



First Edition

May 2014



First Baptist Church of San Mateo 2801 Alameda de las Pulgas San Mateo, CA 94403 650-345-1965 www.fbcsanmateo.org

A LESSON ON PRAYER FROM S'MORES!

By Pastor Marc Heinz

Last week I was significantly impacted by our observation and celebration of Holy Week! Throughout the week as we gathered for Maundy Thursday, Good Friday and the Sunrise Service and Sunday morning Worship service I found myself constantly thinking about God and marveling at His incredible love for us. It's been so encouraging to be reminded not only of God's love but also His provision and care. I've also been thinking about the fact that God knows me better than I know myself and that He desires to be intimately involved in every single aspect of my daily life. What about you? Do you ever stop to think about just how well God knows you and how very much He loves you?

One of my favorite books is Windows of the Soul, by Ken Gire. In this book he explains how God learns the unique language of each of our hearts so that He can speak to us in language we most clearly understand. Gire goes on to write: "God speaks to us through the images that are most dear to us. He picks images that are as indigenous to our world as a calculator is to the world of an accountant or as crayons are to a kindergartner. The images may be so personal as to mean little, if anything, to anyone else. But they mean everything to us. He searches our heart for just the right image, as a mother would search her child's toy box for just the right stuffed animal that would dry the child's tears and bring a smile to the child's face. That is how well He knows us. And how much He loves us."

Folks, we need to be reminded of these truth's; we need to constantly remember that we are loved and understood by our great and awesome God

who knows our every thought, every hope, and every dream.

This month I want to share a story with you that a friend of mine wrote. She was one, who had a very difficult time believing that God knew her language or that He understood what was in her heart. In truth, she was angry at God and she feared Him. She found it difficult, if not impossible to believe that He cared about her or that He knew and understood her thoughts and feelings. I pray that as you read her story you will be encouraged and reminded afresh of how well God knows you and just how much He loves you!

"In the summer of my ninth year, my neighbors and my family went together to the campgrounds at Zig Zag in the Mt. Hood National Forest for a picnic, complete with a campfire and s'mores. I'd never had s'mores and was eager to indulge my sweet tooth. However, this wasn't going to be easy: I was absolutely terrified of fire.

"To roast my marshmallows at a safe distance, I sought out the longest stick I could find. On my first attempt, I bravely held my chosen spear- adorned with two big, fluffy white marshmallows - about two feet above the taunting flames. 'No, bring it closer,' I was told. Trustingly, I lowered the giant, bobbing skewer into "the roasting zone," not knowing that the attached sweet morsels were highly flammable. Yep! Within seconds those puppies were a-blazin'!

"Panic took over, I began screaming and frantically waving my stick all around to extinguish the flames that had now engulfed my dessert. With one wild swing, I launched the blazing sugar comets off into the far blue yonder! (Surely,

to this day I tell you, somewhere in the Mt. Hood National Forest there strolls a one eyed moose with a very strange tale ...) Once the laughter subsided, Mom persuaded me to try again. 'But sit closer to the fire and get a shorter stick,' she commanded. At this time, I could see that my brother and the neighbor kids were all enjoying their first s'mores and woe is me - I had none.

"With wavering faith, I re-approached the monstrous fire with yet another pair of innocent, tender marshmallows on a seemingly toothpick sized twig. Terrified, I held the trembling stick at arms length and forced my doomed dessert back into the all consuming fire. It too quickly ignited, but Mom swiftly took hold of my skewer and blew out the flames. So I ate my very first blackened s'more and it was good.

"I was ready to call it quits - this playing with fire. But I wanted more s'mores! To my dismay I found no one willing to roast my marshmallow for me. In order to enjoy more of the gooey dessert, I had to face my fears, trembling or not, and brave the raging fire.

"In my life, a heartfelt prayer is like a marshmallow: tender and pure; delicate and highly flammable. And God, is an all consuming fire...

"You see, much like my first s'more, my first prayer was engulfed in flames. At age 13, racked in anguish and a foreigner to God's ways - I desperately pleaded for the life of my dying father. The quickest answer I never wanted came just five grueling hours later: 'No.' Dad was dead; my heart was in flames....

"Because of this, through the years
(Continued on next page)

my prayer life has been either non-existent or shallow at best. Rarely would I ask God for anything 'big,' anything with my heart attached to it. When I did pray for these things, I often found myself trembling before the Lord and presenting my supplications on a very long, wavering stick. I felt vulnerable and reluctant to hold my deepest, most tender prayers - my very heart - over God's unpredictable fire; fearful that I would get burned again.

"Of one praying, James cautions: *'But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double minded man, unstable in all his ways.'* v.1:6-7).

"For years, those words cut deep. And for years, I prayed for God to take away the fears and the doubts that I knew found root in that first prayer. But God wanted me to first find strength in His presence and power. He wanted me to understand His ways, His purposes, His character. Only then, would the chains be broken.

"Then the Lord led me to a church just as the Pastor began a new study on understanding the character of God, our relationship with Him and with others. If anybody ever needed to hear this it was me! In addition to the study, God had me embark on even more in-depth personal studies to help me grow in Him. One of these journeys was called Experiencing God, by Henry Blackaby.

"Trekking through this 14 week study with two buddies, I encountered God in a whole new light. 'Ask! What shall I give you?' was the prevalent question from our God who delights in giving His children gifts (see 1 Kings 3:5-14). Knowing that my prayer life needed fuel, the Lord kept challenging me to ask Him, to seek after Him, to trust Him. I sensed Him saying: 'Tremble if you must, but you need not feel vulnerable - I will prove to you that I am Faithful and True! Come to me and believe that I AM! - Dear child, Ask! What shall I give you?'

"As He revealed more and more about His character, His ways, His purposes through church and my personal studies I became strengthened in His presence and was finally able to approach the fires of His throne to ask the one question that had plagued me for the past twenty years: 'Lord, where were you that night my dad died?' His answer

was more soothing to my heart than cool aloe vera on a blistering sunburn! From that point on, God has proceeded to prove Himself to be far more compassionate, more faithful, more trustworthy, more powerful, and more responsive to prayer than I'd ever given Him credit for!

"Prayer has now become the barometer of my walk in Christ. If I'm not talking to God, if I'm not asking Him for His wisdom, His perspective, His direction, His provision or even His grace and mercy, then something is dreadfully wrong with the relationship. As for my prayer life, it's far from perfect, but much improved! Now, if I catch myself struggling in prayer, I'll heed the advice of the psalmist who wrote: *'But I'll remember the works of the Lord'* (Ps 77:10).

"Because doing so reminds me that He is indeed, Faithful and True. Faith in prayer grows from knowing who God is. If you are struggling in prayer, if your faith is 'driven and tossed by the wind,' then turn to the One True God and ask! Ask Him to change your heart. Ask Him to show you His perspective on life and His true character. For it pays well to know God as He truly is. God is Truth, and only He can set you free. In the presence of Truth, fears and doubts don't stand a chance they just melt away by the gentle warmth of His refining fire.

"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.' Heb. 11:8"

Prayer Meeting

Monday night, May 12, at 7:00 p.m. in the Hospitality Room. You are invited and encouraged to meet with us to pray for First Baptist Church, San Mateo, and any needs of loved ones.

Community Outreach Event

By Tami Strang

Come join us and be Jesus' hands, heart, and smile to those in our community!

On Saturday, May 3, from 6-8 PM, we'll be serving dinner to the residents of the InnVision Shelter Network: First Step for Families in San Mateo.

There are plenty of ways to participate: helping in the kitchen, serving food at the shelter, cleaning up, and more. The cooking and prepping team will work at the church in the early afternoon. We'll all meet at the church for prayer at 4:45, and those serving will head over to the shelter for setup and dinner service around 5.

Pray about the particular role God would have you take, then sign up in the Narthex or contact Tami Strang for more information!

Special Offerings

For the month of May, the special offering taken at the close of Communion and received all month long, will be for the Camp Scholarships.

First Baptist Church San Mateo

SPORTS
And more
CAMP

July 7-11

www.fbcsanmateo.org

Upon reflection of this last Holy Week, there were so many things that God taught me about Himself and the cross. I wanted to share these amazing things about the Lord and hope you also learned and went deeper in Him through these experiences.

Leadership and Worship Retreat before Holy Week...

- Through Ravi Zacharais, we learned that true worship first happens as we bow in submission (*proskenein* - Greek word for bowing down in worship) before the Lord in our hearts. Unless we start there and maintain that heart attitude, then we aren't worshipping.
- It's easy to confuse an aesthetic experience for a worshipful one.
- Everything we do, is done as an act of worship to God first. There mustn't be anything of self-serving in there, otherwise, it's not truly an act of worship to God.
- We worship a Holy God who already knows everything about us, and just how to meet our needs.
- Worship is powerfully expressed in the community so that as we worship, serve, love, give, we are glorifying God and edifying others.
- "Worship is the submission of all of our nature to God. It is the quickening of the conscience by His holiness; the nourishment of mind with His truth; the purifying of imagination by His beauty; the opening of the heart to His love; the surrender of will to His purpose—all this gathered up in adoration, the most selfless emotion of which our nature is capable."

Thursday Communion...

- I learned that Jesus spent significant time with His disciples, and taught them some of the most important and critical teaching about the Father, Jesus' work, the coming of the Spirit, the church, the

future, and their relationships in community that we often miss during holy week.

- As we worship Him and serve Him together, we are more deeply connected to Him and one another than we ever thought possible.

Good Friday...

- We mustn't move too quickly past the cross to the empty tomb, but be willing to plumb the depths of the cross and it's implications for our lives.
- The cross was not something that could've been avoided, in order for us to be redeemed. It was either save us, or save Himself... He couldn't do both.
- To wish that this never happened to Jesus, is to be like Peter in not desiring the things of God over man.
- What Jesus endured on the cross, (in all it's torture, agony, anguish, suffering, pain, ugliness, shame and reviling) truly represents all the horror of mankind's sin that was made visible in concrete terms and placed on Jesus.
- We too must be willing to carry our cross and die to ourselves as Christ did, to truly be His disciples and to truly live.

Easter Sunday...

- The Lord showed us just how wonderful, powerful, and beautiful He truly is. As the warmth and light of the sun increased that morning at Skylawn Memorial Park, so He showed us a tangible picture of what He is doing right here in His church.
- He reinforced His presence with us through fellowship at breakfast and in worship and teaching at the morning service.
- We were reminded that it is when we intently look at and to Jesus, that we grow and experience the abundant life that He has available for us.

Praise God for all He did and taught is in just one short week.

Moving Forward,

Revival in the Church

From Chapter 23 of "The Knowledge of the Holy" by A.W. Tozer
Submitted by Doris Waddell

The Open Secret

"When viewed from the perspective of eternity, the most critical need of this hour may well be that the Church should be brought back from her long Babylon captivity and the name of God be glorified in her again as of old. . . . We Christians are the Church and whatever we do is what the Church is doing.

"What can we plain Christians do to bring back the departed glory? Is there some secret we may learn? Is there a formula for personal revival we can apply to the present situation, to our own situation? The answer to these questions is yes.

"The secret is an open one which the wayfaring man may read. It is simply the old and ever-new counsel: *Acquaint thyself with God.*

"The God we must learn to know is the Majesty in the heavens, God the Father Almighty, Maker of heaven and earth, the only wise God our Saviour. . . .

"Let me present a brief summary of these conditions as taught by the Bible:

"First, we must forsake our sins.

"Second, there must be an utter committal of the whole life to Christ in faith. This is what it means to "believe in Christ." . . . This requires that we keep His commandments, carry our cross, and love God and our fellow men.

"Third, there must be a reckoning of ourselves to have died unto sin and to be alive unto God in Christ Jesus, followed by a throwing open of the entire personality to the inflow of the Holy Spirit. . . .

"Fourth, we must boldly repudiate the cheap values of the fallen world and become completely detached in spirit from everything that unbelieving men set their hearts upon . . .

"Fifth, we must practice the art of long and loving meditation upon the majesty of God. ". . . God is a Person and can be known in increasing degrees of intimate acquaintance as we prepare our hearts for the wonder.

"Sixth, as the knowledge of God becomes more wonderful, greater service to our fellow men will become imperative. . . . The God who gave all *to* us will continue to give all *through* us as we come to know Him better."

National Day of Prayer

is observed nation wide on Thursday, April 30, and at our Wednesday night service on May 1, we will be praying for our nation and our leaders. On Thursday, the sanctuary will be open from noon until 5:00 p.m. for anyone wishing to pray.



YOUTH ADVENTURE DAY



"Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. 14 "For the gate is small and the way is narrow that leads to life, and there are few who find it." Matthew 7:13-14

On April 5, we took a trip off the beaten path. So many times our youth experience the popular, common, ordinary events. They only know how to travel on the 'main roads' of life. But real life, Jesus said, is not discovered by looking around to see what everyone else is doing, and then joining in. True life is found by looking to Him, and then joining Him in the life that HE has available for you to

experience. It's a life of adventure that is on the back-roads, and filled with uncommon experiences. It's a life where God leads and you don't know what to expect next, BUT you are invigorated and excited because you trust Him and you are willing to learn and grow.

We sought to give our youth these kinds of real experiences, then talk about them together and see what God taught us about Himself, us, and life. We first visited the "Mystery Spot" in Santa Cruz. It's a place that advertises strange gravitational and magnetic anomalies that boggle the mind. The tour guides make it a lot of fun, and the experience was one that provided a lot of illustrations about

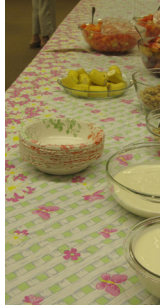
what's real and what's not based on perception and suggestion. From there we played disc golf, an up and coming sport where you throw Frisbees around a golf like course. Then we headed down the coast to Shark Fin Cove, an incredible beach with waterfalls, caves, and towering cliffs and rock formations.

All of these were experiences that are on the 'narrow roads' of life. We learned so much, and the Lord put into real and tangible examples of the powerful spiritual truth found in Matthew 7:13-14. A life lived in Him, is lived on the narrow road, not on the popular broad road. It may be a life that is different, but it's the greatest adventure we could ever have.



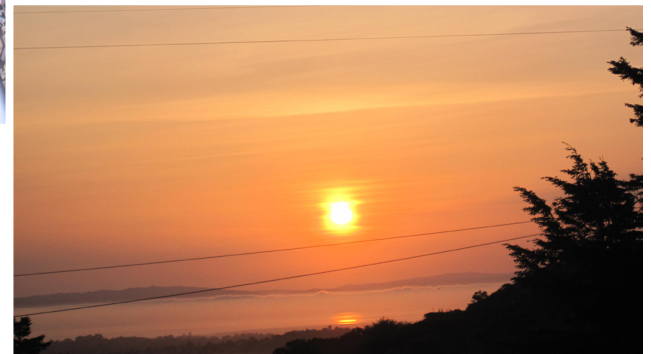
Hume Lake Christian Camp
Jr High and High School Summer Camp (separate)
July 20-27 - \$485
Deposit - \$50, Scholarships Available
Sign-up now. See Doug Andrews or Dave Kellejian

Some Photos from Holy Week Events
 (more will be posted on a bulletin board soon)



Worshipping
together
Working
together
Welcoming
guests
Enjoying
each other
Loving
each other

**THE
FAMILY
OF
GOD!**



The Hidden Life of Prayer

By Pat Coffey

The men's Sunday morning class meeting at 11:00 in Room 250 is continuing its study of prayer reviewing The Hidden Life of Prayer by David MacIntyre. The author, David MacIntyre, was born in Monikie, Angus, Scotland in 1859. David was converted when young and thereafter lived in the sunshine of God's love. He summarised his life, from his conversion onwards, in these words: "Immediately, without an instant's delay, I rested my soul on Christ, and was at peace. Since that time I have never doubted that my Lord has undertaken on my behalf. There was very little difference in my outward life after this; but the inward change was very great. Now I began to rejoice in God my Saviour, and I have never lost the comfort of that good hour. Though I mourn when I recall the disappointments with which I must often have touched the heart of the Redeemer, yet during almost the space of a lifetime, God has been the "gladness of my joy," and I trust I shall come to the Eternal Summer with the Spring-time of my first love unspent."

David dedicated himself to the service of Christ and trained for the ministry. His first charge was in London, where he was for five years, before moving to Glasgow in 1891 to become the colleague and successor of Andrew Bonar. In the church at Finnieston, MacIntyre developed his pulpit style. According to a biographer, he was not "a sparkling orator or popular star. Indeed, he never attempted such flights. His values were elsewhere. His forte lay in the devotional exposition of the living Word. His springs were ever fresh and deep. His delivery was quiet and even in tone, but the sincerity of both mind and spirit was unmistakable. He shot his well-polished shaft home, where many a more ornate preacher failed." The same person says of MacIntyre, "His parish was the Bible, and he walked the length and breadth with reverent and scholarly stride."

So it was not surprising when, in 1913, MacIntyre became Principal of the Bible Training Institute in Glasgow, where he was to work for the rest of his life, while remaining the honorary senior minister of Finnieston. Over 1,000 students went through the College during his time, most of whom went abroad in

missionary service for Christ.

MacIntyre died in March, 1938. During his lifetime, in addition to his work as pastor and as principal of Bible Training Institute, he wrote many books. Some of them are on complex doctrines, yet he always wrote in a devotional style. His books on the Saviour (Christ the Lord and The Prayer Life of Jesus) reveal a man whose love for his Master was strong and that surely is the basic requirement for anyone who ventures to write about him. But it is his book called The Hidden Life of Prayer that has remained in constant print and influenced thousands of people.

What can be said in its praise?

First, it is short. The current edition in print is only about 120 pages in length.

Second, it contains lots of real-life stories. The obvious benefit of such a story is that it is real. What the person describes truly happened. Indeed this is why MacIntyre said he wrote the book: "Books on secret prayer are without number."

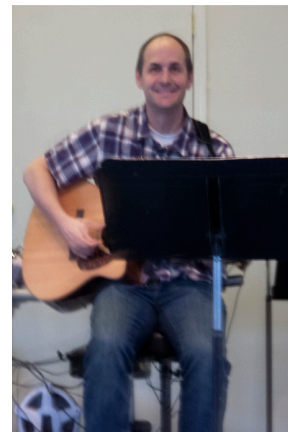
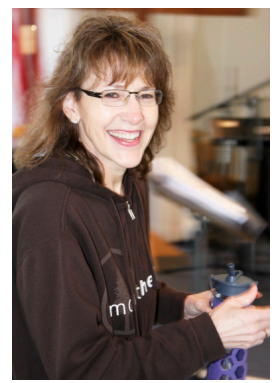
Third, it is scriptural. In a sense, the book is an explanation of Matthew 6:6: "*But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*" MacIntyre proceeds to take the reader through various aspects of that activity, basing each of them on the Bible.

Fourth, it is stimulating. Obviously this is a subjective response. But the author's style does not crush the reader, even although he probably suspected that many readers would have confessed their inadequacies in prayer. Reading his examples of men and women who prayed, in a wide variety of circumstances, and received clear answers from God makes one long to experience the same blessing.

This is the second study we have undertaken from MountZion.org. It is as compelling and thought provoking as The Call to Prayer, and we highly recommend this study for the men of FBC. Join us on Sunday's at 11:00 as we discuss this remarkable book.

(This book review appeared in the August 2011 edition of the Record monthly magazine of the Free Church of Scotland).





LEADERSHIP RETREAT, 2014



Daily Bible Readings - May

The following Bible reading schedule was compiled by Robert Murray McCheyne in 1842. Using this Bible reading schedule you will read four portions of Scripture each day (two in the morning with "family" or individually and two in the evening in "secret" or privately), and read through the Old Testament once and the New Testament and Psalms twice in a year.

Thurs.	1	Num. 8; Ps. 44; Song 6	Heb. 6
Fri.	2	Num. 9; Ps. 45; Song 7	Heb. 7
Sat.	3	Num. 10; Ps. 46,47; Song 8; Heb. 8	
Sun.	4	Num. 11; Ps. 48; Isa. 1	Heb. 9
Mon.	5	Num. 12,13; Ps. 49; Isa. 2; Heb. 10	
Tues.	6	Num. 14; Ps. 50; Isa. 3,4; Heb. 11	
Wed.	7	Num. 15; Ps. 51; Isa. 5; Heb. 12	
Thurs.	8	Num. 16; Ps. 52-54; Isa. 6; Heb. 13	
Fri.	9	Num. 17,18; Ps. 55; Isa. 7; James 1	
Sat.	10	Num. 19; Ps. 56,57; Isa. 8-9:7; James 2	
Sun.	11	Num. 20; Ps. 58,59; Isa. 9:8-10:4; James 3	
Mon.	12	Num. 21; Ps. 60,61; Isa. 10:5-34; James 4	
Tues.	13	Num. 22; Ps. 62,63; Isa. 11,12; James 5	
Wed.		James 5	
Thurs.	14	Num. 23; Ps. 64,65; Isa. 13; 1 Pet. 1	
Fri.	15	Num. 24; Ps. 66,67; Isa. 14; 1 Pet. 2	
Sun.	2		
Mon.	16	Num. 25; Ps. 68; Isa. 15; 1 Pet. 3	
	17	Num. 26; Ps. 69; Isa. 16; 1 Pet. 4	
Tues.	18	Num. 27; Ps. 70,71; Isa. 17,18; 1 Pet. 5	
Wed.		1 Pet. 5	
Thurs.	19	Num. 28; Ps. 72; Isa. 19,20; 2 Pet. 1	
Fri.	1		
Sat.	20	Num. 29; Ps. 73; Isa. 21; 2 Pet. 2	
Sun.	21	Num. 30; Ps. 74; Isa. 22; 2 Pet. 3	
	22	Num. 31; Ps. 75,76; Isa. 23; 1 John 1	
Mon.	1		
	23	Num. 32; Ps. 77; Isa. 24; 1 John 2	
Tues.	24	Num. 33; Ps. 78:1-37; Isa. 25; 1 John 3	
Wed.		1 John 3	
Thurs.	25	Num. 34; Ps. 78:38-72; Isa. 26; 1 John 4	
Fri.		1 John 4	
Sat.	26	Num. 35; Ps. 79; Isa. 27; 1 John 5	
	27	Num. 36; Ps. 80; Isa. 28; 2 John 1	

Favorite Passages from God's Word

Psalm 8 (New American Standard)

¹ O LORD, our Lord, How majestic is Your name in all the earth, Who have displayed Your splendor above the heavens!

²From the mouth of infants and nursing babes You have established strength

Because of Your adversaries, To make the enemy and the revengeful cease.

³When I consider Your heavens, the work of Your fingers,

The moon and the stars, which You have ordained ;

⁴What is man that You take thought of him,

And the son of man that You care for him?

⁵ Yet You have made him a little lower than God,

And You crown him with glory and majesty !

⁶ You make him to rule over the works of Your hands;

You have put all things under his feet,

⁷All sheep and oxen, And also the beasts of the field,

⁸ The birds of the heavens and the fish of the sea,

Whatever passes through the paths of the seas.

⁹O LORD, our Lord, How majestic is Your name in all the earth !

Psalm 8 (The Message)

¹ God, brilliant Lord, yours is a household name.

²Nursing infants gurgle choruses about you; toddlers shout the songs That drown out enemy talk, and silence atheist babble.

³ I look up at your macro-skies, dark and enormous, your handmade sky-jewelry, Moon and stars mounted in their settings.

⁴ Then I look at my micro-self and wonder, Why do you bother with us? Why take a second look our way?

⁵ Yet we've so narrowly missed being gods, bright with Eden's dawn light.

⁶ You put us in charge of your hand-crafted world, repeated to us your Genesis -charge,

⁷ Made us lords of sheep and cattle, even animals out in the wild,

⁸ Birds flying and fish swimming, whales singing in the ocean deeps.

⁹ God, brilliant Lord, your name echoes around the world.



ATTENTION: ALL MEN

May 3rd (this coming Saturday) is the next Men's Monthly Breakfast, 8:30 a.m. in the Chapel.

Nominating Committee at Work

If you have recommendations, contact Mara Prieto, Chair.

F.A.T. Dinner May 7, 5:30 p.m.

MENU

Subways and Salads
Chips
Dessert
Drinks



Cost: \$5.00 age 18 and over
\$2.00 age 12-17

Please make your reservation, or better still, make a standing reservation if you are planning to eat with us on a fairly regular basis. Use the insert from the bulletin today, or call the church office, 650-345-1965 Ex. 10 before 3pm Tuesday.

LIFE OF THE CHURCH

May 2014

SUN	MON	TUE	WED	THU	FRI	SAT
SUNDAY MORNINGS: 9:30am Bible Studies for Children and Adults Contemporary Style Worship 11:00am Bible Studies for Adults and All Youth Classical Style Worship	All Events Are Subject to Change.					3 8:30 am Men's Breakfast
4 Communion	5 7pm Boy Scouts	6 9am BSF Leaders 7pm AI-Anon 7pm Women's Ministry	7 5:30pm F.A.T. Dinner 6:30pm AWANAS 6:30pm Midweek Service 8pm Worship Rehearsal	8 9am BSF 11:30 BSF Seminar 3pm Youth Band Reh. 7pm TNT National Day of Prayer Sanctuary Open from Noon until 5p.m.	9	10 9am Leadership Meeting
11 Mother's Day 12:30 Children's Ministry Lunch	12 7pm Boy Scouts 7pm Prayer Meeting	13 7pm AI-Anon 7pm C.A.D.	14 6:30pm AWANAS 6:30pm Midweek Service 8pm Worship Rehearsal	15 3pm Youth Band Reh. 7pm Scouts Meeting	16	17 9am Women's Ministry Luncheon
18	19 7pm Boy Scouts	20 7pm Women's Ministry 7pm AI-Anon 7pm C.A.D.	21 5:30pm F.A.T. Dinner 6:30pm Midweek Service 8pm Worship Rehearsal	22 3pm Youth Band Reh. 7pm TNT	23	24
25 Memorial Day Church Office Closed	26	27 7pm AI-Anon 7pm C.A.D.	28	29	30	31