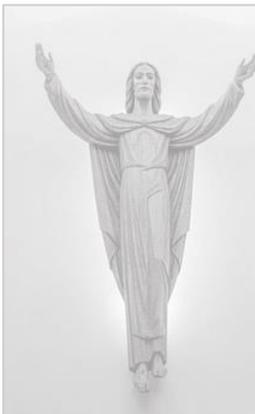


DISCIPLES OF CHRIST PROJECT SUGGESTIONS To KNOW, LOVE, AND SERVE GOD

ST. MARY IMMACULATE PARISH CONFIRMATION PROGRAM
2021-2022



I have set you an example that you should do as I have done for you.
John 13:15



Christ has no body on earth but ours,
no hands- but ours, no feet- but ours.

Ours are the eyes
through which the compassion of Christ looks out upon the world.

Ours are the feet
with which He goes about doing good.

Ours are the hands
with which He blesses His people.

St. Teresa of Avila

DISCIPLESHIP- WHAT'S IT ALL ABOUT?!

In Confirmation, the anointing of Baptism is sealed - it's made complete. That anointing re-forms us into the likeness of Christ and marks us forever as children of God who are called to greatness. Through the gifts of the Holy Spirit, given in Baptism and strengthened in Confirmation, we are empowered to do great things for others!

As followers of Christ, we are NEVER done serving. Our purpose here on earth is to KNOW, LOVE, and SERVE God. So, we should constantly be looking for ways to serve every day of our life! Confirmation prepares us for this mission!

On the following pages you will find suggested ways you can perform Discipleship Projects in growing to KNOW the person of Christ, LOVE God more fully, and SERVE our neighbors. When you complete your projects, record them on the Log in the yellow section of your Confirmation Handbook and use the reflection sheets in that section to document your experience. **These Discipleship Reflection Forms must be turned in to the Confirmation Office for recording.**

With your families you are asked to perform FOUR projects of your choosing. Try to do a mixture of knowing, loving, and serving to become a well-rounded disciple.

With your Mentor Groups you are asked to perform TWO group projects. The Mentors will update you as to the dates and topic of projects. *If your child is unavailable for a group project, it then becomes an additional family service project.*

To summarize - the minimum requirement for Discipleship projects is:

- Six (6) Projects in Year I, 4 Family Projects; 2 Mentor Group Projects
- Six (6) Projects in Year II, 4 Family Projects; 2 Mentor Group Projects
- Additional service for your Church, your Family, and your Community, can be recorded on the back of your service log





Quick Guide to Discipleship Opportunities

(Be sure to watch your emails for other ideas!)

Make A Difference Day: *Families* that participate in the SMI day of service (the 3rd Saturday of October) can use it toward their family requirement.



Faith Fundamentals and Catholic Identity

- # Attend a monthly Family Mass in person
- # Attend the Holy Thursday or Good Friday Mass as a way to prepare for Easter Sunday
- # Pray the Rosary as a family
- # Eucharistic Adoration, spend an hour with the Lord
- # Pray The Divine Mercy Chaplet as a family
- # Watch a movie about a saint on Formed.org (pg 12)
- # View the new series on the life of Jesus, **The Chosen**, on YouTube. Watch all 8 sessions or just episode 2 & 6
- *Ask our office for the link or DVD**
- # Start a new Catholic tradition in your family (celebrate Saint Name days, use an Advent Wreath, celebrate the 12 Days of Christmas, Stations of the Cross during Lent, etc)

The Corporal Works of Mercy

(From Matthew 25:35-46)

(See pages 5-8 for ideas & contact info)

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.



Resource pages at: <https://smip.org/confirmation/parent-student-resources/>

Helping Other Parish Ministries

- Advent Giving Tree Program: help during sign ups in November. Contact Robin C. at 815-814-8457
- K of C Lenten Friday Fish Fry: help serve or bus tables - contact Ron at raz5733@aol.com
- Easter Basket Ministry: help sort and pack donations. Contact Laura B at 815-603-4072
- SMI Men's Club Activities: help at various holiday and children's parties.

The Spiritual Works of Mercy

(* See pages 8-12 for ideas & contact info)

1. Counsel the doubtful.
2. Instruct the ignorant (uninformed)
3. Admonish the sinner.
4. Comfort the sorrowful.
5. Forgive injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

Reminder: for each project completed, students must write up a yellow Service Reflection Sheet found in the red Student Handbook and turn it in directly to the Confirmation Office for recording.



THE TOP 20

(family friendly projects - well-rounded experiences)

1. Help sort food at Northern Illinois Food Bank in Joliet (pg. 5)
2. Pray the rosary as a family (see a guide on our Service Resource page on our website)
3. Make Blessing Bags for the homeless, filled with self-care items (pg. 6)
4. Watch the story of how one man's journey of feeding the homeless grows into a village for them to live in – ask our office for link or DVD **Community First Village** -
Great example of all the Corporal Works of Mercy
5. Call, send a card, or send flowers to someone who is sick or lonely (pg. 7/11 *spiritual bouquet*)
6. Choose Christmas gifts for a those in need through St. Mary's Giving Tree (pg. 6)
7. Watch a movie about Saint Maria Goretti, The Story about Patroness of Modern Youth.
Great example of the Spiritual Work of Mercy- Forgive the Injury (pg. 12)
8. View episodes about life of Jesus on The Chosen (pg. 3)
 - Pray a Divine Mercy Chaplet with the actor who plays Jesus, go to Jonathan Roumie FB page and look under *Live* section.
9. Visit a cemetery. Rake leaves, clean off grave markers, pray for the people by name.
10. Encourage someone to receive healing through the Sacrament of reconciliation (pg. 9)
11. Volunteer at the Feed My Starving Children Organization preparing packages of food to ship to the poorest of the poor (pg. 6)
12. Pray for God's help in forgiving injuries done to you/for those who have hurt you (pg.10)
13. Watch a movie about St. Giuseppe Moscati on the smip.formed.org network (pg.10)
14. Make and donate fleece tie blankets for Project Linus of Will County (pg. 9)
15. Learn how to make knotted cord rosaries from Dennis and De (pg. 10)
 - Pray the rosary as a family with your newly created knotted rosary!
16. Make cards/crafts with encouraging messages for those in a nursing home (pg. 7/9)
17. In October, Pray at the white Memorial Crosses for babies who were aborted (pg. 11)
18. Write cards and /or collect items needed by our Military Troops (pg. 9)
19. Cook/Bake a dish to help feed the families at Daybreak Shelter in Joliet (pg. 5)
20. Play a game on Freerice.com and earn rice for hungry people in the world (pg. 6)

CORPORAL/SPIRITUAL WORKS OF MERCY SUGGESTIONS



*Below are some suggestions for performing each of the traditional Works of Mercy.
The underlined contacts are people who organize projects at St. Mary Immaculate.*

(The possibilities are endless, so don't let this list restrict your creativity!)

The Corporal Works of Mercy

(From Matthew 25:35-46)

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

The Spiritual Works of Mercy

(* See pp. 10-13 for info leading to more awareness.)

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish the sinner.
4. Comfort the sorrowful.
5. Forgive injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

Feed the hungry

1. Eat less, and more simply, and give the money you save to the hungry. You can either help someone you know, or give to an organization that works with the world's poor. Here's an example of what one person did: He usually ate 2 strips of bacon for breakfast every morning. During Lent he sacrificed eating the bacon; then he bought a ham for a poor family's Easter dinner with the money he saved.

2. **NEW!** Help sort and pack food at the Northern Illinois Food Bank Warehouse in Joliet. Sign up online at <https://solvehungertoday.org/south-suburban-center/>

3. Go grocery shopping for someone who has difficulty getting out or is restricted due to health reasons. Take a person shopping who cannot do it alone.

4. **Daybreak Shelter in Joliet:** Volunteer at a soup kitchen, not only cooking but also serving the meal and visiting with those who come. **1. Watch for the sign-up sheets in the Commons to volunteer to bring food.** SMI volunteers the first Tuesday of every other month beginning in September. Contact Donna Giancarlo at 815-436-7166. **2.** Assemble brown bag lunches for the shelter to hand out – contact Gail at the Shelter. **3.** Volunteer to serve breakfast to the residents – call 815-774-4663 to volunteer.

5. **Morningstar Mission** in downtown Joliet serves meals to the homeless at breakfast and dinner. Contact them at 815-722-5780 to set a date and time to serve at the Mission.

6. **Bags of Hope** (formerly Creekside Cares) is a weekly food program, designed to help students/families across Plainfield School District 202. The program provides a backpack of food for weekends for families in need. Your group could conduct a food drive or work at the site to load the backpacks. Contact Lana Howe at 815-388-3435, www.Boh2016.org or bagsofhope2016@gmail.com

7. *Feed My Starving Children* is an organization that prepares and packages food for the poorest of the poor. To volunteer go to <https://www.fmssc.org/> and submit a request to serve.

8. Play a game on Freerice.com and earn rice for hungry people all over the world. For each answer you get right, sponsor send the cash equivalent of 10 grains of rice to the World Food Programme, who use it to save and change lives

Give drink to the thirsty

Many of the suggestions for feeding the hungry also apply to this Work of Mercy.

1. Most children in third world countries die before the age of 5 because of diseases associated with the lack of clean drinking water. Support organizations such as **Catholic Relief Services** which enable villagers to design and construct safe and clean drinking systems. Visit the website at www.crs.org for more information.
2. Offer something to drink to someone who is working, to guests, to anyone not able to provide themselves with a drink.
3. Go out of your way to anticipate the needs of an elderly or sick person and give drink to them.
4. Expand this work of mercy to include people who are *thirsty for someone to listen to or someone with whom to share wisdom or experience they have acquired*. Become more aware of the shy person who is always in the background, ignored. What about people who thirst for a cheerful smile or touch, or an encouraging word?
5. While handwashing is vitally important, make an effort not to waste any water- in solidarity with our brothers and sisters in Christ who do not have access to clean water and suffer from the lack of this basic necessity.

Clothe the naked

1. Take an inventory of your personal property: clothes, books, technology, etc. Find something that you are not using productively and give it to someone who has greater need for it.
2. Volunteer to help with the **Giving Tree** project during Advent by choosing a family to buy Christmas gifts for. Watch the Bulletin in early November or call Robin Contreras at 815-814-8457.
3. Be generous to appeals for refugees and the needy in your area.
4. Knit/crochet baby hats or blankets or make small tie blankets for babies. There are several groups who gladly accept these items for the new mothers that they serve. Contact info: Michelle at **Waterleaf Woman's Services**, Aurora – 630-701-6270 (receive a tour of this facility; can also hold a party for clients' children); Karen Hatfield - **Birthingright of Joliet**, 815-725-3411 (*donations only- no sight visits*)
5. Share maternity clothes and baby clothes with others, especially for pro-life groups who help mothers-to-be and the poor. <http://www.waterleafwc.org/> or contact Anne Marie at 630-701-6270.

Shelter the homeless

1. Help with after-school programs for children whose parents work and who cannot go home until late.
2. Respond quickly with clothing, cooking utensils, furniture or other needs when someone loses their home due to fire or flood or other disaster.
3. Make a Blessing Bag with self-care items. Decorate and make a card to put inside the bag and give it to homeless. <http://morewithlessmom.com/2015/11/18/real-deal-care-packages-for-homeless/>

4. Get involved with groups who provide safe housing and help for unwed mothers, school programs which help young moms finish their education, or groups which counsel pregnant women about adoption as a better choice than abortion.
5. Offer help to refugees who have been forced from their homes (either helping them in this country or helping organizations which care for them in refugee centers).

Visit the sick

1. Notice when someone seems ill or when they do not show up as usual for any activity or gathering. Check on them and offer help. See if a person or family needs meals brought in or errands run.
2. Many residents in nursing homes would greatly appreciate a visit. During the pandemic, they can only receive cards, letters, or prayer bouquets. Brighten their day by remembering them in this way and consider becoming pen pals with them.
3. Call, send a card, or send flowers to someone who is sick. Make a spiritual bouquet (a set of prayers you are committing to pray, such as a number of Rosaries, Holy Hours) for others who are ill or elderly, send them a card to let them know you are thinking about them and praying for them. (we can send you an example of a spiritual bouquet card)
4. Expand this work to include much more than bodily sicknesses. What might you do to help those who are mentally ill, or depressed and in need of cheering?
5. See what type of donations are needed at the **Ronald McDonald House, 4410 W. 93rd Street, Oak Lawn** (near Advocate's Children's Hospital) <https://rmhccni.org>.
6. **Sunny Hill Nursing Home** – Not all residents at nursing homes are sick and most enjoy a visit (phone call or letter at this time) from anyone interested in lifting their spirits.-For more information on volunteering contact Danette Krieger, Activity Director/Volunteer coordinator at (815) 727-8711. More information at www.willcountyillinois.com

Visit the imprisoned

1. Collect personal care items and grocery/city bus gift cards to help those being released from prison as they reenter society. *Agape Missions* in Joliet accepts donations for this purpose – Call Jill at 815-723-1548.
2. Go to www.cjtinc.org (Companions Journeying Together) to learn ways to help with the **Aunt Mary's Storybook** project where books and tapes are donated to mothers who are in prison. The mother's voice is recorded as she reads age-appropriate storybooks to her children. The books and tapes are then sent to her children so they will feel their mother's presence, even while she is far away from them.
3. **SMI Prison Ministry/Restorative Justice** contact, Gloria Cesario, will speak to your group about how and why we do works of mercy for "people who are incarcerated." Become aware of the criminal justice system in our country and current bills in IL legislature which help us to advocate for their rights. Possible activities are letter writing to legislature; writing note cards to prisoners; collecting paper, envelopes, and stamps for them to use; donating books for incarcerated mothers to give to their children. Call Gloria to schedule a date at 815-577-8392 or email GCRT4@sbcglobal.net
4. Can you help in other ways to assist families of prisoners? Many really depended on the wages of the person in prison. Are they able to apply for and obtain public assistance on their own or do they need someone to help them negotiate the system? What about when they are allowed to visit their loved one in prison--do they have transportation, childcare?

5. Remember those who are imprisoned in nursing homes or in their own homes, such as the handicapped, elderly, sick, and the young mother by occasionally phoning them and "checking in".

Bury the dead

1. Visit a cemetery. Did you know that St. Mary has its own cemetery? Talk with Pat Mander at 815-436-2651 x444 or Lori Oberg at 815-436-2651 x853 to find out where it is located and discuss what you might do. (You can rake leaves and pick up small branches or you might clean off the grave markers and read the name of the person who is buried there. Then pray for that person by name.)

2. Think how you might help someone who is suffering the loss of a loved one. Out-of-town family members may need to be picked up at the airport; young children may need to be watched during the preparations and funeral; food may be needed.

3. Visit the bereaved. Make sure widows or widowers are able to handle the details of practical life that the deceased used to handle.

*** Spiritual Works of Mercy**

The Corporal Works of Mercy are sometimes more easily understood because we can see the actions of service that are performed. Rev. Christopher Mahar says that we should think of practicing the Spiritual Works of Mercy as a way of being a good neighbor. He has provided the following reflection questions under each heading to help us find ways to practice the Spiritual Works of Mercy.

Counsel the doubtful

We should never underestimate what a word of encouragement or counsel can do for people. Are there any people in our lives who doubt their faith in God or that God is close to them? Are there people who question their ability to live out faith in joy and peace even with God's help?

1. Examine recent conversations and interactions. Has anyone asked questions about values or "Is there more to life than this?" Pray for the ability to hear those tentative faith searching and respond to them.

2. Listen to someone who is having doubts about their faith and share your own certainty of faith. Or, connect them to a parish staff member or other person who can help them.

3. Become a better listener to friends, family members, co-workers. Be someone who shares others' worries, fears, joys, accomplishments.

4. Give thanks and pray for those who have counseled you, and those to whom you give counsel.

Instruct the Ignorant (Uninformed)

Are there people who are ignorant of the great truths that God has revealed to us through Christ, truths that have been passed down to us through the Apostles and Scripture? Is God challenging us to share the faith and those truths with those who may not know them?

1. Call to mind any situations in which you act as a mentor/teacher, when you share knowledge or skills. Is this in the home, as a parent or older sibling? Or in a work situation? A volunteer activity? Remember, you often teach more by example than you do by words. Do you incorporate Christian values and morals in your teaching? Pray for the ability to teach so that others may become better human beings.

2. Help others see Jesus through your words & actions. Pray that your actions and words lead others to God.

3. If you know someone who is unable to attend Mass, teach them to make a Spiritual Communion <https://www.ewtn.com/catholicism/devotions/act-of-spiritual-communion-339>

Admonish the sinner

Admonishing the sinner is first an act of love, not of judgment. So, first we should pray hard for the sinner. Then, with great charity and humility, we should share an aspect of their life that may lead them to future unhappiness and sorrow, and further away from God.

1. Talk with family/friends about how you make decisions based on your faith and offer alternatives to sinful action; gently help others see their actions through the eyes of Jesus. Suggest a good example like Saint Doctor Giuseppe Moscati (watch movie on Formed.org) to offer an alternative to sinful actions.
2. Speak out for what is right, identify what is wrong, but always separate the sinner from the sin.
3. Seize opportunities to bring a Christian viewpoint into discussions of moral issues such as abortion and euthanasia.
4. Encourage someone to receive healing through the Sacrament of Reconciliation, walk them through the Examen and Act of Contrition, and go with them, if possible, as a good example.

Comfort the sorrowful

Are there people in our lives who are suffering emotionally, physically, or psychologically? How does God call us to comfort and support them this week?

Many of the suggestions offered under "Bury the Dead" apply here as well.

1. Remember the bereaved long after the funeral, at holidays both large and small (the first Valentine's Day after loss of a spouse, the first All Soul's Day after loss of a family member, etc.) and send occasional notes with a memory of the person that you think the bereaved would enjoy.
2. Project Linus provides security through blankets. Make and donate fleece tie blankets to give to those who have been through an abusive experience, are sick or injured. It simply says: "You are not alone, I care!" Contact the Will County Chapter Coordinator Nancy R. at 630-240-7036 or Project Linus website <https://www.projectlinus.org/chapters/>
3. Participate in any of the parish projects that involve sending mail or a variety of needed items to the military troops. For more information, please contact Maria Prekop at 312-259-6851 or e-mail her at maria.prekop@ancura.com. <https://www.osotamerica.org/comfort-and-care-package-program/card-and-letter-guidelines/> is another resource for this service.
4. Take time to listen to someone who is grieving or heavily burdened by life. Have compassion ("suffer with") the person.
5. Make cards with encouraging messages or crafts for elderly from **Lakewood Nursing Home**. Contact Tanya at 815-436-3400. **Sunny Hill County Home** also accepts these, 815-727-8710.
6. **Ready, Set, Ride** is an amazing facility that serves as a therapeutic horse riding farm serving over 100 disabled and sick children. Visit www.readysetride.org or contact Lisa at 815-439-3659 or volunteer@readysetride.org. (ages 14 and up)
8. Rosary Making – **The Legion of Mary** ministry provides all the materials and an instructor to teach how to make rosaries to give away to the sorrowful or the sick. Contact Lynn Scardullo at 708-768-4949 to schedule a teacher. The Legion of Mary will schedule a room at the parish for your group.
9. **Rosaries by Dennis & De** – This couple will teach you how to create knotted cord rosaries. All supplies included. For more information contact Dennis & De at rosariesbydandd@gmail.com .

Forgive injuries

Often we are hurt or offended by the words and actions of others. It is a Spiritual Work of Mercy to do everything we can to truly forgive them.

1. Pray for God's help in forgiving injuries done to you by family and friends. Pray for the person who has hurt you, not only that they'll change, but that God will bless them.
2. Help others forgive the injuries you inflict on them--ask for forgiveness. Adopt a regular custom of examining your conscience so that you become more aware of the damage you do to others and develop ways to avoid those actions.
3. It is very important to forgive and to start over. What grudges do you hold from old injuries? What relationships need some loving work to revive the caring that used to be so mutual?
4. Go to Confession and ask for our Lord's forgiveness in ways you have hurt Him. Pray the Act of Contrition.

Bear wrongs patiently

All of us need to be more patient with the people around us. We need to recognize the human faults and weaknesses of those we are with daily. If we bear both the small insults and the more serious offences in in our daily lives with patience, we are a model of Christian living and God will notice our sacrifices.

1. Consider your situation in life and your responsibilities in family, work, church, volunteer efforts, social interactions--where can you more patiently bear authentic wrongs and give good example in patient coexistence to others?
2. Remember our Lord's suffering and practice patience with those who wrong or injure you; Prayerfully offer the wrongs against you to our Lord and ask Him to strengthen and guide you and then join your suffering to His Passion, offered for the redemption of the world.
3. Pray for the wisdom and courage to confront authentic wrongs when that is possible.
4. Try to use humor to break tension in difficult situations. It lightens the load and helps a person to bear wrongs patiently.

Pray for the living and the dead

During our daily conversations with God, we should bring before him our personal intentions for those who are a part of our lives. We should pray for members of our church community and 'those who have gone before us marked with the sign of faith'. We can even pray for people in the news who are suffering or who have died.

- 1 Pray the rosary as a family for the intention of someone in need of prayers. Read the scripture that goes along with each meditation and reflect how that applies to our current condition.
2. Take time early in the day to write the names of five living persons who need your prayers in a special way. As you write their names, visualize them, hear their voices, and petition God for what they most need. Take time late in the day to write the names of five deceased persons who come to mind. Recall some event from their life that has made them significant to you. Ask God to hold them in an eternal, loving embrace. *From Praying with Dorothy Day by James Allaire and Rosemary Broughton*
3. **The Legion of Mary** ministry provides an opportunity for you to host the Pilgrim Virgin statue in your home for a week. During her visit, you can pray for the living and the dead. Contact Lynn Scardullo at 708-768-4949 to schedule a teacher. (See also Rosary Making under Comfort the Sorrowful)
4. Remember to include in your prayers not only family members and friends, but also business associates, people with whom we have difficulty, groups of people (such as refugees, victims of natural disasters, etc.), and of course, those who have asked you to pray for them.

5. Pray for an end to abortion at the **Pro-Life Prayer Vigil** at Aurora Planned Parenthood the 2nd Saturday of the month or during the memorial cross display here at SMI in October. For more info, contact Don Hrdlicka at 630-415-6603.
6. Explore the history of the Chaplet of Divine Mercy and teach it to your group. Then spend some time in the SMI Adoration Chapel or another Chapel in the area. Pamphlets and Rosaries may be available in the Adoration Chapel.
7. Visit a cemetery and pray for those you have lost and ask their intercession on behalf of all those facing death today. Pray the prayer of St. Gertrude for Souls in Purgatory.
<https://www.ourcatholicprayers.com/prayers-for-souls-in-purgatory.html>
8. *NEW!* Visit The Shrine of All Saints, housed at St Martha of Bethany Church, 8523 Georgiana Avenue, Morton Grove, IL. This is a newly designated shrine which currently contains the relics of over 2,000 saints. On the website: <http://shrineofallsaints.org> you will find the hours of operation, pilgrimage suggestions, guided and self-guided tour options, and current list of saints represented at the shrine. Contact Elizabeth Frake at liz@saintmarthachurch.org or call the Rectory staff at 847-965-0262.
9. Make a spiritual bouquet (a set of prayers you are committing to pray, such as a number of Rosaries, Holy Hours) for others who are ill or elderly, then send them a card to let them know you are thinking about them and praying for them. (we can send you an example)

*“ Truly I say to you,
to the extent that you
did it to one of these
brothers of Mine,
even the least of
them, you did it to Me.”*
- Matthew 25: 40

Movies of the Saints on Formed.org

<u>Title</u>	<u>Work of Mercy demonstrated</u>
Saint Maria Goretti - The Story of the Patroness of Modern Youth	Forgive injury
Saint Don Bosco – The true story of the Apostle Of Youth	Instruct the ignorant
The Reluctant Saint – The story of Saint Joseph Cupertino	Bear wrongs patiently
Joan of Arc	Counsel the doubtful
The 13 th Day (Fatima: Francisco and Jacinta)	Pray for living and the dead Bear wrongs patiently Instruct the ignorant
Bernadette – (story of Saint Bernadette)	Bear wrongs patiently
St. Giuseppe Moscati- the doctor to the poor	Admonish the sinner

Instructions to access movies on Formed.org:

To watch the movie you need to sign up for a FREE subscription:

1. Type SMIP.Formed.org to access the website.
2. Choose as parish -St. Mary Immaculate, Plainfield, IL
3. Type your name and email and the click- Sign Up

Congratulations! You are good to go now!

You will receive an email from Formed. Click *watch now* and select any movie from the list (or another of your choosing) and enjoy!

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