hospitality of heart, humility of mind, and patient, compassionate listening, we create the conditions for the bereaved to express their grief and begin to integrate their loss. Deep listening is not merely a skill but an act of love that honors both the mourner and the memory of the one they have lost.

Scripture for the Grieving ...comforting words.

"There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to weep and a time to laugh, a time to mourn and a time to dance." ***– Ecclesiastes 3:1-2***

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ***– Philippians 4:6-7***

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." – ***Psalm 34:18***

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." ***– Isaiah 41:10***

Finding God in Grief allows you to freely grieve while holding onto hope and a promise that is bigger than any loss you are experiencing. When you experience grief, God's presence comforts you. *David Herr*

November 1, 2026

All Saints Sunday



Jean Botts Corley—February 27, 2026



Rev. James "Jim" Ray Davis, Sr.— April 12, 2026



Lisa McAlister Thompson—June 30, 2025

All Saints' Day is a Christian memorial day celebrating the honor of all church saints, whether known or unknown. It is a day set aside to honor all the saints who have lived righteous and holy lives in accordance with Christian teachings.

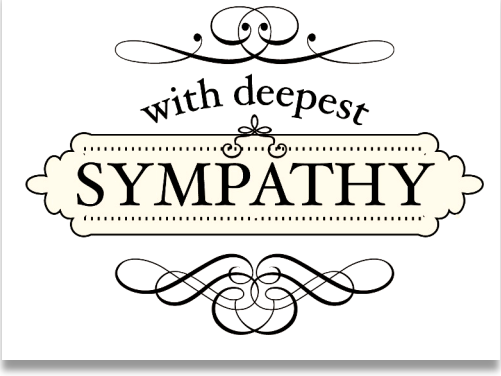


Memorials

In Memory

In memory of Virginia McCombs Williamson
By the following:
Bubba and Cindy Davis
Helen Watson

Tranquil gratefully appreciates the gifts that have been made in honor and in memory.



Sympathy is extended to Billy McCombs and his family in the recent passing of his sister, Virginia McCombs Williamson, on Friday, October 2, 2026 in North Augusta, South Carolina.

Rowland-Ford Funeral Home assisted the family.

Be Thankful!

No matter how good or bad you think life is, wake up each day and be thankful for life. Someone somewhere is fighting to survive.

Thanksgiving comes but once a year,
And yet the whole year round
The heart of love, the heart of cheer
Will make a joyful sound;
And we who keep Christ's loving way
Will have Thanksgiving every day.

Eleanor Halbrook Zimmerman





In all things GIVE thanks!



Give thanks in ALL circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18

When in the rush of every day life, we sometimes forget to think about all of the blessings we have. Take a few moments and fill in the blanks from A to Z of things that you are thankful for.

I AM Thankful FOR...

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



Fall Feast



CONGREGATIONAL MEAL

Sunday, November 8th

Join us after worship for good food and fellowship.



Meat and Tea will be provided.



Please bring side dishes and desserts!

Thanksgiving Recipe

Caramelized Brussels Sprouts

Cooking spray for baking sheet
2 lb Brussel sprouts, trimmed and halved
1/4 cup olive oil
3 Tbsp. balsamic vinegar
2 Tbsp. packed light brown sugar
2 Tbsp. country Dijon mustard
2 Tbsp. fresh orange juice
1 1/2 tsp kosher salt
1/2 tsp black pepper



1. Preheat oven to 425 degrees. Line baking sheet with aluminum foil and spray with cooking spray.
2. Add the Brussels sprouts to the prepared baking sheet. In a medium bowl or measuring cup, whisk together the oil, vinegar, brown sugar, mustard, and orange juice. Pour about ½ cup of the glaze evenly over the Brussels sprouts and sprinkle with the salt and pepper and toss to coat.
3. Arrange the Brussels Sprouts cut-side down and roast until they begin to turn golden 20-25 minutes. Stir and return to the oven to bake until tender and caramelized, 10-15 minutes more.
4. Drizzle with the remaining glaze and toss before serving.



Family Fun Day October 24, 2026





Sunday	Monday	Tuesday	
1 **COMMUNION** **Worship—**11: 00 a.m. **ALL SAINTS SUNDAY** **Choir Practice** 2-3 p.m.—Sanctuary **CHARGE CONFERENCE** 5 :00 p.m.—St. Mark UMC—River St Loc	2 **Bobbie Wiley Bible Study** 10:00 a.m.—Fellowship Hall **NOW (OUTREACH) COMMITTEE** 5:00 p.m.—Brockwell Classroom	3	
8 **Stillwell Class Bkfst.** 7:30-10:45 a.m. **Worship—**11:00 a.m. Fall Feast **Choir Practice** 2-3 p.m.—Sanctuary **DEADLINE FOR SHOEBOXES**	9 **Bobbie Wiley Bible Study** 10:00 a.m.—Fellowship Hall **S/PPRC MEETING** 3:00 p.m.—Fellowship Hall	10	
15 **Worship—**11:00 a.m. **Choir Practice** 2-3 p.m.—Sanctuary	16 **Bobbie Wiley Bible Study** 10 a.m.—Fellowship Hall **Pauline Botts Circle** Noon—Howard's on Main **Tranquility Circle** 6 p.m.—FH	17	
22 **CHRIST THE KING SUNDAY** **Worship—**11:00 a.m. **Christ the King Sunday** **Choir Practice** 2-3 p.m.—Sanctuary	23 **Bobbie Wiley Bible Study** 10 a.m.—Fellowship Hall	24	
29 **Worship—**11:00 a.m. HANGING OF THE GREENS **Choir Practice** 2-3 p.m.—Sanctuary	30 **Bobbie Wiley Bible Study** 10 a.m.—Fellowship Hall	31	

Worship Services are available on Facebook, YouTube and our Website www.the tranquillife.org.

Let us welcome November!

A month filled with GRATI-



Wednesday	Thursday	Friday	Saturday
4  **Placement of flags along the drive. Volunteers meet at 10:00 a.m.**	5	6	7
11  **VETERAN'S DAY**	12	13	14
18  **Removal of flags along the drive. Volunteers meet at 10:00 a.m.**	19	20	21
25	26 	27	28



NATIVE AMERICAN HERITAGE MONTH

When using the Kitchen/Fellowship Hall or any other part of the buildings, please leave the areas clean.

When having an event it is important that you post your event(s) on the church calendar located right outside the church office door.

Tranquil United Methodist Church
1702 McCormick Highway
Greenwood, SC 29646
Sharing the Peace and Love of Christ
in our community since 1820



Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
1 Thessalonians 5:16-18

Tranquil Tidings

A monthly publication connecting members and friends at Tranquil United Methodist Church.

Tranquil United Methodist Church
1702 McCormick Highway
Greenwood, SC 29646

Phone: (864) 223-5333
E-mail: tranquilumc@wctel.net
Website: www.thetranquillife.org

Pastor, Rev. Greg Thompson—(864-547-2116 or (864) 305-9380 Ofc. hours—Monday 8am-5pm/ Wednesday 8am-12pm
Administrative Assistant—Jane Roper Office Hours: Monday 8am-5pm—Tues/Wed 8am-Noon
Sound Technician—Sherry Bayne Videographer—Steve Durham

Have you visited Tranquil's Web Page?

You can access Worship Information, the Monthly Newsletter, Online Worship, the Thought for the Day, Current Church Ministries, Kid's Corner, Contact and Staff information and so much more! Prayer requests can also be submitted. CHECK IT OUT!!!! www.thetranquillife.org