



# THE MOST HOLY TRINITY SUNDAY

## May 30, 2021



### From a commentary on the gospel of John by Saint Cyril of Alexandria, Bishop

(Lib. 10, 2: PG 74, 331-334)

**I am the vine, you are the branches**



The Lord calls himself the vine and those united to him branches in order to teach us how much we shall benefit from our union with him, and how important it is for us to remain in his love. By receiving the Holy Spirit, who is the bond of union between us and Christ our Savior, those who are joined to him, as branches are to a vine, share in his own nature.

On the part of those who come to the vine, their union with him depends upon a deliberate act of the will; on his part, the union is effected by grace. Because we had good will, we made the act of faith that brought us to Christ, and received from him the dignity of adoptive sonship that made us his own kinsmen, according to the words of Saint Paul: He who is joined to the Lord is one spirit with him.

The prophet Isaiah calls Christ the foundation, because it is upon him that we as living and spiritual stones are built into a holy priesthood to be a dwelling place for God in the Spirit. Upon no other foundation than Christ can this temple be built. Here Christ is teaching the same truth by calling himself the vine, since the vine is the parent of its branches, and provides their nourishment.

From Christ and in Christ, we have been reborn through the Spirit in order to bear the fruit of life; not the fruit of our old, sinful life but the fruit of a new life founded upon our faith in him and our love for him. Like branches growing from a vine, we now draw our life from Christ, and we cling to his holy commandment in order to preserve this life. Eager to safeguard the blessing of our noble birth, we are careful not to grieve the Holy Spirit who dwells in us, and who makes us aware of God's presence in us.

Let the wisdom of John teach us how we live in Christ and Christ lives in us: The proof that we are living in him and he is living in us is that he has given us a share in his Spirit. Just as the trunk of the vine gives its own natural properties to each of its branches, so, by bestowing on them the Holy Spirit, the Word of God, the only-begotten Son of the Father, gives Christians a certain kinship with himself and with God the Father because they have been united to him by faith and determination to do his will in all things. He helps them to grow in love and reverence for God, and teaches them to discern right from wrong and to act with integrity.

### RESPONSORY

John 15:4, 16

Live in me as I live in you.

– Just as a branch cannot bear fruit of itself apart from the vine,  
so you cannot bear fruit unless you live on in me, alleluia.

I chose you to go out and bear fruit, a fruit that will last.

– Just as a branch cannot bear fruit of itself apart from the vine,  
so you cannot bear fruit unless you live on in me, alleluia.

### **BIBLE STUDY CORNER**

#### **Bible Studies Virtual Meetings:**

1. Gospel according to Matthew - Tuesdays at 7:30pm
2. Jesus, the Way, the Truth and the Life - Saturdays at 10:30am
3. Bible Timeline - Saturdays at 10:30am
4. An Introduction to the Theology of the Body - Saturdays at 11:00am
5. St. Paul's Letter to the Galatians - Saturdays at 10am
6. Wisdom, God's Vision for Life - class begins on June 12



**For info, call Chito 604-808-4129 or Beth 604-231-9190**

### **Reflections on Matthew 28:16 - 20**

The Apostles, present on this occasion, and after them, their lawful successors, receive the charge of teaching all nations what Jesus taught by word and work: He is the only path that leads to God. The Church, and in it all Christian faithful, have the duty to proclaim until the end of time, by word and example, the faith that they have received. This mission belongs especially to the successors of the Apostles, for on them devolves the power to teach with authority, for, before Christ ascended to his Father after his resurrection, he entrusted them with the mission and power to proclaim to mankind what they had heard, what they had seen with their eyes, what they had looked upon and touched with their hands, concerning the Word of Life (1 John 1:1). And Jesus gave the Church the Holy Spirit to help fulfill their mission. (St. John Paul II, "Catechesi Tradendae", 1).

## From the first letter to Serapion by Saint Athanasius, Bishop

(Ep. 1 ad Serapionem 28-30: PG 26, 594-95. 599)

### **Light, radiance and grace are in the Trinity and from the Trinity**



It will not be out of place to consider the ancient tradition, teaching and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name.

We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energizing reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things as Father, for he is principle and source; he is through all things through the Word; and he is in all things in the Holy Spirit.

Writing to the Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and varieties of service, but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone.

Even the gifts that the Spirit dispenses to individuals are given by the Father through the Word. For all that belongs to the Father belongs also to the Son, and so the graces given by the Son in the Spirit are true gifts of the Father. Similarly, when the Spirit dwells in us, the Word who bestows the Spirit is in us too, and the Father is present in the Word. This is the meaning of the text: My Father and I will come to him and make our home with him. For where the light is, there also is the radiance; and where the radiance is, there too are its power and its resplendent grace.

This is also Paul's teaching in his second letter to the Corinthians: The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. For grace and the gift of the Trinity are given by the Father through the Son in the Holy Spirit. Just as grace is given from the Father through the Son, so there could be no communication of the gift to us except in the Holy Spirit. But when we share in the Spirit, we possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.

### **RESPONSORY**

Let us adore the Father, and the Son and the Holy Spirit;  
– Let us praise and exalt God above all for ever.

Blessed be God in the firmament of heaven;  
all praise, all glory to him for ever.

– Let us praise and exalt God above all for ever.



### **Stewardship Reflection:**

*The Spirit itself bears witness with our spirit that we are children of God, and if children then heirs, heirs of God and joint heirs with Christ." - Romans 8:16-17*

**If we are heirs to the kingdom of God, shouldn't we work to build up His kingdom? Shouldn't we be good stewards of our inheritance, using our time in prayer, our talent in charitable works and our treasure to care for the Church that God has left to us? Our Church is a treasured heirloom from God. Do we treat it that way?**



Reflection  
May 30, 2021  
Holy Trinity Sunday  
Solomon Nguyễn

### **Life Lived in the Trinity — With Him**

When I was teaching PREP one year I asked the children what they think Heaven would be like. Some of my favorite answers were: “Ice cream cones that reach the ceiling, being able to eat anything you wanted any time, and playing with my friends and family all day.” And as everyone knows Heaven is the place of eternal happiness and the children answers reflect this reality. They are what makes the children happy.

What do you think Heaven is like? We know by faith that it is the eternal reward of those who remain faithful to God and love Him. It is the place where we will see God face to face. It is the fulfillment of everything we are made for. All sound like good things, perhaps even too good to be true. While we have to wait now before we enter into that reality we can live Heaven while on earth. That is because Heaven at its core is a relationship with the Triune God. In Heaven it is a perfect, covenantal, familial, personal relationship with God. And if we can be in relationship with God now, we can live a sort of “mini” Heaven now.

By our Baptism we have entered into the very life of the Trinity. Jesus commands his disciples to baptize in the name of the Father, Son, and Holy Spirit because in Baptism God’s very life is poured into us. We become children of God and as St. Paul points out, because we are children we are heirs of God. That means we are not just some second class family members of the Trinity but on equal status as sons and daughters as Jesus is Son. God the Father looks at us and sees His beloved children. And in building this relationship with God we can slowly begin to live Heaven now.

Living Heaven now is not about not suffering. While we live in this imperfect world suffering is going to a regular part of our lives, at sometimes easy at others soul crushing, but at any time not without God. St. Paul points out that “we suffer with him so that we may also be glorified with him.” Looking at this phrase it might seem that the point of suffering is to be later glorified. While this is true I think the key to unlocking this passage is the phrase “with him.” Suffering can seem pointless at times, and it can really feel like it, but suffering changes when you are with someone you love and for someone you love. That is why this “with him” phrase is so important. We do not suffer alone. We suffer with Christ. And while that is hard to see, that is what living Heaven now is all about, that no matter the situation, challenge, or suffering we are “With Him,” with Christ.

Heaven will not just be me and God, it will be all His children. So one necessary part of living Heaven now is our relationship with God and others. While Jesus is always with us, sometimes it is hard to really feel His presence, especially in those trying times. In those times He is calling us to reach out to others to make His presence felt. The pandemic has limited social interactions and some of us may be feeling lonely. I think if we looked through our contact lists on our phones we will see names of people we have not called in a while and perhaps people who have not received a call from anyone. To really start living Heaven now, if you have time, call one of those contacts. Let them feel again through you the presence of Christ who is always with them. You have no idea the power that just one phone call could have. As part of the seminarian’s pastoral workshop we made phone calls to the different donors who gave to the Vocations Office. We all agreed it was an amazing experience. For me, one person said that she was in a particular rough moment of her life and this phone call really brightened up her day.

We can live Heaven now if we live with God in our hearts. And sometimes we need to remind others that God is with them. It does not take much. Just a bit of your time. Just a bit of time to remind someone of the love God has for them.



Archdiocese  
of Vancouver

## Prayer to St. Joseph

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ learned to be man.

Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.

Obtain for us grace,  
mercy and courage, and  
defend us from every evil.

Amen.

## “The Moment I See Your Face”

As the Psalmist said, Lord, how I long to see Your face.  
Yet I do so fearfully,  
Knowledge of my sinfulness,  
Would postpone this joy.

Poor I am indeed,  
That I should think this,  
Your mercy is enshrined by the saved.  
Your forgiveness could never be questioned by the  
forgiven.

Yet I hesitate.  
Am I lost?  
What is this fear?  
Why does it show itself?  
Why should it manifest itself?

Is there no richness in my faith?  
Has my treasury run dry?  
Where is the unquestioning love I had for you?

Renew me, Lord.  
Let me be born again in You.  
Let me feel the confidence of You at my side.  
Let me welcome the moment I see Your face.

L. Lapiz

## THE TRINITY

Just like the leaves  
on each Shamrock I see,  
there are three parts  
to the Holy Trinity.  
First is God the Father,  
then Jesus, His only Son,  
And the Holy Spirit  
together as One.





# What's happening in Saint Paul's Parish...

## THIS WEEK

**Monday** The Visitation of the Blessed Virgin Mary  
**Tuesday** St. Justin, Martyr  
**Thursday** St. Charles Lwanga and Companions, Martyrs  
**Saturday** St. Boniface, Bishop and Martyr

## DECEASED

**BERNADETTE CHARTRAND, JUSTICE GUNO**



## PRAYERS FOR THE SICK IN OUR PARISH

Elaine Winkler, Christine Bay, Bertha Romero, Myrna Moffat, Peter Murtagh, Jaime Pestano. *(Please notify the parish office of any changes)*

## PROJECT ADVANCE 2021

### **Our Way Forward**

Our annual archdiocesan appeal is here once more. There are many ways to give: complete the pledge form you receive in the mail; come to the parish office to make your donation; give online at <http://rcav.org/giving/>



## YOUTH MINISTRY

Info: Jiggy @ 778-874-8569

**LIFE TEEN** has gone virtual with weekly Zoom nights! Contact Jiggy for the link.

**Keep checking our social media for updates!**



[www.instagram.com/stpaulslifeteen](http://www.instagram.com/stpaulslifeteen)



[www.facebook.com/StPaulsLT](http://www.facebook.com/StPaulsLT)



## ST. PAUL YOUNG ADULTS COMMUNITY (SPYAC)

Info: Katherine Angustia at [spyacteam@gmail.com](mailto:spyacteam@gmail.com)



[www.facebook.com/groups/208926245900606/](http://www.facebook.com/groups/208926245900606/)



[www.instagram.com/spyacteam](http://www.instagram.com/spyacteam)

## SPIRIT PRE-TEEN MINISTRY

Info: [ministries.spirit@gmail.com](mailto:ministries.spirit@gmail.com)



[www.spirityouthministry.wordpress.com](http://www.spirityouthministry.wordpress.com)



[www.instagram.com/stpauls.spirit/](http://www.instagram.com/stpauls.spirit/)



## LIVESTREAM MASSES

**WEDNESDAY: 8:00AM**

**SUNDAY: 10:00AM**

<https://stpaulparish.ca/livestream>

## INFANT BAPTISM COURSE

Classes for parents seeking baptism for their infants - please call the Convent at 604-275-2844

## PREP: Parish Religious Education Program

Online registration for the 2021/22 school year will be available in June.

Clay will advise families of details for First Communion and Confirmation as soon as they are finalized.

**If you have any questions, please contact Clay Imoo (PREP Director) at [clayimoo@shaw.ca](mailto:clayimoo@shaw.ca).**



## SCHOOL CONNECTION

Our Walkathon is done! Now we just need to collect those final pledges and have all money in by **Monday, June 7<sup>th</sup>**. Thank you in advance for your generosity and your school spirit!

**Calling all Young Adults to join the Saint Paul's Young Adult Community (SPYAC) on June 4<sup>th</sup> at 7:30pm for a fun-filled night of fellowship with some classic board games. Let your competitive side come out or just come out to have fun with us! To make things a little more interesting, the player with the highest score at the end of the night will win a \$25 gift card to Holy Family Bookstore!! Please register using the google form: <https://forms.gle/UpwsKVdgSiTay6RP6>. The Zoom link will be sent to those who register. Looking forward to seeing you there!**



## KNIGHTS of COLUMBUS

**Membership Drive: Now through June 30, join Knights of Columbus for free online at <http://bit.ly/KofC2021> and use promo code MCGIVNEY2020.**

## STAY CONNECTED/STAY INFORMED

[www.facebook.com/stpaulrichmond](http://www.facebook.com/stpaulrichmond)

[www.instagram.ca/stpaulrichmond](http://www.instagram.ca/stpaulrichmond)

## **Important Notice:**

In-person Mass attendance (50 maximum) resumes this weekend, May 29/30. Mass attendance is limited to those registered as parishioners in Saint Paul's.

To book a Sunday Mass, please call OR email the parish office:

- \* You must give the names of all wanting to attend: do not miss this step as we will not be able to follow up with you.
- \* Please give at least 3 options of Mass times: Saturday at 5:00pm; Sunday at 8:00am, 10:00, 12:00pm or 6:30.
- \* If you don't receive an email confirmation from us, it means you did not get in. It may take us 2-3 days to get back to you. Please be patient.
- \* You will be able to attend Sunday Mass once every 3 weeks, so please keep track (we will too).

Going forward, requests for Sunday Mass can be made no more than one week in advance. Phone calls OR emails should be made/sent no earlier than 8:30am the Monday before the weekend you want to attend.

Weekday in-person Masses will resume on Monday, May 31. You will be able to attend 3 weekday Masses each week. They are: Monday to Friday at 8:00am; Saturday at 9:00am. Please note: there is no Friday 7:30pm Mass for now.

Weekday Masses should be booked by email OR phone (604-277-3213).

## **CONFESSION AND COMMUNION SCHEDULE**

### **SUNDAY:**

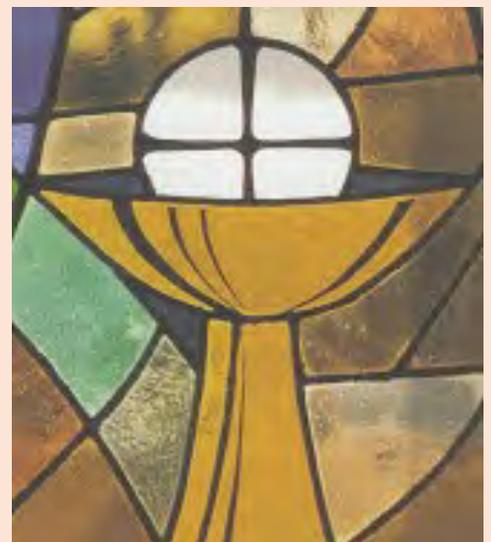
- 12:00 – 1:00PM: THE ENTRANCE TO THE PARISH CENTRE AND THE ADORATION CHAPEL (Communion Only)
- 3:00 – 4:00PM: THE ENTRANCE TO THE PARISH CENTRE AND THE ADORATION CHAPEL

### **MONDAY – FRIDAY:**

- 1:00 – 2:00PM: ADORATION CHAPEL
- 4:30 – 5:30PM: THE ENTRANCE OF THE PARISH CENTRE

### **SATURDAY:**

- 10:00 – 11:00AM: THE ENTRANCE TO THE PARISH CENTRE



## ST. PAUL PARISH - DONATIONS



Since the beginning of the pandemic, it has been possible to make your regular offertory gift online, either by credit card or direct bank debit. Your parish relies on your regular offertory giving to both sustain itself and grow.

By making your pre-authorized offertory gift, you are providing crucial support to carry your parish during this difficult time.

To set up a pre-authorized gift to your parish, please [click here](#)

If you would like make a gift to any Second Collection, please [click here](#)



Archdiocese of Vancouver  
DEVELOPMENT OFFICE

If you have questions regarding the process, or would like to make changes to your gift, please contact the Archdiocese of Vancouver Development Office at 604-683-0281 (ext. 50323).



## What's happening in the Archdiocese...

**IF YOU WOULD LIKE TO GET THE LATEST UPDATES FROM THE ARCHDIOCESE RIGHT TO YOUR INBOX, PLEASE SIGN UP HERE:**

<https://rcav.org/newsletters/subscribers/new>

<https://beholdvancouver.org/>

<https://thesearch.rcav.org/>

<https://weareproclaim.com/>



### Year of the Family

On March 19, the church celebrates five years since the publication of the Apostolic Exhortation *Amoris Laetitia* on the beauty and joy of love in the family. Pope Francis announced that a special year dedicated to the family will launch on the same day, which will conclude on June 26, 2022 on the occasion of the 10th World Meeting of Families in Rome with the Holy Father. "This special Year will be an opportunity to deepen further the content of the document *Amoris laetitia*, through proposals and pastoral tools. These will be made available to ecclesial communities and families, to accompany them on their journey." Learn more and view resources at [rcav.org/year-of-the-family](https://rcav.org/year-of-the-family)



**Corpus Christi Eucharistic Conference** - Give glory to the king of kings and celebrate the feast of Corpus Christi as the universal Body of Christ with Catholics across the world. Discover new depths and insights on the Church's teaching of the Holy Eucharist and what this central doctrine of our faith means for how we live our everyday life. Join us on **Friday, June 4 to Sunday, June 6** online. Register online at [beholdvancouver.org/events](https://beholdvancouver.org/events)

### From Isolation to Communion Through Christ, Our Lord

During this pandemic, many of us are dying of solitude. How is this mutual abiding possible? How can we collaborate with God to make this happen in our lives? What are the fruits of this union with Jesus? Join us on Saturday, June 5 at 7 p.m. with Fr. Pierre Leblond, OP. Learn more and register at [beholdvancouver.org/events](https://beholdvancouver.org/events).

### Vancouver Life Soldiers - Friday Night Zoom Rosary

Pray the rosary with us each Friday on Zoom at 8 p.m. Sign-up at [beholdvancouver.org/events](https://beholdvancouver.org/events).

### PRH Who Am I? Workshop

Join a two-weekend workshop to help you: Discover the richness within yourself; Improve your relationships: family, friends, workplace ministry; Increase your productivity in life & ministry; and Find greater solidarity in decision-making. This is a four-day, 2-weekend workshop that takes place on June 12, 13, 19, 20 from 9 a.m. to 5 p.m. Learn more at [beholdvancouver.org/events](https://beholdvancouver.org/events).



### Year of St. Joseph

Pope Francis announced a Year of St. Joseph, beginning Dec. 8, 2020 and ending Dec. 8, 2021, in honour of the 150th anniversary of the saint's proclamation as patron of the Universal Church. The Pope established a Year of St. Joseph, who with the Canadian Martyrs is one of Canada's patron saints, so that "every member of the faithful, following his example, may strengthen their life of faith daily in the complete fulfillment of God's will." Visit [rcav.org/stjoseph](https://rcav.org/stjoseph) to learn more.

Archbishop J. Michael Miller and Chinese Ministry coordinator Father Paul Chu are asking Vancouver Catholics to add their prayers to the Global Prayer for China campaign launched by a coalition of lay Christians from six continents.



Photo Credit: Basilica of the National Shrine of the Immaculate Conception

## OUR LADY OF CHINA PRAYER

Hail, Holy Mary, Mother of Our Lord Jesus Christ, Mother of all nations and all people. You are the special heavenly Mother of the Chinese people.

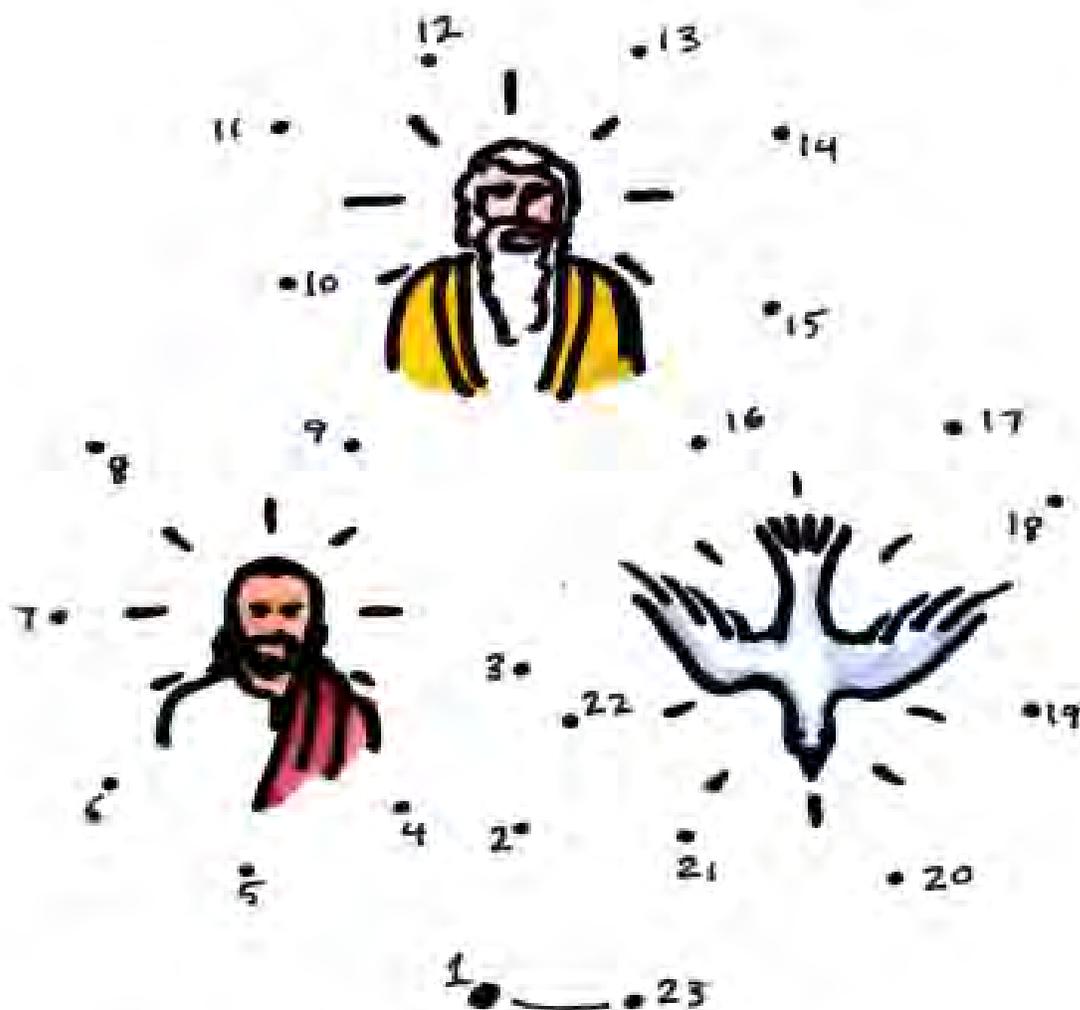
Teach us your way of total obedience to God's will. Help us to live our lives true to our faith. Fill our hearts with burning love for God and each other. Stir up in our youth an unconditional giving of self to the service of God.

We call on your powerful intercession for peace, reconciliation, and unity among the believers, and conversion of the unbelievers in China and throughout the world, for God's mercy is our only hope.

Our Lady of China, Mother of Jesus, hear our petitions and pray for us.  
Amen.



*Feast of the Most Holy Trinity*  
*Sunday May 30th, 2021*



There are three Persons in God:  
The Father, the Son, and the Holy Spirit.  
But there is still only one God!  
Saint Patrick taught the Irish people about  
the BLESSED TRINITY by showing the  
people something else that is three-in-one.  
What is it? Connect the dots to find out!

<https://thekidsbulletin.com/>

# GOD, THE HOLY TRINITY



Jesus taught us that God is not just one Person, but three Persons in one God. The three Persons in God are God the Father, God the Son Who is Jesus, and God the Holy Spirit.

The three Persons in God know each other perfectly and all want the exact same thing. The Blessed Trinity is a mystery that we can't really understand. It is the three Persons of God loving each other so much we could never even measure or understand it! And God, the Blessed Trinity, decided to create us so that we could adore them and join in their love! That's what Heaven is: being with the Blessed Trinity in total happiness forever!

We pray that the Blessed Trinity will be glorified by all creatures when we say this prayer:



*Glory be to the Father  
and to the Son  
and to the Holy Spirit  
as it was in the beginning,  
is now,  
and will be forever. Amen.*



Answers: Dot to dot on front, a shamrock represents the Holy Trinity. Trinity puzzle: Each Person IS NOT any other Person, but each Person IS GOD!

[www.thekidsbulletin.com](http://www.thekidsbulletin.com)

## Saint Joan of Arc

May 30



ST. JOAN OF ARC IS A GREAT EXAMPLE TO US OF BEING BRAVE AND DOING THE RIGHT THING EVEN WHEN PEOPLE THINK YOU ARE BEING WEIRD. GOD WANTED HER TO HELP SAVE FRANCE, BUT MANY FRENCH PEOPLE DID NOT TRUST HER. ALWAYS DO WHAT GOD WANTS YOU TO, NO MATTER WHAT PEOPLE THINK.

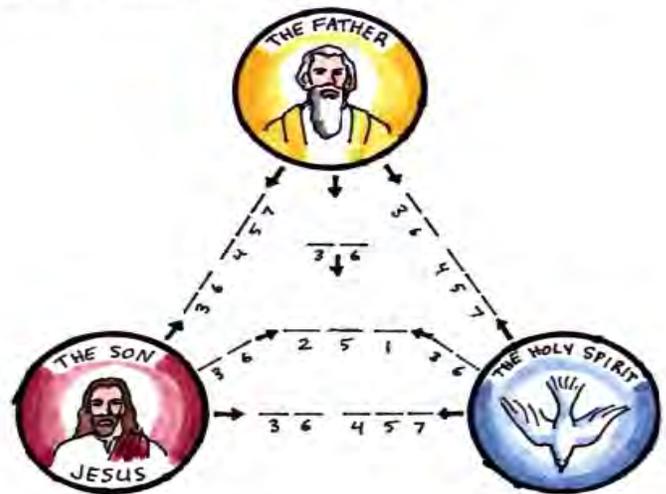
[thekidsbulletin@gmail.com](mailto:thekidsbulletin@gmail.com)

## What is the Blessed Trinity?

The Blessed Trinity is God! There are three Persons in God, but there is only one God. "Trinity" comes from the Latin word for three.

Only God the Son, Who is Jesus, has a body. But we show God the Father as an old man, and the Holy Spirit as a dove.

Here is a puzzle that might help you understand the Holy Trinity a little better. Use the letter code at the bottom to fill in the blanks.



1 2 3 4 5 6 7  
D G I N O S T



May 30, 2021

### WATCH

#### THE WILD GOOSE: GOD'S LOVE POURED OUT

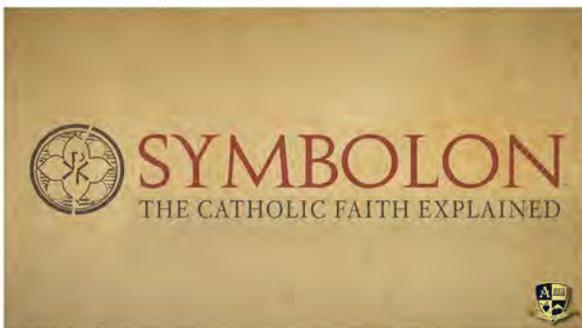
During the Solemnity of the Most Holy Trinity, we remember a fundamental pillar of our Faith: "God is love" (1 Jn 4:8). This simple statement is the beginning and the ending of our pilgrimage of Faith. In this episode of The Wild Goose, join Fr. Dave Pivonka as he illuminates God's eternal pouring out of Love.



<https://bit.ly/3ftsRe8>

### LEARN

#### SYMBOLON: EP. 1 - THE JOURNEY: TRINITY, FAITH AND THE GOD WHO IS LOVE



<https://bit.ly/3yLT3bu>

The Bible reveals the mystery of who God is: God is love. God created us out of love, died for us out of love, and invites us on a journey of faith in which we live in his love. In this study, we'll look at the God who is Love and how that love shows itself in the Trinity and the Faith.

### LISTEN

#### THE JOYFUL MYSTERIES WITH DENNIS AND ANGELINA GIRARD

As we celebrate the Visitation this week, we invite you to pray the Joyful Mysteries alongside this spoken Rosary set to music. Enter into some of the most joy-filled moments of Our Lord Jesus Christ's life, alongside the Blessed Virgin, through this devotional prayer and accompanying Scripture passages.



<https://bit.ly/3i0vX15>

Our parish has a FORMED subscription.  
To set up your free account visit [formed.org/signup](https://formed.org/signup) and select our parish.



# PRAYER

A Surge of the Heart

<https://watch.formed.org/prayer-a-surge-of-the-heart>

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Type in your email address

Click SIGN UP

You're in!

The next time you access [Formed.org](https://formed.org), choose SIGN IN