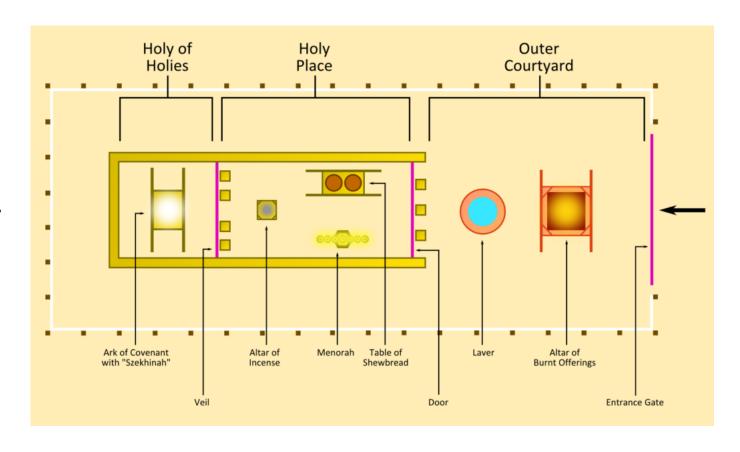


The **cornerstone** (or foundation stone or setting stone) is the first stone set in the construction of a masonry foundation, important since all other stones will be set in reference to this stone, thus determining the position of the entire structure.



The body's core is frequently involved in aiding other movements of the body, such as the limbs, and it is considered that by improving core stability a person's ability to perform these other movements may also be improved i.e. core stability training may help improve someone's running ability.

The Holy of Holies is a term in the old testament which refers to the inner sanctuary of the Tabernacle where God's presence appeared.



Jesus, we acknowledge you are here Jesus, we acknowledge you are with us Jesus, we acknowledge you are in us And we surrender