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July 2020  
**CHRIST**  
METHODIST CHURCH  
**UNITED**  
Grace, In The City

**THE NEW**

**SPIRIT**

**Parking Lot Worship!**



Christ United Methodist Church



Worship with us online every week at 9am

<https://facebook.com/cumethodist>

<https://youtube.com/christunitedmethodistchurchrochestermn>

~And In Person every other week in the East Lot at 10am~

# Pastor's Pen

WITH ELIZABETH MACAULAY, LEAD PASTOR



## Late Fragment

And did you get what  
you wanted from this life, even so?  
I did.

And what did you want?  
To call myself beloved, to feel myself  
beloved on the earth.

~ Raymond Carver

The poem above? I would like it to be on the cover of my funeral bulletin.

As a clergy woman, I am much aware of the immediacy of life and death and resurrection. As pastor, one of the most stunning and humbling gifts I am given is being present with families and beloveds as they celebrate life and death and resurrection.

Of course you know this truth: We are all pastors. As disciples of Jesus, we are all pastors.

We are present for each other in the celebrations of life and death and resurrection.

This is a befuddling and painful time for pastors - for all of us.

We are unable to care for each other in the ways we are used to. There are no hugs or conversations over coffee on Sunday mornings. We have been unable to gather for worship blessed by the Christ window, the chapel tapestry or Arise! communion table. This distancing from sacred space and natural embrace feels like spiritual exile.

So, community of Christ, how will we know that we are beloved of God and beloved on this earth?

We take the tools we are given to use in this time, and we create life through them.

We gather in ways that we can. We are offering parking lot worship every other Sunday at 10:00 AM. I cannot tell you how wonderful it is to see your faces. Those who feel most comfortable staying in cars are encouraged to do so. Those who are feeling like fresh air would be gift are encouraged to bring chairs and sit in socially distanced style. We ask

that if you are out of your car you wear a mask.

We are offering electronic worship every Sunday. It can be accessed after 9:00 AM on Facebook ([facebook.com/cumethodist](https://www.facebook.com/cumethodist)) and after 10:00 AM on our Youtube channel or our web site ([youtube.com/christunitedmethodistchurchrochestermn](https://www.youtube.com/christunitedmethodistchurchrochestermn) or [cumethodist.com](https://www.cumethodist.com)). You can also phone in to listen to worship (just call 507-215-8816) or listen on the radio (KOLM 1520AM at 11:30am).

We are creating Zoom groups to address the issue of White Fragility and Racial Justice. You'll find information about that in this issue of the Spirit. Please join a small group. If we need to add more groups because of the intensity of interest, we will. Christ United Methodist Church is committed to unpacking white privilege, creating a safe space for Black, Indigenous and People of Color kindred, and deepening our understanding of the pernicious effects of racial injustice.

We are taking donations to the Just Love offering taken to support justice ministries in the Twin Cities, and we are taking donations for tangible goods to be distributed to our neighbors in Minneapolis. There are details in this newsletter.

Leadership and staff of CUMC are watching the rate of transmission numbers for Covid-19. We are intent upon offering opportunities to gather in sacred space. We know that you miss being in the church building. And, we are learning daily about best practices and creating the safest space possible. We appreciate your graciousness as we do the very best we can to determine when it may be possible to hold worship in the sanctuary.

Every day we are given opportunity to live into our answer to the question: *What do we want from this life, even so?*

Christ UMC seeks to walk with you, the community of Rochester and God's greater world into living our answers.

The gospel of Jesus Christ is transformational good news.

Thank you for your continued financial support of our shared ministry. Thank you for your prayers. Thank you for your ministry.

May the power of the Risen One bless and keep you, pastors.



Pastor Elizabeth

## Ways to Stay Connected

**Hello church!** We are working hard to keep our worship, fellowship, and community alive amidst these trying times. There are a number of offerings available to help stay connected. As common practice changes, and events get shifted, we will keep our website ([www.cumethodist.com](http://www.cumethodist.com)) updated with the latest info!

### Parking Lot Worship:

Every other weekend at 10am we will be holding parking lot worship in our East Lot. So for July, we'll hold worship in the East Lot on the 12th and 26th!

### Current Online Offerings:

**Worship** - We will be live streaming worship every Sunday at 9am from the Sanctuary. To watch, go to [facebook.com/cumethodist](https://facebook.com/cumethodist)  
We love to see your comments and prayer requests.

We broadcast a condensed version of worship at 11:30am on the radio station KOLM (1520AM)

You can find all of our worship services archived on our youtube channel. They are posted at 10am every Sunday after the services. [youtube.com/christunitedmethodistchurchrochestermn](https://youtube.com/christunitedmethodistchurchrochestermn)

**Live Telephone Worship!** We understand that not everyone has access to computers. We are implementing a new worship by telephone service. Call the number (507)215-8816 Sunday at 9am to join us for worship live! Did you sleep in? No problem! Call that number anytime before the next Sunday to hear the whole service.

**Evening Prayer** - Every night at 8pm one of our pastors live streams evening prayer and meditation: [facebook.com/cumethodist](https://facebook.com/cumethodist)

**Children** - Vacation Bible School meets every Wednesday on Zoom at 6pm for activities and discussion. *More info on page 7*

**Youth** - We have many socially distanced youth events and groups! *More information on page 8*

**Give Online** - Giving online is easy, just head to [cumethodist.com](http://cumethodist.com), click the button that says "GIVE ONLINE" and follow the on screen instructions.

## We Support Racial Justice

On Page 11 We have a listing of all the new offerings we're providing to get involved in the topic of racial justice. We understand it's a large and complex issue; and can be daunting to find out just where to begin learning. We are offering a number of different opportunities, from connect groups to book clubs. There is sure to be something for everyone, so please sign up as we traverse this dense time together.

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## Connections Spotlight



We have new Connect groups rolling out for summer. We have an interfaith group for youth, a group for millennials to discuss social issues and what our power is in this moment, and a group for BIPOC at our church to connect with and support each other. If you want to

host a group or form one, contact [grace@cumethodist.com](mailto:grace@cumethodist.com)

Our calling project continues. You may have noticed calls are slowing down. We are giving people the chance for rest and renewal this summer, but our church is still here. Feel free to reach out to your caller, our church staff or the caring ministry team if you have needs we can help you meet or need someone to talk to. If you want to become a caller, contact [grace@cumethodist.com](mailto:grace@cumethodist.com). It's a fun way to volunteer and get to know other church members.

~ Grace Glover, Connections Coordinator

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## Meeting Christ Coffee

Sunday, July 12<sup>nd</sup> at 11am (after Parking Lot Worship) we will be meeting in the labyrinth to hold Meeting Christ Coffee. If you or someone you know is interested in becoming an intentional disciple, you won't want to miss this opportunity to get to know what we're all about here at Christ UMC.

You will have a chance to ask questions of clergy, staff and members while we get to know you a little better.

BYOCoffee this time.



## Weekends at Church!

As Public Health guidelines are changing, we here at CUMC are monitoring the situation closely as to bring you the best church we can at the moment. These are our most current plans for July

**Communion will be served on July 12<sup>th</sup> at 10am**

**Where:** Drive-in Worship, East Parking Lot

**What to expect:** you will be handed a pre-packaged serving of Great Harvest Bread and juice as you enter the parking lot. Please remember to have the driver wear a mask. If you are attending worship via lawn chair, please wear a mask and enter on 5<sup>th</sup> street.

**In-Person Worship is *TENTATIVELY* scheduled for July 19<sup>th</sup> at 10am**

**Where:** CUMC Sanctuary

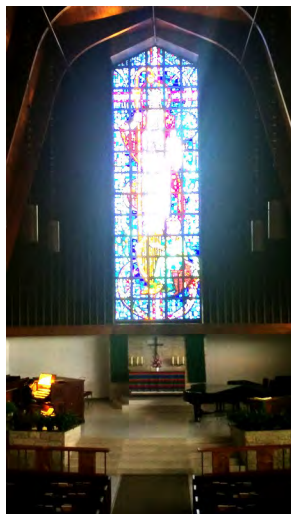
**Announcement TBD:** We are tracking cases closely for your safety. We will announce a final decision at Parking Lot Worship on July 12<sup>th</sup>.

**What to expect:** Capacity will be limited. CUMC will be social distancing and requiring masks to be worn. If you do not have a mask, we will provide one. No hymnals or bulletins will be present. Registration is required.

**How to register for in person worship:** After the decision is made and announced on Sunday, July 12<sup>th</sup>, registration will open for phone reservations. Reservations will be taken via phone Monday, July 13<sup>th</sup>-Friday, July 17<sup>th</sup> until 4:30pm.

Call 507-289-4019 and Press 1 for Worship Info, then Press 1 again to leave a message on our reservation line with the following information:

1. Your first and last name
2. How many adults and children in your party



**Hi everyone!**

My name is Kristen Hansen. I'm the ELI intern at CUMC this summer. Many of you know me as I grew up in this congregation, but for those that don't I'll introduce myself a little. I graduated from Luther College in May with a B.A. in Women and Gender Studies and minors in English and Africana Studies. I was involved with the campus ministry office and on the executive board of the campus Interfaith in Action organization. I studied in Morocco for a semester and in Norway for a summer and I wrote my senior thesis on the depoliticization of women's rights nonprofits in Rochester.



I am excited to be working at CUMC this summer and I have already learned and grown so much in the three weeks that I've been here. This summer is a time of discernment for me as I explore a call to ministry and seek to define the path God has set before me. I am doing a lot of reading and meditating on this process in addition to the work I am doing for the church. This is a dynamic and interesting moment to be learning about ministry, and I feel very blessed to be working with the wonderful CUMC team. I am grateful for CUMC's commitment to racial justice and social change and it is so good to be able to work towards justice in my role as an intern with the church. I have been empowered to ask questions and initiate new action and ways for people to engage and connect with justice issues through God. I am thankful that our congregation is willing and ready to commit to these conversations and push for change.

I look forward to a summer of change. I couldn't have asked for a better experience as I step into the next phase of my life. Thank you for your support. Thank you for your love. Thank you for your prayers.

Thanks!

*Kristen Hansen, Eli Intern CUMC*

## Children's Ministry

### Vacation Bible School was a BLAST!

On June 15, 16, and 17th, we had a great kick off to summer using the online Bolt curriculum. We provided the Bolt activity videos and fun VBS to-go kits so families could participate from home. Themes were “listening to, focusing on, and following Jesus.” Then we met each night over Zoom to share our experiences with each other. We loved hearing from our families.



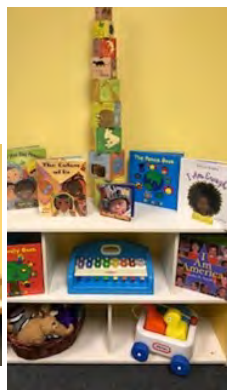
**Beyond the Yellow Brick Road-** A journey in discipleship  
Join Miss Jody and Grace over Zoom on Wednesday evenings to

continue learning about what it means to be a disciple in today's world. We will meet over Zoom from 6:00-6:30 pm to do activities and have open discussion. The Zoom link will be posted on our CUMC Children's and Family Ministry Facebook page. We are hoping at some point we can meet at church in the labyrinth on some of these Wednesdays.

Topics we'll explore!	
Date	Topic
June 24	You are Unique
July 1	Families
July 8	Community
July 15	Listening to Others: Open Minds
July 22	Helping Others: Open Hearts
July 29	Sharing our Talents: Open doors

### Nursery News:

We are excited to announce that we have moved our Nursery closer to the Sanctuary. Here are some photos of the new space. We look forward to offering this space for families to use.









## Faith→Life: Learn from Christ's Teachings

As we adjust to these unprecedented times, the Faith→Life Team is continuing to explore new ways to experience community. We are using online tools (Zoom, youtube, etc.) social media ([cumethodist.com](http://cumethodist.com) and [Facebook.com](http://Facebook.com)) and even phone calls to stay connected. Keep watching for new offerings of Connect Groups, Classes, and Faith →Life Forums on the church website ([cumethodist.com/connect-groups](http://cumethodist.com/connect-groups)) and the Wednesday Fresh Spirit email.

### Faith → Life Forum

Forums are returning on Zoom!

#### **"The Pandemic and Climate Change"**

*Wednesday, July 15th at 7:00pm*

*CUMC Earthkeepers – Cooper Wigger and Rebecca Harrington*

How has the pandemic affected climate change? Rebecca Harrington, a member of the CUMC Earthkeepers will lead us in an investigation of how the environment, animal behavior, human behavior, and waste management have all been altered by the COVID-19 pandemic.

Hope you will join us on Zoom! Registration is not required.

Please click the link to join the webinar on your computer or smart phone: <https://us02web.zoom.us/j/88001799600>

*If you are not familiar with Zoom, instructions on how to join online or by telephone are found on page 12.*

### Ongoing Sunday Class

#### **Contemporary Issues**

*Host:* Joel Charlson

*Time:* Sundays at 10:00 am - On Zoom

Joel emails participants each Thursday the week's current event in the news from Wired Word. Scripture verses and critical questions related to the topic lead to in-depth discussions that apply to how we live our daily lives.

It's great to see friendly faces, hear music and have a stimulating conversation! If you are interested in joining the class email Joel Charlson ([joel.charlson@gmail.com](mailto:joel.charlson@gmail.com)) to receive the weekly Wired Word or just join via this zoom link <https://us02web.zoom.us/j/832924941> on Sunday morning at 10:00!

## Connect Groups

### Gardening Ministry

*Host:* Mary Schmidt

*Time:* You will be contacted as activities are scheduled

*Place:* CUMC Grounds

The Garden Ministry Team has been busy weeding, planting, trimming bushes, and mulching. Help care for CUMC's piece of the Earth. Bring your own gloves and gardening tools if you have them. Contact Mary at [ronocombs@yahoo.com](mailto:ronocombs@yahoo.com) if you are interested in being notified of opportunities to weed, mulch, and plant!

### Knit One Pray, Too

*Host:* Marjie Blaisdell

*Time:* Wednesday 10:00 am – 12:00 noon

*Place:* Knitting at home at this time

Contact Marjie at [mablaisdell@gmail.com](mailto:mablaisdell@gmail.com) to learn what is needed.

### Men's Coffee Group

*Host:* Dick Estry

*Time:* Thursdays at 8:00 am

*Place:* On Zoom

Whether you are a long-time member, new to CUMC or looking for a fellowship group, you are invited to join for coffee and conversation. To receive a Zoom invite just email Dick Estry at [rk.stry@gmail.com](mailto:rk.stry@gmail.com)

### Ongoing Faith Formation Groups

While the church is closed these groups are staying connected!

2:00 pm – Monday – Women's Book Discussion Group/CUMC courtyard weather permitting or 3:00 pm on Zoom.

1:00 pm – Tuesday – Covenant Discipleship Group/Zoom

8:30 am – Thursday – Covenant Discipleship Group/Zoom

4:00 pm – Thursday – Women's Group/Zoom

10:00 am – 2nd & 4th Friday – Women and the Sacred/Zoom

### Congregational Read

Watch for a new book selected in the Fall

*Watch the Fresh Spirit email, and the New Spirit newsletters for updates on offerings as they become available!*

## Groups Forming around the topic of Racial Justice

### **Between the World and Me**

**Host:** Kristen Hanson, CUMC ELI intern

**Time:** Thursday evenings at 7pm **Place:** Zoom

Kristen is leading a book group with high school and college youth from CUMC and other religious groups in Rochester. The book is “Between the World and Me” by Ta-Nahesi Coates. We’ll create a space for young people to learn and converse about racial justice, and have a community to process the protests that were sparked by the murder of George Floyd. Email [kristen@cumethodist.com](mailto:kristen@cumethodist.com) for info.

### **White Fragility Book Study**

**Host:** Rev. Karen Heistand

**Time:** Mondays, July 13, 20, 27, Aug. 3, & 10 at 7pm **Place:** Zoom

Karen is leading an adult book study, “White Fragility: Why It’s So Hard for White People to Talk About Racism,” The five weeks will be spent looking at the disturbing part that we who are white play in keeping racial injustice alive, even when we want to be part of the solution. To join, contact Karen at [kkheistand@icloud.com](mailto:kkheistand@icloud.com).

### **Circle for Black, Indigenous, and People of Color:**

**Host:** Nicole Nfonoyim-Hara

**Dates:** Tuesdays beginning July 9, 7:30-8:30pm **Place:** Zoom

Please join us for a safe space for BIPOC in our church community to connect, discuss, support and learn together during this time of unrest and in the ongoing struggle for black lives. If interested in joining, email Nicole Nfonoyim-Hara: [nicole.nfonoyim@gmail.com](mailto:nicole.nfonoyim@gmail.com).

### **Young Adult Justice Group**

**Host:** Grace Glover

**Dates:** 1st & 3rd Wed. of the month at 8pm **Place:** Zoom

Young Adults join together to discuss racial justice and other social concerns of the moment. We will use news articles, videos and podcasts to launch our discussion each week. Contact [grace@cumethodist.com](mailto:grace@cumethodist.com) to join.

### **White Fragility Book Study**

**Host:** Rev. Cooper Wigger

**Dates:** Wednesdays July 8, 22, and 29 at 6pm **Place:** Zoom

Cooper is leading an adult book study, “White Fragility: Why It’s So Hard for White People to Talk About Racism. This group is open and no sign-up is required. Join via Zoom with this link and ID: <https://us02web.zoom.us/j/82544589827> Meeting ID: 825 4458

## How to Navigate Zoom

For instructions on using your smartphone or computer, please contact Jenny Cordry, Director of Operations at [jenny@cumethodist.com](mailto:jenny@cumethodist.com) or 507-458-6020.

### Joining a meeting by phone only

If you do not have a computer or a smart phone, you can join your friends in a Christ UMC webinar or small group meeting with your home telephone.

- First, find the number to dial (Central Time) on your meeting invitation.
  - Make sure to dial it as listed, do not skip any numbers.
- You will be prompted to enter the meeting ID - the nine (9), ten (10), or eleven (11) digit ID provided to you by the host, followed by # (pound sign).
- If the meeting has not already started and join before host is not enabled, you will be prompted to press # (pound sign) to wait if you are participant.
  - Do not hang up if the meeting has not begun, stay on the line.
- Next, you will be prompted to enter your unique participant ID.
  - This only applies if you have joined on the computer or mobile device or are a panelist in a webinar.
  - If this does not apply to you, press # (pound sign) to skip.

### Entering the meeting password using your dial pad

If the meeting requires a password, a phone-specific numeric password will be generated. You can find this password in the invitation listed below the dial-in numbers and meeting ID.

### How to interact with your friends and mute

The following commands can be entered using your phone's dial pad while in a Zoom meeting:

\*6 - Toggle mute/unmute

\*9 - Raise hand (use this to let the host know you would like a turn to speak)

~ Jenny Cordry, Director of Operations



## The CUMC Tree of Life:

**Living, Celebrating, & Remembering With You**

***We welcome our new Intentional Disciples!***



***Hello, CUMC. We're Andy, Julie, and Maddie Kennicutt.*** We enjoy hiking, camping, and traveling. We're originally from Nebraska and are dedicated Husker's fans.

We've lived in Rochester for 14 years and are both Mayo employees. Maddie is in middle school and will be in 7th grade in the fall. She enjoys piano lessons, will talk about Percy Jackson and Harry Potter for as long as you will let her, and loves to create art. We look forward to getting to know the CUMC congregation as we settle in.

***Eric, Armanda, Jon, and Sophie Vanderheiden*** Eric is originally from Colorado and moved to Rochester in 1996. He has a BS in Ministry from Crossroads College but is currently happily working in the Cardiac Monitoring Lab at St Mary's Hospital. Armanda grew up at Homestead UMC and was baptized and confirmed there. She earned her nursing degree at RCTC and began working as a nurse in 2007. She currently works in the Oncology unit in the Gonda Building administering chemotherapy to patients. They have two kids, Jon and Sophie. They enjoy traveling and volunteering. They are excited to join CUMC where they can grow their family's faith.



**Jason and Erin Barreto** (and Baby Barreto expected in November 2020) are excited to become new members of CUMC. Jason came to Rochester from his home state of New Jersey for pharmacy residency training in 2006 and has been on staff ever since as a pharmacist at the Rochester Methodist Hospital in the cancer center. Erin similarly moved to Rochester from Moorhead, MN for residency training in 2009 and joined the critical care pharmacy team at St. Marys Hospital. When not working, they love to go to Erin's parents cabin up north, be outside, spend time with friends, golf, ski and snowboard. They're looking forward to being a part of the CUMC community and can't wait to get to know all of you!



*Welcome to the World!*



*Serenity Rose Girard*

Daughter of Lauren & Jeramy Girard



*In Memoriam*

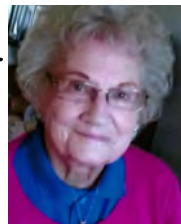


*Lynn Peters*

June 13, 1961 ~ June 22, 2020

*Eunice Glarner*

June 21, 1926 ~ June 15, 2020



**Life with the United Methodist Women**

July is Mission month for United Methodist Women. Several women from our church would be going to St Cloud for this event. We would be meeting up with new and old friends as well as reading the two studies this year which are: Finding Peace in the Midst of Anxiety and Mass

Incarceration: School to Prison Pipeline.

The United Methodist Women pick these topics four years prior to be used for their studies!

Rev Kendall Hughes was going to be our speaker for our all city UMW meeting in March. His topic was mass incarceration. He has spoken to other groups and we will invite him again in the future.

The other study, Finding Peace in the Midst of Anxiety, is a book written in four chapters. This book uses the Serenity Prayer as its basis. The prayer was the theme at the Urban Village Church in Chicago, IL for a series of sermons given by four different leaders of the church in 2015.

Don't we need to look at these words in 2020? Can these words: serenity, acceptance, courage and wisdom, help us through anxiety, worry and fear in today's world to find God's Peace?

Instead of clenched fists, we can open our hands to give our anxiety away.

~ Deedee Odell



## From the ministry of congregational care:

Hope in the Midst of Loss Session on Grief

In this unusual pandemic time grief is all around us. There are the losses of connection, losses of employment, losses of health, and many more.

### Grief Class with Pastor Nancy:

Join Pastor Nancy, Minister of Congregational Care, for a one hour Zoom meeting (you will need to have access to a computer with the Zoom meeting app) on Tuesday July 7 from 5:30-6:30. We will discuss ways to respond to grief that will enrich our souls. There will be the option of naming our grief to others and to God. We will close with a blessing prayer. This class is suitable for teens and adults. Register for this class by calling the church office at 507-289-4019 and pressing “4” to leave a voice message, or by emailing [email@cumethodist.com](mailto:email@cumethodist.com) All are welcome. Invite friends to join us.



One of the ways the pandemic has affected us is in the grief process. Normally when one of our members has died, we have a funeral or memorial service in the sanctuary or the funeral home. Because of the pandemic, we have kept the building closed for the sake of peoples' health.

More recently we have been able to be open for a few smaller gatherings. Jane Sutter's family decided to have a small prayer service in memory of their mother.

We met together. The chairs were spaced to allow physical distancing. Everything was very clean. One of Jane's daughters recalled being in that room for photographs for her wedding. It felt like we were in sacred space.

I remember talking to the congregation about the importance of making funeral plans some years ago now. Bob and Jane came into church to get the forms. They filled them out so that the forms could be placed in a file in the office for use later. What a blessing to have Jane's wishes neatly written out in her perfect penmanship. Her file also contained one of the Christmas photos of Jane with her three children: Cher, Laurie and Randy.



During the prayer service I used parts of our Service of Life, Death and Resurrection. I incorporated the scriptures she had chosen. I read the 23rd psalm, we said the Lord's prayer and shared memories of Jane.

Jane and Bob were such kind hearted people. Their children looked after their parents in their latter years. Much love was shared.

I wanted to tell you about this to let you know one of the many ways your church continues to be in ministry. Thanks be to God and to you for continuing to provide comfort for grieving families in this unusual time. I give thanks for the caring community you are and for the ways you minister in this area and far beyond. I am thankful you honor those who have died and remember the communion of saints on earth and in heaven.

Lastly, we do have funeral forms available and it is good for people of all ages to write down their wishes for a funeral or memorial service. It is a great help to your loved ones. Let us know if you have any questions and want to visit with one of the pastors about it.

Rev. Nancy Wheeler Handlon  
Minister for Congregational Care

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## *Children are Returning to Thrive!*

We understand that it is an emotionally dense time in many of our lives, and the life of the church is no exception. There are, however, glimmers of hope that surround us. The children of Thrive are returning, and the summer is regaining a small semblance of normalcy as joyful voices of the children echo through the labyrinth.

*Hope Lives.*





# You're Invited!



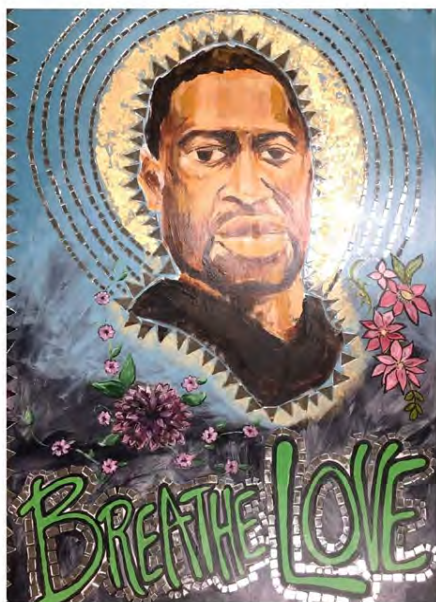
## 2nd Annual 4th of July Parade!

**When:** Thursday, July 2nd

**Time:** 10 am

We will walk up 4th Street towards 5th Avenue and continue around the block. We encourage you to social distance around the block and wear your mask to watch the cutest parade in town!

We hope you can join us!



# Just Love Offering

Give at [cumethodist.com](http://cumethodist.com) and click "give online" and designate "Love Offering"

Gifts to the "JUST LOVE" appeal will enable partnerships with congregations on the frontlines to support ministries of mercy (crisis counseling, housing stability, food/medicine) and racial justice (education, advocacy, intervention). More info at [tinyurl.com/justlovemn](http://tinyurl.com/justlovemn)

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