

WHITE MEMORIAL PRESBYTERIAN CHURCH

SERVICE FOR THE THIRTEENTH SUNDAY AFTER PENTECOST
September 7, 2025 | 9:30 & 11:00 a.m.

WE GATHER TO WORSHIP

The sound of bells summons us to gather for worship.

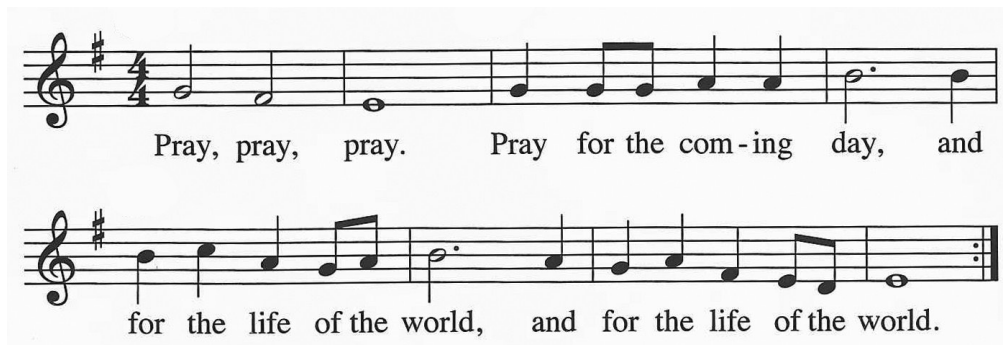
Preparation for Worship

Almighty God, you have broken the tyranny of sin and sent the Spirit of your Son into our hearts. Give us grace to dedicate our freedom to your service, that all people may know the glorious liberty of the children of God; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Invitation

Lee Hunter & Eric Wall

Whene'er the sweet church bell peals over hill and dell,
may Jesus Christ be praised!
O hark to what it sings, as joyously it rings
may Jesus Christ be praised!



"Come to the Potter's house," says the Lord.
"Come," says the One who searches and knows us.
"Come," says the One who shapes and reworks us.
"Come to the Potter's house," says the Lord.
Let us be with the One who can't stop thinking about us.
Let us be with the One whose presence never leaves us.
"Come to the Potter's house," says the Lord.
Come, let us worship the Lord.

*Hymn 667 When Morning Gilds the Skies

LAUDES DOMINI



Potter's wheel artwork by Payne Overcash, a third grader, as his interpretation of Jeremiah 18:1-11

* Asterisks invite us to rise in body or spirit.

Words in bold are for everyone to say or sing.

Two texts, one tune, and the tower bell call us to worship. Edward Caswall's text for "When Morning Gilds the Skies" includes stanzas not often sung; this is one. John Philip Newell's work in Celtic prayer offers us language with which to pray for the world, supported by Sally Ann Morris's tune.

WORSHIP | EMBRACE | SERVE

in the manner of Christ

***Confession and Pardon**

Creator God, you are the potter, and we are the clay. You have intricately shaped each part of us. You fashion us to be people full of love, compassion and grace. But all too often we allow the world to shape us into its mold. We lose sight of your hand and purpose in our lives.

We focus instead on what we have built. We confess that we are fragile, earthly vessels in need of your guiding hand. Take what has become misshapen in us and mold us into the image of your son Jesus Christ. Reform us by the power of your Holy Spirit. Reshape us to be the people and congregation you would have us to be.

Silence for personal confession

Amen.

***Hymn 582** Glory to God, Whose Goodness Shines on Me

***Peace**

The peace of Christ be with you all.
And also with you.

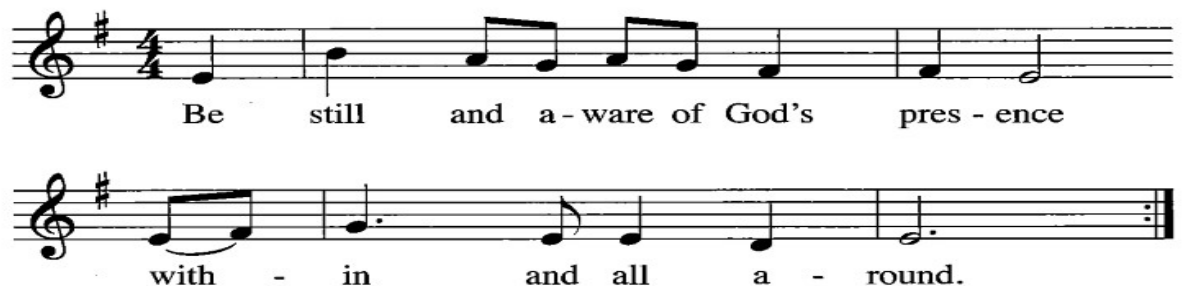
A Time with Young Disciples (11:00)

Christian Welcome and Announcements

Please pass the Friendship Register to your neighbor and include all requested information.

WE PROCLAIM GOD'S WORD

Invitation



First Reading Psalm 139:1-6, 13-18

pew Bible p. 545

Second Reading Jeremiah 18:1-11

pew Bible p. 677

The word of God for the people of God.
Thanks be to God.

Sermon "Pottery Wheel"

Christopher Edmonston

This rousing chorus invites our vibrant, embodied praise.

This chorus, like our opening one, comes from Sally Ann Morris's musical settings of John Philip Newell's Celtic prayers. Here, the bidding is to a quiet sensing of God among us.

WE RESPOND TO GOD'S WORD

Prayers of the People and the Lord's Prayer

Cate Church Norman

Be still and aware of God's presence within and all around.

**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 debts,
as we forgive our debtors; and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power and the glory, forever. Amen.**

Presentation of Tithes and Offerings

O LORD, you have searched me and known me:
when I sit down and when I rise up,
my path and all my ways.
Your hand shall lead me:
Where can I go from your spirit?
Search me, O God, and know my heart:
lead me in the way everlasting.

Get on board, little children,
get on board today.
Get on board, little children – there's room for many a more.
The Gospel train is coming; I hear it just at hand.
I hear the car wheels moving and rumbling through the land.
I hear that train a-comin'; she's comin' round the curve.
She's loosened all her steam and brakes and straining every nerve.
The fare is cheap and all can go; the rich and poor are there.
No second class aboard this train, no difference in the fare.

This African-American spiritual is a stirring song of liberation. Its invitation comes without borders or conditions—a summons to the expansive and energizing love of God.

***Hymn** Praise God, from Whom All Blessings Flow

OLD HUNDREDTH

**Praise God, from whom all blessings flow.
Praise God, all creatures high and low.
Praise God, in Jesus fully known:
Creator, Word, and Spirit one. Amen.**

**Affirmation of Faith from Philippians 2*

God has called us to do nothing from selfish ambition or conceit, but in humility regard others as better than ourselves. God has called us to look not to our own interests, but to the interests of others. We desire to share in the same mind that was in Christ Jesus: who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave in human likeness. Jesus humbled himself and became obedient to the point of death on a cross. God highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God.

An infectious, rhythmic, and singable tune carries words of hope, joy, justice, and new creation, sending us out.

Written as part of a suite for an organ restoration in Winston-Salem, this vibrant piece propels us out with vigor and brilliance.

WE GO IN GOD'S NAME

**Hymn 765* May the God of Hope Go with Us/Canto de esperanza ARGENTINA

**Charge & Benediction*

**Chiming of the Trinity*

**Postlude* "...let God's work your pleasure be..." Dan Locklair, composer

Thank you to the Chancel Glorification Guild for the pottery display on the chancel.

Music in today's service presented with permission under Podcast/Streaming License with OneLicense number #714069

"Pray for the Coming Day" and "Be Still and Aware" texts by John Philip Newell, © 2000 William B. Eerdmans Publishing Co.; music by Sally Ann Morris, © 2024 GIA Publications, Inc.; reprinted under OneLicense number #714069



[Scan or click here to submit a prayer request.](#)

AFTER HOURS PASTOR ON CALL: 919-605-4593

Each Sunday we offer three opportunities for you to worship with us at White Memorial in the Sanctuary and OnPoint@1704 in the Main Hall. While you will notice differences in music, location, and worship leadership among our different services, what unites us in our worship is our scripture, liturgy, and sermon. All services use the same Call to Worship, Prayer of Confession, readings from Scripture, and Affirmation of Faith.



**WELCOME TO WHITE MEMORIAL
PRESBYTERIAN CHURCH, PC (USA)**

We're so glad you are
worshiping with us today.

Visiting?

Deacons are in the Narthex to
offer a friendly greeting, answer
questions, and provide directions.

Looking to Become a Member?

New members are received
after attending the *Believing &
Belonging* @WMPC class.
Visit whitememorial.org/join or
contact Elizabeth Viohl at
ext. 206 for class dates, registration,
and details.

Things to Know

Restrooms

Hallway to Jane Bell Gathering
Space (Pulpit side) and first floor
of the Luther Building.

Childcare

Available for children
up to 4 years old.

Sunday School

9:30 a.m. for all ages.

Refreshments & Coffee

The Connector and Main Hall.

Hearing Assistance

Loop system and FM system
available in the Sanctuary.

AED/Narcan Locations

WMPC campus has five AED/
Narcan locations around campus:
Narthex- Sanctuary, Main Hall-
Edinburgh,
Lobby-Ross, Lobby-Calvin,
3rd floor-Luther

Live Streaming

Services available at
whitememorial.org.
Facebook & YouTube

Bulletins

Recycled after services as part of
our care for God's creation.



Joy's & CONCERNS

A service of Witness to the Resurrection will be held for Bruce Elliott Mullin
on Tuesday, September 9 at 3:00 p.m. in the sanctuary,
followed by reception in Jane Bell Gathering Space.

IN THE CHURCH TRIUMPHANT

Bruce Elliott Mullin - August 24, 2025

WMPC family member: wife, Jackie Mullin

NEW PRESBYTERIANS

Jackson Booth Cain, August 5, child of Hayley and Brad Cain

If you have experienced a birth, marriage or death you want to share with the church,
email Lisa Crumpler at lcrumpler@whitememorial.org

If you have a relative or church friend who is hospitalized,
call the Pastoral Care line 919-834-3425, ext. 210 or email Caroline Parker
at cparker@whitememorial.org so our pastoral staff can reach out.

If you have a pastoral care need outside of regular business hours,
call our after-hours pastor on call at 919-605-4593.

KICKOFF SUNDAY AT WMPC!



Join us today
in the Carol
Copeland
Courtyard for
breakfast treats
catered by
our amazing
community

partner, A Place at the Table. Snap a picture
in our photo booth, grab some WMPC
swag, and celebrate the start of our new
program year! We can't wait to see you!

**WOMEN'S MONTHLY
FELLOWSHIP LUNCHEON**

Monday | September 8 | noon | Main Hall

All women are cordially invited to join
us for the first gathering of the 2025-26
program year. We kick off the season with
Parish Associate Judy Yates Siker providing
an overview of our new Bible study *Finding
Resilience, Joy, and Our Identity in Jesus
Christ* by Rhashell D. Hunter.
All women of the church are invited to
join a circle. Contact Judy Glover,
jggdesigner@suddenlink.net, for more
information. Circle information can be
found on our website.

**CANCER COMPANIONS
FELLOWSHIP & STUDY**

**Tuesdays | September 9-November 4
6:30 - 8:00 p.m. | Online**

Cancer Companions is a ministry
supporting those affected by cancer—
patients, survivors, loved ones, and
caregivers—helping them draw closer to
Christ. Our trained volunteers offer a nine-
week class with videos, devotionals, and
stories of faith. One-on-one support
is also available year-round. Contact
Parish Associate Jim Ferry, jferry@whitememorial.org. Registration required:
whitememorial.org/register.



**PANCAKE
BREAKFAST
& SERVANT
SATURDAY!**

Saturday | September 13

9:00 a.m. - noon(ish) | Geneva Hall

It's back and better than ever! Join us for
the Second Annual Pancake Breakfast &
Servant Saturday! Start your day with a
delicious pancake breakfast from 9:00–
10:00 a.m., hosted by WMPC's 20s + 30s
community. Then roll up your sleeves for
Servant Saturday, with hands-on projects
supporting our community partners. All
ages welcome! Bring your family, friends,
and appetite for pancakes and service.
RSVP if you can—no cost to attend!

A Snapshot of What's Happening This Week at WMPC

Sunday, September 7

Psalm 139:1-6, 13-18, Jeremiah 18:1-11

- Kickoff Sunday
- Jeb Jeutter Commissioning Service
2:00 p.m. | Sanctuary

Monday, September 8

Psalm 2; Jeremiah 18:12-23

- PW Luncheon
noon | Main Hall
- Bridge With Friends -
1:00 p.m. | The Hub
- Pickleball
2:00 p.m. | Pickard Hall
- Tai Chi
5:30 p.m. | Pickard Hall

Tuesday, September 9

Psalm 2; Jeremiah 19:1-15; 1 Timothy 4:6-16

- Men's Breakfast/Bible Study
7:00 a.m. | Geneva Hall
- Women's Breakfast/Circle M
7:00 a.m. | The Connector
- Gentle Yoga
8:30 a.m. | C200
- Cancer Companions
6:30 p.m. | Virtual

Wednesday, September 10

Psalm 2; Jeremiah 20:1-18; Luke 18:18-30

- Chair Yoga
10:00 a.m. | C200
- Lectio Divino
11:00 a.m. | Virtual
- Yin Yoga
11:15 a.m. | C200
- Centering Prayer
11:30 a.m. | Virtual
- Pickleball
2:00 p.m. | Pickard Hall
- Wednesday Together Dinner
5:00-6:30 p.m. | Main Hall

Thursday, September 11

Psalm 14; Jeremiah 13:20-27

- Keenagers
10:45 a.m. Geneva Hall

Friday, September 12

Psalm 14; Jeremiah 4:1-10; 2 Peter 2:1-10a

- Wilson Temple Celebration
6:00 p.m. | Main Hall

Saturday, September 13

Psalm 14; Jeremiah 4:13-21, 29-31

- Servant Saturday + Pancake Breakfast
9:00 a.m. | Geneva Hall

For more information about any of these events, please visit our website whitememorial.org or call the church office 919-834-3424.

Congregational Care + Health

CAREGIVER'S COFFEE

Tuesday | September 16 | 10:30-noon | The Hub

Are you interested in learning more about the many community resources available to support family caregivers? Then you will not want to miss our first fall Caregiver's Coffee on Tuesday, September 16 from 10:30 a.m. – noon in the Hub. We will be joined by representatives of home care providers, assistance with choosing a senior community, and dementia support. Please come for coffee, conversation and connection. All are welcome; please feel free to invite a friend or neighbor to join you. Questions? Contact Martha Grove Hipskind at mghipskind@whitememorial.org.



ANNOUNCING LGBTQ+ SUPPORT

Monday | September 22 | 7:00 p.m. | Chapel

We're pleased to announce a new initiative for LGBTQ+ support at White Memorial. A new group called ALL ARE WELCOME will provide fellowship and confidential emotional nurturing for LGBTQ+ people of all ages. The overall initiative will also include straight allies devoted to these goals. Other objectives will be to encourage understanding and support of the LGBTQ+ community, invite people from other

congregations to join our activities, and create an atmosphere that welcomes all LGBTQ+ worshipers. Our first gathering of ALL ARE WELCOME will be Monday, September 22 at 7:00 PM in the Chapel. We'll meet on the 4th Monday of every month. For more information, contact Kathy Hart, hartmusic1@gmail.com or Caroline Parker, cparker@whitememorial.org.

DON'T FORGET YOUR FLU SHOT

Thursday | September 25

11:30 a.m. - 1:30 p.m. | K200

Wednesday | October 1

4:00-6:00 p.m. | K200

Don't let flu season catch you off guard! All members and staff are invited to come get their flu shot. You must be at least 14 years old to receive a flu shot at White Memorial Presbyterian Church. Please bring your insurance card.



AGAPE CARE TEAMS

AGAPE CARE TEAMS: RECRUITING NEW VISITORS

Started in 2019, this ministry of presence creates opportunities for meaningful long-term connections between volunteers and individuals who, because of life circumstances, are seldom or never able to come to church. Trained visitors will share compassion and love through regular visits and communication with those who need the church to be brought to them. If you would

like to make meaningful connections by visiting those who need the church to be brought to them, contact [Ann Rosar](mailto:earosar@gmail.com) at earosar@gmail.com or [Caroline Parker](mailto:CarolineParker@whitememorial.org) at cparker@whitememorial.org for more information.

Engagement and Faith Fellowship

COME PLAY BRIDGE WITH FRIENDS

Monday | September 8
1:00 p.m. | The Hub



Whether you are experienced, a beginner or want to learn how to play we invite you to join us! We'll practice different bridge hands, talk about bidding, and enjoy fun and fellowship. For more information and to find out when we are

gathering next contact Judy Bundy at judybundy7@gmail.com or Mary Grace White at marygrace623@yahoo.com.

20s + 30s HAPPY HOUR

Thursday | September 18 | Drop in from 6:00 - 8:00 p.m.
Lynwood Brewing Concern | 1053 E Whitaker Mill Rd

Join us at LBC for an evening of fellowship and fun. This is a floating event, so feel free to stop in anytime. When you get to Lynnwood, look for the blue balloon. That's where we will be gathered!

MAHJONG NIGHT AT RALEIGH CHEESY



Tuesday | September 23
7:00 - 9:00 p.m.

Raleigh Cheesy | 3075 Medlin Drive

Come enjoy an evening of fun and fellowship playing mahjong at Raleigh Cheesy! Light snacks will be provided, and you're welcome to bring your

favorite beverage. Cost is \$10 per person. Please bring your own card. [Registration is required.](#)

communitygroups

Engaging Faith & Friendship

REGISTRATION FOR 2025-26 COMMUNITY GROUPS NOW OPEN!

[Registration is now open for 2025-2026 Community Groups!](#)

Explore the different options and find a group where you can connect and grow. With Women's Book Clubs, Men's Groups, and Intergenerational Community Groups, there are plenty of ways to get connected to a community of faithful friends at WMPC. Groups meet at various frequencies/days from September-May. If you'd like to start a new group, please reach out to Anne Galliher at agalliher@whitememorial.org.

Intergenerational Community Group

A unique gift of church life is building friendships across generations. Sharing the journey with those ahead or behind us brings fresh perspective and wisdom. WMPC's Intergenerational Community Group was created to foster these connections. Once a month, women and men of all ages gather for conversation using the Community Group Guide. Led by Betsy Youngblood, this group is open to all. [Register now](#) or contact Anne Galliher at agalliher@whitememorial.org with questions.



All Created Equal:
Terms and Conditions Apply

Lunch & Learn with
Wojciech Szczerba
Sunday | September 14
12:00 - 2:00 p.m.

Join us for lunch and an engaging conversation with our Poland Ministry Partner, Wojciech Szczerba. Expect a lively (and at times, thought-provoking) discussion on human nature and the concept of Imago Dei.

Registration required: whitememorial.org/register

FILM SCREENING

FROM PBS'S AMERICAN EXPERIENCE SERIES



SUNDAY | SEPTEMBER 28
4:30 - 6:30 P.M. | MAIN HALL

On Sunday, September 28, at 4:30 p.m. in the Main Hall, the MORE Ministry Team hosts a special screening of American Coup: Wilmington 1898, part of PBS's American Experience series. The film uncovers the violent overthrow of Wilmington's multiracial government—a pivotal chapter of North Carolina history long hidden from public view. Featuring scholars, descendants, and archival accounts, it sheds light on the coup's lasting legacy. The score includes an original song by North Carolina native Rhiannon Giddens, joined by Emmy Award-winner Keith David and a cast of national and local actors who bring first-hand voices to life.

The MORE Ministry Team has created a Reflection Guide, which we hope will enhance your viewing experience. You will see prompts to review before coming to the screening, helpful questions to guide your watching, and questions to help in your processing afterward.

Outreach

HABITAT FOR HUMANITY SITE CONSTRUCTION FALL VOLUNTEER OPPORTUNITIES

Saturday | September 20 | 8:15 a.m. - 3:00 p.m.
Old Poole Place, Raleigh, NC

White Memorial is excited to join faith communities in building homes with Habitat for Humanity. While volunteers are welcome most Saturdays, these are the days when WMPC will serve together:

Saturday, September 20 – Old Poole Place, Raleigh

Saturday, October 18 – Old Poole Place, Raleigh

Saturday, December 13 – A New Neighborhood, Garner

Arrive at 8:15 a.m., take water breaks as needed, enjoy lunch together, and work until about 3:00 p.m.—or as long as you are able. Questions? Contact Eric Miller at eric_miller@ncsu.edu. Register here: whitememorial.org/event.

BACKPACK BUDDIES

Churchwide Collection

Each week when school is in session, our church provides food-insecure children at Oberlin Middle and Lynn Road Elementary Schools with healthy meals and snacks. Contact Jan Stewart, thestewarts2614@gmail.com. Amazon link on website.

Children & Youth



CHILDREN'S MOVIE NIGHT

Sunday | September 14
5:00 - 7:00 p.m. | C200.

Children in kindergarten-3rd grade are invited to watch Paddington in Peru on Sunday, September 14 from 5-7:00 p.m. Pizza is \$6.00 per person. Pre-registration required. whitememorial.org/register.

CLUB 4/5

Sunday | September 14
5:00 - 7:00 p.m. | C200.

Fourth and Fifth graders are invited to watch National Treasure in C100. Pizza is \$6.00 per person. Pre-registration required. whitememorial.org/register.



CIRCLE OF SECURITY PARENTING PROGRAM

In collaboration and partnership with SAFEchild, WMPC is offering a program to parents or grandparents of teens (6th-12th grade). At times, all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Classes begin on Sunday, September 21 - November 16 from 5:00-7:00 p.m. Cost for class is \$80 per person or \$120 per two-person family unit. Scholarships are available. Contact Kaitlyn Thornton for details at kthornton@whitememorial.org. [Registration open](http://whitememorial.org).

We're back with a wonderful lineup
for Season Eight!

Join Us 2025-26 Concert Series

Come to one, come to all!

MUSIC FROM UNC: FROM BAROQUE TO ROMANTIC

Sunday | September 21 | 2025
Sanctuary | 3:00 pm

Our season opens on **Sunday, September 21 at 3:00 p.m. in the Sanctuary** with *Music from UNC From Baroque to Romantic*, featuring works by J. S. Bach and Amy Beach. Performing will be acclaimed UNC musicians Brooks de Wetter-Smith, flute; Timothy Sparks, tenor; Debbie Davis, cello; Mike Harris, organ continuo; and Clara Yang, piano. A reception will follow in the Jane Bell Gathering Space. Admission is free; donations to support future concerts are warmly welcomed.

AND COMING UP...

Andrew Sords, violin, and Eriko Izumida, piano

Romance of the Violin:

works of Beethoven, Rachmaninoff, Chopin, and Sarasate
Sunday | October 12 | 3:00 p.m. | Sanctuary

Laurelyn Dossett

Christmas Strings and Vocals: Original Roots, Folk & Bluegrass
Sunday | November 16 | 3:00 p.m. | Sanctuary

MLK Concert: Songs of Love and Justice

A yearly collaboration with Wilson Temple and MORE Ministry
Sunday | January 18 | 3:00 p.m. | Sanctuary

New Day Singers, A Capella Sextet

Sunday | February 22 | 3:00 p.m. | Sanctuary



667 When Morning Gilds the Skies

1 When morn - ing gilds the skies, my heart a - wak - ing
 2 Does sad - ness fill my mind? A so - lace here I
 3 Let earth's wide cir - cle round in joy - ful notes re -
 4 Be this, while life is mine, my can - ti - cle di -

cries: may Je - sus Christ be praised! A -
 find: may Je - sus Christ be praised! Or
 sound: may Je - sus Christ be praised! Let
 vine: may Je - sus Christ be praised! Be

like at work and prayer to Je - sus I re -
 fades my earth - ly bliss? My com - fort still is
 air and sea and sky from depth to height re -
 this the e - ter - nal song through all the a - ges

pair: may Je - sus Christ be praised!
 this: may Je - sus Christ be praised!
 ply: may Je - sus Christ be praised!
 long: may Je - sus Christ be praised!

This is not just a morning hymn, though this excerpt from an English translation of an early 19th-century German text may not convey how thoroughly the original deals with different kinds of time throughout the day. The tune was composed as a setting for this English text.

582

Glory to God, Whose Goodness Shines on Me

Capo 3: (G) (D) (G) (D) (G) (D) (Em) (D)
B \flat F B \flat F B \flat F Gm F

1 Glo - ry to God, whose good - ness shines on me,
2 World with - out end, 7 with - out end. A - men.

(D) (G) (C) (G) (Em7) (A7)
F B \flat E \flat B \flat Gm7 C7

and to the Son, whose grace has par - doned me,
World with - out end, 7 with - out end. A - men.

(A7) (D) (F#) (Bm)
C7 F A Dm

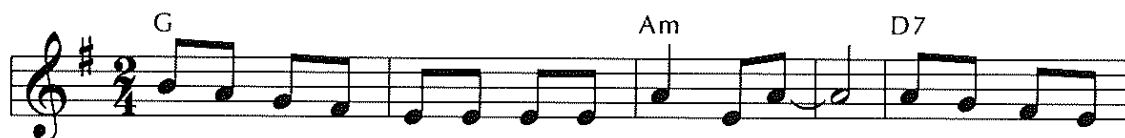
and to the Spir - it, whose love has set me free.
World with - out end, 7 with - out end. A - men.

(Bm7) (D) (Bdim7) (Em7) (Dm)(A7) (D)
Dm7 F Ddim7 Gm7 Fm C7 F

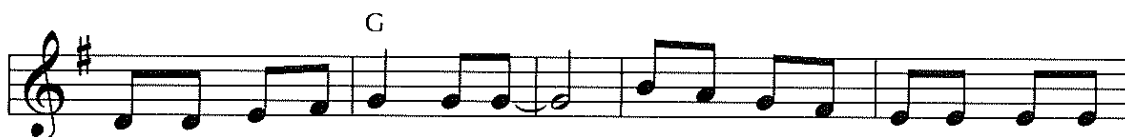
As it was in the be - gin-ning, is now and ev-er shall be. A - men.

May the God of Hope Go with Us 765

Song of Hope / Canto de esperanza



May the God of hope go with us ev - ery day, fill - ing all our
¡Dios de la es - pe - ran - za, da - nos go - zo y paz! Al mun - do en



lives with love and joy and peace. May the God of jus - tice speed us
cri - sis, ha - bla tu ver - dad. Dios de la jus - ti - cia, mán - da -



on our way, bring - ing light and hope to ev - ery land and race.
nos tu luz, luz y es - pe - ran - za en la os - cu - ri - dad.



Pray - ing, let us work for peace; sing - ing, share our joy with all;
O - re - mos por la paz, can - te - mos de tu a - mor.



work - ing for a world that's new, faith - ful when we hear Christ's call.
Lu - che - mos por la paz, fie - les a ti, Se - ñor.

This Argentine folk melody sets Spanish and English words, both created by a PC(USA) missionary with much Latin American experience. The two versions complement each other: the Spanish text offering a prayer to God, and the English one providing inspiration for the singers.

TEXT: Alvin Schutmaat, 1984
MUSIC: Argentine folk melody

ARGENTINA
11.11.11 with refrain