

Issue

FEBRUARY 2025

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
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Change is Inevitable; Melting Down is Not

The following is an excerpt from an essay written by UU Administrator, Elaine Harrigan, and posted in the Medium publication, Mindfulness Matters.

It's a little more than a week into the new year, and already my life has been rocked by family drama. But these incidents will feel like tiny snowflakes compared to the blizzard that's coming for our country. I'm exhausted from change and would love a nice quiet month to recover, drink tea, and binge watch British mysteries.

Breathe, I tell myself. Change is a constant.

Nature reminds us that change is cyclical; seasons turn from birth to death to rebirth.

How do we keep from melting down when change forces its way into our lives? What can nature, itself, teach us about staying centered?

Cultivating a Fertile Inner Landscape

Shamanic teachers, Sandra Ingerman and Llyn Roberts, authors of *Speaking with Nature, Awakening to the Deep Wisdom of the Earth*, write about the transformative power of the wild. In connecting with nature, Ingerman says, we can cultivate a fertile inner landscape that provides strength, resilience, joy, and hope.

A practice that I've found to be most helpful is *terra divina* or "reading the earth." Based on an ancient monastic practice, terra divina unfolds through four steps of observation and reflection that draw us into a deep connection with nature through sensory mindfulness.

By immersing in the unique sounds of the wild, its scents, colors, and textures as the seasons change, nature becomes our holy text; our wisdom teacher for cultivating an inner landscape that sustains us when facing the unknown. Nature can be our antidote to the uncertainties of life.



Our Covenant

*Together we promise:
To gather in compassionate
community,
To celebrate diversity of thought and
unity of spirit;
And to seek wholeness for ourselves,
our children, and our world.*

Photo by Andrew Neel on Unsplash

FEBRUARY SUNDAY SERVICES AT 10:30 AM

2/2 "The Growing Light"

Rev. Michelle

Did you know that Groundhogs Day has its roots in the Pagan celebration of Imbolc? From time immemorial, people have needed signposts that the bitter cold of winter is on its way out, and the growing light signifies the coming of spring. What light is growing in you?

2/9 "You're Going to Love This"

Rev. Michelle & Friends

"The path of love is not a tedious path. It's a path of joy. It's a path of singing and dancing. It's not a desert. It is a valley of flowers." (Sri Sri Ravi Shankar)

2/16 "What's Your Love Language?"

Rev. Michelle

Our 'love language' is not just about how we express love - it is how we expect love to be expressed to us - and that's where it all gets a little complicated.

2/23 "When Love is Hard: Loving Kindness"

Rev. Michelle

This interactive service will offer opportunities to enlarge our hearts and learn how the many aspects of love color our expectations of ourselves and others.

HELP WHEN YOU NEED IT

This is a reminder that if you are experiencing financial hardship, you can reach out to Rev. Michelle, minister@uuamherst.org, for assistance from the Minister's Discretionary Fund. This Fund is made possible by the generosity of fellow congregants, and just one more way we demonstrate that no one is alone. We care for one another.

Please note: If you are approached at church by someone asking for money, please direct them to Rev. Michelle for assistance from the Minister's Discretionary Fund. Contributing to the fund is our shared ministry to help those in need.

BOARD REPORT

February promises to be a warmer month, at least in our chapel. The installation of the new boiler heating system began late in the second week of January and we expect that the work will be completed in early February. It's very timely as this looks to be a cold winter and the current system has developed a small leak. Thanks to our generous donors we have \$50,000 of the expected \$70,000 cost of the project and, of course, we are still accepting donations.

The Finance Committee and the Board of Trustees (BOT) are working on our operating budget for 2025 so please get your pledge in, if you have not already done so. We need to know how much to expect before finalizing the budget for 2025.

On Sunday, February 23rd, we will hold our Annual Meeting where we will vote on the budget, our contribution to the UUA, and several by-law changes as well as nominees to serve on the BOT, the Endowment Trust, and the Leadership Development and Nominating Committee.

Just a reminder that in order to vote at the Annual Meeting you need to have made a payment towards your 2024 pledge and made a pledge of financial support for 2025.

We look forward to seeing you all there.

Randy Kent, Board Chair (linrkent@yahoo.com)



2025 Annual Meeting of the Unitarian Universalist Church of Amherst

Sunday, February 23, 2025

Starting At 12:00n

In-Person & Live Remote Via YouTube

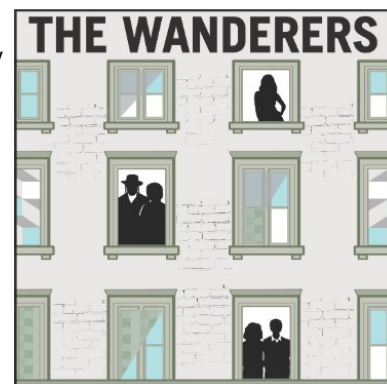
**Advance Registration Required
For Remote Participation!**

**Scan This QR Code Or Contact
The Church Office By 2/20/25!**



THEATER LOVERS

Our group outing is **Sunday, February 16***, to see "The Wanderers" at Jewish Repertory Theatre. There is a special event that day, post-show: Life And Legacy Sunday Talkback in The Lipman Lounge across from the performance space. Please order your play tickets by mail using the form available in UU Amherst's lobby (in a folder at the bottom of the Church Life bulletin board next to the Emerson Room entrance), then let me know by Wednesday, February 12 if you want to attend the talkback and go to dinner afterwards at Lebro's Italian Restaurant. I'll RSVP to JRT for the talkback, and make the dinner reservation for 4:30 pm (in case anyone opts to skip the talkback). **Note: This is a different date than published in last month's Foreword, due to a conflict with the Annual Meeting.**



Discount tickets are available to our congregation for Thursday evening (7:30 pm) or Sunday matinee (2:00 pm) performances throughout the run of the show, February 6 to March 2.

In this Off-Broadway hit, two marriages have seemingly little in common: Esther and Schmulik are Orthodox Jews navigating strictly defined rules and roles, while Sophie and Abe are secular and free to make their own choices. But both couples are growing apart as they strive to balance their individual identities with the families they've created. As Esther tests the boundaries of her personal freedom, Abe falls into a correspondence with a movie star that will shake the foundations of his marriage and career. From the playwright of JRT's hit production, *Photograph 51*, comes this funny, moving, and thoughtful play that asks if following one's truth is worth it, no matter the cost. Featuring an all-star cast including Arin Lee Dandes, Jordan Levin, Aleks Malejs, Alex Watts and Adam Yellen.

JRT performs at the Maxine and Robert Seller Theatre, inside the Jewish Community Center at 2640 N. Forest Rd., Getzville (Amherst) 14068.

There are two other free events associated with the play. If you wish to attend, please contact Adam Yellen directly at: ayellen@jccbuffalo.org or 716-650-7626:

The Wanderers Panel discussion, Wednesday, February 12th, 6:30 pm in the Maxine and Robert Seller Theater.

Stage To Screen Film Showing: Menashe, Monday, February 17th, 7:00pm in the Maxine and Robert Seller Theater,

Marie Evans, evans.marie@gmail.com or (716) 636-5770

UU AMHERST BOOK GROUP

Join us in the Library/Living Room at noon, usually the last Sunday of the month to discuss either a specific book or whatever we've been reading based on an agreed-upon topic.

January 26 - BOOK - *The Office of Historical Corrections* by Danielle Evans

DATE CHANGE! **February 16** - TOPIC - celebrity memoir

March 30 BOOK - *The Thursday Murder Club* by Richard Osman

Questions? Marie Evans Evans.marie@gmail.com, 716-636-5770



MINISTRY TRAIN STEERING GROUP



The Ministry Train Steering Group is a subgroup that helps to plan upcoming combined events and marketing. The Steering Group looks at upcoming opportunities through the lens of seasonal change. The group includes Dian Tucker, Lauraine Marcus, Marie Evans, Jill Fondiller, Wendy Scott, Karen Thompson, Linda Joy Groat, Ruth Bowen, Sally Hamlin, Kim Diana Connolly, Katie Cosgrove (DFD), and Rev. Michelle.

The group considered some potential alternatives to this year's Living Green Festival, focusing on right-sized projects and community-wide support and involvement. The team leads will take these suggestions to the Green Justice Team for input.

The group also decided that it would be timely to offer a fundraiser for those impacted by the wildfires in California. There are several UU congregations in the path of the fires, and whether funds would go to them or to local sources that could better allocate the support is yet to be determined. We just know that we'd like to help.

Please plan to invite others, support, and attend a Spaghetti Dinner on Sunday, February 23rd, 4:00-7:00 pm - free will donation - net proceeds to benefit those impacted by the California wildfires.

Are you a baker? Have open time during the day to prep for the dinner? Peggy Cook will be organizing baked goods to be made in our very own UU Amherst kitchen, Thursday, 2/20 and Friday, 2/21. Connect with Peggy: retireeat50@gmail.com.

We'll need workers in so many capacities - watch for sign-ups to put your skills to good use! Invite your friends! Watch for details!

AMHERST LITTLE FREE PANTRY

Thank you to everyone who has donated recently! We received several generous checks from donors directing their Required Minimum Distribution from IRA accounts or gifts from Donor Advised Funds. We also appreciate in-kind donations of food or personal care items. Feminine hygiene products are still in short supply and we can always use dish detergent, shampoo, and body lotions. Breakfast cereal, coffee, canned fruit, Chef Boyardee, mac 'n' cheese, pasta and pasta sauce, and peanut butter are perennial needs.



According to HUD's 2023 Annual Homelessness Assessment Report, there has been a 39% increase in experiences of homelessness in New York State. We know that food prices continue to rise, too, and if you spend an hour or two at The U mid-day, you'll see a steady stream of visitors to the pantry. I overheard one man exclaim "Thank you for this!" both as he arrived and as he left. *Donors and volunteers, we're making a difference in people's lives!*

Questions? Marie Evans, Chair Evans.marie@gmail.com, 716-636-5770

FEBRUARY 2025 CALENDAR

PLEASE NOTE: Some meetings are virtual-only; others are dual platform (Zoom and in-person); and some in-person only. See the notation after the meeting. Zoom links for general groups are published in the *Weekly Update* unless they are hosted on a private account. Zoom events taking place in the Zadmin or Zrev rooms are identified with the abbreviation.

Room abbreviations: EM (Emerson Room); LR Living Room); Bul (Bulfinch-FD Wing); EC (Ecology Center); Murray Meeting Room (MMR)

Saturday, February 1st

10:00 am: Lace Guild (rental) MMR
1:00 pm: Imbolc Mandala-Making EM

Sunday, February 2nd

12:00 pm: Amherst Little Free Pantry Meeting LR

Tuesday, February 4th

10:30 am: LD&NC Meeting EM

Saturday, February 8th

9:00 am: New2UU EM

Sunday, February 9th

11:30 am: Valentines for GSAs EM
12:00 pm: Poetry as Practice LR

Wednesday, February 12th

7:00 pm: Finance Committee Meeting MMR

Saturday, February 15th

8:30 am: Firewall Meeting EM
10:00 am: Lymphatic Wellness MMR
1:00 pm: Myrth Roalsvig Memorial Service CH/EM

Sunday, February 16th

12:00 pm: UU Amherst Book Group
1:00 pm: Justice Advocacy Group EM

Tuesday, February 18th

6:30 pm: Lace Guild (rental) MMR

Wednesday, February 19th

7:00 pm: Board Meeting MMR

Sunday, February 23rd

12:00 pm: ANNUAL MEETING
1:00 pm: Spaghetti Dinner Benefit EM

RECURRING:

UU Universe-ity Sunrise Sessions continues
M-F 8:30 am.

All "tree" names are for Village groups

Saturdays, February 1st-22nd

7:00 pm: Birch Bunch Zadmin

Sundays, February 2nd-23rd

9:30 am: Creative Meditations & Conversations LR
10:30 am: Sunday service—in-person and
livestream; coffee hour following

2/16 (3rd Sun)

12:00 pm: Faith Development MMR

Mondays, February 3rd-24th

7:00 pm: Tulip Crabapples Zadmin (weekly)
L. Marcus

Tuesdays, February 4th-25th

12:30 pm: Women's Group Lunch EM (2/4)
Women's Group Zoom (2/11, 2/18,
2/25)

2/11 (2nd Tue)

7:00 pm: Marlana's Covenant Group LR

Wednesdays, February 5th-26th

2/12 (2nd Wed)

1:30 pm: Caring Team Zoom

2/19 (3rd Wed)

1:30 pm: 3rd Wednesday Covenant Group
7:00 pm: Bofinger Covenant Group Zoom
7:00 pm: Northtowns Village Zoom

Thursdays, February 6th-27th

2/20 (3rd Thr)

10:00 am: Current Events Zoom

Reminder: Groups, please restore rooms before leaving. Return chairs to their places and take any papers (etc) with you or dispose of them properly.

Kitchen Storage: All opened packages must be enclosed in plastic containers or Ziplock bags before placing in cupboards.

Spaghetti Dinner to Benefit California Wildfire Relief

Sunday, February 23 4:00 –7:00 pm
Emerson Room

Net proceeds to benefit those impacted by the California wildfires. Free will donation.

Per (Peter) Roalsvig Memorial Service
Saturday, February 15th 1:00 pm

Reception following in the Emerson Room.

***The Gifts of Imperfection*, Bréne Brown Zoom Group with Linda Joy**

A Zoom discussion group is forming to discuss the book, *The Gifts of Imperfection*, which is an introduction to wholehearted living, through cultivating courage, compassion and connection. Email Linda Joy if you're interested in participating. Lmgeag@gmail.com

The day and time day the group meets will be based on the majority of the group's preference. Watch the *Weekly Update* for details.

Info about the book access and podcast episodes will be provided to group members once the group is complete.

Tuesday Women's Group

This month our in-person meeting will be Tuesday, February 4th. We will meet in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage. Other meeting dates via Zoom are: February 11th, 18th, and 25th. See the *Weekly Update* for Zoom link and pass code.



Current Events Zoom

The Current Events Zoom takes place the third Thursday of each month. The February date will be February 20th at 10:00 am on Zoom. See the *Weekly Update* for link.

MINISTRY & MORE

Music at UU Amherst

Choir Call-Out & Rehearsals

If you are a singer in search of a song, join the choir! Questions? Contact Linda Delorey Imscapecod@yahoo.com (note that the first letter is a lower-case "L") for information.

Instrumentalists Wanted

Do you play an instrument? Would you like to be part of a pick-up ensemble or even a soloist? Great! Contact Rev. Michelle (minister@uuamherst.org).

Tech Help Needed!

Are you someone for whom computers and technology are, if not easy-peasy, at least understandable? Have you been wondering how you can be part of the magic that is the wider (online) community of UU Amherst? Yay! This notice is for you!

Needed: Technical Assistant(s) to work with Les in the loft as we live stream and record our services on Sunday mornings. You still get to experience the service - just from an elevated point of view!
Respond to minister@uuamherst.org if you are interested.

New2UU – Join Us February 8th

Are you new to UU or to UU Amherst? Wondering what's going on and how you can make THIS place YOUR place? Come and learn all about it! **Saturday, February 8th**, 9:00 am to 1:00 pm in the Emerson Room. Interactive and fun (with limited lecture!) Delightful brunch provided. **RSVP by February 5th** to minister@uuamherst.org. Indicate if child care is needed.

A private, gender-neutral restroom is available on the second level of the house portion of our building. If you're offering a tour to a newcomer, be sure to mention that we have this accommodation.

FAITH DEVELOPMENT

Imbolc: The Celebration of (Almost) the End of Winter

This month, specifically on February 1st, we celebrate the Wheel of the Year holiday, Imbolc! Did you know that this is the ancient tradition in which Groundhog's Day came from? As we celebrate the coming of spring (yay), we're delighted to contribute to the youth's Chalice Chests, a box that they keep at home to remind them of these holidays. In December, we celebrated Yule with a battery-operated candle to keep the light bright as the days got short and a pinecone. Keep your eyes out after service on February 2nd to see what the youth will add to their Chalice Chests for Imbolc!



Here's a short blessing for the season that I invite you to share with your friends and family:

As the earth begins to stir with awakening, may the flame of inspiration ignite within us.

May the increasing light guide our paths toward renewal.

And may the seeds of hope we plant this season grow into acts of kindness and love.

Blessed be the turning of the wheel and the promise of brighter days ahead.

Valentines for GSAs, February 9th

Following service on Sunday, February 9th, we'll be creating valentines for our local GSA (Gender Sexuality Alliance) clubs to show our support and care. We'll be gathering in the Emerson Room to do so, which means coffee hour will be located in the lobby. Don't worry - you can still be in the Emerson Room if you're not making valentines but we encourage you to do so!

Call for GSA Officers

The time has come to create a safe space for LGBTQIA+ youth by starting a UU Amherst GSA club. Currently, we're looking for officers. The only criteria is that the youth are in 10th-12th grade or a recent high school graduate. If you or someone you know is interested, please contact Katie Cosgrove at: dfd@uuamherst.org.

In community,

Katie Cosgrove she/her

Director of Faith Development

FACILITIES TASK FORCE: Boiler Update

The Facilities Task Force is happy to announce that the new boiler is being installed in the prepared room in the first coat closet in the lobby. It should be up and heating by the end of January – early February. Meanwhile the ancient boiler is limping along and doing the job it's been doing for 70 years, thanks to expert in-house maintenance!

The boiler fund is healthy at around two-thirds of the \$70,000.00 goal and still growing. Thanks to all who have donated so far. Do consider adding to it in any amount; everything helps. If you go to the UU Amherst website (uuamherst.org) you can find the best way to donate. A thank-you luncheon is in the works for late February/early March, but there is no date yet. Keep watching!

Wendy Scott on behalf of the Facilities Task Force

NOMINATING & LEADERSHIP DEVELOPMENT COMMITTEE

As our year together soon comes to an end, we are finishing our work with two surveys.

One is regarding input from the congregation as to their feelings about the term length for trustees. On the church Board. The question came up as we canvassed, that three years was too long of a commitment. Therefore, we would like to hear how other UU members feel.

The second is a person-to-person survey we are doing with our kind and informative presenters at the December 8th Leadership Service.

We will look forward to conveying the results to you next month.

Suzanne Christ, on behalf of Committee members: Jacquelyn Senders, Chairperson; Marlana Rice; Jacqueline Babka; and Linda Gardner, Liaison from the Board of Trustees.

CALENDAR RESERVATION & FACILITY USE REMINDER

When reserving dates for group meetings, it's very important that you follow these guidelines to avoid confusion regarding dates, times, and room you want to reserve:

- All reservation requests **MUST BE VIA EMAIL** This is the only way the Administrator has of confirming who requested the date and the purpose, and ensures your request is added to the calendar. Phone calls asking about available dates are welcome—please follow-up by email with all details.
- Check the Google calendar on the UU Amherst website to be sure there are no other events already scheduled on the day/time you are requesting. Rentals by non-members and dates scheduled for Havurah services **CANNOT BE CHANGED** because deposits or fees put a hold on the date/time. Please also be aware that no one should be in the building when Havurah is holding a service for security reasons. They often use the Chapel and Emerson Room. There will be a notice about upcoming services in the *Weekly Update* and an All Church sent if needed.
- Please assign only **ONE PERSON** as the event liaison who is responsible for requesting dates/times. Errors occur when the Administrator receives contradictory information from more than one person.
- Do not assume a flyer posted in the lobby or notice sent via All Church reserves a date/time for an event or meeting. Dates on the calendar can **ONLY** be reserved by written request to the Administrator. If you have not received a confirmation from the Administrator, then your meeting has not been scheduled.
- When requesting a reservation, be sure to include: purpose or name of the event (i.e., FD Meeting), meeting time and **FULL TIME** you need the space, especially if set-up/clean-up is involved. Meeting times are used for *Weekly Update* and monthly newsletter; the full time you need the space is used for the Google calendar. (Ex: Meeting time: 9 am-11 am; room reservation 8:30 am-11:30 am).
- Be aware that you may be asked to move your meeting from the Emerson Room to another space if a larger group meeting, memorial service, or rental that requires the kitchen needs use of Emerson on the same date/time. While church policy states that UU programs/events take precedent over outside rentals, the potential for receiving earned income needs to be considered. Another reason why it's very important to check the website calendar before requesting a date!
- **Much of the above applies to personal/private member use of the facilities, as well.** Members are provided a discounted rate but **MUST** go through the proper process of receiving and returning a signed agreement form and paying a deposit if necessary. Members in all cases are responsible for set-up/clean-up of spaces used. (NOTE: Members' rates are intended for events, parties, or gatherings in which the member is the host. It should not be passed on to non-members. Non-profit rates are available if they apply.)



ENDOWMENT TRUST

A comprehensive review of the Endowment Trust activities for 2024 will be included in the Annual Report distributed for the Annual Meeting at the end of February. It reveals that your Endowment Trustees have exercised their fiduciary responsibilities well on your behalf over the course of the past year.

The investment portfolio's value at the end of the 2024 fiscal year was \$1,149,981; \$27,690 are restricted funds for the Music Committee. As a result of the investment gains, the Endowment will again be able to contribute \$51,000 to the church operating budget. The checking account has about \$5,000.

At the Annual Meeting, you will have the opportunity to vote for TWO Endowment Trustees. Dian Tucker, who stepped in to finish 2024 portion of Dorothy Reade's term that expires in 2027, has been nominated to a five year term (2030). Eric Groat has been nominated to complete the balance of Dorothy Reade's term (2027). Lauraine Marcus will be leaving the Endowment.

Endowment Trust meetings are quarterly. A date for the April meeting will appear in the newsletter. The Trustees ask you to keep this wise maxim in mind:

"We pick fruit from trees we did not plant. We drink water from wells we did not dig.
This is as it should be, so long as we dig and plant for those who will come after us."

Lauraine Marcus, on behalf of the Endowment Trustees John Thompson, Dian Tucker; Barry Kent, Tammy Kofke, Nominee to the Endowment: Eric Groat

WELLNESS AND SELF-CARE OPPORTUNITIES IN FEBRUARY

Imbolc Mandala-Making Workshop:

Welcoming In/Letting Go

Saturday, February 1st, 1:00 pm

Emerson Room

In celebration of Imbolc, we'll create mandalas using natural elements to help clarify what new energy we want to embrace going forward in 2025 and what we want to release. No fee. All materials provided.

This workshop is most appropriate for adults/young adults as it deals with self-exploration motifs.

To register in advance, send an email to administrator@uuamherst.org. Walk-ins welcome.

Workshop leader Elaine Harrigan (yes, your UU Amherst Administrator!) is an Eco-Wellness Facilitator & creator of Centering in Nature® a sensory mindfulness practice for cultivating well-being through nature. Free newsletter at livingwildwisdom.substack.com.

Lymphatic Wellness Hour

Saturday, February 15th, 10:00 am

Murray Meeting Room

We've made it half way through flu season, which is also the time when your lymphatic system is working hard to maintain immune health. This class will teach you about your body's natural detox system.

Katherine Horning is a Manual Lymphatic Drainage Therapist and will lead this lymphatic exploration covering the anatomy of the lymphatic system and some techniques for self massage and improving lymphatic health.

Lymphatic work is very gentle, restorative, and available to everyone. If you have any questions, feel free to email Katherine at Lymphhouse-calls@gmail.com.

Christine Boczarska and Faith Pham are sisters and dedicated members of our Caring For One Another group. They provide occasional meals to UU Amherst members on an as-needed basis. With the meal they generally include a “goodie bag” and a card on behalf of the Caring Group. Each month you’ll find one of their healthy recipes here in *The Foreword* often incorporating fresh vegetables and even gluten-free.

Butternut Squash Soup

1 1/2 hours 4 servings

2 Tbsp butter
1 small onion, chopped
1 stalk of celery chopped
1 medium carrot, chopped
2 medium potatoes, peeled and cubed
1 medium butternut squash, or any sweet winter squash, peeled, seeded and cubed
32 oz chicken stock or vegetable stock
Salt and pepper



Melt butter in a large pot on medium heat. Add onion, celery and carrot and sauté until soft, about 5 to 10 minutes. Add the cubed potatoes and squash and enough stock to cover the vegetables. Bring to a boil, reduce heat to low, cover pot and simmer for 40 minutes or until the vegetables are tender. Using a blender or immersion blender, purée. Mix in any remaining stock to get the desired consistency. Season with salt and pepper. Serve with sour cream or yogurt and hearty bread. This soup freezes well

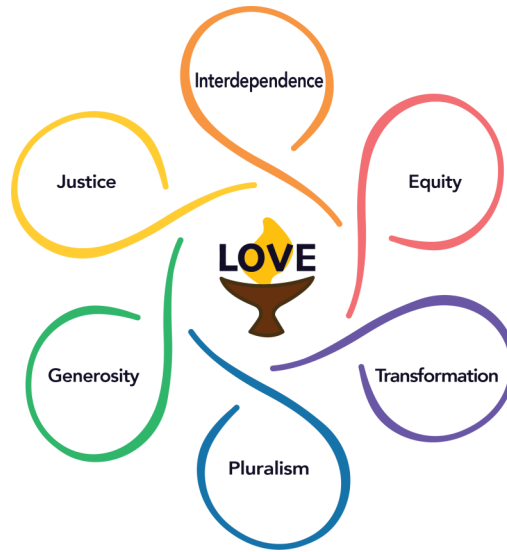
Coordination of Caretaker Duties—February

Sunday, January 26 - Saturday, February 1 - Randy Kent
Sunday, February 2 - Saturday, February 8 - Bruce Becker
Sunday, February 9 - Saturday, February 15 - Dian & Don Tucker
Sunday, February 16 - Saturday, February 22 - Bob Johnson
Sunday, February 23 - Saturday, March 1 - Barry Kent
Sunday, March 2 - Saturday, March 8 - Randy Kent

Contributing to UU Amherst



We are now able to accept stocks and securities. If interested, contact Bruce Becker at bbbecker4004@gmail.com.



Shared Values graphic created by Tanya Webster for the UUA.



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