

1 H Hydrogen 1.0079	2 He Helium 4.0026																
3 Li Lithium 6.941	4 Be Beryllium 9.0122	5 B Boron 10.811	6 C Carbon 12.011	7 N Nitrogen 14.007	8 O Oxygen 15.999	9 F Fluorine 18.998	10 Ne Neon 20.179	11 Na Sodium 22.990	12 Mg Magnesium 24.305	13 Al Aluminium 26.982	14 Si Silicon 28.086	15 P Phosphorus 30.974	16 S Sulphur 32.065	17 Cl Chlorine 35.453	18 Ar Argon 39.948		
19 K Potassium 39.098	20 Ca Calcium 40.078	21 Sc Scandium 44.956	22 Ti Titanium 47.867	23 V Vanadium 50.942	24 Cr Chromium 51.996	25 Mn Manganese 54.938	26 Fe Iron 55.845	27 Co Cobalt 58.933	28 Ni Nickel 58.693	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.63	33 As Arsenic 74.922	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.80
37 Rb Rubidium 85.468	38 Sr Strontium 87.62	39 Y Yttrium 88.906	40 Zr Zirconium 91.224	41 Nb Niobium 92.906	42 Mo Molybdenum 95.94	43 Tc Technetium (98)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.91	46 Pd Palladium 106.42	47 Ag Silver 107.87	48 Cd Cadmium 112.41	49 In Indium 114.82	50 Sn Tin 118.71	51 Sb Antimony 121.76	52 Te Tellurium 127.60	53 I Iodine 126.90	54 Xe Xenon 131.29
55 Cs Cesium 132.91	56 Ba Barium 137.33	57-71 La Lanthanide	72 Hf Hafnium 178.49	73 Ta Tantalum 180.95	74 W Tungsten 183.84	75 Re Rhenium 186.21	76 Os Osmium 190.23	77 Ir Iridium 192.22	78 Pt Platinum 195.08	79 Au Gold 196.97	80 Hg Mercury 200.59	81 Tl Thallium 204.38	82 Pb Lead 207.2	83 Bi Bismuth 208.98	84 Po Polonium (209)	85 At Astatine (210)	86 Rn Radon (222)
87 Fr Francium (223)	88 Ra Radium (226)	89-103 Ac Actinide	104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (266)	107 Bh Bohrium (264)	108 Hs Hassium (277)	109 Mt Meitnerium (268)	110 Uun Ununnilium (281)	111 Uuu Unununium (272)	112 Uub Ununbium (285)	113 Uut Ununtrium (284)	114 Uuq Ununquadium (289)	115 Uup Ununpentium (288)	116 Uuh Ununhexium (291)	117 Uus Ununseptium	118 Uuo Ununoctium (294)

14 ← Group IUPAC
IVA ← Group CAS

Atomic Number → 6 ← Selected Oxidation States
Symbol → **C** ← Atomic Mass
Name → Carbon
Electron Configuration → 2-4

Elements of life

GRACE

Electron Shells

1	K	2	S	P	D	F
2	L	8	2	6		
3	M	18	2	6	10	
4	N	32	2	6	10	14
5	O	32	2	6	10	14
6	P	18	2	6	10	
7	Q	8	2	6		
8	R	2	2			

Lanthanide

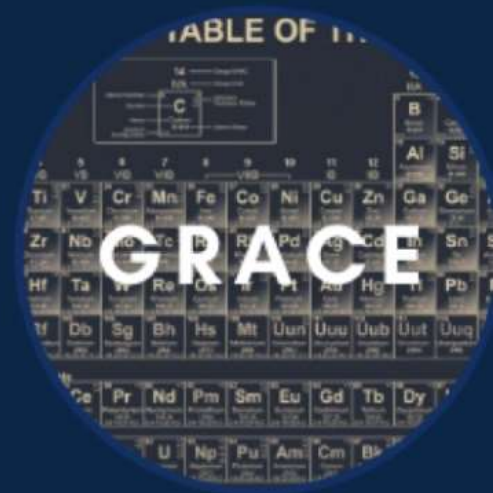
57 La Lanthanum 138.91	58 Ce Cerium 140.12	59 Pr Praseodymium 140.91	60 Nd Neodymium 144.24	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.96	64 Gd Gadolinium 157.25	65 Tb Terbium 158.93	66 Dy Dysprosium 162.50	67 Ho Holmium 164.93	68 Er Erbium 167.26	69 Tm Thulium 168.93	70 Yb Ytterbium 173.04	71 Lu Lutetium 174.97
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Actinide

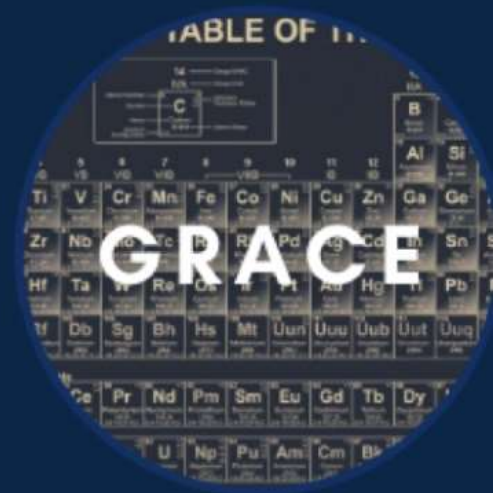
89 Ac Actinium (227)	90 Th Thorium 232.04	91 Pa Protactinium 231.04	92 U Uranium 238.03	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)
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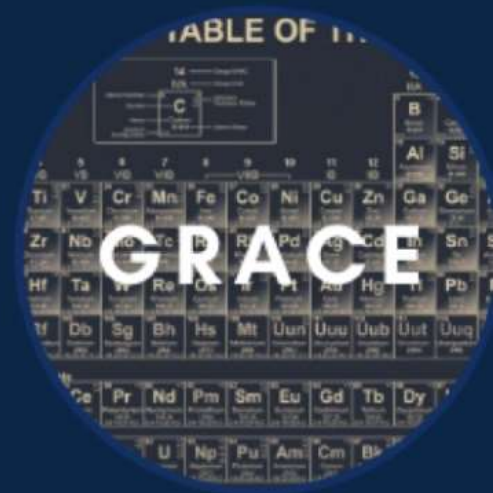
where is your focus



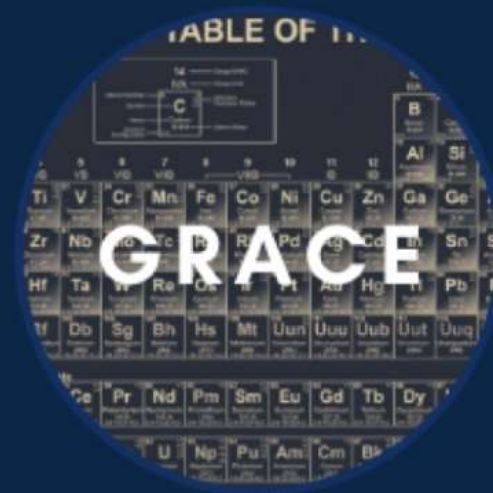
the staircase



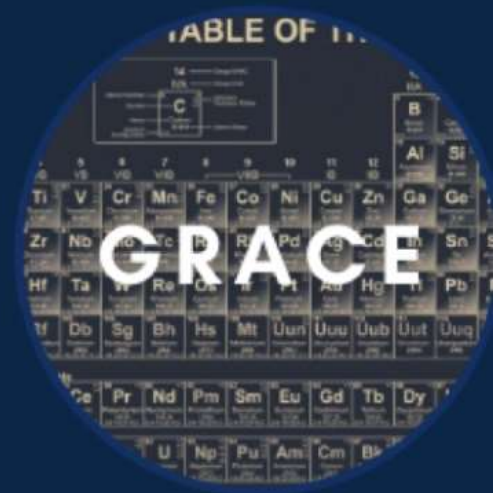
Come let us make bricks and bake them thoroughly. They used brick instead of stone and tar for mortar. They they said, Come let us build ourselves a city, with a tower that **reaches** to the heavens, so that we may make a name for ourselves; **otherwise** we will be **scattered** over the face of the whole earth.
Genesis 11:3-4 emphasis mine



the promise

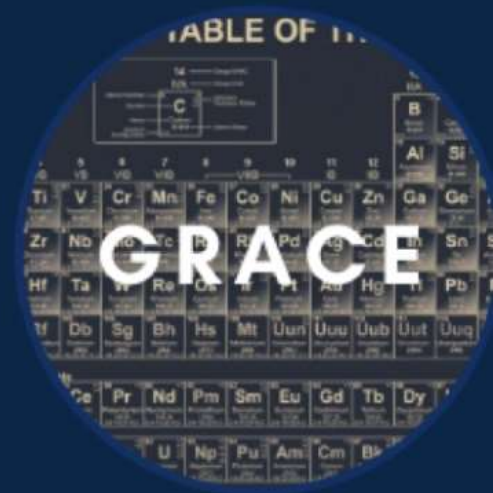


surely the Lord is in this
place and I was not
aware of it



Very truly I tell you, you will see heaven
open and the angels of God ascending
and descending on the Son of Man.

John 1:51



take a deep breath of
grace this morning

