



# Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication  
VOL. XIII, NO. 03, March 2017



Dear Interfaith Community,

We are in a very exciting phase of our ministerial search and we invite you to participate in this next phase of getting to know our Senior Minister candidates. Please put the following important dates on your calendar:

**All of the month of February we had an ICSG membership sign up campaign. You need to be a member to vote in the ministerial selection process and give us feedback through SurveyMonkey.**

**Sunday, February 26 after service was an informational meeting about the candidates and the membership's role in assessing them.**

**Two weekends of ministerial candidate presentations will take place:**

**Claudia Roblee**

**Sat. – Sun., March 4 and 5  
Workshop, 1 p.m.: Spiritually Responding to Today's Political Climate**

We are living in perilous times for our democracy and the world. We are also living in a time when more people have been awakened than ever before. What has emerged between these two dichotomies is a call for action to those who have been pursuing higher consciousness and are ready to put their wisdom to work in a sustainable way. The world is calling for spiritual activists.

This workshop will give you the tools needed to become a spiritual activist. You will learn:

- how to respond from the Divine within
- sacred practices that will sustain you

- about the important personal work that will ground you and give you stamina, vision and compassion ways to become involved

**March 5 Sunday Talk: A New Age, The Rise of the Divine Feminine**

**Lauren Tatarsky**

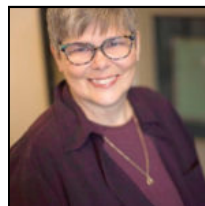
**Sat. – Sun., March 11 and 12 Workshop,  
10 a.m.: Sharing Spiritual Experience: Connecting to Divinity Inside and Out**

In this workshop we will join in exercises and activities that foster experiences of the Divine in our own hearts and in relationship to one another. Engage in visualization, conversation, movement, and silence, opening to the experience of sacredness inside and in deep connection with others.

**March 12 Sunday Talk: Waking Up to Life: The Journey Toward Inner Knowing and Our Divine Purpose**

**ICSG members can participate in assessing the candidates through SurveyMonkey polls that will go live after the events and close within 24 hours of the events. Feedback is anonymous and will be shared with the Ministerial Search Committee and Board. More details on accessing the survey coming soon.**

With gratitude for your support,  
The Ministerial Search Committee



And here they are!  
Left: Claudia  
Right: Lauren





## Ministerial Miscellany

By Dave Bell

Dear Friends,

I am leaving Florida tomorrow to be available during March. This is a time of transition, with lots of emotions tugging on all of us. There is, perhaps, a little apprehension about the future, a little sadness surrounding change. Change is good. There are wonderful opportunities for growth and enlightenment lying just in front of us. I am sure that Spirit will guide us in selecting a new leader and moving us onward in our collective unfolding. Allowing tension to drain away will open wide the way of spirit. How can we do anything else?

Many of you remember Helma Mezey. She now lives in Cocoa, Florida. I had the opportunity to spend several days with her as we tackled replacing some very old and useless plumbing in her nearly 100 year old cottage. She sends warm greetings to everyone, recalling the heart felt openings she experienced while a member of the Center.

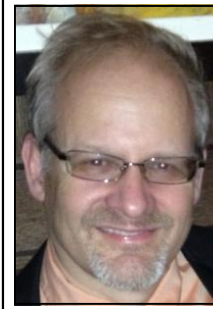
In addition to renewing our friendship, Helma connected me with a body of work that will be critically important to us as individuals, as a community and as a nation. That work is called Non-Violent Communication. It was created by Marshall Rosenberg. Helma and a colleague are co-presenters of a program of NVC at the Brevard County Jail. She feels that it is making a difference in the lives of those inmates they are able to reach. Interestingly, I had lunch with Patricia Ramsay this week who couldn't stop raving about an NVC class based on the work of Marshall Rosenberg she is taking at her Center. The work centers around the concept that the most important need of everyone is to be heard. That gives rise to its own set of difficulties, as many times people express a statement that does not reflect their needs for the simple reason that many don't know what their needs are, let alone how to clearly express them. NVC is designed to help listening that will get people in a safe space so that their true needs can be expressed and heard. See the list of topics below.

Looking forward to seeing you soon.

Blessings,

*David*

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*Community  
Member  
of the Month*

## Jubilant Jeff

By Jeanne Adwani

Our CMM for this month of Spring arriving is Jeff Alden. Thank you Jeff for being you.

Jeff is a many talented man; a singer in the barbershop quartet Algorhythms, ( if you haven't seen and heard them, I invite you to as soon as you can, they sing at the Center often) he is a bee keeper, (love that honey), an engineer, and he is a kind and generous man that brings himself to the Interfaith Center with grace and intelligence.

Jeff is a board member. He is soon to be leaving that position to likely give of himself else where in our community. We thank him so much for volunteering his time for this important visionary place in the ever-evolving experience of the Interfaith Center.

If you have yet to meet Jeff, please take a minute after one of our Sunday Meetings to introduce yourself and give him a big hug.

Thanks again Jeff for all that you contribute to the Center and to living a joyful life.



## Board Meeting Minutes

*Board Highlights for March Newsletter*  
by Pat Root

### Special Notes:

- The next board meeting will be Sunday, March 19.
- To accommodate Ministerial Candidate Weekends, the Annual Meeting was postponed to Sunday March 26. The board and the search committee expect the major topic will be the last chapter in selecting a new senior minister. New board members will also be elected.
- To avoid meeting on Easter, the April board meeting will be on April 9th.

The board met on Sunday, February 19. Discussion centered around the following topics:

Inviting the Michigan Peace Team (a volunteer group dedicated to keeping peace, including diffusing difficult situations) to be a guest speaker on a Sunday morning and perhaps doing a workshop.

Reviewing the Center's insurance policy before renewal in February, with the possibility of obtaining another quote.

The possibility of adopting a special policy addressing LGBTQ and perhaps Muslim inclusion. We are considering the careful wording of such policies and expect to review new drafts at the March meeting. One question is whether to have separate policies or include these groups in our general non-discrimination policy. The board's final draft will be presented to the membership, possibly as early as the Annual Meeting on March 26.

The Leadership Team (Kevin Gilson, Chair) is considering meeting on Sundays after the service instead of Thursday evenings. Perhaps the Finance Team will do the same, as there is a lot of common membership between the two groups.

Two drafts of a flyer intended for bulletin boards out-and-about in the community.

The board is endeavoring to finalize a "job description" for a volunteer coordinator, a charter for a fundraising committee, and a charter for a growing membership committee. Board members and visiting community members created teams, each of which will take on the editing or recreation of one of these documents. The goal is for each group to email its proposal to all others, with the expectation to approve final documents at the March meeting, which will be the last meeting of the "old board" before new members join.

Sunday Celebration Services  
are held at 10:45 a.m. at  
704 Airport Blvd.,  
(off S. State Street) near I 94



### MISSION STATEMENT

*Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.*

### Mark your calendars!

CAFE 704 CONCERT  
SERIES  
Saturdays

March 11: Harmony Bones

\*\*\*\*\*

PEACE  
GENERATOR  
February 17



The Service  
begins at  
10:45 a.m.

Mon

Tue

Wed

Thu

Fri

Sat

*The speaker/ topic  
are in bold/italic*

**R** indicates the  
reader  
**M** indicates the  
meditator  
**MU** indicates the  
musician.

Board  
meeting this  
month is on  
March 19

The newsletter  
submission  
deadline is  
March 19

1  
**6:30-8:30 p.m.** Crea-  
tive Writing Work-  
shop

2  
**Noon—1:30 p.m.**  
ACIM

**6:30—8:30 p.m.**  
Science of Mind

**7:15-8:30 p.m.**  
Speaking Circle

3  
**8:30 a.m.** AA  
**1-3 p.m.** Workshop  
with Claudia Roblee  
**7:30 p.m. Drum and  
Dance Jam**

*Lance Clark*

5

6

7

8

9

10

11

**Claudia Roblee:**  
**A New Age, The  
Rise of the Di-  
vine Feminine**  
**R:** Craig B.  
**M:** TBD  
**MU:** Harmony  
Bones

**10-noon** Dynamic  
Transformation

**6:45 p.m.** ACIM

**7 p.m.** Great Balanced  
View Video Meeting

**10:30 a.m.** The Power  
of Now Discussion  
Group  
**5:30 p.m.** Community  
Gathering/Potluck  
and Reiki Share

*Janet Fry*

**6:30-8:30 p.m.** Crea-  
tive Writing Work-  
shop

**Noon—1:30 p.m.**  
ACIM

**7:15-8:30 p.m.**  
Speaking Circle

**8:30 a.m.** AA  
**10 a.m.— noon** Work-  
shop with Lauren  
Tatasky  
**8 p.m. Café 704**

Potluck

12

13

14

15

16

17

18

**Lauren Tatar-  
sky: Waking Up  
to Life**  
**R:** TBD  
**M:** Johanna N.  
**MU:** Shekinah  
Errington and Jim  
Cooney

**10-noon** Dynamic  
Transformation

**6:45 p.m.** ACIM

**7 p.m.** Great Balanced  
View Video Meeting

**10:30 a.m.** The Power  
of Now Discussion  
Group  
**5:30 p.m.** Community  
Gathering/Potluck  
and Reiki Share

**6:30-8:30 p.m.** Crea-  
tive Writing Work-  
shop

**Noon—1:30 p.m.**  
ACIM

**6:30—8:30 p.m.**  
Science of Mind

**7:15-8:30 p.m.**  
Speaking Circle

**7-9 p.m. Peace Gen-  
erator**



**8:30 a.m.** AA  
**8 p.m.** Spiritual Cin-  
ema

19

20

21

22

23

24

25

**Rev. Dave: I am  
the Light**  
**R:** TBD  
**M:** TBD  
**MU:** Dave Bell  
**Board Meeting  
CMM**

**10-noon** Dynamic  
Transformation

**6:45 p.m.** ACIM

**7 p.m.** Great Balanced  
View Video Meeting

**10:30 a.m.** The Power  
of Now Discussion  
Group  
**5:30 p.m.** Community  
Gathering/Potluck  
and Reiki Share

*Bonnie Dede*

**6:30-8:30 p.m.** Crea-  
tive Writing Work-  
shop

**Noon—1:30 p.m.**  
ACIM

**7:30 p.m.** Urantia  
Book Study

**7:15-8:30 p.m.**  
Speaking Circle

*Tommie Parker*

*Donna Kendall-  
Cooper*

**8:30 a.m.** AA

26

27

28

29

30

31

**Rev. Dave: Non-  
violent Commu-  
nication**  
**R:** TBD  
**M:** TBD  
**MU:** All of Us (a  
capella)

**10-noon** Dynamic  
Transformation

**6:45 p.m.** ACIM

**7 p.m.** Great Balanced  
View Video Meeting

**10:30 a.m.** The Power  
of Now Discussion  
Group  
**5:30 p.m.** Community  
Gathering/Potluck  
and Reiki Share

**6:30-8:30 p.m.** Crea-  
tive Writing Work-  
shop

**7-9 p.m.** Dynamic  
Transformation

**Noon—1:30 p.m.**  
ACIM

Birthdays are  
indicated in  
**bold/italic**  
**Happy  
Birthday!**

**12:45 - 2 p.m. An-  
nual Meeting**



Hello and how are you, Interfaith seekers?

If you are looking for a way to connect and engage more deeply with others, join the 33 of us who are participating actively in Dyads! Dyads offer a chance to get to know someone at Interfaith a little better and deepen our sense of belonging in our spiritual community.

Details:

- Sign up on the sheet at the Sunday table, through the Interfaith listserv or by contacting me directly.
- There is no need to sign up every month if you've already been participating.
- Sign up anytime. If you miss the monthly deadline I'll just put you in the pool for the following month.

**MARCH DYAD THEME: Wisdom  
SOUL QUEST-IONS:**

- 1.) (always first) How are you? No, really. How are you? Mind, body, spirit.
- 2.) How much wisdom do you have? How did you learn it?
- 3.) Have you seen anyone exhibiting wisdom lately? What did that look like?
- 4.) Is wisdom innate in some people (in children?), or does it come only from experience?

**APRIL DYAD THEME: Emergence  
SOUL QUEST-IONS:**

- 1.) (always first) How are you? No, really. How are you? Mind, body, spirit.
- 2.) Reflecting on the past, finish this sentence: "In the beginning, \_\_\_\_\_."
- 3.) What are you becoming? What is your next new story?
- 4.) What do you experience as barriers to your own emergence? How do you dissolve them?

When you're paired:

You'll get an email from me. At your convenience, set up a day and time for the two of you to meet (a coffee, a walk, a beverage, a meal, an event you don't want to go to alone, anything!). When you meet, talk briefly or at length using this month's guiding "soul quest-ions" to engage in a deeper dialogue. As always, if the given questions don't include what life is asking from you, spend time listening to your days to hear your own.

I hope you'll consider participating in the dyad experience. It's important to connect more personally with someone in our spiritual community, explore ourselves, and deepen our way of relating through spirit-centered dialogue.

Questions? Suggestions? Find me.

Your friend,  
Sarah

P.S. – What do YOU want to talk about? Send me your ideas!

In the spirit of Emergence:

*"And between water and light which unwind the air,  
now the spring is inaugurated,  
now the seed is aware of its own growing."* -Pablo Neruda



**"Fight Song"**  
**By Rachael Platten**  
**Recommended by Heide AW Kaminski**

Like a small boat  
On the ocean  
Sending big waves  
Into motion  
Like how a single word  
Can make a heart open  
I might only have one match  
But I can make an explosion

And all those things I didn't say  
Wrecking balls inside my brain  
I will scream them loud tonight  
Can you hear my voice this time?

This is my fight song  
Take back my life song  
Prove I'm alright song  
My power's turned on  
Starting right now I'll be strong  
I'll play my fight song  
And I don't really care if nobody else believes  
'Cause I've still got a lot of fight left in me

Losing friends and I'm chasing sleep  
Everybody's worried about me  
In too deep  
Say I'm in too deep (in too deep)  
And it's been two years  
I miss my home  
But there's a fire burning in my bones  
Still believe  
Yeah, I still believe

And all those things I didn't say  
Wrecking balls inside my brain  
I will scream them loud tonight  
Can you hear my voice this time?

This is my fight song  
Take back my life song  
Prove I'm alright song  
My power's turned on  
Starting right now I'll be strong  
I'll play my fight song  
And I don't really care if nobody else believes  
'Cause I've still got a lot of fight left in me

A lot of fight left in me

Like a small boat  
On the ocean  
Sending big waves  
Into motion  
Like how a single word  
Can make a heart open  
I might only have one match  
But I can make an explosion

This is my fight song (Hey!)  
Take back my life song (Hey!)  
Prove I'm alright song (Hey!)  
My power's turned on  
Starting right now I'll be strong (I'll be strong)  
I'll play my fight song  
And I don't really care if nobody else believes  
'Cause I've still got a lot of fight left in me

No I've still got a lot of fight left in me

**Caring Committee Announcements**

- 1) Michael O'Shea is our new transportation coordinator. This means, he will match people who need rides with people who need drivers. We have a good list of drivers! Call Michael at 586 770 2904 or [mwposhea@yahoo.com](mailto:mwposhea@yahoo.com) if you need assistance with rides! He will take into consideration things, such as your preferences for a male or female driver.
- 2) Jan Peacock would like to direct the older members of our congregation towards a valuable service, called EMS Plus, a plan that will pay for ambulance services. If you enroll in their program, you will also support your non-profit community ambulance service! Please check it out at <http://www.emergenthealth.org/community-programs/emsplus>



Image from [peaceseeds](http://peaceseeds)

### Caring Committee Contact List

Marilyn Alf, Chair [sd2aa@hotmail.com](mailto:sd2aa@hotmail.com),  
734-761-6698

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517-423-9001

Kellie Love, co-chair  
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248-343-8725

Tommy Kaminski, Youth Rep., 517-423-9001

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Khristian Speelman, [ksmithspeelman@gmail.com](mailto:ksmithspeelman@gmail.com)  
Sue Booker

### CONTRIBUTORS WANTED!

We would love to have your input in the newsletter: spiritual moments, movie/book reviews, exciting announcements, poems, etc.

We try to have the newsletter ready for final editing by the third Sunday of each month. Please send contributions to Heide at [mommyk@tc3net.com](mailto:mommyk@tc3net.com) with "Interfaith submission" in the subject line. If you do not mention Interfaith, your email might get kicked right into the recycle bin by my spam filter.

If you cannot email your contribution, you may give it to Heide on Sunday.

To receive the online newsletter, go to <http://lists.interfaithspirit.org/listinfo.cgi/interfaithinspiner-interfaithinspiner.org> to subscribe.

Want to hear from us throughout the week? Receive or send email through Interfaith Yahoo by going to <http://groups.yahoo.com/group/InterfaithSpirit/>

Namaste from your newsletter team: Heide, Esther, Deane and Lindsay.

#### BOARD OF TRUSTEES

Pat Root, Chair  
Ray Fix, member  
Rob Fagerlund, member  
Lindsay Passmore, member  
Jeff Alden, member  
Steve Orlowski, member  
Scott Alf, alternate member  
Danielle Cassetta, member

Board email address is  
[board@interfaithspirit.org](mailto:board@interfaithspirit.org)

#### STAFF

David Bell, *Minister*  
Delyth Balmer, *Administrator and Associate Minister*  
Annie Kopko, *Associate Minister*  
Laura Massaro, *Music Director*  
Heide Kaminski and Kellie Love, *Youth Education Directors*  
Tommy Kaminski, *Nursery*

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Esther Reilly and Deane Ertz, *Proofreaders*  
Lindsay Passmore, Steve Lyskawa, *Webmasters*

#### NEWSLETTER ADDRESS

Heide AW Kaminski  
[heide.kaminski@interfaithspirit.org](mailto:heide.kaminski@interfaithspirit.org)

# **Harmony Bones at Café 704**

**Saturday, March 11**



Photo: Dave SmilingSun

## **Harmony Bones**

**Tom Voiles, Linda Teaman, Jeanne Mackey, Laz Slomovits & Eric Fithian**

**Harmony Bones** is a quintet of Ann Arbor folk music veterans who offer traditional, contemporary and original folk songs. Rich vocal harmonies and an array of instruments -- guitar, mandolin, bass, flute, pennywhistle, fiddle, banjo, percussion, sitar -- that's Harmony Bones!

Inspired by an acupuncture point that harmonizes imbalances and promotes clarity, the band's name reflects their love of harmonies you can feel in your bones!

Suggested donation: \$8 or \$15/couple

**Café 704**

Interfaith Center for Spiritual Growth

704 Airport Blvd, Ann Arbor. email: [cafe704@gmail.com](mailto:cafe704@gmail.com)

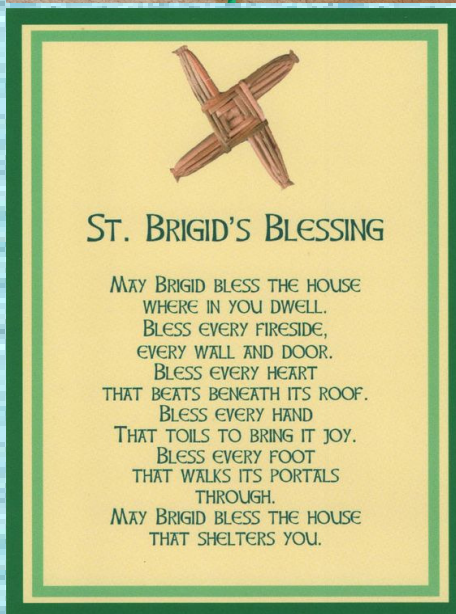
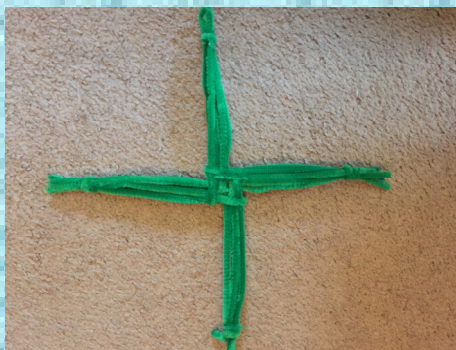
Web: [cafe704.org](http://cafe704.org)



# Youthful Spirits



We are ready for a magnificent March! February was fabulous. The month started by learning about Candlemas. We made delicious Candlemas cupcakes and learned about the holiday of Candlemas and St. Brigid's day. See the picture below of the Brigid's Crosses that we weaved. We blessed each one with the blessing below....



On the weekend of February 12th, we focused on love and Valentine's Day. We also distributed Random Acts of Kindness Day to celebrate RAK week. Heide had a fantastic experience with her RAK: for Tuesday, which also happened to be Valentine's Day, our RAK calendar suggested to give flowers to a cashier. Heide delivered two Valen-

tine's cards and flowers to two cashiers at her local grocery store. Not only was the manager incredibly impressed that a customer would give flowers to his cashiers, but the two women were so incredibly thrilled that their reaction was a great Valentine's Day present for Heide!

The third Sunday of the month was spent learning about song and how it is used as a form of worship. We listened to many different types of prayers in the form of song such as Ave Maria, We Shall Overcome, May the Circle be Unbroken, I Saw the Light and Amazing Grace. We watched a video of another new song sung by a children's choir, Glorious, check it out using this link.. <https://www.youtube.com/watch?v=nomxXk6Q1rk>

The lesson culminated by performing a song for the congregation.

For the final week of February, we had a meaningful lesson about Spiritual Activism. We really enjoyed making signs about peace for our march into the sanctuary and learning about other spiritual activists such as John Lewis, Mother Theresa, and Gandhi.

We look forward to continuing our focus on peaceful coexistence in March. We hope you join us!

*Love, Light, and Laughter  
Heide, Kellie, Tommy, and  
the Youthful Spirits*

FREE

# Muslim Community Association

## OPEN HOUSE

**We welcome you to meet  
your Muslim neighbors!**

Visit anytime, but arrive early to sample  
the tasty home cooking of the diverse  
American Muslim community.

Families welcome

**Discussions:** ask questions and  
increase understanding

Tour the mosque

Watch live prayers

Explore world foods

**Sunday March 19th 4:30-8:30pm**

2301 Plymouth Rd. Ann Arbor, MI 48105



**This is a request from our former Youthful Spirit, Diana Paicu**

**PLEASE HELP**



**TERESA KANGAS AND CHILDREN – FROM SALINE**

Teresa is a 43 yr old single mother of 6 who was told she has a very rare cancer (cholangiocarcinoma) of the biliary tract. This cancer is rare and the cause is unknown. It has spread to her liver and lymph nodes. There is no cure for Teresa. Both St. Joe's and U of M are working together on her case. She has begun chemo but that is to only extend her life to get thing in order, there are no promises or guarantees to extend her life. Her oldest, Tim, is 23 yrs old, Cody 20 yrs old, Thomas is in the 11th grade, Mason is in the 7th grade and Tucker and Maria are the 5 yr old twins. Teresa is a wonderful mother and truly an angel; she even sings to the twins at bedtime! Teresa and her family need assistance in medical expenses, funds to get to and from chemo, meals and legal fees for the guardianship of the four minor children. So, in the spirit of giving, please find it in your heart to donate to Teresa and her children. Teresa is on borrowed time and is in great need of assistance for her children and herself. Thank you!

Sheri Marotz& Julie de Lucia

**PLEASE DONATE @  
[www.gofundme.com/teresa-kangas-and-children](http://www.gofundme.com/teresa-kangas-and-children)**



*Marilyn,  
Chair*

## *The Caring Committee*



*Heide and Kellie,  
Vice Co-chairs*



*Tommy,  
Youth rep*



*Khristian*



*Annie*



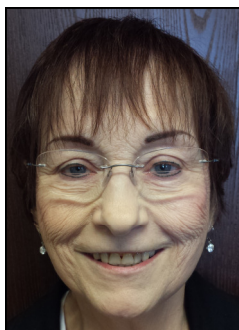
*Delyth,  
Liaison*



*Idgie*



*Michael*



*Beth*



*Judy*



*Jan*



*Jack*

*If you have a service to offer, please contact [Marilyn](#)*





## Interfaith Caring Committee Survey

We are looking for your participation and support of fellow Interfaith members in crisis in any way that is appropriate for you. If you are called on by a caring committee member to support a particular need, you always have the opportunity to decline if it doesn't work for you at that time. Please fill out this survey as completely as you are able. All gifts, skills, and talents are appreciated. Thank you for taking the time!

Name: \_\_\_\_\_ City/Part of town you live or work in: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Best way to contact you: \_\_\_\_\_ Best times to contact you: \_\_\_\_\_

Check all areas that you are willing to participate in and specify any limitations...

\_\_\_ Driver (Interfaith/appointments) \_\_\_ Craft Teaching (type) \_\_\_ Counseling (type)

\_\_\_ Medical Equipment loan (type) \_\_\_ Meal Prep \_\_\_ Consulting (type)

\_\_\_ Child Care \_\_\_ Errands \_\_\_ Cleaning \_\_\_ Yardwork \_\_\_ Snow Shoveling

\_\_\_ Healing/energy work \_\_\_ Household Donations \_\_\_ Clothing Donations

\_\_\_ Caregiver Break \_\_\_ Send Cards \_\_\_ Computer Help \_\_\_ Healing Music

\_\_\_ Fun Companionship \_\_\_ Pet Care \_\_\_ Massage \_\_\_ Money Donation

\_\_\_ Listening \_\_\_ Prayers \_\_\_ Respite Care \_\_\_ Join Caring Committee

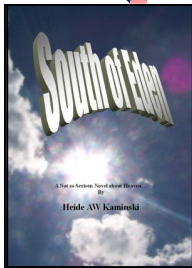
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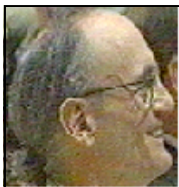
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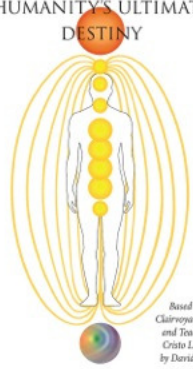
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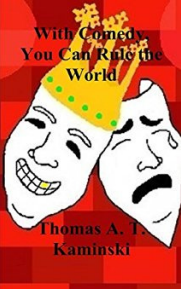
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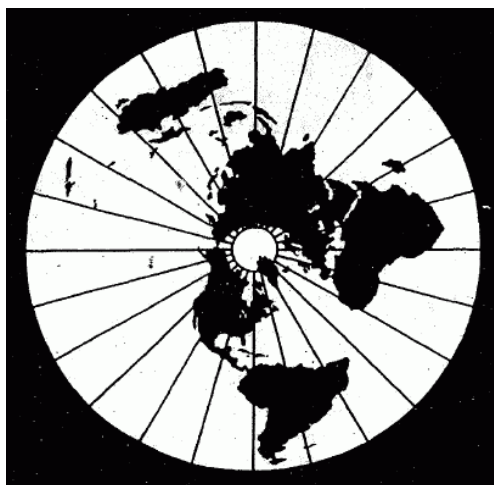
  
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