

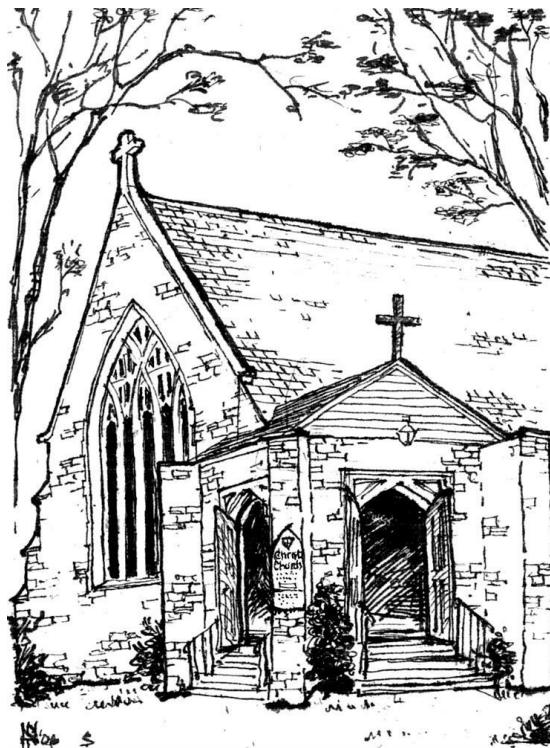
CHRIST CHURCH PARISH

EPISCOPAL

9:00 AM

The Fifteenth Sunday after Pentecost

September 1, 2024



WELCOME

Christ Church is an Episcopal Parish in the Diocese of Massachusetts. We welcome and honor the God-given gifts that make us unique as individuals and strong as community. You and your family are welcome regardless of age, ethnicity, sexual orientation, marital status or prior religious affiliation.

PRELUDE

Prière

Jean Langlais

The Word of God

ENTRANCE HYMN

To the Name of our salvation

1982 Hymnal 248

OPENING ACCLAMATION

The people standing, the Celebrant says

Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever.**
Amen.

COLLECT FOR PURITY AND GREAT COMMANDMENTS

The Celebrant says

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

SONG OF PRAISE

Praise to the Lord v. 4

Praise to the Lord! O let all that is in me adore him!
All that hath life and breath come now with praises before him!
Let the amen
sound from his people again;
gladly for ever adore him.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

Lord of all power and might, who art the author and giver of all good things: Graft in our hearts the love of thy Name, increase in us true religion, nourish us with all goodness, and bring forth in us the fruit of good works; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

The Lessons

FIRST READING:

The people sit.

A Reading from the book of Deuteronomy.

So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

Reader The Word of the Lord.

People **Thanks be to God.**

Silence may follow.

Psalm 15

Remain seated.

¹LORD, who may dwell in your tabernacle? *
 who may abide upon your holy hill?

²Whoever leads a blameless life and does what is right, *
 who speaks the truth from his heart.

Deuteronomy 4:1-2, 6-9

³There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbor.

⁴In his sight the wicked is rejected, *
but he honors those who fear the LORD.

⁵He has sworn to do no wrong *
and does not take back his word.

⁶He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.

⁷Whoever does these things *
shall never be overthrown.

SECOND READING:

The people sit.

A Reading from the letter of James.

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

James 1:17-27

Reader The Word of the Lord.

People **Thanks be to God.**

SEQUENCE HYMN***Father all loving, who rulest in majesty****All stand.***1982 Hymnal 568****GOSPEL:***All stand.***Mark 7:1-8, 14-15, 21-23**

Deacon The Holy Gospel of our Lord Jesus Christ according to Mark.

People **Glory be to thee, O Lord.**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles. So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written, ‘This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.’ You abandon the commandment of God and hold to human tradition.” Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.” For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”

Deacon The Gospel of the Lord.

People **Praise be to thee, O Christ.**

THE SERMON**The Rev. Melissa Howell**

Silence may follow.

THE CREED

All stand.

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.**

Through him all things were made.

For us and for our salvation

**he came down from heaven,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven**

and is seated at the right hand of the Father.

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father,
who with the Father and the Son is worshiped and glorified,
who has spoken through the Prophets.**

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

Deacon: We come before God this day, ready to offer our best efforts and our most perfect gifts of praise and love.

May we be doers of God's will,

And not merely hearers.

Leader: Loving and faithful God, hear our prayers for the church: for Michael our presiding bishop, Sean our presiding bishop-elect, Alan and Carol our bishops, Julia our bishop-elect, Melissa our priest, James our deacon, our lay leaders and for each one of us, as we seek to offer our lives in service of the gospel.

Silence

May we be doers of God's will,
And not merely hearers.

Hear our prayers for our national and local leaders, and especially for all who work to bring greater understanding and reconciliation among peoples and nations. We pray for the cause of peace and justice as we remember those who suffer from war and civil strife, especially the peoples of Ukraine, the Holy Land, South Sudan, and Haiti. We pray for all who are caught in the web of discrimination and upheaval throughout the world.

Silence

May we be doers of God's will,
And not merely hearers.

We give thanks for God's most perfect gift of the creation. May we honor that gift as we work with those committed to the restoration of the land, the seas, and the air.

Silence

May we be doers of God's will,
And not merely hearers.

We also give thanks for the countless blessings that fill our lives each day. We seek not to take these for granted, but to acknowledge God's generous hand in every aspect of our lives.

Silence

May we be doers of God's will,
And not merely hearers.

Give new hope, O God, to those who suffer illness, depression, and loss of any kind. May they experience new possibilities through the gracious working of the Spirit. We pray for those on our parish prayer list and those we name now, either silently or aloud.

Silence is held for a time as people share their intercessions.

May we be doers of God's will,
And not merely hearers.

We offer our prayers for those who have died, giving thanks for their lives and taking confidence in God's loving care for all people. We remember those who have died especially Rena Melahoures in whose honor and memory the high altar flowers have been given and those we name now, either silently or aloud.

Silence is held for a time as people share their intercessions.

May we be doers of God's will,
And not merely hearers.

Celebrant: We come before you, O God, not only as those who dwell in God's house but as those who speak the truth from the heart. May our actions this day match our words and may our lives bear witness to the love and justice of God. We ask this in Christ's name. **Amen.**

CONFSSION OF SIN

The Deacon or Celebrant says

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Minister and People

Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.

We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.

For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. Amen.

The Priest stands and says

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE PEACE

All stand.

Celebrant The peace of the Lord be always with you.
People **And with thy spirit.**

Then the Ministers and the People may greet one another in the name of the Lord.

ANNOUNCEMENTS

The Holy Communion

OFFERTORY SENTENCE

*If you wish to make a gift to support the ministries of Christ Church Parish, you may place your offering in the plate, or scan the QR code to the right to donate online.
Thank you!*



OFFERTORY HYMN

Blest are the pure in heart

1982 Hymnal 656

DOXOLOGY

1982 Hymnal 380, v3

The Great Thanksgiving

The People remain standing.

Celebrant The Lord be with you.
People **And with thy spirit.**
Celebrant Lift up your hearts.
People **We lift them up unto the Lord.**
Celebrant Let us give thanks to the Lord our God.
People **It is meet and right so to do.**

Facing the Holy Table, the Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

SANCTUS

Holy, holy, holy

1982 Hymnal S 124

The people kneel or stand.

Then the Celebrant continues

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, “Take, eat, this is my Body, which is given for you. Do this in remembrance of me.”

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, “Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me.”

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who

partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

AMEN.

THE LORD'S PRAYER

The Celebrant then continues

And now, as our Savior Christ hath taught us, we are bold to say,

People and Celebrant

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done, on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

The Breaking of the Bread

FRACTION ANTHEM *Christ our Passover* 1982 Hymnal S 154

PRAYER OF HUMBLE ACCESS

The following prayer may be said. The People may join in saying this prayer

**We do not presume to come to this thy Table, O merciful Lord,
trusting in our own righteousness, but in thy manifold and great
mercies. We are not worthy so much as to gather up the crumbs
under thy Table. But thou art the same Lord whose property is
always to have mercy. Grant us therefore, gracious Lord, so to**

eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

INVITATION

The Presider invites the people to Communion with these or similar words:

Wherever you are on your journey, you are welcome at God's table.

The Gifts of God for the People of God.

To receive the Sacrament, come forward in two lines down the center aisle, to either the main altar or the chapel altar rail. Please fill in all the spaces along the rail. Standing or kneeling, hold out your hands. The minister will place the bread in your palm. You may then receive the wine by drinking from the larger cup or intincting (dipping) the bread in the smaller cup. If you do not wish to receive the wine, cross your arms across your chest as the cup bearers come to you. If you would prefer a blessing, come forward to the rail, cross your arms across your chest, and the minister will bless you.

At the main altar, once you have received, stand and exit through the side door closest to you (either left past the organ or right through the choir room) to walk around and back into the sanctuary, using the side aisles to return to your seat.

COMMUNION HYMN

Strengthen for service, Lord, the hands

1982 Hymnal 312

POST-COMMUNION PRAYER

After Communion, the Celebrant says

Let us pray.

The People may join in saying this prayer

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in

that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

If Lay Eucharistic Visitors are being sent out to bring the Sacrament to those who cannot be with us in-person, the following is said as the Visitors are handed the bread and wine:

Celebrant: In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's body and blood.

People: **We who are many are one body, for we all share one bread and one cup.**

BLESSING

CLOSING HYMN

Before thy throne, O God, we kneel

1982 Hymnal 574

DISMISSAL

The Deacon or Celebrant dismisses the people.

The people respond: Thanks be to God.

POSTLUDE

Menuet Gothique

Léon Boëllmann

Healing prayers will be offered in the Mary chapel after the service.

Announcements

Please keep the following people in your prayers during the coming week.
Any names added this week are in bold.

Arnie Kaupp; Bill Lutz; Family of Clara Clements; Caleb Eaton and family; Carol Owen; Cindy Boyer; Dianne Powers; Don Bolt; Doug Perry; Elaine Christian; John Davidson; Karen Guerra; Karen Romero; Kate Taylor; Kim Fillian; Lauren Parnass; Laurie Ghelfi Smith; Linda Garrone; Louise Woodruff; Lynne Neeley; Margie Kaupp; Maryanne Kerrigan; Michael Petringa; Michelle and Michael Almeida; Nicole Smith; Norm Zinger; Owen Smith; Ray Rogers; Sam Barry; Sharon Steadman; Steven Mills-Price; Suzanne and Dave Salois; Suzanne Williamson-Vico; Tim N.; Tina MacAllister; Tyler Christian; Valerie B. Pflock; William Underhill

We ask your prayers for those serving in the military and their families:
Andrew Barton, Austin Vico, Harry Morini, Josh Zabin

From the Office

In order to have your announcements included in the weekly bulletin and *Keeping Connected*, please send them to the office by 12 Noon on Wednesday. They should include date, time, place, description of event and contact information and should be written exactly the way you want them to appear.

Keeping Connected – Christ Church's weekly eNewsletter can now be found on our website christchurchplymouth.org. Visit our website to view the newsletter or scroll to the bottom of the page and enter your name and email to have it sent directly to your inbox.

Sunday Worship Schedule Changes – Our regular program year worship schedule, with Holy Eucharist at 5pm on Saturdays, 8am and 10am on Sundays, will resume on September 7th and 8th.

Church School News - The first day of Church School for PreK-5 is Sunday, September 8. We will have class at 9 AM and a special Welcome Back Ice Cream Social at Coffee Hour! Older students, and adults are invited to join Rev. Melissa at 9 AM in the Hospitality Suite for a discussion focused on the lessons for the day.

- **PreK-1 Students:** Meet with Amanda Peterson in the basement classroom (that sounds ominous, but it is a *great* space for this age group!)
- **Grade 2-5 Students:** Meet with **Makenzie Manchester and Su D'Ambrosio in the classrooms on the 2nd floor of Hall House. Please enter by the door in the driveway.**

Church School Help Needed! We are always looking for volunteers to help in our classrooms. Volunteers assist the lead teacher with class activities and ensure that we adhere to minimum adult supervision requirements for Safe Church guidelines. You can volunteer for one week, be on call as a substitute teacher, or join our Church School team. Please consider sharing your time and talent with our youngest parishioners by volunteering to help in our Church School classes! Use the link below to let us know you want to participate or contact Su D'Ambrosio at assunta999@gmail.com for more information.

Interested In Acolyting? - With our regular Sunday church schedule about to begin, we are looking to add to our current group of acolytes. Acolytes assist the ministers during the service to help things run smoothly. This enhances the worship service and is an important ministry. Traditionally acolytes are youth over the age of 9. With the complexity of everyone's schedules we will be having a few different training sessions or refreshers for anyone interested in serving as an acolyte. These will take place at 9 a.m on 3 Sundays throughout September. September 15th, 22nd, and 29th. Please email Rebecca Metzger- radmetzger@gmail.com with a date that you are available. Please respond to Rebecca even if you are already on the acolyte list. Thank you!

Bloomin' 4 Good Program - For the month of September, the purchase of a \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" from the Stop & Shop at 127 Samoset St in Plymouth will brighten a home or make someone's day while also directing a \$1 donation to the Christ Church Food Pantry. This is a great way to broaden awareness in the local community and raise donations for our organization to help fight hunger. The more bouquets sold, the greater the donation we will receive from Stop & Shop! To learn more about this program, please visit stopandshop.2givelocal.com.

Christ Church Food Pantry – This week we are low on: baked beans, kidney beans, spaghetti sauce, coffee and snack bars.

All are welcome to the Christ Church Food Pantry!

We are open by appointment:

Tuesday 4:00-5:15, Thursday 12:00-1:15 and 4:00-5:15, and Saturday 10:00-11:15.
Call the pantry message line: 508-746-4959, ext 6, BY 1 PM THE DAY BEFORE YOU
WISH TO PICK UP YOUR ORDER. Our volunteers check messages and return your call
from their homes to ask you what you need.

Leave a message if you wish to donate non-perishable food and household items, or you may leave your donations under the mailboxes outside the office or in the front entrance to the sanctuary. Squirrels like to get into any bags left on the porch of the food pantry!

If you wish to volunteer, contact Eileen Paris at eileenpca@aol.com

For more information, please contact Barbara Wojtkiewicz at 617-291-4634, or by email at barbara.wojtkiewicz@gmail.com

Christ Church Thrift Shoppe - Summer Sales are in progress. Please stop by, shop our dollar racks and help us make room for fall clothing and seasonal items.

Thanks to those who have generously donated to our collection bin located in the Narthex. We will continue to collect home decor, fiction books, jewelry, kitchenwares and gently used items from non-smoking homes throughout the month of August.

Summer Shoppe Hours
Thursday and Friday 10-4
Saturday 10-1

Week At - A - Glance * September 1, 2024 – September 8, 2024

SUNDAY	9:00 AM	Holy Eucharist Rite II – The Fifteenth Sunday after Pentecost
	10:15 AM	Lemonade on the Lawn
MONDAY	9:00 AM	Morning Prayer – Facebook Live
	9:30 AM – 3:00 PM	Office Closed
	10:30 AM – 11:30 AM	Fore & Aft
TUESDAY	9:30 AM – 3:00 PM	Office Closed
	10:00 AM	Companions Group
	10:30 AM – 11:30 AM	Fore & Aft
	4:00 PM – 5:15 PM	Food Pantry
WEDNESDAY	9:00 AM	Morning Prayer – Facebook Live
	10:30 AM – 11:30 AM	Fore & Aft
THURSDAY	10:00 AM – 4:00 PM	Thrift Shoppe
	10:30 AM – 11:30 AM	Fore & Aft
	12:00 PM – 1:15 PM	Food Pantry
	4:00 PM – 5:15 PM	Food Pantry
FRIDAY	9:00 AM	Morning Prayer – Facebook Live
	10:00 AM – 4:00 PM	Thrift Shoppe
	10:30 AM – 11:30 AM	Fore & Aft
SATURDAY	10:00 AM – 1:00 PM	Thrift Shoppe
	10:00 AM – 11:15 AM	Food Pantry
	5:00 PM	Holy Eucharist Rite II – The Sixteenth Saturday after Pentecost
SUNDAY	8:00 AM	Holy Eucharist Rite I – The Sixteenth Sunday after Pentecost
	9:00 AM	Church School (Adults and Grades Pre-K – 5)
	9:00 AM	Choir Rehearsal
	10:00 AM	Holy Eucharist Rite II – The Sixteenth Sunday after Pentecost
	11:15 AM	Coffee Hour Ice Cream Social

Christ Church Parish
Seeking Christ in Ourselves * Serving Christ in the World

JESUS CHRIST IS THE HEAD OF THE CHURCH

MINISTERS

All the people of Christ Church Parish

Staff

The Rev. Melissa Howell, Rector

The Rev. Deacon James Thomas

David Tyler, Parish Administrator

Lea Tyler, Choir Director

Su D'Ambrosio, Sunday School Coordinator

Jae Johnson, Sexton

Officers and Vestry Representatives

Bill Ferguson, Senior Warden

John Steele, Junior Warden

Ray Rogers, Treasurer

Brenna Buckley, Clerk

Wil Bernard, Barb Hurney, Kat LiBretto, Judy Lutz, Makenzie Manchester,
Ellen McTighe, Becky Metzger, Amanda Peterson, and Jack Willett

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Phone: 508-746-4959

E-mail: office.christchurchplymouth@gmail.com

Scan here to visit our website:

<https://www.christchurchplymouth.org/>



Office Hours

Monday - Friday 9:30 AM to 3:00 PM