



OUR LADY'S SCHOOL NEWSLETTER

11 December 2020

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times: Saturday 6:00pm
Sunday 9:00am, 10:30am & 5:30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

'In the beginning God created the Heavens and the Earth' Genesis 1:1

Dear Parents,

As I write you my last newsletter for 2020 I feel so truly grateful to all the families of Our Lady's school for your ongoing collaboration, participation and support throughout the year. We are now seeing the light at the end of the tunnel which is a great relief to us all I'm sure. What will remain with me is that while we were travelling together through the uncertainty and challenges that the COVID-19 pandemic presented, through all the twists and turns we were together, united in our endeavours to make sure we continued providing our students with the best possible learning opportunities and social/emotional support.

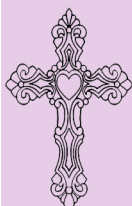
You, our parents were a light through that time of darkness, together with my incredible staff who were prepared to do whatever it took to support our students and families. We were light for each other during this time of uncertainty and darkness and that is what community is all about. We should all feel a great sense of achievement that together we made it to the other end of the tunnel. I would like to thank our Parish Priest Father Peter who throughout 2020 was a constant source of support to myself, the staff and students. Thank you for celebrating the Sacrament of Confirmation and administering the sacrament to our Year Six students. A big thank you to all of the wonderful Our Lady's staff for your collaboration, courage and unswerving commitment and love for our students. Thank you to our amazing students who are our inspiration and who make it such a privilege and a joy to come to school each day. We are so proud of you all! To the whole of the Our Lady's school community:

I wish you all a peaceful and joyful Christmas. May the new year be filled with happiness and love. May God bless all our families, students and staff. Hoping that you will be able to rest and recuperate during this holiday period and I look forward to journeying with you all in 2021.



Graduation and End of the School Year Prayer

Graduation is a wonderful time, we look forward to a future of promise. The last days of school are a time to thank God for the year. We have all grown in faith.



Father, as we get ready for graduation we ask you to be with us. We do not know what is ahead of us but we are ready to walk into the future. As we face new challenges, guide us and our lives. May we see this time as an opportunity, a new beginning, a time of hope. Help us to make a difference and to live in your love in all that we do. God, Father of us all, thank you for all we have learned this year. We have grown in faith, hope and love of you. Thank you for the friends we have made and the good times we have shared. Be with us as we go forward into the summer. Amen



Our Year Six students dancing the night away on their Graduation Day



Update on drop off and pick up procedures for 2021

We will return back to our normal pre-Covid times in 2021, therefore there will be one starting time and one finishing time, unless the circumstances change and in that case I will communicate with you those changes. We ask that you continue to drop off (mornings) and pick up (afternoons) your child from the same gates that you have been using in 2020. This has had positive benefits such as reduced congestion, improved traffic flow and road safety. We ask that parents continue to drop off and pick up their child/children at the designated gates and not enter the school grounds. We have found that this has greatly improved students' independence and have seen students grow in confidence as a result. We thank you for your collaboration.

2021 BELL TIMES

8.20am	School gates open
8.30am	Classrooms open
8.45am	Classes start
10.50am-11.30am	Snack time
1.30pm	Lunch eating time
1.40pm-2.20pm	Lunch time
3.15pm (3.00pm Wed)	Home time

CELEBRATING OUR LADY OR THE IMMACULATE CONCEPTION ON HER FEAST DAY

On Tuesday we celebrated the Feast of the Immaculate Conception. We began the day as a whole school praying the Hail Mary. Each class visited the shrine to Our Lady situated next to the front office. It was very moving to see so many of our students coming to reflect and pray throughout the day. Here is an example of some of the beautiful prayers the students wrote to Mary.

Dear Mary,

Thank you for keeping my family safe and healthy. You are an important person in my life and I praise you for that. Help the sick through COVID-19 and lead us with your light. (Alisha)

We thank you for helping us to live through this year of bad stuff such as corona and bush fires. We all pray that everyone has the best Christmas ever, even the people that have COVID-19. Thank you for being a great Lady. (Digby)

All students received a free tube at lunchtime as part of our Feast Day celebrations.



SCHOOL FEES

Thank you to all of you who have settled your accounts for 2020 and paid your school fees. In consideration of the challenges that have been presented this year I have decided not to increase school fees in 2021, they will remain as they were in 2020. Next week I will send all families a letter outlining school fees for 2021.

STAFF 2021

As you know from my previous newsletters some of our current staff are leaving and we will have new staff beginning in 2021. In the outline below you can see the class teachers for 2021.

Many of you are aware that Mrs Angelica Mendoza is expecting her first child. She will be teaching 5D in Term 1 2021 and then Mrs Marina Portelli will teach 5D for the rest of the year. Mrs Portelli is an experienced educator and will join Mrs Mendoza for the *Getting to Know You and Your Child* meetings at the beginning of the year so that both parents and students will meet her.

We have also organised for extra teaching staff to provide students with further support to improve their reading skills and confidence. This extra support will be focussed in the Year 1 and 2 classes in Term 1 2021. It will be evaluated each term and adjustments will be made according to students' needs.

The students will meet their new teacher and class mates for 2021 on Monday 14th of December from 11:30-12:30 pm.

CLASS TEACHERS FOR 2021

Foundation I	Ms Cam Tu Nguyen	Foundation J	Ms Wendy Veldman
1K	Ms Menica Scarpaci	1L	Ms Stephanie Huynh
2M	Ms Lana Frost	2N	Ms Jennifer Howe
3E	Ms Karen Everson	3F	Mr Josh Howarth
4G	Ms Caroline Wood	4H	Ms Beatrice Robles
5C	Ms Tosh Kaan	5D	Mrs Angelica Mendoza
6A	Mr Tim Wickham	6B	Ms Michelle Gurry



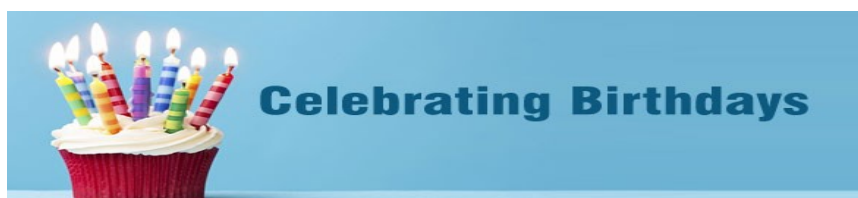
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Van R 3F	Luca G 6B
Benjamin D 6B	Kennedy H 1L
Mrs Meilak	Jack T 5C
Sophie T 5C	Owen T FJ
Jasper O 3E	Lily H 2M
Summer T 6A	Curtis B 5C
Lara M 1L	Kayley T 5C
Madelene R FJ	Lewis R 6B
Richard N 4G	Ryan V 2M

A message from Fr. Peter



THANKS & BLESSINGS FOR CHRISTMAS & 2021

"The sun will rise again in the morning!"

Greetings from the Pastors and the Parish Community!

THANK YOU to each and every one in *Our Lady's Parish School* community for all the help to each other, all throughout this most unusual and unpredictable year!

To the students, parents, and families you were amazing, adapting to offsite learning; as indeed were our dedicated staff and leadership team and Principal, *Patrizia Bertani*. Keeping our hopes up that indeed each day the sun will rise and all the challenges, we faced together, *would not last forever!* The acts of kindness and patience, so many have shown to each other, have been like the magnificent rays of sunshine that light up our finest days of Spring weather! Especially in Sunshine!

Tomorrow it will be *Twelve days to Christmas*, and almost like never before, we have been waiting and longing for this Christmas day, to be with our families and loved ones. *And perhaps like no other year we will enjoy hearing all our favourite Christmas carols!* There will be a *Jesus is Christmas* special TV broadcast: **Sunday 20 December**, 7-8pm, Channel 31 (digital Ch 44), and will include some Carols recorded here in Our Lady's!

Two thousand years ago, after centuries of people waiting in anticipation, God reached down from Heaven and made the precious gift of Jesus. One of my favourite verses in the Bible explains it this way: *"God loved the world so much that He sent His only Son, not to condemn the world but so that through Him all might be saved."* **JOHN 3:16** ...or I like to say '...so that all may have access to Eternal Life' and I like that because we are free to choose how we allow God into our life. God will not force us to love Him in return for his gift to us, but offers us opportunities to give thanks and see his work. None of us, I think, ever imagined that events like the Bible stories of plagues could happen in our lifetime; yet a virus has halted us in ways we never would have believed. There is an extraordinary aspect, and may be one of the few good things, our priorities moved to building stronger bonds in our families, and appreciating our friends. Throughout the lockdown and night-time curfew period, I was deeply moved by the sight of so many families out walking and so many people who stopped for a few moments to pray beside Our Lady's Statue, some even knelt to pray by the Church door.

We will all have our memories of 2020, *the sad and mad, and the good and beautiful!* *Sad for me* was closing our church door on *19 March, Feast of St Joseph!* I'll never forget! *Sad* also not having all our Sacraments celebrations, and for those whose circumstances changed with employment or businesses, it's in my mind and prayers every single day! *A beautiful memory* was to be able to celebrate the *Sacrament of Confirmation* together! Indeed we may be immensely proud of the students, parents, sponsors, staff and all the teamwork, all who adapted quickly as plans changed, when and as restrictions eased. As Catholic Christians, we're united by our common bonds in our faith and Sacraments and the sacred bonds of our *Baptism* and *Confirmation* will stay with us all our life! Although by law, and to ensure safety of keeping 1.5m distance, numbers permitted to gather in our churches are temporarily limited, our parish has extra Christmas Masses on 24th December. **BOOKINGS NEEDED and will soon be open through TRY BOOKING.** *Let us pray, deeply in our hearts, for all who are in any kind of need and give thanks to God for the gift of each other. Best wishes for a Safe and Happy Christmas and New Year!*

Father Peter-Damien & Father Peter Lal Zin

CHRISTMAS MASS TIMES 2020

OUR LADY'S

93 Monash St, SUNSHINE



THURSDAY 24th **BOOKING** is necessary

10.30am **ENGLISH**

4.00pm **ENGLISH**

6.30pm **ENGLISH**

8.30pm **VIETNAMESE**

10.00pm **CHIN**

12.00am **Midnight Mass**

To attend Mass – **BOOKING is necessary** whilst the
Victorian Government COVID19 SAFETY number limits are in place

<http://pol.org.au/sunshine>

- **see LINKS** (below Menu): **Mass Booking/TRY BOOKING**

FRIDAY 25th **BOOKING** is necessary

9.00am **CHIN**

10.30am **ENGLISH**

12.30pm **VIETNAMESE**

May you have a Blessed & Safe & Happy Christmas

THE CATHOLIC ARCHDIOCESE OF MELBOURNE
PRESENTS

Jesus is Christmas

WATCH IT
ON C31
(CH 44 ON DIGITAL TV)
OR
[YOUTUBE.COM/
ARCHMELB](https://www.youtube.com/ARCHMELB)

CHRISTMAS CAROLS FAMILY SPECIAL

Our Christmas celebrations may look a little different this year, but thankfully we can always return to the familiar sounds of the carols to inspire and remind us of the reason for our Advent hope: the birth of our Lord Jesus Christ. *Jesus is Christmas—then, now, always.* Together with your families, join us for this one-hour Christmas special from the comfort of your home, and sing along to your favourite carols sung by some of Melbourne's most talented musicians.

**SUNDAY 20 DECEMBER
7PM - 8PM**

FEATURING

**SILVIE PALADINO
GARY PINTO**

+

**MICHAEL PETRUCCELLI
THE SAGA**

LARISSA CAIRNS

THE SULLY FAMILY

TONGAN CHOIR, SUNSHINE

CBD PARISHES VIRTUAL CHOIR

AND

ARCHBISHOP PETER A COMENSOLI

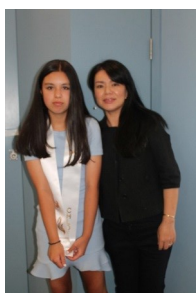
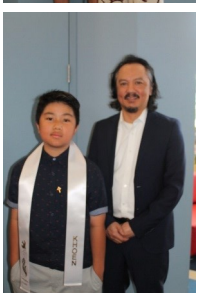
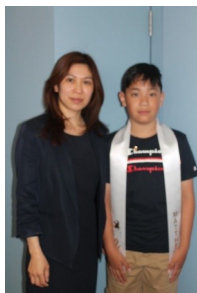
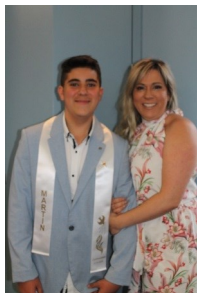
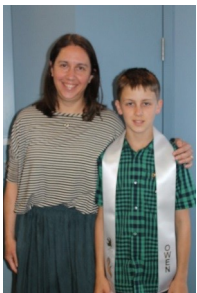
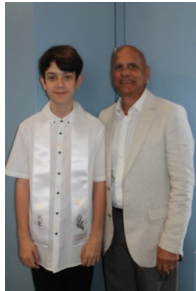
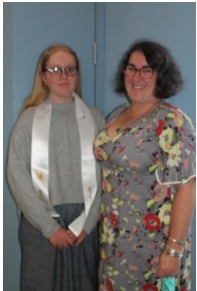


Congratulations and Thank You to all students who purchased a keyring to support the Orangutan Conservation Program.

We raised an amazing \$447 with the Key Rings. With the money raised we will be readopting Archie and adopting 2 new baby orangutans! Congratulations to all for making a positive difference and helping with conservation in our world!



Confirmation





Bluearth Year 6 Transition Incursion





Bluearth Incursion



Year 6 & Foundation Buddies Expo





FOR PARENTS AND CARERS

Wellbeing support for students over school holidays

It's been a big year and this guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care over the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.



Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2 3}

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

¹ headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgp.pdf>

³ headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>



Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **ehespace:** 1800 650 890
www.headspace.org.au/ehespace
- **Kids Helpline:** 1800 551 800
www.kidshelpline.com.au
- **Lifeline:** 13 11 14
www.lifeline.org.au
- **Beyond Blue:** 1300 224 636
www.beyondblue.org.au
- **Head to Help:** 1800 595 212
www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467
www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188
www.safesteps.org.au
- **1800RESPECT:** 1800 737 732
www.1800respect.org.au
- **What's okay at home:**
www.woah.org.au
- [Family violence support](#)

Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary for some communities who experienced last Summer's Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels in children and young people that are similar to what they experienced during the event.

For more information on supporting children and young people during this time:

- **Emerging Minds:** [Traumatic events: anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

headspace parent seminars on understanding mental health

- Local headspace centres are running seminars over the school holidays to strengthen parents understanding of mental health and build skills and strategies to support mental health. For further information about dates contact: headspaceschools@headspace.org.au
- headspace National has partnered with the Department of Education and Training to deliver two parent and carer twilight webinars to discuss:
 - o supporting young people – Notice, Ask, Connect (Thursday 10 December 2020. [Information and registration here](#))
 - o supporting young people transitioning from primary to secondary school (Tuesday 15 December 2020. [Information and registration here](#)).

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet](#) (Orygen)
 - o [Learn how to handle tough times](#) (headspace)
 - o [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)



Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at www.extend.com.au

Hours of Operation

After School Care: 3:00pm – 6:00pm

Contact Details

0499 849 940

olic@extend.com.au

Monday	Tuesday	Wednesday	Thursday	Friday
Fun, with science!	Christmas trees	Christmas Party	School Holidays	School Holidays

DISCOVER



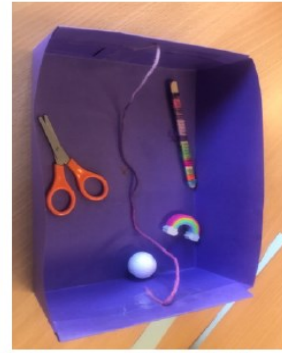
One of our elves to watch over us and maybe be a little bit of a trickster...

LEARN



Do you want to build a snowman? Snow dough!

PLAY



That's a wrap! Folded boxes hold precious presents.

STARS OF THE WEEK!

Oscar & Henry W

For being prepared to always try and for having the courage to do the right thing even when it doesn't benefit them!

We are all getting ready for our holidays! The elf has been watching and is happy to report to Santa that we are being nice! We have been practicing our Christmas presents by making our own boxes and have also been pretending we are in the northern hemisphere with Snowmen. I was called away to another centre the night that they made the snowmen, and I believe the OLIC snowmen didn't turn out quite the same as the ones I made above... but reports were that it was fun. Next week we will be exploring electric circuits again, but this time making a Christmas trees from pipe cleaners, diodes, and coin batteries, plus having our own Christmas party. To start the week off we will be having fun with science... wearing art smocks and I will be mopping up because sometimes chemistry can't be contained, but we will try!

Leonie
Service Coordinator

extend.com.au



Free Soccer Clinics

WHEN:
SATURDAYS 9AM - 10AM

VENUE:
RALPH RESERVE,
16 RALPH STREET, SUNSHINE WEST

Register your interest by filling out the Jot form and booking a place for yourself in 2021.

<https://form.jotform.com/20336855441053>

contact : Jose Mansilla - 0414 077 745
email: info@halenessfc.com



Western Suburbs/Sunshine Heights
Free Soccer Clinics every Saturday from
9am - 10am throughout 2021.

Have fun, stay active, meet new friends and play the beautiful game within the local community every Saturday for up to 40 weeks of the year at no charge thanks to Vic Health.

Starting this December - Saturday 12th & 19th December 2020. Then recommencing from the 2nd of January 2021.

All abilities welcome, girls and boys.
All age groups from 4 to 16



HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ALL-INCLUSIVE PROGRAM FOR KIDS WITH A DISABILITY – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Sunshine YCW Cricket Club

Start 17/12 - 5:00 PM / return 28/01 5:00 PM finish 04/03/2021

Brendan Lawson - 0468 926 588

junioradministrator@sunshineycwcc.com.au

All welcome



JOIN A CREW NEAR YOU TODAY

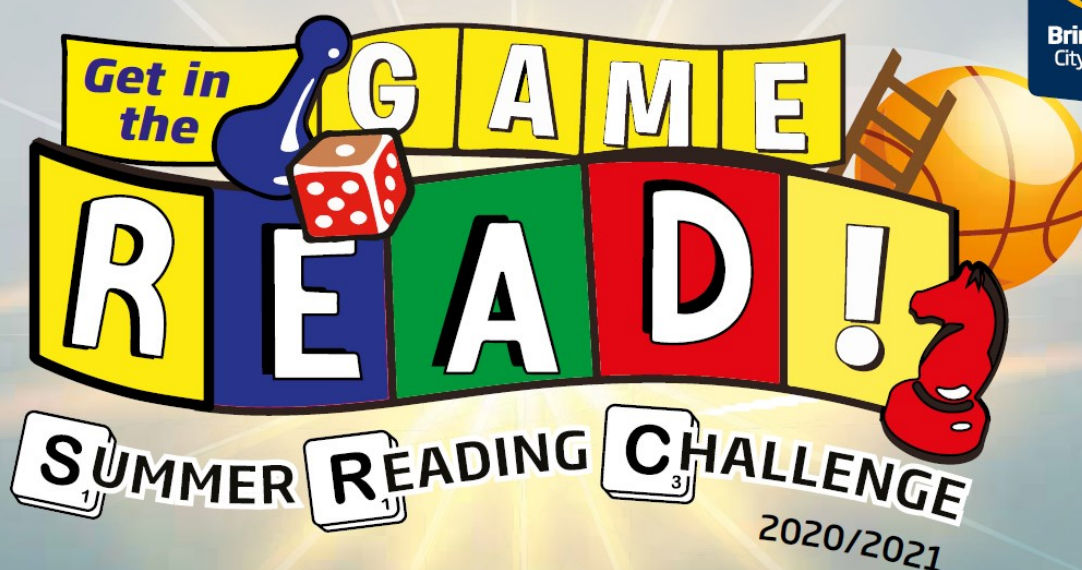


OFFICIAL KIDS
PROGRAM



Brimbank Libraries

Imagine, Explore, Discover, Connect



Join the Summer Reading Challenge for a chance to win an Android tablet with \$100 of eBooks or one of 5 \$50 Book Vouchers.

All you need to do is read 6 books over summer, or read for 6 hours!

Enter as many times as you like - the more reading you do the more chances to win!

Activity booklet and entry forms available from all branches of Brimbank Libraries, or print from:

www.brimbanklibraries.vic.gov.au

**Tuesday 1 December 2020
to Sunday 31 January 2021**

**For ages
0-15**

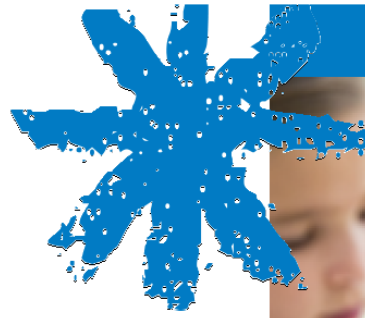
Visit our website for more information: brimbanklibraries.vic.gov.au

Deer Park	4 Neale Road, Deer Park	T 9249 4660
Keilor	704B Old Calder Highway, Keilor	T 9249 4670
St Albans	71A Alfreda Street, St Albans	T 9249 4650
Sunshine	301 Hampshire Road, Sunshine	T 9249 4640
Sydenham	1 Station Street, Taylors Lakes	T 9249 4680



||||| / / / /
**Libraries
Change Lives**

insights



Making a smooth start to secondary school

by Michael Grose

Getting used to new subjects and new teachers, as well as forming new friendships, are just some of the requirements of this transition.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that many research projects indicate that children's learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P's to help your young person settle in:



1. Promote friendships

The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Practice patience

Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Pursue a positive attitude

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give

your young person time to handle them on their own before seeking help.

4. Process their day

Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person's school is by actively promoting the school's values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person's new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.

Make a straight path for the Lord

2nd Sunday of Advent, Year B



What are three things you can do to be ready for Jesus during this second week of Advent?

Gospel

Mk 1:1-8

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah:

Look, I am going to send my messenger before you; he will prepare your way.
A voice cries in the wilderness:
Prepare a way for the Lord,
make his paths straight,

and so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John wore a garment of camel-skin, and he lived on locusts and wild honey. In the course of his preaching he said, 'Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.'

The prophet Isaiah wrote:

"I am _____ my
_____ ahead of you,
who will _____ your way;
the _____ of one _____ out
in the _____:
'Prepare the _____ of the _____,
make his paths _____'"

crying
straight
way
voice
sending
prepare
wilderness
messenger
Lord