

KAIROS

VOLUME 1 » ISSUE 18

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

The Basilica
of St Francis
of Assisi

Superpower
in my Soul

Pure and
precious



WITHIN

KAIROS
Buds

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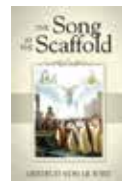
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EDITORIAL

PUTTING ON CHRIST!

Let me begin with a question. Who is your favourite young saint? Close your eyes and ponder for a while...

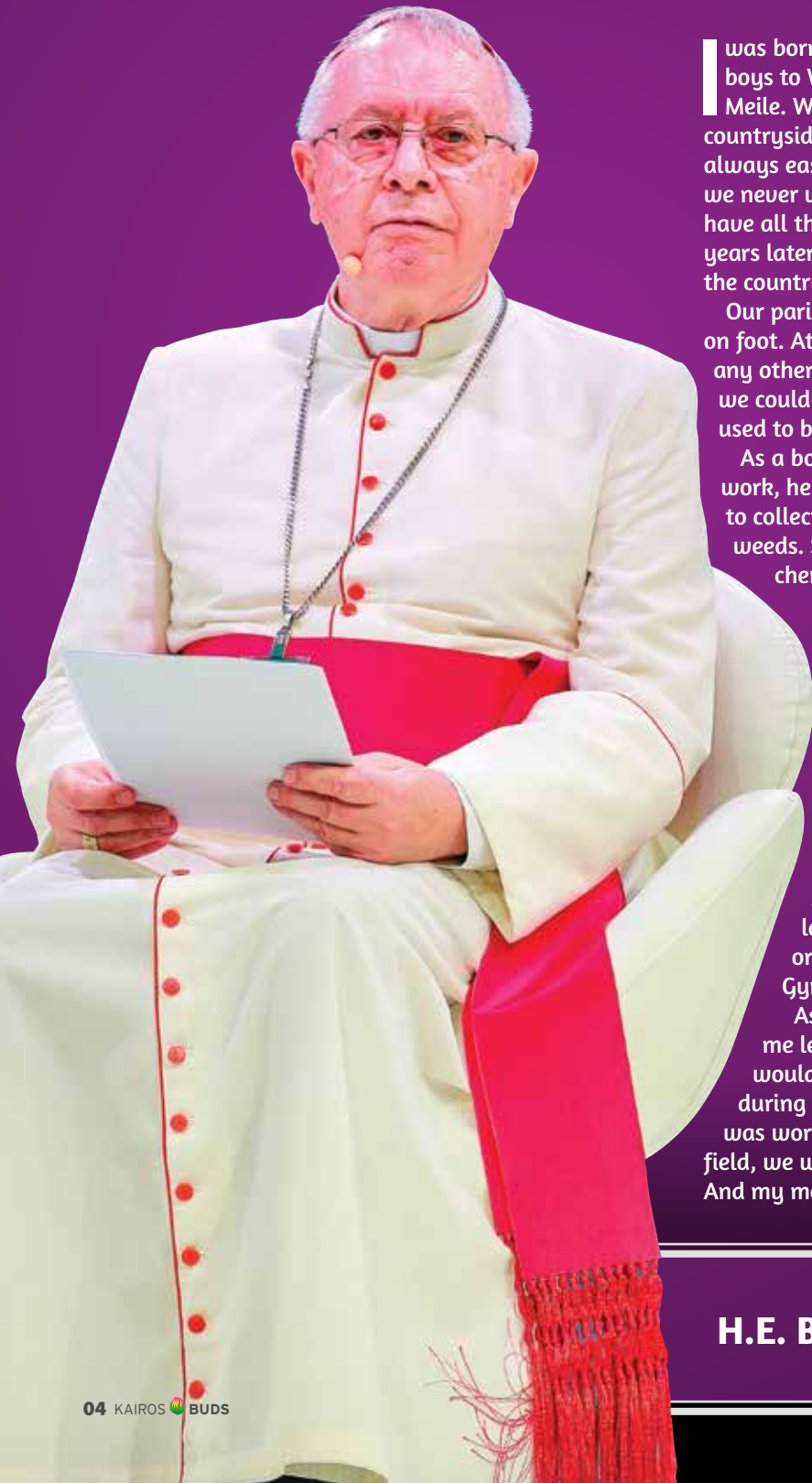
A few images should have flashed through your mind. I guess that you might have thought about either one of these great young saints, St Maria Goretti, St Dominic Savio, St Agnes, St Francisco Marto, St Jacinta Marto, or St Tarcisius. If not, most probably you thought about Blessed Carlo Acutis.

If you ask me the same question, I would say, St Maria Goretti, who died at the age of 11 in a bid to protect her purity and holiness. At such a young age she truly believed that her body was a temple of the Holy Spirit.

From our childhood, our parents or teachers frequently remind us to dress modestly. Modesty is to be followed not only in our dressing but also in our words and deeds to reflect our purity and holiness. St Paul teaches us that modesty, in essence, is to put on Christ (Romans 13:14). The Doctor of the Church, St Francis de Sales stated this so beautifully: 'Not only in body but in heart as well, no ornament becomes like humility, modesty, and devotion.' Modesty is the offspring of humility.

Let's take a beautiful journey to explore the wonderful virtue of modesty that our favourite saints cherish so much!
Happy Reading!

Nobin Jose
EDITOR-IN-CHIEF



I was born as the youngest of four boys to Wilhelm Hinder and Agnes Meile. We grew up in the rural countryside of Switzerland. Life wasn't always easy. We had what we needed, we never went hungry; but we didn't have all the facilities, which a few years later became common, even in the countryside.

Our parish was five kilometres away on foot. At that time, we didn't have any other means of transport, and so we could go only on Sundays. Later, I used to bicycle to church.

As a boy, I had to do my share of work, help my mother in the field, to collect potatoes or to remove weeds. Simple things that I now cherish, which I didn't like at all

need to say a lot of words, you can simply say, "Jesus, have mercy on me. This prayer you can pray wherever you are, without making a lot of noise." And that remained in my memory and I still practise it. Because sometimes we make prayer very complicated. But in reality, to be in touch with the Lord is a simple thing.

My parish priest had a great influence on my life. I was for a while an altar server before I went to boarding school run by the Capuchins. The way he prayed and how he celebrated the liturgy made a deep impression on me. I'm still profiting from that experience. I had an uncle who was a Capuchin lay brother, Uncle Filiberto, a very simple man who

'PAUL, YOU DON'T NEED TO SAY A LOT OF WORDS, YOU CAN SIMPLY SAY, "JESUS, HAVE MERCY ON ME. THIS PRAYER YOU CAN PRAY WHEREVER YOU ARE, WITHOUT MAKING A LOT OF NOISE.'"

I was seeing this beautiful baroque church; the first time for my First Holy Communion in August 1951. I saw the beautiful liturgy and almost 100 monks, who solemnly entered the church. Then I saw the abbot in his festive vestments, take the throne. I remember thinking how beautiful it was to sit on that throne, not realising that some fifty years later, when as a bishop, I visited my brother, the abbot led me to that throne and to lead the liturgy.

Later, at the boarding school, the Capuchins there had a very positive influence on me. As a boy, I had difficulties in school;

A WORLD I LOVE

at that time! At the age of seven, I began elementary school, which prepared me later for secondary school, or as is called in Switzerland, Gymnasium.

As a child, my mother helped me learn my first prayers that I would pray before going to bed or during the day. I remember, once I was working with my mother on the field, we were harvesting potatoes. And my mother said, 'Paul, you don't

though not very educated, was very wise. He also played a huge role in my life.

As a child, I simply liked to go to church, and serve at the Mass. I thought how wonderful it would be if I too could one day be there at the altar, like my parish priest. This was a world which I liked.

When I was not yet 13 years-old, I went with my father to the Einsiedeln Abbey, where my brother was a postulant. That was the second time

I was not always disciplined, as I should have been, and created some headaches for my teachers. But on the whole, they deeply influenced me, especially certain teachers who accompanied me spiritually. I am still grateful to them, for guiding me through the difficult years of adolescenc •

H.E. Bishop Paul Hinder

Apostolic Administrator of the Apostolic Vicariate of Southern Arabia

THE BASILICA OF *St Francis of Assisi*

- DAVID JOSEPH » 10 YRS » IRVING, USA



Assisi's most important monument is the Basilica of St Francis of Assisi, dedicated to her beloved son, in his own hometown, Umbria, Italy. It is the mother church of the Franciscan order.

The basilica consists of two churches (Upper Church and Lower Church) and a crypt where the body of St Francis is buried. The foundation stone for the church was laid in 1228, the day after he was canonised, just two years after his death. The basilica was designed and supervised by Brother Elias of Cortona, one of St Francis's first followers. The

greatest artists of the 14th century (Cimabue, Giotto, the Lorenzetti brothers, and Simone Martini) painted the many frescoes on the ceilings of the basilica. Scenes from the life of St Francis are depicted on the walls in twenty-eight panels in a very extraordinary way.

Many people, believers and non-believers, who love the Franciscan message of peace, visit this place. The Upper Church is famous all over the world for its beautiful frescoes and gothic appearance. The solemn dark lower basilica invites penance and silence. There are many beautiful features in the interior and exterior part of the basilica, one of the major attractions for many people who visit this place. It is also a UNESCO world heritage site.

The transept (transverse part of the

cruciform church) is decorated by frescoes with the famous crucifixion, scenes of apocalypse (end of the

world) and stories of St Peter. The pictures of the four evangelists, stories of Mother Mary, are other very important features found on the ceilings and on the walls.

It is one of my dreams to visit the Basilica of St Francis of Assisi to see this beautiful and famous monument that is dedicated to St Francis of Assisi. The descriptions about the basilica itself are so fascinating and inspiring. I love St Francis and his lifestyle and I wish I can visit this sacred and historic place ◦



MANY PEOPLE, BELIEVERS AND NON-BELIEVERS, WHO LOVE THE FRANCISCAN MESSAGE OF PEACE, VISIT THIS PLACE.



SUPERPOWER IN MY SOUL

- TRINA ISRAEL » 15 YRS » MANNHEIM, GERMANY

Recently the new Spiderman movie came out. There are also other superheroes like Superman, Wonder Woman, Batman, etc. Sometimes we imagine having real superpowers like them. Imagine you

Often, we forget that we have such a great superhero in us, and the Holy Spirit remains jobless, because we don't ask him for help and try to do things on our own.

Even the Bible says, Ask and you shall receive (Mt. 7:7). Maybe you're asking what the Holy Spirit has to do with superpowers. Recently we had a retreat nearby and I helped to take care of the children there. Now if there is one

could fly to school, could disappear, read minds and do supernatural things!

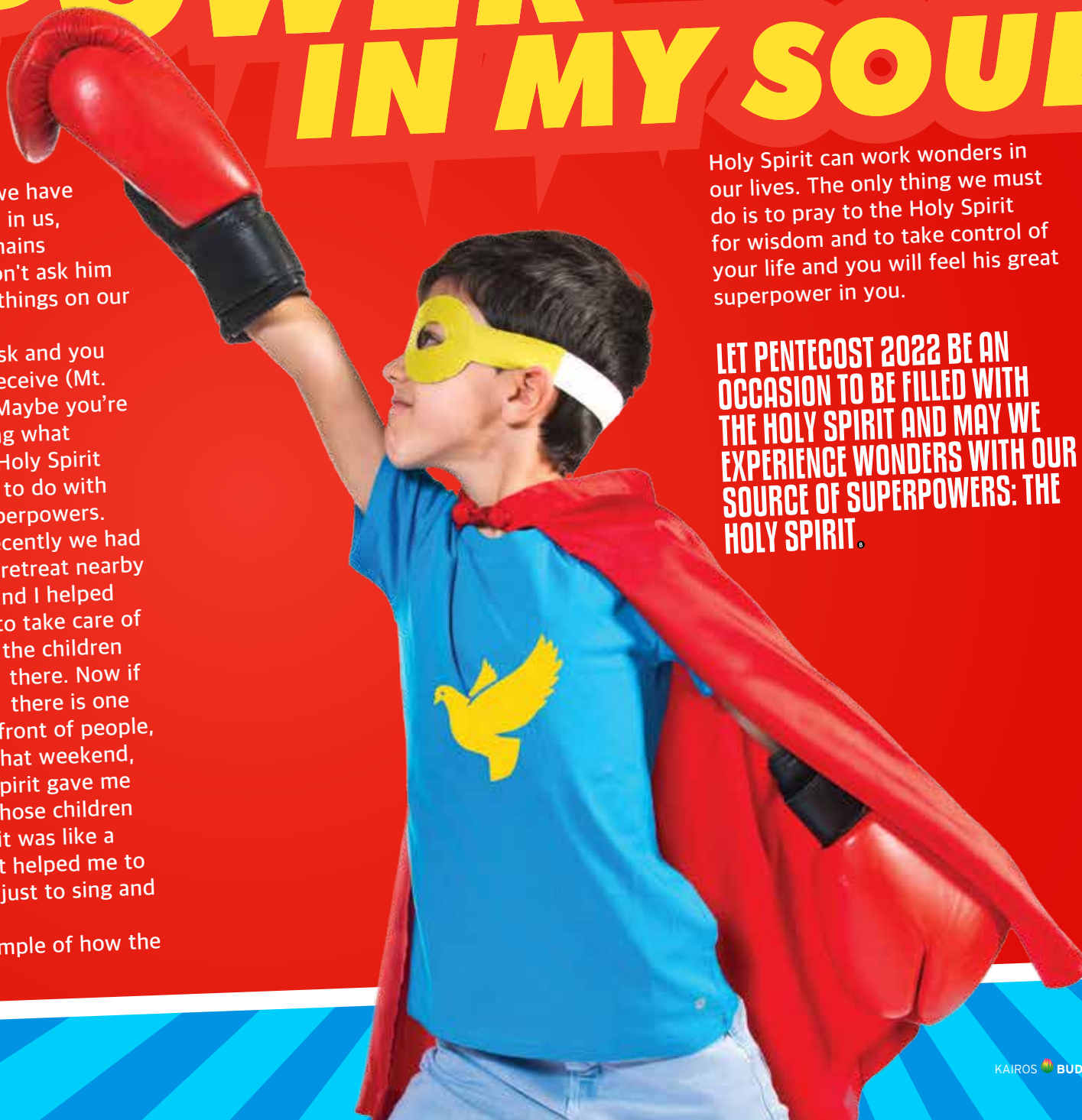
Maybe we can't do such things, but through baptism we have received a source of great strength and power: the Holy Spirit. He is God's gift to us, to help overcome difficulties in our lives.

thing I hate to do in front of people, it is singing. But on that weekend, somehow the Holy Spirit gave me the punch to teach those children an action song, and it was like a real superpower that helped me to forget my fears and just to sing and have fun.

This is only one example of how the

Holy Spirit can work wonders in our lives. The only thing we must do is to pray to the Holy Spirit for wisdom and to take control of your life and you will feel his great superpower in you.

LET PENTECOST 2022 BE AN OCCASION TO BE FILLED WITH THE HOLY SPIRIT AND MAY WE EXPERIENCE WONDERS WITH OUR SOURCE OF SUPERPOWERS: THE HOLY SPIRIT.





THE PARABLE OF THE WEDDING BANQUET

Jesus told the crowd another parable.

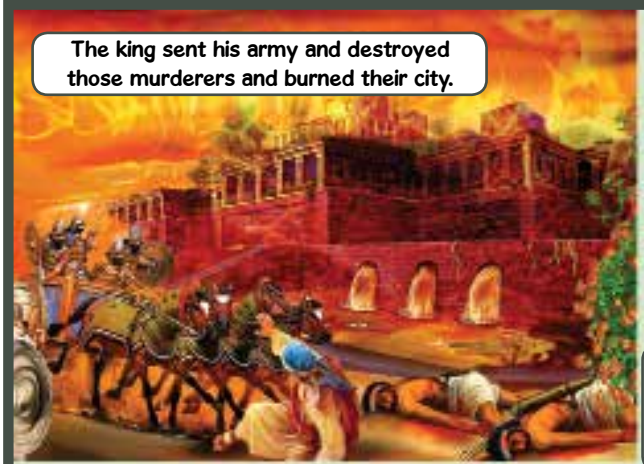
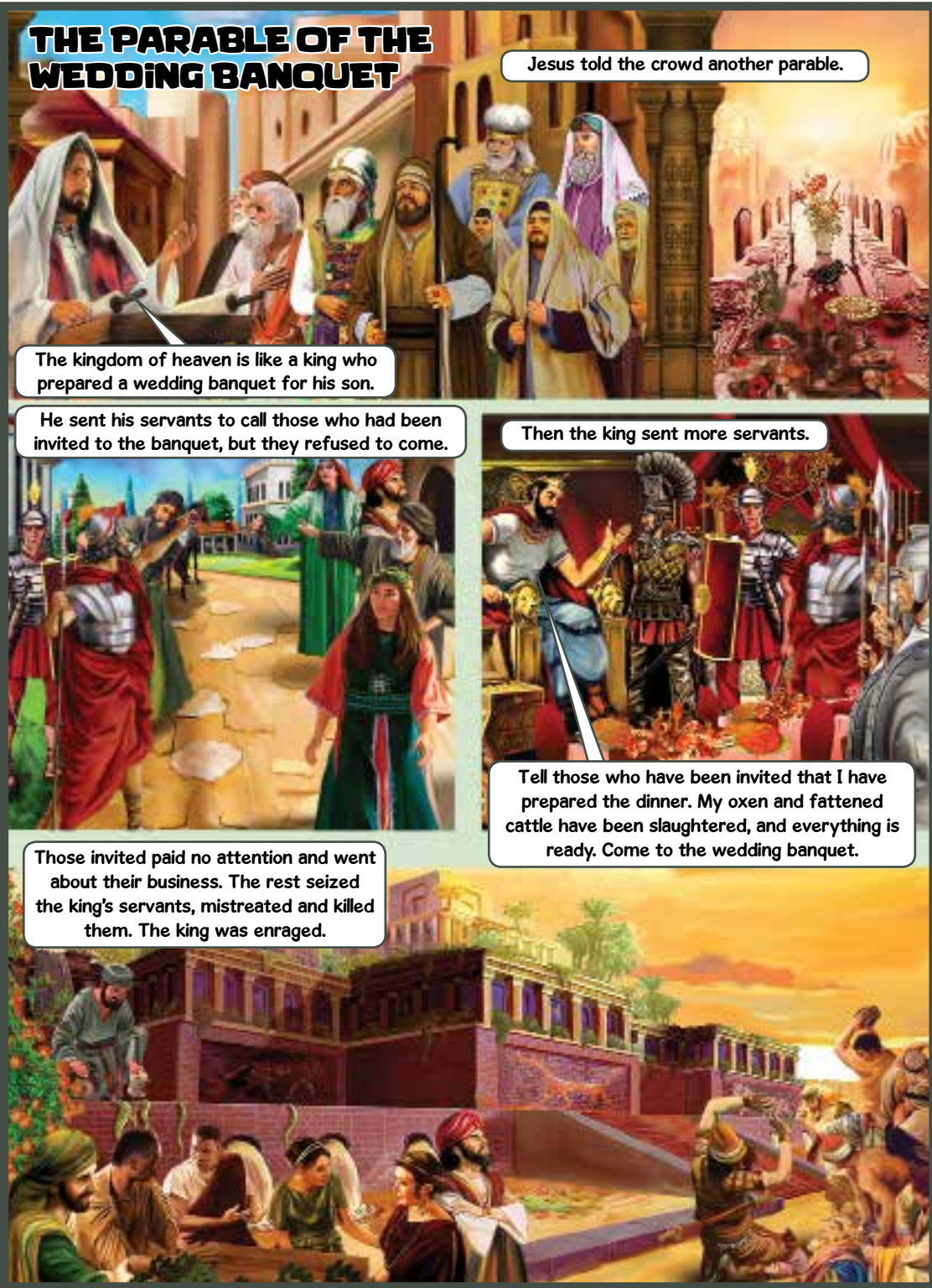
The kingdom of heaven is like a king who prepared a wedding banquet for his son.

He sent his servants to call those who had been invited to the banquet, but they refused to come.

Then the king sent more servants.

Tell those who have been invited that I have prepared the dinner. My oxen and fattened cattle have been slaughtered, and everything is ready. Come to the wedding banquet.

Those invited paid no attention and went about their business. The rest seized the king's servants, mistreated and killed them. The king was enraged.



The king sent his army and destroyed those murderers and burned their city.



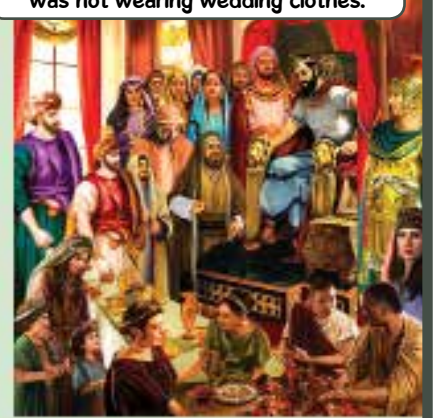
The wedding banquet is ready, but those I invited did not deserve to come. So go to the street corners and invite to the banquet anyone you find.

So the servants went out into the streets and gathered all the people they could find, the bad as well as the good, and the wedding hall was filled with guests.

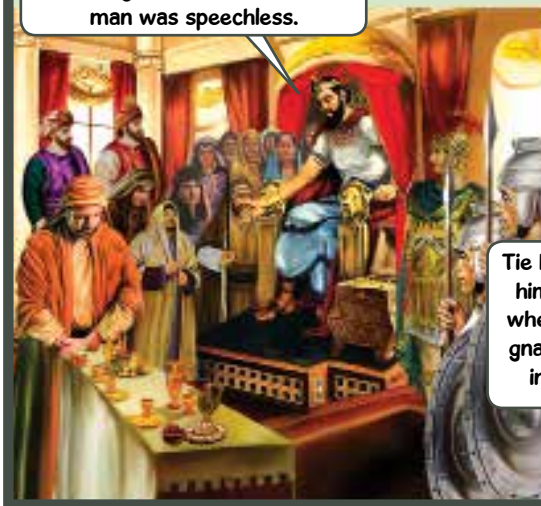
But when the king came in to see the guests, he noticed a man there who was not wearing wedding clothes.



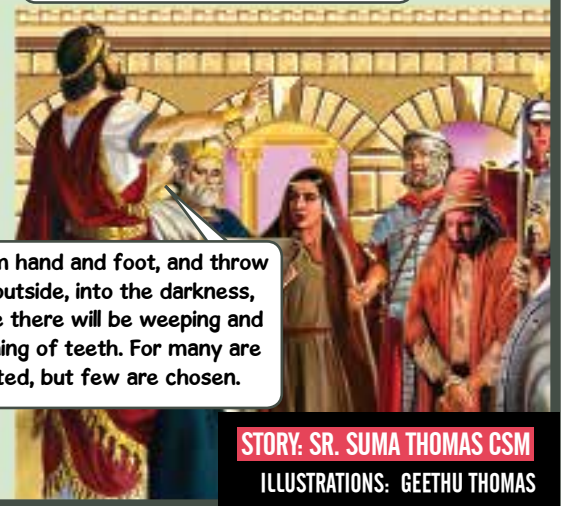
How did you get in here without wedding clothes, friend? The man was speechless.



Then the king told the attendants.



Tie his hand and foot, and throw him outside, into the darkness, where there will be weeping and gnashing of teeth. For many are invited, but few are chosen.



STORY: SR. SUMA THOMAS CSM
ILLUSTRATIONS: GEETHU THOMAS



MY BODY IS THE Temple of the HOLY SPIRIT

- FR CELESTINE CPPS » BANGALORE, INDIA



God created man in his own image and likeness (Gen. 1:27), for he made them out of clay and breathed into their nostrils and life came into them. That breath is the spirit of God in human beings. God dwells in our bodies, for it is sacred, since God who is the Spirit lives within the body.

We build places of worship because God's spirit is there; and God's indwelling spirit abides in them. That is why it must be kept clean and holy always. In the same way, God's spirit abides within us.



Hence, we need to keep our bodies clean and holy.

Every time we receive the Holy Eucharist, God the Son, Jesus Christ comes into our lives, so our bodies must be holy to receive him in a worthy manner.

We need to preserve our bodies from pleasures of flesh, hateful feelings, jealousy and anger. When we hurt other persons, we hurt the Holy Spirit that abides in them.

We must pray for others, for when we pray for them the Holy Spirit in you rejoices with the Holy Spirit that resides in the other person.

And so, share the talents that God has given with others that they too may grow; in this way the Spirit rejoices.

Considering the body as the temple of the Holy Spirit is to respect the body, feeding it with proper food habits. Going behind junk food would mean that your temple would

be ruined, and the Holy Spirit may become sad.

Treat your body respectfully. As a temple of the Holy Spirit, God would love to bless and reveal the wonderful treasures that are preserved for you specifically.

Protect your mind from bad thoughts and your body from bad actions, and beautify it with love of God which is his gift for you. In fact, our body and soul is washed in the blood of Christ, for we are people redeemed in God's Spirit ◊

ST. CATHERINE OF SIENA PART : 1

Catherine was born on March 25, 1347, during an outbreak of plague in Siena, Italy. She was the 23rd child of her parents, though half of her siblings did not survive childhood.



Catherine had her first vision of Jesus when she was five or six years old. Her brother was with her when she saw a vision of Christ sitting in glory, with Sts. Peter, Paul and John.



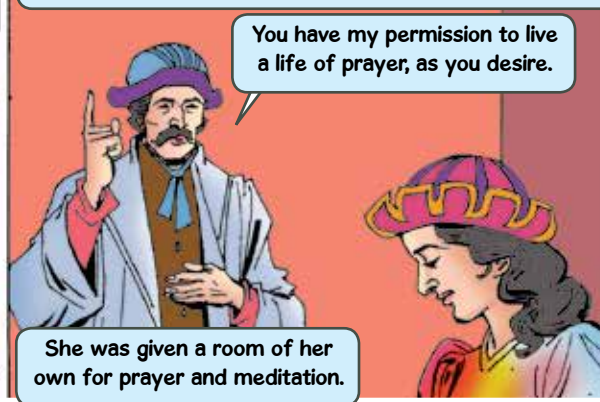
Look! There in the sky!

I can't see anything...

Catherine started praying and practising devotions from early childhood. At the age of seven she vowed to give her whole life to God.



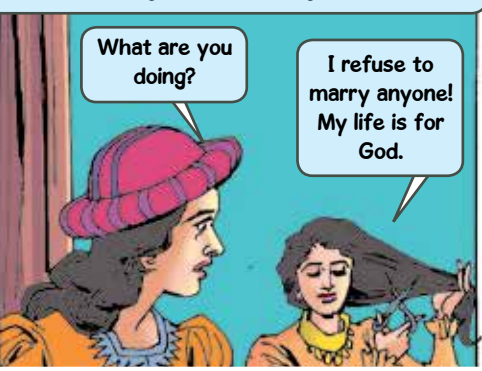
Though her parents tried to persuade her to marry, they were unsuccessful. Through her fasting and devotion to the family, she convinced her parents to relent.



You have my permission to live a life of prayer, as you desire.

She was given a room of her own for prayer and meditation.

When Catherine was 16, her sister died, leaving her husband a widower. Catherine's parents proposed that he marry Catherine, but she opposed this and began strict fasting.



What are you doing?

I refuse to marry anyone! My life is for God.

Catherine once explained to her confessor and spiritual guide, Raymond of Capua.

Seeing my father as a representation of Jesus, my mother as Our Lady, and my brothers as the apostles, helps me serve them with humility.



Convent life too was not her desire. Instead, Catherine joined the Third Order of St Dominic at the age of 18, which allowed her an active and prayerful life, while living at home.

Catherine joined the 'Mantellate', a local association of devout laywomen. The Mantellate taught Catherine how to read, and she lived in almost total silence and solitude in the family home.



Catherine had a habit of giving things away, and she continually gave away her family's food and clothing to those in need. She never asked permission to give these things away, and she quietly put up with their criticisms.



TO BE CONTINUED..

STORY: SUBY EMMANUEL
ILLUSTRATIONS: MADHU S

SOCK BUNNY

- ALINA ANN MATHEW » PALA, INDIA

MATERIALS REQUIRED



1. Unmatched socks
2. Rice grains (1 cup per bunny)
3. Thin hair tie or rubber bands
4. Black marker
5. Pretty ribbons
6. Scissors

PROCEDURE

Step 1. Fill 3/4th of the sock with rice grains.

Step 2. Tie a hair tie/ rubber band around the sock so that it now looks like a little sack.

Step 3. To make the head and body, tie a second hair tie/rubber band.

Step 4. For the ears, shape the top part of sock, above the hair tie/rubber band. If you want floppy ears, then leave them a bit longer.

Step 5. Cut a long piece of ribbon and tie a bow around the bunny's neck.

Step 6: With the marker, draw the bunny's eyes and nose. To make the eyes, simply colour in two dots and draw an 'x' for the nose. Super easy!

Your super cute Sock Bunny is ready ◦



1



4



2



5



3



6



Children's Prayer to Holy Spirit



Come Holy Spirit
 Bring me today, love, joy and peace in all that I say.
 Come Holy Spirit
 Help me be like you, showing kindness and goodness in all that I do.
 Come Holy Spirit
 Please bless my family and friends in all that we do!
 And bless the many people that might not know and love you.

Amen.



St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
 Act in me, O Holy Spirit, that my work, too, may be holy.
 Draw my heart, O Holy Spirit, that I love but what is holy.
 Strengthen me, O Holy Spirit, to defend all that is holy.
 Guard me, then, O Holy Spirit, that I always may be holy.

Amen.



Devotions to the Holy Spirit

You can cut these prayers and stick them where you want or use them as bookmarks.

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

John 14:26

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:5

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Psalms 143:10

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

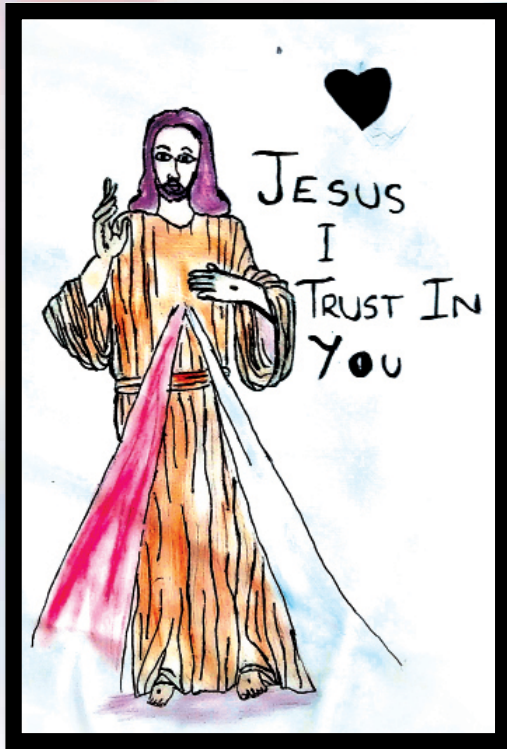
Romans 15:13



Cardinal Mercier's Prayer to the Holy Spirit

O Holy Spirit, soul of my soul, I adore you.
 Enlighten, guide, strengthen and console me.
 Tell me what I ought to do and command me to do it.
 I promise to be submissive to everything that you permit to happen to me.
 Only show me what is your will.

HANNA MARY SUNNY » 11 YRS » INDIA



RAPHAELA JEFFREY
» 8 YRS » INDIA



EDEN MARIA SHEJI » 10 YRS » OMAN



IVAN JOHN MATHEW
» 12 YRS » UAE



Smile

is not a simple act

- SIJU THOMAS » KOTTAYAM, INDIA

'SMILE, and the world smiles with you.'

Doesn't it feel great when people smile at you? Doesn't it make you want to smile back? (Well okay, most of the time you do). What would it be like if you were no longer able to smile? How would that impact you and the people you interact with at home, school and in your friendships?

A smile is an expression from your heart. It's a way of instantly connecting with others and expressing joy, warmth, and caring. It's a gift you give without thinking. Imagine having that gift taken from you. Imagine not

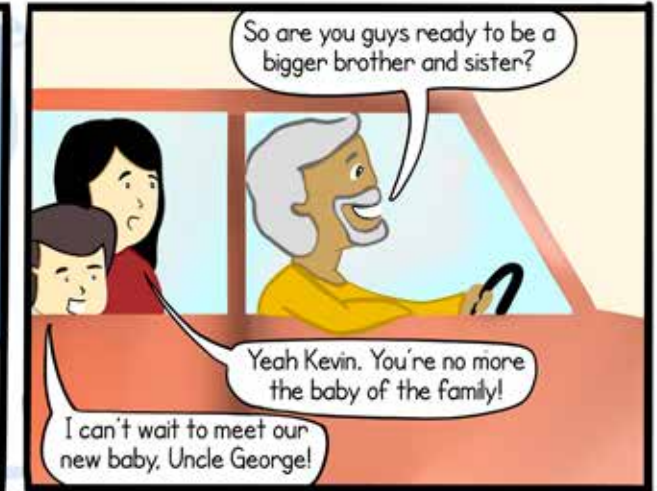
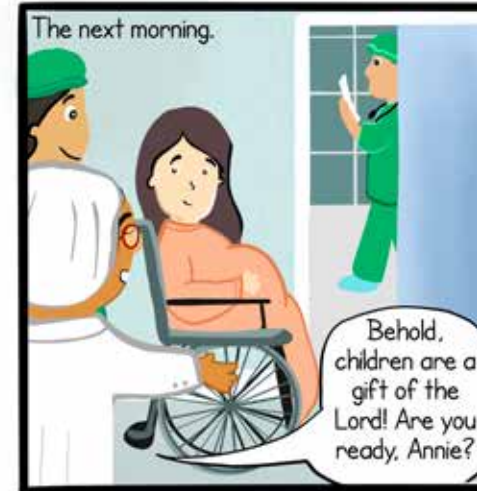
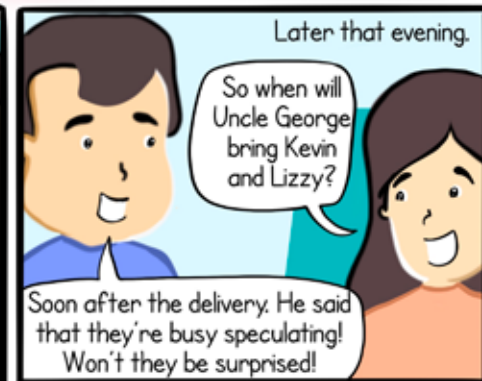
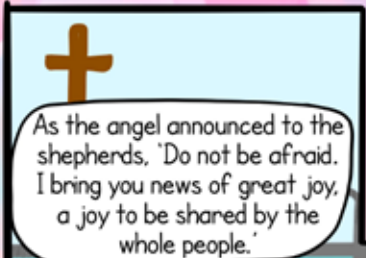
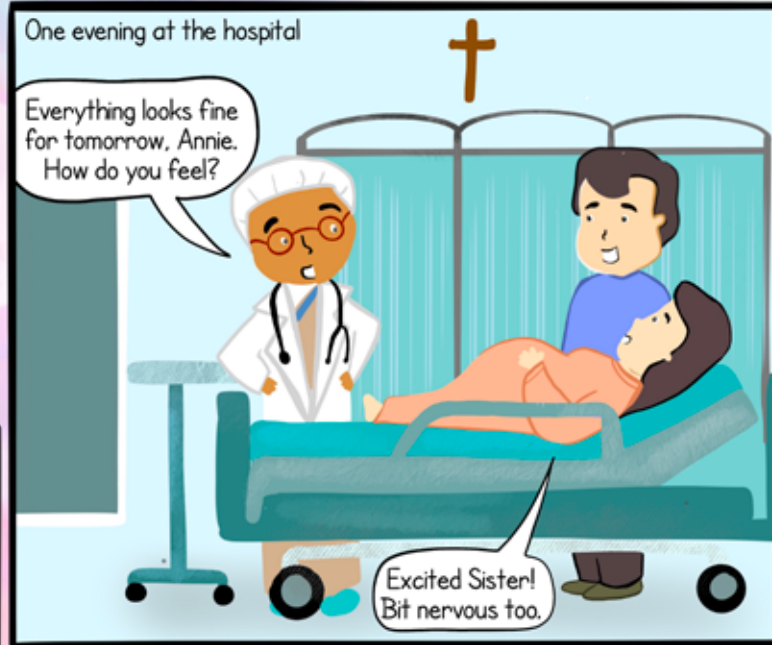
being able to smile at your parents, siblings, friends, teachers and the people you meet. What would that be like for you? It will be terrible; others may even feel that you are arrogant!

Your smile IS important. When you recognise that it's more than just a simple smile, when you give it away freely because you can, it will uplift both you and the people you are smiling at.

Happiness is the highest form of your health and SMILE is the displayed behaviour of your happiness.

So smile please. It costs nothing but it heals many.

SURPRISES!



STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

Q WHAT IS THE PURPOSE OF LIFE?

ANS: As per CCC, the purpose of man's life is to know and love God. As young people, there are three aspects in practical terms.

SPIRITUAL: Lead a life of prayer and sacraments focused on regular confession, Holy Mass. Being holy is not only rituals and hours spent in prayer (they are important), but more important is the attitude - humble like the tax collector, praying 'Lord guide me and lead me - a sinner.'

SOCIAL: Love God and love your neighbour are the greatest commandments Jesus taught us. 'Love your neighbour' can happen in its truest form when we are non-judgemental and not pick and choose whom we relate to. But like Jesus we have unconditional love and acceptance - even till the last moment, Jesus loved Judas. God our Father loves all, as Jesus told the good thief - 'you will be with me in heaven today.' Can you do that - accept all, only then unconditional love flows.

YOURSELF: God has created each of us with talents. Just as in the parable of talents, we need to use them to the maximum potential. What this means is go ahead with our passion and what we are good at and that will lead us to find the purpose of our lives ◦

FIND 12 DIFFERENCES



Our young readers can email their questions on faith/life to kairosbuds@jykairosmedia.org or WhatsApp it to us on +1 346 339 4500

- JILU CHENGAT » MASSACHUSETTS, USA

Like all the temperaments, choleric have a unique way of contributing to society. Choleric, in particular, leave a lasting and visible impression on the world as they are usually leaders, entrepreneurs and pioneers in their various fields. Your choleric child joins the ranks of St Paul, St Ignatius of Loyola, Mother Angelica and various other leaders in the Church and the world!



be gentle with them and counteract the voice of self-accusation that they may be directing to themselves with affirmation and encouragement. As they grow in humility and patience, their natural self-motivation becomes more grounded and internally driven, bearing lasting fruits.

Parental formation of a choleric may seem like a daunting task because of

their strong natures, but when formed patiently and intentionally, they have the potential to change and shape the world! A well-known saint with choleric temperament would be St Paul. A zealous Pharisee, he was proud of his accomplishments against Jews. However, his conversion experience changed everything! Once he was convinced of the truth of Jesus Christ,

HOW WILL YOUR CHOLERIC CHILD CHANGE THE WORLD?

Part 2 in the Four Temperaments series.

To understand nuances in providing formation for a choleric temperament, we can look at some of their virtues and vices. Choleric tend to be very determined and hard-working. They proactively and steadily work towards their goal but may struggle with impatience when they don't see results. They thrive on affirmation and can bear great load when supported well. This is great, until someone questions them - especially their integrity or their vision. Their pride may cause them to quickly become defensive, angry and reactive. Their stubbornness and strong will may pose a challenge when their ideas need to be corrected or revised.

Choleric children may become

frustrated if their siblings or peers don't want to join in their games or plans. You can challenge and teach them at an early age to work together. When parents model listening by inviting them to share their thoughts, feelings, and emotions, they will likely be able to do that for others, prompting a team environment that stretches their independent natures. Perhaps two of the most important virtues to foster are humility and patience. Affirm them not for their achievements, but for their effort, their perseverance, or the ways that they included and listened to others. Choleric often need reminding that the journey is just as, if not more important, than the final destination. When they fail or fall,



he was a most zealous disciple and single-handedly brought the Good News to many. So, next time you feel like throwing your hands up in the air with exasperation for your strong-willed choleric child, remind yourself that the world needs more saints and leaders that have the strength to stand for truth, justice and the Gospel. If your choleric child can hone that strength in your home and through a loving parental relationship, imagine the possibilities! ◦

AS THEY GROW IN HUMILITY AND PATIENCE, THEIR NATURAL SELF-MOTIVATION BECOMES MORE GROUNDED AND INTERNALLY DRIVEN, BEARING LASTING FRUITS.

Parents are welcome to share their concerns / queries at kairosbuds@jykairosmedia.org or WhatsApp number +1 346 339 4500

NEW BEGINNINGS



Hey!



Come back!



Excuse me?!



You look like you could use a bit of sweetness right now!



Thanks.



John, there is something our friend here would like to say to you...



It's all right, I am fine now.

Sorry for taking off with your hat like that, John.



I can see that!



There goes my allowance ...

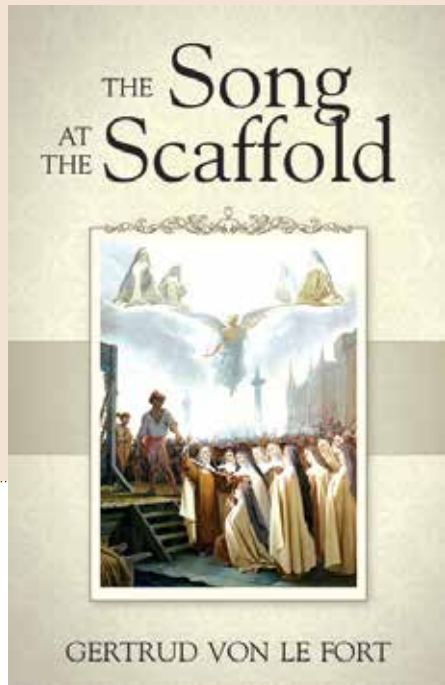


Sean produces 3 more lollipops. Seeing this all of them have a hearty laugh.

Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.



STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN



THE SONG AT THE SCAFFOLD

FOR AGES: 12 +
GERTRUD VON LE FORT * IGNATIUS PRESS

This novella is based on a true event - the execution of 16 Carmelite nuns of Compiègne, who gave up their lives as witnesses for Christ. Set during the French Revolution, the story follows the nuns, who faced the guillotine singing *Salve Regina* and *Veni Creator Spiritus*.

THE KING'S PREY: SAINT DYMPHNA OF IRELAND

FOR AGES: 12 +
SUSAN PEEK * SEVEN SWORDS PUBLICATIONS

This adventure novel tells the story of Irish princess, St Dymphna, who fled her insane father and his sinful desires. Not much is known about the saint, what is known is that she fled across Ireland with a few companions and a priest. Using this, the author had spun an unputdownable story of humour and adventure.



THE GREAT AND TERRIBLE QUEST

FOR AGES: 11 TO 13
MARGARET LOVETT * AVYX

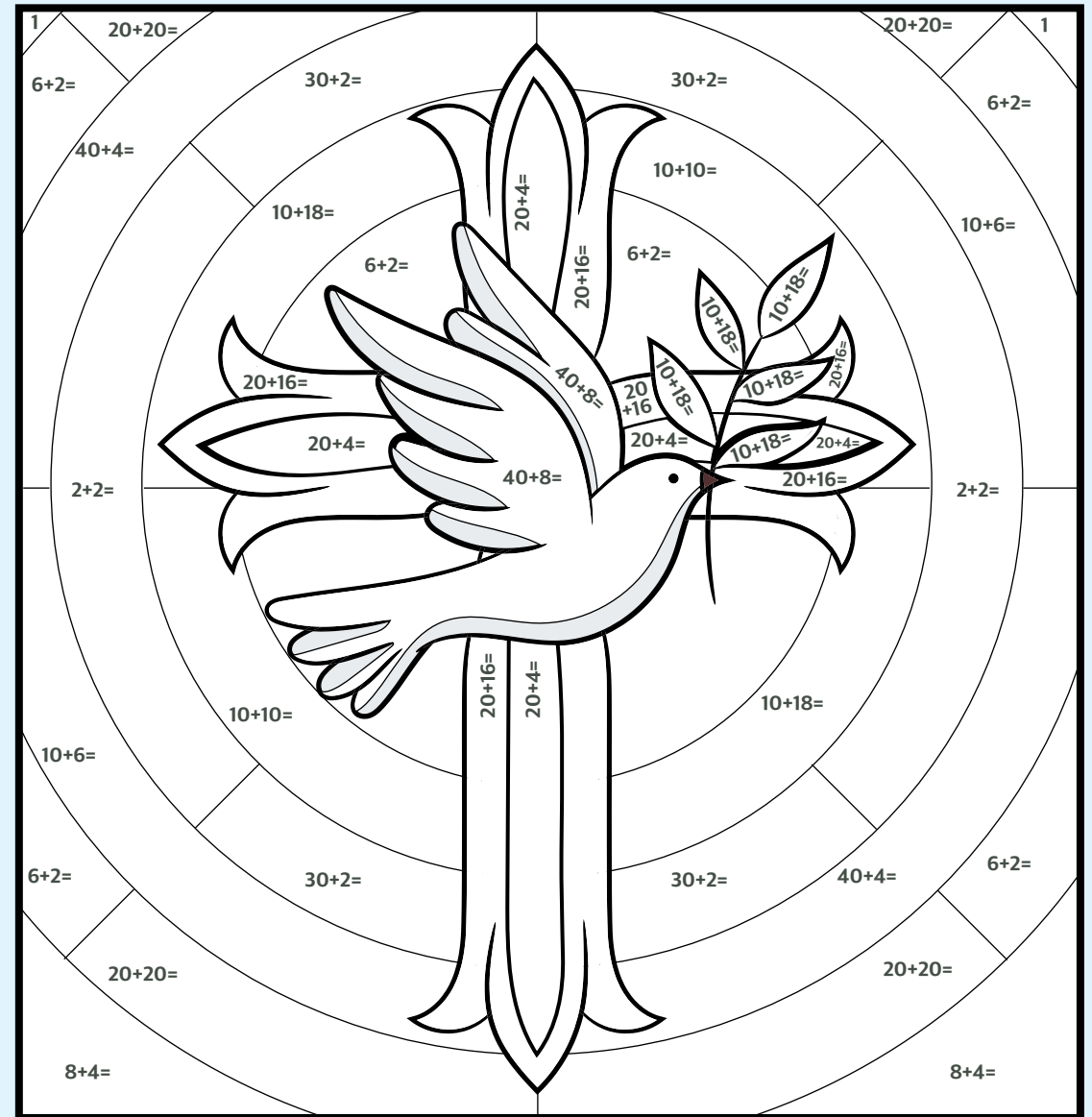
Ten-year-old Trad is an orphan who lives with his wicked grandfather. One day, Trad finds a wounded knight, on a quest for something he can't remember. Risking his life, the young boy runs away to help the wounded knight remember and complete his quest. An exciting story for adventure lovers.



COLOUR BY ADDITION

Choose the right colours from the clues and colour the below picture.

- | | | | |
|----------------|------------------|-------------------|-----------|
| Red = 4 | Pink = 20 | Yellow = 36 | Brown = 1 |
| Light Blue = 8 | Gold = 24 | Orange = 40 | |
| Dark Blue = 12 | Light Green = 28 | Purple = 44 | |
| Peach = 16 | Dark Green = 32 | Light Yellow = 48 | |



FIND AND FILL IN

From these Bible verses, find the word that can fill in the blanks below.



Hebrews 13:8

Joshua 1:9

Matthew 5:14

Numbers 6:24

Philippians 4:4

Proverbs 3:5

Psalms 136:1

Psalms 150:6

Romans 10:13

		P							
		E							
		N							
		T							
		E							
		C							
		O							
		S							
		T							

WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) solved Brain Gym to us with your full name, place & photo before 25 June 2022. Correct entries will be featured on our social media pages.

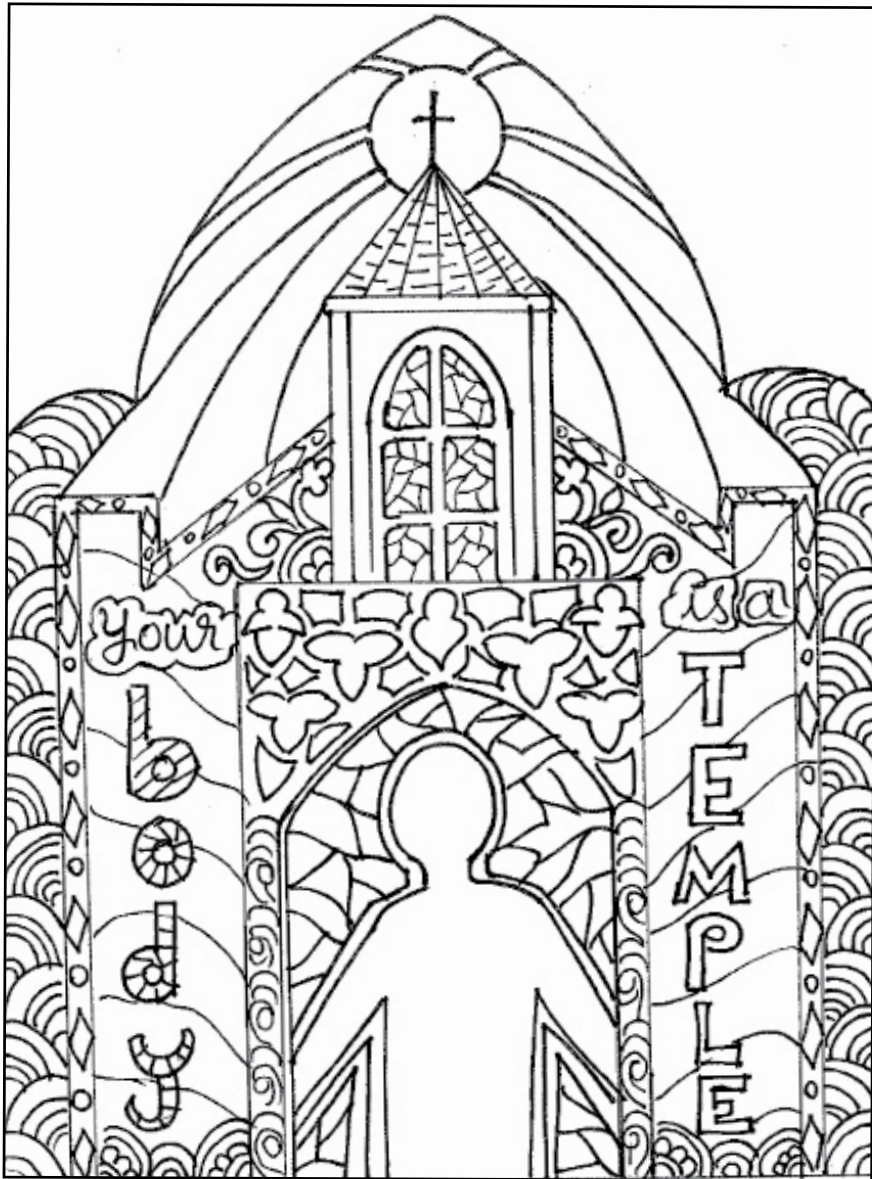
JOIN THE DOTS AND COLOUR



WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) the coloured pictures to us with your full name, place & photo before 25 June 2022. Best ones will be featured on our social media pages.

Do you know that your body is a temple of the Holy Spirit within you.

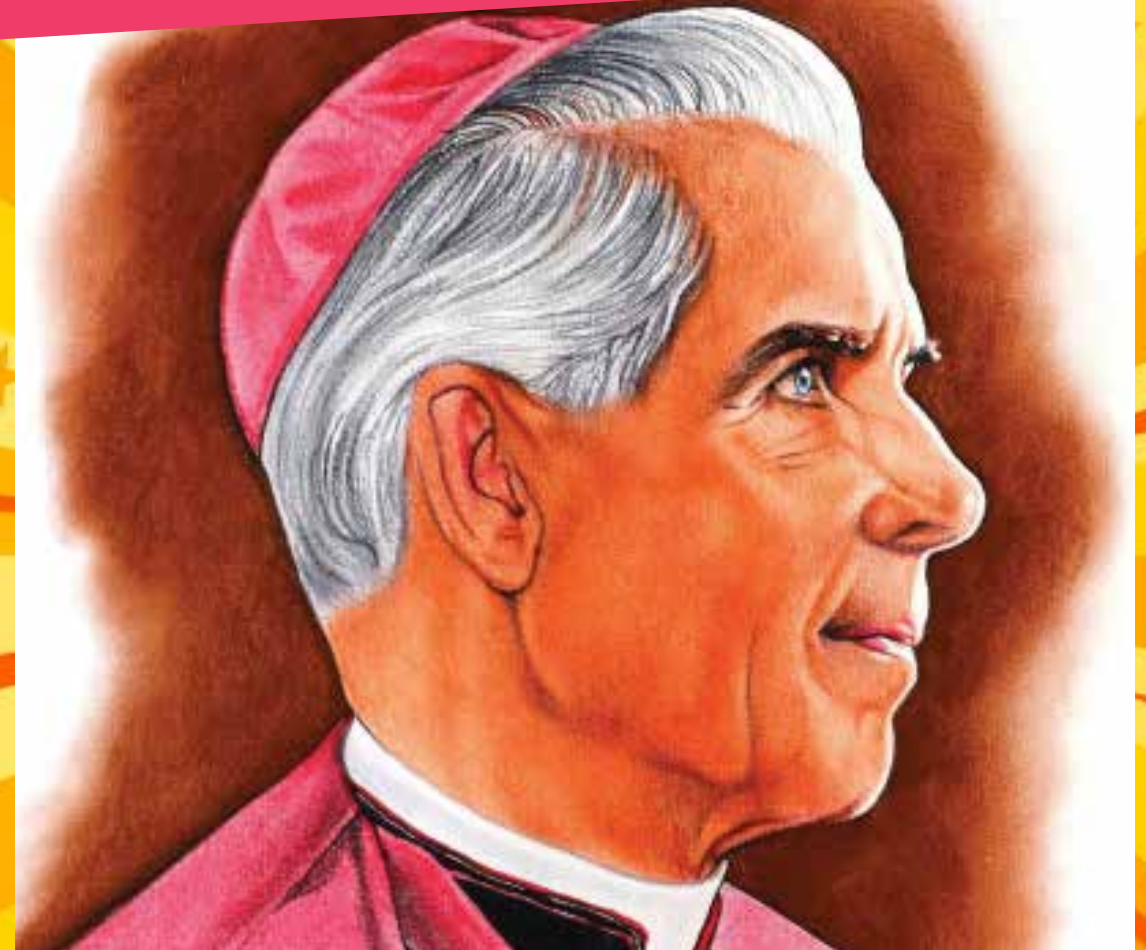
1Cor 6:19



WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) the coloured pictures to us with your full name, place & photo before 25 June 2022. Best ones will be featured on our social media pages.



The man who had three pools



The Venerable Fulton Sheen was known for his wit and wisdom. He once told this story at one of his talks.

'I once visited a very rich man who had three swimming pools. One for those who knew how to swim. The second for those who knew how to swim but did not like to swim. And the third was empty. It was for those who could not swim.'

'And he had a big oak tree planted alongside of one of his swimming pools. He said, "I brought that oak tree from a hundred miles away so that I might have shade in the afternoon when I read alongside my swimming pool. What do you think of that?"

'And I said, "Well that just goes to show what God could do if he only had money:'"

A photograph of two young boys sitting together and reading a magazine. The boy on the left is wearing an orange shirt and the boy on the right is wearing a white t-shirt with a graphic. They are both smiling and looking at the magazine. The magazine cover is green and has the word "Buds" in large, stylized letters. The background is a simple indoor setting.

KAIROS Buds

Before Kairos Buds magazine, my life was not that great. I didn't trust Jesus, and my grades were low. But after reading Kairos Buds, I started a new life. I always wished to have a sister, so I began to pray very specially for that, for a year. And a miracle happened! Jesus blessed me with a little sister. From that day on, I trust Jesus. And I get better grades too.

- Jonathan Binu Mathew, 9 yrs, Thiruvalla, India



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