

Walking with Jesus in the Real World Pt. 5

Michael Wilkins

- Michael Wilkins

Isaiah 53 what? (pause) Can um-? This is interesting in the, what-what's this is the NIV it renders it: "Yet it was the Lord's will to crush Him and cause Him to suffer." That, that I think is the phrase that you're looking at. I'd have to go back and look at that more carefully.

- Unknown Female

I have a NASB and it says that, "The Lord was pleased to crush Him and put Him to-"

- Michael Wilkins

(speaking over) Yeah, yeah and there I think I would probably look at it in the same way the NIV does "It was His will to do so.." Not maybe, when I was saying "Please" it's almost like- I'm- this really makes me happy, well, I- I'm just stoked to see Jesus on the cross. I don't, I don't think that's what it means. Uh, So I'd have to think about that a bit more careful. But I think the NIV may get at the interpretive issue of it. What does that really mean? Probably that it was it was His will, His- His pleasure was to conquer sin and He had to do so through the work of the cross. Well I feel like like the Bible Answer Man here.

[Laughter]

Let's uh, let's let's look at one more issue and then we could take a couple of questions at the end. And that would be this last page if you wouldn't mind. I know you're getting tired of hearing me by now but uh, you're stuck. I'm sorry. You paid for it, you're getting it, whether you want or not.

Okay! This is, uh, living with yourself, living with others, and living with Jesus in the real world. I think I had titled it's something different on your notes. So it's the REAL issue. Now, what-where the "real" thing comes from is, is kind of a two-pronged approach; one the issue of real is, is important to me because I found out when I was 21 years old that I was a complete phony. Now I had guessed that up to that point, but now it came home without any doubt at all. And, and what it was, I'm not going to advocate anything here, I'm just going to tell what happened in my own life and I'm not advocating anything.

I was uh. I had come back from Vietnam and I was stationed at Fort Bragg North Carolina and my brother was there as well. And we were living together. He was married and I was living with him and his wife. And one afternoon, we didn't have to work and so he and I uh, I'm not advocating anything, I'm not even saying it's good, I'm just saying where I was at. He and I did acid that day and the Lord used that day to wake me up. And what happened is that as I got into this trip, um, I was sitting in this armchair and I- it was as though I got out of myself and looked back at myself, saw me sitting there. Here I'm a Staff Sergeant in the Eighty-Second Airborne; I'm this Sergeant of the Guard at the stockade in charge of all the guards at the stockade; I'm a, I'm a decorated Vietnam vet. My mom loves me you know all, all of these, all of these good things about me. And yet here I am loaded. And I was loaded every day.

And I got out of myself and looked back, seeing me there and I and I said "Mike Wilkins doesn't exist. What I see sitting there is just a collection of games. He's a different person with everybody that he's with. All that he's trying to do is to play games to get acceptance and approval so people think well of him." And so I looked at myself, I said, "There is no real Mike Wilkins." And it was right then as though I had died. My brother came over to me, Bill came over and- and he was loaded too and he came over and I don't remember all of this, but he told me later that he- he shook me and I kind of roused and, and looked up at him and he said, "Mike, Mike what's going on?" And I said, "Bill, I just died." And I slumped over like this. And he said it just bummed his whole day. I mean he just-

[Laughter]

He didn't know what had happened to me, but that was a turnaround point for me. From that time on, I was never ever able to do any kind of drug without realizing that that was a part of what I was. And that was the turnaround point where the Lord caused me to come to Himself so that I could become a real person. I could become somebody, just ME.

Now the other incident is my dear lady, Lynne. Um, when we started going out. Lynne is the opposite of me. Lynne is Miss Personality. I mean she's just, everybody loves her and he loves everybody else and we'd been going out for about a month. And and now I realize, I've gone through all this stuff with Vietnam and, and now this thing with drugs and now I've gotten saved. So for me being honest and real is the most important. Do you understand what that's like? Do you ever run across those kind of people? I mean they're they're they're a pain in the neck, you

know? And, and that's the way I was with Lynne. We went to this Bible study, I remember, one night and was at a fraternity house up in San Luis Obispo. This old wonderful fraternity house. And it was a Bible study. And while we were there, at the end of the Bible study, they had social time and Lynne, I watched Lynne. I just sat and watched her go to work and she like flew around the room. You know she went from one group to another. (Mimicking high pitched woman's voice, speaking quickly) "Oh hi there! How are you? I haven't seen you in so long; we need to get together! Oh. Yes!!" And she'd find and then she'd go to another group (mimicking again) "Oh! I haven't seen YOU in so long - (inaudible) its so great, we go back so far, oh!" She just flew around the room

[Laughter]

and I just watched you go to work this whole time. Well I drove her home that evening and I had this old beat-up Volkswagen van and I drove her home we sat outside her house and we talked. And I said to her said, "Lynne, you know you are one of the most wonderful persons that I've ever met but you're also the phoniest chick I have ever met."

[Audience moaning]

Do I have a way, huh?

[Laughter]

Do I have a way? Well what do you think she did? Belted me, right?

[Laughter]

Bam! Now she burst into tears, just burst into tears. I mean she was sobbing uncontrollably crying crying crying crying and I'm feeling pretty good about myself. I really was! I'm feeling (mimicking deep male voice) "Well yeah I'm going to help her to wake up." But in the middle of her sobbing she she (mimicking crying woman's voice) "(inaudible) Well what's so bad?? What's wrong with-?? You're right! (wails)" And she just cry and cry and cry and cry and cry and cry and you know again I'm just feeling, "Yeah, I am. Boy, I'm insightful." Uh-

[Laughter]

Well Lynne and I, we're approaching things a little differently, uh, approaching life a little differently. But the issue for us from that point and that's twenty-three years ago is that we have wanted to be real. As I look back, part of what I did that night is I nailed her personality. Part of her was very real, part of her was just who she is, I see her now. I mean, ya know in San Clemente, that's where we live. I'm Lynne's husband. I don't have a name. I'm Lynne's husband.

[Laughter]

She knows everybody in that town, everybody loves her. And she'll do that and we'll go to Lucky's or a store. And I mean we. It takes about two hours to get out of there because she

knows everybody and she does that. People are hugging her and little kids come out. She runs a preschool and she's got all these little kids around her. She gets down on the floor in the middle of Lucky's, playing with the kids. Well part of it is personality.

But there's another part that she was dying for and that was she did need people's approval. And so she would, she would notch up her own natural personality and take it a bit higher just so that she could get the approval and attention of people.

From that time, we have been in a process of trying to be who God has created us. And, and I'd like to close our time with some principles that have been very, very important for the both of us. First of all I would suggest that this is a commitment of balance and a commitment of process to developing this. But for us, when this commitment came we saw some principles that have worked very, very well for us. And I just want to share them with ya.

First of all, in order to become the person that God wants us to be, to live with ourself, to be able to live with others and to live honestly with Jesus Christ in the real world, we need to accept ourself the way that God has created us. This is the basis on which we begin the process. Can we look at ourselves, physically, emotionally, intellectually, socially, and accept who we are? Can we agree with God- agree that God created us for a unique person purpose and that He didn't make a mistake? That's the beginning point. Just simply to say God has created me the way that I am. In a fallen world yes, but He loves me and accepts me exactly the way that I am now.

What this takes is to know our self and to be honest about who we are. To know ourself is to know that we are fearfully and wonderfully made and in terms of being honest about who we are. Paul says, "Don't think of yourselves more highly than you ought to think, but think so as to have sound judgment." Know who you are, but be honest about who you are. Not overly critical, yet not overly egotistical.

Secondly, recognize the good and the bad when you accept yourself. We can go too far in either direction. And that ends up in a dangerous error and that oftentimes happens in the history of the church. There was in the 50's and the early 60's, there was what I call worm theology. Where, you know, you were a worm and-and biblical Christians like to just pound on the fact that we are nothing, that we're bad. Well there is some truth in that. At the same time, we are the crown of God's creation. God has created us to be the rulers of His world, His kingdom.

Now, what I would suggest as well, is that there is an extreme that we can go to in all of the five points I'm gonna give. If you accept yourself and go to an extreme, there is a danger of self centeredness. To think that, in a sense, we are the center of God's creation. We just say, "Its the way, my word. No since me changing it all. I'm fine the way that I am right now." And there can develop a very subtle self-centeredness; that we are the center of God's creation. God wants us to live with Him in the real world and to accept ourselves as His tool, but not to be self-centered; we're to be other peop- other-centered, servant-centered.

Second principle I'd advocate is be honest with people about who you are. Be honest with people about who you are. And this involves two things. One it involves becoming transparent. No

game playing, no trying to put on facades to impress people, or to manipulate people to get what you want, which you couldn't get if you were just yourself. Be honest. Become transparent. Just simply say this is who I am. Secondly, don't fear rejection. When we're honest with who we are with other people, some people will reject us. Some people just don't like me and you know I mean, I-, I'm sorry. Um, and I don't want to say that's their loss. You know, that that then becomes self-centered. No, that's just the way it is. Some people just won't like me. But don't fear rejection.

Now the extreme of this is what I refer to as being obnoxiously honest. You've all been around this kind of a person, who just wants to be me. And they just, you know they go around, and they, they excuse their being a jerk by saying that they're just being honest; "I'm just being real." No, nah, no, that's being obnoxious. Okay?

Third point I'd suggest, this is this is one of the most important of all. Be single-minded about life. When we are single-minded about life, we are going to be who we are in every single situation. We will be the same person in every situation that we find ourselves. Again the tendency is to change who we are.

I, uh, I once, one of my psychologist friends here on the staff, uh, we talked about the way in which, uh. We were at lunch one day over here and he was asking me what it's like to live in San Clemente and get to, to work here. And I told him actually for me, it was wonderful because by the time I get home, I forget about everything here and I could just get into all that that's there. And then when I leave in the morning I it takes me enough time to get here and I transition on

totally focused here. He says, "Mike, you're going to become schizophrenic after a while because you're two different people." No actually it's just the opposite. It's just the opposite. I'm so focused on what I'm doing. I'm really the same person, but I do have different roles and different purposes in each place. But I I want to remain the same Mike Wilkins, just with different callings different purposes in both places.

Second thing I would say is remain consistent. Single mindedness helps you to remain consistent in your lifestyle, your family, your school, your career, your moral conduct. Remain consistent with who you are.

What's the extreme of that? The extreme is insensitivity. We can be so focused on what we want to be doing, that we are insensitive to the people who are around us. I-I want to be single-minded. I'm driven to do what God has called me to do. But people can get left on the wayside with me sometimes too. I can become insensitive, insensitive to the needs of people who are around me including my own family, including some of my closest friends. An insensitivity. So being real is being single-minded, but don't go to the extreme or we become insensitive to people.

The fourth point is develop a true or real love for people. Develop a true or real love for people. Accept people for who they are. Don't put people on performance standards before you will love them. This is, this is one of the most difficult for a parent to do; to to just accept who you are and let you be who you are without you becoming something else before I'll love you. Accept them

for who they are. Don't put them on a performance standard. I have to be very careful with this because I have a position of responsibility here on the campus.

I mean, I just Roy, talked about Alan Gomez over there at Taco Bell. um Alan was having lunch with his son and he introduced me to his son and said, "This is my boss." I said, "No way. I'm not your boss. I'm, You know we just hang out together." I was telling the son, "We just hang out together. I'm not his boss." You know there is a very subtle thing that each of us can do is it. If we're not careful, what we can do to everyone around us is to put a them on a performance thin. Says, "I won't, I won't love you until you are what I want you to be." And that doesn't necessarily mean that in our love for people we say everything you do is right or I agree with what you're doing. It just simply says, "I'm committed to you. I accept who you are and we'll go from there." But it's not expecting them to be something before we will love them.

The second part of this real love for people is to be single-minded toward people. Have concern toward them, allow them to see the real you. Also don't play games with ulterior motives. When we are with people that's the easiest thing again is to kind of use people on a regular basis to get out of them what we want. Love, I define is an unconditional commitment to an imperfect person that should then drive us when we're in relationship with other people all around us not to get from them, but to give toward them. I, I oftentimes ask people why they get married and almost always people will define why they're getting married in terms of what I'm going to get out of this. What I'm going to receive I'll become more complete, I'll become a richer person. I'll have a partner. All of that. I would rather reverse that and say the reason I want to get married is so that I can give for the benefit of this person. I want to get married so that I can help enrich this

person, so that they will be complete, so they will be fulfilled instead of me getting married for what I'll get out of it. If both partners go into marriage with that, they'll never be the tug of war of marriage. There'll be a desire to be servants of one another.

The next point with that then, is love the unlovely. When we develop a real love for people, don't pat yourself on the back for loving those who are easy to love, learn to love the unlovely. Again, that's an easy one. An easy one to overlook. Because again, the reason why we tend to love is for what we're gonna get out of it. What about, what about the people that are very very difficult. Well I have, I've I think of one person right now, I just have difficulty loving this person. I think it's his fault, uh, but ya know. But I need to love the unlovely.

What's the extreme in this? For those of you who naturally love, and this is a difficulty for my wife is she can live for people she really can. She is so personally oriented toward people that she can live for them and she can burn herself out with people. Be careful of this. That's another extreme.

And then the last one. Ah. Here's the key. Forget about yourself. And I've got a whole thing that comes. It's a whole thing I do on self-image. This is part it that comes out of it. But this is, this is key. Forget about yourself. Jesus said, "If you would be My disciple, deny yourself, take up your cross daily and follow Me."

Deny yourself. And that doesn't mean to go to the extreme of loss of identity, but it does truly mean, don't put your own needs first or your own will for your life first. Taking up the Cross is taking of God's will for our life.

Forget about yourself. And when we do that, allow the Lord to take care of you. That has been one of the richest blessings that I have experienced in my Christian life in the last twenty-four years. Is it when I intentionally give myself to take care of other people, forget about my own needs being taken, always not even invariably, always the Lord takes care of me. If I have certain things that need to be taken care of in my own life, if I have been realistic and faithful to the responsibilities that we have, allow the Lord to take care of you; knowing that yes we may suffer like Christ did, but we are called to take care of other people.

And then the last one. Don't be a "real" sinner don't cover up your sinfulness by being real. Be very very careful there.

And again by the extreme that we can go to with all of this is as we walk with Jesus in the real world, we are a person of new identity, a new relationship, a new calling. So forgetting about ourselves or denying our own will for our life does not mean that we lose our identity. No actually almost paradoxically we gain a new identity.

Okay? All right. That's that's all I've got. I've got more notes in there you can take on your own.

But what do we take just the last couple of minutes for any questions that you might have.

(Pause) Yes right here.

- Audience Member 1

Um how are you able to deny yourself and take care of others when you are having trouble taking care of yourself?

- Michael Wilkins

Okay. Good question. How do you deny yourself and take care of others when you're having difficulties taking care of yourself? That is the beauty of the body of Christ. See when, when, when you have. When you are involved in the body of Christ. Let me use marriage, and again I think this is an example. In a marital situation, you're called into a relationship where you are called to serve not to get. Now if I serve my wife are her needs going to be met? Yes. If I'm dedicated to serving her. If she is dedicating to serving me will my needs be met? They will be. Will I ever have to ask for my needs to be met? No I won't because we're committed to one another. In a community of faith that's what we should be always doing toward one another, whether it's in a roommate situation, whether it's in a, a class, or whether it's in a church. We should be committed to serving one another.

Now what if you're not in that community? Well this is where I say we need to learn to be very realistic about who we are. We need to allow the Lord to show us how He's going to take care of us. How He's going to meet some of our own deep inner needs. So we're realistic and we're responsible to open ourselves up to the Lord, seek help where we need it. But my concern is that, people with the worst self image are oftentimes the people who are the most self-centered. And the reason for that is because they hurt. Think of the last thing. When's the last time any of you

thought about your, your big left toe. Now think about that. When's the last time you really considered your your left toe, your big toe and your left foot. Just this morning, you painted your toes huh? Most of us don't think about it until we do what? You stub your toe. Then do you think about it? You think about it a lot. It hurts. So you're giving all your attention to it. That's what happens with people who have a poor self-image. Is that they hurt and so they're gathering everything around them to take care of that hurt that oftentimes they never get over the hurt. They aren't really taking care of what ails them or what the real problem is and, and what I believe is that when we're responsible to try to gather in as many resources as possible the key to overcoming it is to forget about yourself. Allow God to take care of you, come into a community faith and we'll care for you. But a key to meeting our deepest needs is to forget about ourselves to take care of other people. There's a lot more that's involved with it. But that's just kind of a brief statement to it. Other questions? Yes.

- Audience Member 2

In reference to developing love for people, to what extent can you do that for an unbeliever? Meaning when it's gotten to the point that you don't see that there is a change in their lives, they're not going to what you would like them to, that they should be doing. Then when do you know that you need to step away?

- Michael Wilkins

Whew. Does the Bible Answer Man get hard questions like this? Um. Let me give you an example from my brother who I, I believe accepted the Lord in a real way but then fell away and for 15 years went out seeking his own pleasure. Um, I never stopped loving him. First of all

because God had called me to be committed to him. That's the first issue. You've got to know to whom God has called you to. There is a sense in which sometimes, we as Christians are so performance oriented that we will only be committed to non-Christians. And as long as they respond in the way that we want them to and we can then use people, kinda like what we spoke to last night we can use people just for what they'll do for us.

On the other hand, Jesus tells the disciples in Matthew chapter 10, that when they go into a village and that village has had the opportunity to hear the Gospel and if they reject the Gospel, they're to turn and leave that village. But I think you've got to know is what have you been called to. If you're called into a family situation where people are non-Christians, remain committed to them. Like with my brother, I remained committed to him for 15 years while he was out doing his stuff. And I think one of the important issues is that we as a family never gave up on him.

I remember I spent the weekend with him when he died. He was in an AIDS hospice house and the tragedy of the guy who is in the bed next to him who died a week later is that all of his family, including two brothers and a sister and his mom and dad rejected him a year before he died and had nothing to do with him.

I think that's where Christians can show a difference, but we've got to know to whom were called to serve there others. No, we're not called to serve those. We're called to give the message but there are times when those people are not our primary responsibility. Think you've got to just know who are the people to whom God is called you to serve. Very good question. Question, here? Way to go right? Good job.

- Audience Member 3

Last night you briefly touched on the beauty of God's creation and how, you know, we are to enjoy God's creation. And there is a verse in the Old Testament I don't know exactly in the reference but just about enjoying it and and loving God's creation. So then you have someone like someone I've encountered who says well no I don't do acid and I don't do cocaine, that's not natural. But marijuana, God created it. It's organic, it's natural.

[Laughter]

- Audience Member 3

Okay? And and so I don't see the harm, you know. I don't see the harm in doing marijuana because God created it. Where do you balance that out? How do you contradict? I mean how would you contradict that and balance that out with Scripture?

- Michael Wilkins

Well, with Scripture, uh they didn't have acid or marijuana in the Old Testament. But I guess it's the purpose for which it is given. For example and just, let's stick with logic for a moment. That same person would not eat poisoned mushrooms because the mushrooms have been are now a part of the fallen this of creation. Anything what would I would say abuses our proper functioning with God is now no longer the way that God originally created it and therefore not all things should be partaken of as though in their natural state they're the way God created them. And I would personally say that marijuana is exactly that. Because what marijuana does is alter

our state of consciousness and that's why Paul says "Do not be drunk with wine." It alters our state of consciousness so that we are not in proper relationship with God in the way that we are created. Therefore we shouldn't partake of something that alters that consciousness and I would apply that to marijuana.

- Audience Member 3

Let me also kind of a devil's advocate here.

- Michael Wilkins

Sure.

- Audience Member 3

Can you- let's just say that you're saying that smoking in your opinion is wrong because our body is a temple. Now what if you go to the extreme like I was kicking around the idea it's like oh well, neither is bacon good for you. So we need to abstain from bacon and well, you need to watch out for coffee too because how do you know-

- Michael Wilkins

(cutting in) now you're messing here -

- Audience Member 3

Let me just be the, the reason is, yeah don't take my coffee away from me. It's just because when I bring up something like that it seems like the skeptic comes back with questions like that and they, they take that to the extreme.

- Michael Wilkins

Yes.

- Audience Member 3

And and then say, "Well that's not good for you either so we need to not do that." So, where do you draw the line?

- Michael Wilkins

Yeah. And, and the passages that we've given addressed those very issues. Um, that we are to be as as balanced as possible in in. Well the one passage First Timothy chapter Four that we looked at last night. We're to partake of things in the way that God created them for the purpose that He created them. And yes there then needs to be a point of common sense of understanding: what will it do to my body? And will it affect me in a negative fashion? Uh. So I think you've got to apply common sense and allow different. Now we come into the area of personal conviction. My older daughter doesn't eat red meat and doesn't eat pork. So bacon is out for her too. Along with all those other things. I don't agree with that. So I think there is. That's when you do come to these issues of personal conviction that you've got to understand what is best for your body what God has called you to and then not lay those on other people. I think the marijuana issue is a completely different one because there is a biblical precedent in terms of the altering of

consciousness through drunkenness. Ok? So I think to personal conviction things are most important. Just a couple more. Yes, right there.

- Audience Member 4

Um, I am a fairly cognitive person but am in a really emotional environment and um I am trying to learn to balance that. I go to a church that is very emotional and I'm trying to learn to balance the intellectual knowing about God with the emotional expectations of "God is gonna do this for me." Um. And and I see beauty on both sides because it's very hard for an intellectual to really, really believe God is going to do something. And to really expect that. Um. How do you balance that on a daily basis? And balance the emotional with the cognitive?

- Michael Wilkins

I don't know. Uh. No I would say this: as we, as we spoke to last night, Jesus increase in wisdom and stature and in favor with God and men. Which seemingly affects all of the domains of who we are as human beings, um, for us to say that we are say an intellectually oriented type person or cognitively oriented person gets at a part of our humanness and maybe our natural humanness. Um, I- I guess what I would want to encourage you with is I've had to do with myself is, to explore more fully all of these other areas in turn. Say even the emotional are that you're pointing to so that you will be more human. I think that's when you're exploring areas that are not natural to you. Now the difficulty then is the balancing of the two. I personally would say say with the thing of faith, for me faith is taking God at His word. Now the intellectual side of me, that's a very easy thing to do. If God tells me to do something, I just do it. So that's the intellectual side of it. The emotional side of it, I need to take control in in terms of saying, "Ok, the circumstances

don't seem to bear that out right now." But the intellectual side of me helps temper the emotional while on the other hand- and this is what I've loved the most from my wife- is the emotional helps me to enjoy what God has called me to. Enjoy the intellectual side of things. So it's, it's learning to have both of those in play at the same moment.

Now when are we out of balance? Here's the key for me. Don't let me fall. (pause) All right. I'm walking a tightrope now. All right? I'm on two of them because I can't do it on one.

[Laughter]

Okay. I'm walking this tight rope and I'm gonna go across this, this room and I'm holding these this big bar, right? And as I walk across this tightrope, I'm going back and forth and I'm I mean I'm way way over. When am I out of balance?

- Audience Member 5

Your center of gravity is off the line.

- Michael Wilkins

When your center of gravity is off the line. He is one of these cognitive guys isn't he?

[Laughter]

I love that. Am I out of balance? Really the only time that we're out of balance is when we fall. What we're doing is, what, we're compensating. We're still in balance because we're up there. It's not till we fall, that we're not what I would suggest is this: there are gonna be times allow yourself to freak out a bit. She'd probably help you Allow yourself to freak out just a bit too. I don't want to. I don't want to say too much of this you know, out loud; too much here. But allow yourself to lose control for a moment, just for a few moments so that you experience it and, and, and understand what your emotions are actually telling you now.

Now, my wife has been the best for me on that. Where, lie we're at a volleyball game Tuesday night or Thursday night. We lost to Mater Dei in the fifth game. We were up 14 to 4. Oh man, it's still killing me. We were up 14 to 4 and Mater Dei came back and beat us. Final score is 18 to 16 in the fifth game. So we lost the match. We had it. Now my wife got the ladies down in front of us were doing cheers. I mean they were just good called causing the place to go wild and us guys in the back are just sitting here. Yeah we're trying to be in control of it. But what she got us to do was to cheer. She got us to get into the flow of the moment. You know what happened to one of the guys, he got into it so much he had to leave, one of the fathers. He had to leave. He couldn't handle because he is so cognitive, he couldn't stay there and just experience the emotion of it as tragic as it turned out for us. He couldn't handle it. I think that he lost part of his humanity because his daughter watched him leave the gym. I don't ever want to do that. Now, I experienced emotions I don't ever want experience again.

[Laughter]

But I allowed myself to get into it and I made myself vulnerable and I'm a different person because of it instead of just simply staying controlled and out of touch with the moment. I allowed myself to let loose a bit and get into it. It hurt me more, but I think a more human. And I- you know who I'm able to relate to even more so? My daughter who is hurting incredibly. So that's that's just the, the response I have.

We're out, we're out of time. All right? That's it. We're out of time. It's the end of this seminar. We're done.

[Applause]

(Softly) You wanna close?

- Roy Allinson

Nothing more to add, but thank you Mike very much. If you've completed those surveys please leave them on the seat. If you haven't, if you could just take a few moments to do that. Leave them on the seat. Thanks for coming. Lea-(Audio cuts out)