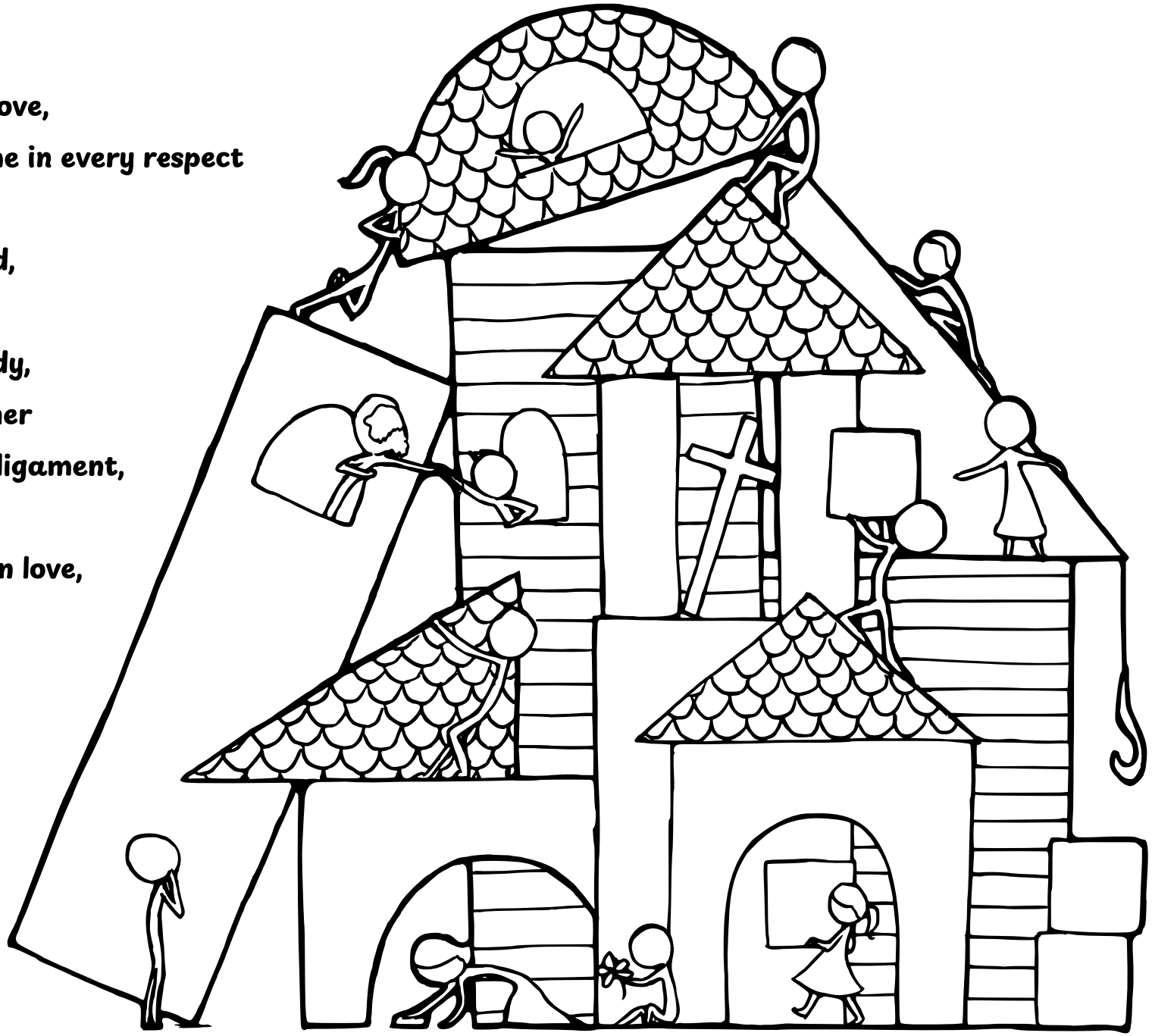
Speaking the truth in love,
we will grow to become in every respect
the mature body
of him who is the head,
that is, Christ.
From him the whole body,
joined and held together
by every supporting ligament,
grows
and builds itself up in love,
as each part
does its work.

- Ephesians 4:15-16