

BLESSED SACRAMENT PARISH

194 FOURTH AVENUE, OTTAWA ON, K1S 2L6, 613-232-4891
office@blessedsacrament.ca • www.blessedsacrament.ca • Facebook

TWENTY-SECOND SUNDAY IN ORDINARY TIME ~ AUGUST 30, 2026

MASS SCHEDULE
SUMMER MASS SCHEDULE
June 1 – August 31

*† SATURDAY MASS 4:30 PM
*† SUNDAY MASS..... 10:00 AM

REGULAR WEEKDAY MASS
† MONDAY & TUESDAY6:30 PM
† WEDNESDAY TO SATURDAY 9:30 AM

SENIORS HOMES MASS
† COLONEL BY TUESDAY 11:00 AM

RECONCILIATION
SEE FR. TIM BEFORE & AFTER ALL MASSES
BY APPOINTMENT DURING THE WEEK.

• SATURDAY AM 10:15 - 10:45 AM
• SATURDAY PM 3:45 - 4:15 PM

DEVOTIONS
EUCCHARISTIC ADORATION
Wednesday to Saturday 8:30 AM
RECITATION OF THE HOLY ROSARY
Sunday in the church 9:30 AM
THE HOLY FACE OF JESUS
Tuesdays after Mass ~ 7:15 PM

REPARATIONS DURING MASS
1st Friday Sacred heart of Jesus
1st Saturday Immaculate Heart of Mary
1st Wednesday ... Chaste Heart of St. Joseph

PARISH OFFICE
OFFICE HOURS
TUESDAY – FRIDAY: 9:00 AM - 3:30 PM

CLERGY
FR. TIMOTHY P.V. NELLIGAN, PASTOR
pastortpvn@blessedsacrament.ca
DCN. DAVID MULCAIR
buildingthevision.feedback@gmail.com
FR. PAUL MWALONGO (in residence)

PARISH STAFF
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613-232-4891
VIVIAN GRATTON, Bookkeeper
account@blessedsacrament.ca
613-232-4891 ext. 2
FRANK DEEHAN, Custodian & Facilities Manager
facilities@blessedsacrament.ca



LITURGY OF THE WORD	
1 ST READING	JEREMIAH 20: 7-9
PSALM	Ps 63
2 ND READING	ROMANS 12: 1-2
GOSPEL	ST. MATTHEW 16: 21-27

NEWS & EVENTS

25TH ANNIVERSARY OF
FR. TIM’S ORDINATION
SEPTEMBER 29TH, 2026

Tuesday, September 29th at 6:30 PM is a special Mass in celebration of Father Tim’s Silver Anniversary of Priestly Ordination. See page 5 of the bulletin for more details and click [here](#) to RSVP for the Mass & Reception.

PARISH WELCOME BACK BBQ

We are having a Parish 'Welcome Back' BBQ on Sunday, September 13th after Mass.

Tickets are \$18 each and \$60 for a family ticket of 4+. Tickets are available after Mass this Sunday and Sunday, September 6th, or at the Parish Office during regular office hours.

Tickets will not be availabe on the day of the event!

PARISH BOOKKEEPER

As previously announced, Vivian Gratton is retiring at the end of September. Jason Morin will take over Vivian’s duties on October 1st and is training with Vivian Tuesday and Thursday mornings throughout September.

ANSWER THE CALL BENEFIT GALA

The Answer the Call Benefit Gala brings our community together to celebrate the remarkable growth in priestly vocations within our Archdiocese and to support the men who are answering God’s call.

Presale tickets are \$150 until Monday, August 31st and include a \$50 charitable tax receipt.

The regular ticket price is \$165 and includes a \$65 charitable tax receipt.

To purchase tickets click [here](#).

WORLD DAY OF PRAYER FOR THE
CARE OF CREATION – SEP 1, 2026

“Let Your works praise You, that we may love You; and let us love You, that Your works may praise You”
(Augustine, Confessions, 13,33; PL 32)

“The mystery of creation is the beginning of salvation history, which culminates in Christ and from the mystery of Christ it receives definitive light; in fact, by manifesting His goodness, ‘in the beginning, God created the heavens and the earth’ (Gen 1,1) God already from these origins had in mind the glory of the new creation in Christ.

Sacred Scripture exhorts humankind to contemplate the mystery of creation and to give endless thanks to the Holy Trinity for this sign of His benevolence, which, like a precious treasure, is to be loved, cherished and simultaneously advanced, as well as handed down from generation to generation.

At this time it is evident that the work of creation is seriously threatened because of the irresponsible use and abuse of the goods God has endowed to our care (cf. Laudato si’ n. 2).

This is why it is considered appropriate to add a Mass formulary ‘pro custodia creationis’ to the Missae ‘pro variis necessitatibus vel ad diversa’ of the Roman Missal.

In the Eucharist ‘The world which came forth from God’s hands returns to him in blessed and undivided adoration: in the bread of the Eucharist, ‘creation is projected towards divinization, towards the holy wedding feast, towards unification with the Creator himself’ (Benedict XVI, Homily for the Mass of Corpus Domini, 15 June 2006).

Thus, the Eucharist is also a source of light and motivation for our concerns for the environment, directing us to be stewards of all creation’ (Laudato si’ n. 236).”

Source: [Decree on the formulary and Biblical readings for the Mass for the Care of Creation \(8 June 2025\)](#)

The “Mass for the Care of Creation,” inspired by Pope Francis’ environmental encyclical Laudato Si’, has prayers and Mass readings designed “to ask God for the ability to care for creation...with this Mass, the Church is offering liturgical, spiritual, and communal support for the care we all need to exercise of nature, our common home. Such service is indeed a great act of faith, hope, and charity.”

Cardinal Michael Czerny, SJ
[July 3rd, 2026 Press Conference](#)

Pope Leo first used the new formulary on July 9th during a private Mass and will do so again on Tuesday during the Mass for the World Day of Prayer for the Care of Creation.

“Dear brothers and sisters, the path before us is clear, though it is not easy. We are called to allow our hearts to be renewed, so that we might seek peace and care for creation. Scripture tells us to guard our hearts, for everything we do flows from them (cf. Prov 4:23).

If we take up this task with humility and faith, we will become collaborators in God’s work of renewal. We will move, slowly but surely, from desert to garden, from division to communion, and from violence to peace.

May the Lord grant us the courage to walk along this path, so that in our time, swords may indeed be beaten into plowshares, and the promise of the Gospel may take deeper root in our world, and the peace of Christ may reign over all of creation.”

Pope Leo

PARISH MINISTRIES

PASTORAL COUNCIL

pastoralcouncil@blessedsacrament.ca

EXECUTIVE

Ex OfficioFr. Timothy Nelligan

ChairJaqui Cadieux

Vice-ChairBlaine Duffley

SecretaryFiorella Padowin-Castillo

Treasurer

Maintenance AdvisorHarold Marcott

OTHER VOTING MEMBERS

Thomas Bauer

Marie-France Lapierre

Ani Monday

Jake Oakes

Roderick Young

EX OFFICIO MEMBERS

Dcn. Dave Mulcair

Contacting The Pastoral Council

Do you have any suggestions, ideas, comments or questions for the Parish Pastoral Council? Two ways you can communicate these are:

1. Via our Suggestion Box (located in the Narthex)

2. By e-mail feedback@blessedsacrament.ca

3. Of course, you may always approach any member of the pastoral council.

FINANCE COUNCIL

ChairPaul Giacomini, CPA

Member.....Dorn Roche, CPA

MemberMichael Tate

MASS MINISTRY COORDINATORS

Altar Servers & Sacristans **Volunteers Needed**

Children’s Liturgy **Volunteer Needed**

Lectors.....Anne Gilbert

Music Richard Bethell (613 232 4891)

UshersFiorella Padowin-Castillo

OTHER MINISTRY COORDINATORS

BaptismJason Morin

Centretown Social ActionFrank Deehan

Cursillo..... ➡ **Volunteer Needed**

Evangelization

Hall ManagerFrank Deehan

HospitalityKatherine Caine

Legion of MaryMaximilien Vachon
ol.queenofangels.lom@gmail.com

Inner City Ministries.... ➡ **Volunteer Needed**

Pro-LifeShauna Healey

R.C.I.A.Maximilien Vachon

Sacrament Preparation ...Ann-Louise Revells

Safe EnvironmentFrank Deehan

Welcoming Committee ..Ann-Louise Revells

Welcoming Committee Marilyn O’Neil

FINANCIAL STEWARDSHIP

THANK YOU!

Your generosity is greatly appreciated.

AUGUST WEEKLY COLLECTION

AUGUST 2	\$930.11
AUGUST 9	\$582.00
AUGUST 16	\$629.00
AUGUST 18 (PAD)	\$6916.00
AUGUST 23	\$551.40
AUGUST 30	
AUGUST TOTAL:	\$9,608.51

PRE-AUTHORIZED DONATIONS (*PAD)

Did you know ...

Once-a - month Pre-Authorized Donations (PAD) is the same as a cash or cheque offering for the collection basket! It helps us by providing a regular, dependable flow of contributions.

To sign-up,

please pick-up a form in the Narthex, or download it [HERE](#) → place the completed form in the collection basket, and we’ll set it up for you!

To those who already donate through PAD,

your generous support is greatly appreciated. To help the parish meet its growing needs, please prayerfully consider making an increase to your monthly donations.

Bequests:

Please remember Blessed Sacrament Parish in your Will. To make arrangements, please contact the parish Office:613-232-4891.

Our Registered Charitable Tax Number

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Scan for Tip Tap Tax Receipts



Centretown Community Food Centre

370 Catherine Street

The Food Centre provides each client with a 3-to-4-day supply of groceries, allowing clients to browse and select their food much like any grocery store.

For suggested items to donate and items in great demand, please follow [this link](#).

Need a Hot Meal?

Centre 507

at 507 Bank Street offers meals 3x/day every day except Monday (2x only, no lunch). For more information call 513/233-5626 or click the link:

<https://www.centre507.org/>

SPIRITUAL DEVELOPMENT



SCHEDULING A BAPTISM OR WEDDING?

CALL: 613 232 4891

OR

click the links above for more information.



Children’s Preparation for First Confession & First Holy Communion

Registration for children intending to have their First Reconciliation and receive First Holy Communion in 2027 is here! Click [this link](#) for more information and to download the new registration form. **The Registration Deadline is September 30th.**

Rite of Christian Initiation of Adults

Would you like to join the Catholic Church, or do you know someone who might be interested? Are you a Baptised Catholic but have not yet received First Holy Communion or Confirmation?

The RCIA is a faith formation programme to develop a deeper understanding of the Catholic Faith and so preparing an individual to receive the Sacraments of Initiation.

This is not merely a series of classes, but a journey involving in-person learning, personal study, and prayer. RCIA classes to join the Church begin this Fall, start date to be confirmed next week.

A link to the 2026-2027 Registration Form will be included in next week’s bulletin. In the meantime, please contact the office with any questions.

Healing Service with Mass



“Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by impure spirits, and *all* of them were healed.” (Acts 5:16)

Are you or someone you know in need of healing?



6:00PM: Confessions

7:00PM: Mass

7:30-9:00PM Healing Service

Next Service:

Sept 4th, 2026

Where: St. Augustine Church - 1060 Baseline Road

Sponsored by: The Holy Spirit Healing Clinic & People of Joy Charismatic Prayer Group

Visit www.peopleofjoy.ca for more info

ANNUAL SILENT RETREAT

Sponsored by the Legion of Mary

This year’s **Silent Retreat for Men & Women** – “Encountering Mary in the Spiritual Exercises” –will be held at the Centre de L’Amour Retreat House in Plantagenet, ON from **Friday September 18th** beginning at 7:30 PM, until **Sunday, September 20th** ending at 1:00 PM.

The Retreat Master is Fr. Steven Schmieder, a founding member of the Heralds of the Gospel and Virgo Flos Carmeli.

Registration Fee: \$200 (single) \$150 (double) for 2 nights Lodging, 5 meals, daily Mass & 3 conferences.

For more information or to register: info@regiaofottawa@gmail.com

PRO-LIFE CORNER



The refusal to take sides on great moral issues is itself a decision. It is a silent acquiescence to evil.

Venerable Archbishop Fulton J. Sheen

What Can I Do to Stand Up For Life?

Participate in LIFE CHAIN and in 40 DAYS FOR LIFE!

Life Chain, to be held on Sunday, October 4 from 2:00 PM to 3:00 PM, at the corner of Bank and Nepean Streets, is an annual prayerful pro-life public witness, organized by Campaign Life Coalition.

There will be many people present from other parishes. There is no need to sign up ahead of time.

40 Days for Life is an international campaign that aims to end abortion through prayer. For Blessed Sacrament Parish, this will take place on Saturday, October 17th at the corner of Bank and Queen Streets. The usual time frame of 12 hours will be condensed to 3 hours (2:00 to 5:00) with the aim of having a larger group of people at one time. Sign-up sheets for a dedicated hour (or 2!) will be available in the Narthex in the coming weeks. It is a beautiful opportunity to bear witness to the sanctity of human life as well as an opportunity to do "our" part for an evil occurring on "our" watch.

Good news! A Quebec Superior Court ruling has delivered a significant victory for freedom of expression and for the right of pro-life Canadians to make their voices heard. A Christian and pro-life organization had its event cancelled by the Quebec government, but won its lawsuit in court. You can get the full details in the attached CLC newsletter at page 3.

Walk in the Footsteps of St. Francis of Assisi: A Jubilee Journey of Faith

On Saturday, October 3, the Archdiocese of Ottawa-Cornwall will host a mini-pilgrimage through four historic Catholic parishes in Ottawa, culminating in a special Season of Creation Mass celebrated by Archbishop Marcel Damphousse, followed by a series of events honoring the legacy of St. Francis.

More than a walk between churches, this pilgrimage offers an opportunity to deepen one’s faith, encounter fellow pilgrims, celebrate God’s creation, and experience the rich spiritual heritage of the Franciscan tradition.

The pilgrimage begins at St. Francois d’Assise Parish, where participants will register, receive their official Jubilee Pilgrim Passport, and gather for opening instructions before setting out on foot.

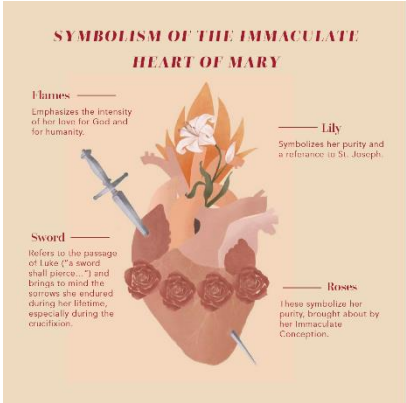
Each parish will welcome pilgrims with bilingual reflections, inspirational music, water stations, washroom facilities, and opportunities to celebrate the Sacrament of Reconciliation.

The pilgrimage concludes with a general blessing for the pilgrims at St. Francois d’Assise Parish, followed by the 5:00 p.m. Mass for the Season of Creation.

For more information click [here](#).

MONTHLY DEVOTION

The Immaculate Heart of Mary



The month of August is traditionally dedicated to the Immaculate Heart of Mary. The physical heart of Mary is venerated (and not adored as the **Sacred Heart of Jesus** is) because it is united to her person and is the seat of her love (especially for her Divine Son), virtue, and inner life. Such devotion is an incentive to a similar love and virtue.

This devotion has received new emphasis in this century from the visions given to Lucy Dos Santos, oldest of the visionaries of Fatima, in her convent in Tuy, in Spain, in 1925 and 1926. In the visions Our Lady asked for the practice of the Five First Saturdays to help make amends for the offenses committed against her heart by the blasphemies and ingratitude of men. The practice parallels the devotion of the Nine First Fridays in honor of the Sacred Heart.

On October 31, 1942, Pope Pius XII made a solemn **Act of Consecration of the Church and the Whole World to the Immaculate Heart** (see left panel).

Our very consecration to the Immaculate Heart of Mary calls upon us to make reparation for the offenses that we and others have committed against her.

The Church, in inviting us to consecrate ourselves to her Immaculate Heart, implicitly calls upon us for this reparation. But more explicitly, and even before Fatima, Saint Pius X offered a plenary indulgence to all who, on the first Saturday of the month, would observe special devotions in honor of the Immaculate Virgin in a spirit of reparation for the blasphemies uttered against her.

There is, however, an even more basic reason why each one of us owes reparation to the Immaculate Heart of Mary: every sin of ours caused grief and suffering to her in union with her Divine Son.

For sin was the cause of that terrible day on Calvary when she, as the New Eve, shared in the torment of the great sacrifice, and, amidst indescribable pain, brought forth spiritually all the members of the Mystical Body of her divine Son.

God willed that Mary should be intimately associated with His Son in bearing the burden of all sin; surely then, her Immaculate Heart, in union with His divine Heart, should receive reparation from us who have caused them such pain.

If anyone causes hurt to even a very ordinary human being, he does not overlook the need to make amends. How much more do we owe to the Hearts of Jesus and Mary!

Source: *Mary In Our Life* by Fr. William G. Most

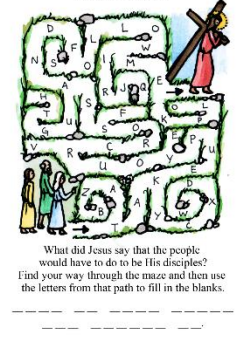
FAMILY CORNER

THE KIDS’ BULLETIN
22ND SUNDAY IN ORDINARY TIME
AUGUST 30TH, 2026

If you want to be my disciple...



The Kids' Bulletin
22nd Sunday in Ordinary Time
August 30th, 2026



[Click to Download the Kids’ Bulletin](#)



PICK OF THE MONTH:



Into Great Silence

Nestled deep in the postcard-perfect French Alps, the Grande Chartreuse is considered one of the world’s most ascetic monasteries. In 1984, German filmmaker Philip Gröning wrote to the Carthusian order for permission to make a documentary about them. They said they would get back to him. Sixteen years later, they were ready. Gröning, sans crew or artificial lighting, lived in the monks’ quarters for six months—filming their daily prayers, tasks, rituals and rare outdoor excursions. This transcendent, closely observed film seeks to embody a monastery, rather than simply depict one—it has no score, no voiceover and no archival footage. What remains is stunningly elemental: time, space and light. One of the most mesmerizing and poetic chronicles of spirituality ever created, INTO GREAT SILENCE dissolves the border between screen and audience with a total immersion into the hush of monastic life. More meditation than documentary, it’s a rare, transformative theatrical experience for all.

HOW TO USE FORMED:

- Go to: <https://formed.org>
- Click ‘Find Your Parish Subscription’
- Enter email to be assigned to our Parish
- Search for **Blessed Sacrament Parish Ottawa**
It should be the 1st or 2nd result, click it
- If prompted to create a password, create one
- At this point one should be auto-logged in
Subsequent use: click “Sign In” at the top of Formed.org and follow the instructions.



LAUDATE is a fantastic FREE Catholic tool that has everything about our Faith that could ever be hoped for in a single app and Fr. Tim has contributed to its content! On AppleOS & Android.

MASS INTENTIONS

Saturday, August 29 — **Passion of St. John the Baptist**
9:30 AM • Pro Populo

Sunday, August 30 — **22nd Sunday in Ordinary Time**
10:00 AM † For the souls of Tadeusz, Zofia, Wanda, Isaac, and Alina, from their grandchildren
10:00 AM † For the souls of Joan, Charles, & James Lee, by Patricia Dillon

Monday, August 31 — **Ferial**
6:30 PM • For the health of the Dillon Family members, by Patricia Dillon

Tuesday, September 1 — **World Day of Prayer: Care of Creation**
6:30 PM † For the repose of the soul of Roman Kowalski, by Peter

Wednesday, September 2 — **Anniversary of the Episcopal Ordination of Absp. Damphousse**
9:30 AM • For our Archdiocese, especially for Absp. Marcel on the anniversary of his episcopal ordination

Thursday, September 3 — **St. Gregory the Great**
9:30 AM

Friday, September 4 — **OM: Bl. Dina Belanger**
9:30 AM

Saturday, September 5 — **OM: St. Teresa of Calcutta**
9:30 AM • Pro Populo

Sunday, September 6 — **23rd Sunday in Ordinary Time**
10:00 AM • In thanksgiving for our resident priests

OUR PRAYER LIST

LET US PRAY FOR THE SICK AND SUFFERING, ESPECIALLY:

Timothy Bourque & Family, Michaela Fong, the Huestis Family, Joseph & Ludmilla Grabetz, Christina Lange, Dcn. Chris Moffat, Lorraine Pryce, and our Parishioners who are suffering economic hardship.

Our prayer list will reset on September 30th. For additional prayers, to retain someone on the list or to add someone to the list, please contact the parish office.



ST. THÉRÈSE OF LISIEUX
PERPETUAL NOVENA

WE PRAY FOR OUR PARISHIONERS, THEIR INTENTIONS, AND FOR OUR COMMUNITY

NOVENA LINK

August 29, 2026 – September 6, 2026

St. Therese, please ask God to give us opportunities to be a source and example of joy. Please ask that He will, today, send us each, one person with whom we can speak of His love! Pray that our parish will grow in faith and numbers as we share the Good News! Please ask Mother Mary to help all people understand the importance of praying the Most Holy Rosary with trust, dedication and faith!

September 7, 2026 – September 15, 2026

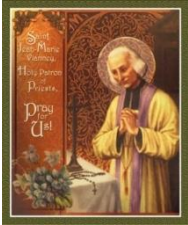
Little Flower, God is so very good!! Nothing is wasted, not even suffering! May He grant us the grace to offer our suffering for the salvation of souls.

St. Therese, please, please, please, pray for humanity! We have strayed so far. Please pray that all people, all family members and friends, will receive the spiritual benefits of a proper Catholic funeral EVEN IF the remaining family members are not practicing their faith. Please pray for the awakening of ALL baptized Catholics!



Fr. Timothy Nelligan
Fr. Paul Mwalongo

PRAY THIS PRAYER EVERY DAY ALONE,
AS A COUPLE OR AS A FAMILY!



Saint John Vianney, we pray you to bless and help our pastor so that he may love dearly in this life and be richly rewarded in the next. Obtain for him the grace always to be kind and generous, self-sacrificing, and zealous. Watch over the people of our parish and keep them free from all evils.

Help them to be loyal and generous in the support of our pastor.

Help us particularly always to give him the respect and honor due him as a priest. Except for him we should not have the Holy Sacrifice of the Mass, or Your presence among us, or the other sacraments that we so dearly love and need. *From his anointed hands we receive the food of our souls, the most precious Body and Blood of our Lord Jesus Christ.*

From his lips we hear the word of God. By the power given to him our sins are forgiven, and we are given all blessings and it is he who will anoint us when we are dying, and will offer the Holy Sacrifice for us when we are dead. Help us, dear Saint, to see Christ in him, and to cooperate with him in all his work for the good of our souls. Amen.

Source: Rural Life Prayerbook by Alban J. Dachauer, S.J.
National Catholic Rural Life Conference, 1956



PAPAL INTENTION FOR AUGUST
FOR EVANGELIZATION IN THE CITY

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

DEVOTION TO THE HOLY FACE OF JESUS



When: Every Tuesday, immediately following the 6:30 PM Mass

Where: In the church in the presence of our 1st Class Relic!

Why: Jesus requested the devotion take place at least one Tuesday/Month, as revealed to Sister Marie de Saint Pierre.

The purpose is to unite in prayer and in adoration of the Holy Face of Jesus in reparation for sins against the first three Commandments, concerning idolatry, blasphemy and irreverence, and to offer the wounded Face of Jesus, the emblem of the Godhead, as an object of adoration and prayer in union with the Archconfraternity of the Holy Face to save souls and restore Christendom in Canada and throughout the world.

SOLEMN SUNG HOLY MASS
-MOZART'S "MISSA BREVIS Credo MASS" #257-
FEAST OF THE HOLY ARCHANGELS
MICHAEL – GABRIEL – RAPHAEL

SEPTEMBER 29, 2026

25TH ANNIVERSARY OF ORDINATION FOR

FR. TIMOTHY PATRICK VERNARD NELLIGAN

THIS IS A "CHARITY EVENT*" WITH ALL PROCEEDS GOING TO THE
"MILITARY ORDINARIATE OF CANADA"

On behalf of the

"ROYAL BROTHERHOOD ORDER OF THE
ARCHANGEL ST. MICHAEL"

Please use QR CODE below and put RBOASM into the 'message' line for your donation.



CAELIS ACADEMY ENSEMBLE

UNDER THE DIRECTION OF MATTHEW LARKIN, FRCCO

BLESSED SACRAMENT PARISH

**194 FOURTH AVENUE, OTTAWA, ONTARIO
1830HRS**

PLEASE BE SEATED BY 1815HRS

** Given the nature of this event and its length, it is not recommended for small children or infants to attend. **

Reception Will Follow In The Hall!

Please Pre-Register your intention to attend so that we can plan for the Mass & Reception appropriately

<https://blessedsacrament.ca/tpvn25>

IN OUR ENDEAVOUR TO RAISE A MINIMUM OF \$10,000.00 FOR THE ORDINARIATE,
A MINIMUM DONATION OF \$25.00 IS REQUESTED!



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THE PARISH OFFICE 613-232-4891 OR
SPEAK WITH FRANK DEEHAN OUR FACILITIES MANAGER



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