

Church Notes

News, Events,
and
Notes of Interest

for the week ending
February 10, 2012



CHURCH OF THE APOSTLES
170 Fairview Avenue
Coventry, Rhode Island 02816

CHURCH OF THE APOSTLES

Evangelical Anglican



(John 8:32)

We are Christians proclaiming the Gospel of Jesus Christ who worship in the Anglican tradition. Church of The Apostles is a member of the Conservative Congregational Christian Conference.

Shrove Tuesday

Pancake Supper and Movie Night

February 21, 2012

The menu will include, pancakes, fruit toppings,
sausage, and beverages.

(A gluten free option will be available.)

Seating will be from 6:00 p.m. to 7:00 p.m.

Freewill offering

Following the supper, the movie
“*Courageous*”
will be shown in the Sanctuary.

+ + + + +

Ash Wednesday


February 22, 2012

The Imposition of Ashes

will be available at:

9:00 a.m. • Morning Prayer

7:00 p.m. • Holy Eucharist

 *Remember that you are dust, and
to dust you shall return.*

An Invitation to the Observance of a Holy Lent

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole Congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by recalling and meditating on God's holy Word.

The Superintendent+

(from *The Book of Common Prayer*, pp. 264-265)

A Prayer for Lent

GOOD AND GRACIOUS GOD, we acknowledge that we have not always lived as faithful followers of the Gospel. At times, in our weakness we have failed to lead others to you, and perhaps even caused some to question the truth of the Gospel message. For all our sins, for what we have done and for what we failed to do, we ask your pardon. May this season of Lent renew our determination to take up our cross each day and help us to follow Jesus in faith, hope, and love. Amen.

The Annual Meeting in Review

In accordance with the Constitution and Bylaws of Church of The Apostles (Article XX.1), the Sixth Annual Meeting of the Corporation was held at 1:00 p.m. on Sunday, January 29, 2012. Fifty-three members were in attendance. As further stated in the Bylaws, annual reports (both oral and written) were made to the Annual Meeting by the Superintendent, Elders, Diaconal Ministers, Treasurer and Church Staff (Article XX.11).

While all of the above may sound legalistic, stuffy and boring, I assure you it was not! The Annual Meeting was a glorious time in the Lord! The Treasurer presented a picture of our very favorable financial situation. To God be the glory, especially in this uncertain economy! One by one, Staff members, Diaconal Ministers, Elders and the Superintendent spoke to the Congregation about their ministries, visions, hopes and dreams. While the growth (both spiritual and numeric) and accomplishments are real and tangible, overwhelmingly, each speaker gave glory to God for the work of ministry accomplished in this place during the past year.

If you missed the Annual Meeting (and based on the attendance figure, many of you did), don't miss the Annual Report. The annual reports are collected, edited, formatted and published into a document (forty-eight pages for 2011!) by the Church Administrator Barbara Battey. The process is tedious and time consuming. Unlike what you might expect, these reports are not filled with facts and figures of visits made, meals cooked and windows washed. Rather, these well thought-out and carefully prepared reports reflect the gratitude and vision of those who submitted them and acknowledge God's blessings on efforts of those who minister at Church of The Apostles. *"This is the LORD's doing, and it is marvelous in our eyes"* (Psalm 118:23).

Copies of the Annual Report for 2011 are available on the table in the Narthex and in the rack outside the Church Office. Take one home and read it. You'll be blessed!

Barbara Bickerstaff
Communications Officer

Stewardship of the Body

We are stewards of all that God has entrusted to us: material things, time, body, faculties, fellow humans, environment, and the Gospel. Time, treasure and talent is what comes to mind with the word stewardship, but what about being a steward of the body and health we have been given? As Christians we know that the human body is fearfully and wonderfully made, and as Saint Paul so rightly says: *“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body”* (1 Corinthians 6:19-20).

What kind of care have we taken of our body and health? Have we fed ourselves with nutritious foods and plenty of fresh water? Or have we filled it up with the first thing handy without regard to the nourishment of the body? Healthy eating habits and regular physical activity have been shown to substantially reduce the risk of coronary heart disease, stroke, colon cancer, diabetes, and high blood pressure. Even moderate exercise, like walking, helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; and is associated with fewer hospitalizations, physician visits, and medications. Just think, God has given each of us the tools we need to serve him in an effective ministry, yet many of us choose to ignore one aspect of our lives that can prevent us from fulfilling our ministry... that is what happens when we choose to ignore our health.

You don't have to do it alone. If you feel you need to improve your physical condition, ask God to help. Ask him to reveal areas where you need to change and to give you the energy and desire to commit to that change. Honoring the temple of your body isn't a short-term commitment—it's a lifelong promise to yourself and to the Lord to make healthy lifestyle choices. Enlist the help of your family members and friends. Find an accountability partner who will be honest with you and will encourage you to live up to your commitment to God.

The Health and Wellness Ministry would like to help you in being good stewards of your body. At the recent Nutrition Workshop, Anna Bertorelli, a Registered Dietitian from Hasbro Children's Hospital, discussed the benefits of being a mindful eater and offered suggestions on how to control what we eat. After her presentation participants of the workshop visited the various tables manned by members of the Health and Wellness Ministry and had their questions answered about healthy nutrition. We learned it is all about choices. We can choose sugars, salt and fats, or we can carefully choose what is best for our own particular body. In other words, we can be good stewards of our body and health.

On February 19th the Health and Wellness Ministry will be starting *The Biggest Loser* contest (for complete information see the following article by Sharon Galloway). As brothers and sisters in Christ we will have the opportunity to encourage and pray for each other and also make ourselves accountable to God for our commitment to good health. We challenge you to commit today to begin making the lifestyle changes to put you on the right path to fully honoring and serving God.

God the Creator, the Lord of heaven and earth, gave you your physical body to use for his purpose and for his glory. He desires that you use the gift of your body with great care, attention, and respect.

Dear Lord our God, let me use this body for your purposes, to accomplish your work, and to bring glory to you, the Creator and Owner of my body. Let me die to every indulgent, selfish, fleshly habit and enable me, through the power of your Spirit, to have wisdom, to practice self-control, and to love you with all of my heart, soul, mind, and strength. In the name of Christ Jesus, my Lord. Amen.

Deacon Kathy Kettle
Stewardship Minister

Health and Wellness Ministry



The season of Lent is a time for self-discipline and reflection upon the price Christ paid for our redemption. As Christians we need to also reflect on how we are being good stewards of what God has given in mind, body, and spirit. Are we practicing self-discipline in this aspect of our life?

The Health & Wellness Ministry is offering a Congregation-wide initiative, titled none other than, “The Biggest Loser.” The purpose of this “event” is more than just losing a few pounds. It is more about giving support to each other, personal accountability, and gaining holistic health.

This program is designed to help you work on self-discipline and establish healthy and lasting lifestyle changes. Program information and individual folders will be distributed on the start date. Even though each participant will have a personal weight loss goal, the program is set up as a team competition. Please note that baseline weight and weight loss progress will remain anonymous and confidential.

Sharon Galloway
Health and Wellness Minister



Start Date: February 19, 2012

End Date: May 5, 2012 (ongoing... lifetime)

A Sign-up sheet is available in the Narthex.

American Heart Month

My Life Check: Live Better with Life's Simple Seven

Heart Health Factors: Get Active, Eat Better, Lose Weight, Stop Smoking, Control Cholesterol, Manage Blood Pressure, and Reduce Blood Sugar!

Why Get Active?

We all know that exercise is good for us, but nearly seventy percent of Americans do not get the physical activity they need. Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. If you get at least thirty minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. Parents, your children need sixty minutes a day—every day—so when you get active, you're also modeling healthy living for the next generation.

Why Eat Better?

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet (foods low in saturated and Trans fat, cholesterol, sodium and added sugars, and foods high in whole grain fiber, lean protein, and a variety of colorful fruits and vegetables) you improve your chances for feeling good and staying healthy—for life! However, an alarmingly high number of us are not making healthy food choices. Recent studies show that more than ninety percent of us fail to consistently eat a heart-healthy diet. Our poor eating habits mean more of us have risk factors for heart disease, stroke, diabetes and obesity.

Why Lose Weight?

If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. And you're not alone! More than two-thirds of our American adult population is overweight, with one-third of us in the obese category. These statistics are especially concerning since obesity is now recognized as a major, independent risk factor for heart disease.

Why Stop Smoking?

Cigarette smokers have a higher risk of developing cardiovascular

disease. If you smoke, quitting is the best thing you can do for your health. Smoking is one of our nation's top causes of early death, but your lungs can begin to heal as soon as you quit. So, if you find yourself reaching for a cigarette when you're stressed or anxious, it's urgent that you realize the cost: over your lifetime, smoking will only add to your stress by taking away your good health. Whatever satisfaction you get from smoking is going to be somewhat short-lived; cigarettes will shorten your life.

Why Control Cholesterol?

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

Why Manage Blood Pressure?

High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Why Reduce Blood Sugar?

If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes. Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells.

To find out where you stand with the Simple Seven goals, just take the My Life Check assessment (<http://mylifecheck.org>) on the American Heart Association website. In a few minutes, you will know how you're doing with each one of Life's Simple Seven. You will also get your own personal heart score and life plan. Your results will show you where you stand on the seven recommended areas of focus and will create an action plan that is customized to your lifestyle and health outlook. Your last step is a promise to yourself: a resolution to start making healthy, positive changes for a long, healthy future.

Sharon Galloway, RN, MSN
Health & Wellness Minister

Outreach Notes ...

Crossroads Family Center

“No one after lighting a lamp covers it with a jar or puts it under a bed, but puts it on a stand so that those who enter may see the light.” (Luke 8:16)

Come, shine your light, the light of Christ, in what can be a dark and hopeless place for many homeless families at the Crossroads Family Center on Friday, February 17th. With each visit we bring Christ's love through fun and Christian fellowship by providing an activity for children and adults and refreshments, giving us an opportunity to learn about the struggles of these families and to speak to them about the hope that Jesus offers us all.

You may meet us at the church at 6:00 p.m. or at the shelter at 754 Broad Street in Providence at 6:45 p.m. For more information please contact Deacon Cathy Morgan at 499-3918 or sign up on the sign-up sheet this Sunday in the Narthex.

“Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.” (Matthew 25:40)

Blood Drive

Thank you to the **ten people** who stepped to the plate on **Sunday, February 5th!** Ten pints times three people helped per pint = **thirty people aided** by your generosity of time, blood and compassion! Many thanks!

During Calendar Year 2011, thirty-six people donated blood during our drives. They helped 108 people! And last year was a “slow” year due to the cancellation of the drive that was to take place during the United In Faith Festival due to Hurricane Irene! I'm hopeful we can surpass that number in 2012 and along those lines would love to talk to anyone who has been helped, either directly or indirectly [family member, friend, colleague, neighbor, etc.] by a blood donation. I would love to hear your perspective from the ‘other side’ of the pint! Please call me at 826-0784 or contact me via e-mail at jmc1880@verizon.net. I look forward to hearing from you. Thank you to those who gave! —Joan Clarke

Galatians 6:10: Emergency Response

“Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

(Galatians 6:10)

The Galatians 6:10 Committee was formed as a result of the aftermath of last September’s hurricane. Several pastors in the Pawtuxet Valley shared concern for members of their respective churches who had lost electrical power for up to seven days. Homes and apartments lacked water, heat and a means by which to prepare hot meals. Many of the elderly members expressed anxiety over the uncertainty of the situation as the power outage wore on.

The Committee, which includes the pastors and representatives of their churches, met back in November and discussed the situation. It was decided that the community was in need of a facility in which the basic needs of God’s people could be temporarily met, if needed. Because of its centralized location and size, it was decided that the Church of The Apostles would best serve as an emergency response center for the family of believers. The churches involved agreed to jointly coordinate the operation of the center and to raise the funds required to add a generator, showers, a gas stove, and short term sleeping facilities at our location.

As of the Committee’s second meeting, six churches have committed to the project with three making financial contributions to the project. To date, \$8,600 (which includes the proceeds from the United In Faith New Year’s Eve celebration, along with \$5,000 donated by the Church of The Apostles) has been pledged to the Galatians 6:10 vision for the Valley. Over the next several months work will begin to install a generator at our church and plans will be developed for the operation of the temporary emergency shelter. Please feel free to speak with the committee members representing our church, Superintendent Mark Galloway, Harry Sacchetti, or Debbie Adams if you have any questions about this new, exciting and essential endeavor.

A New Library



Have you ever read a book that you felt compelled to share with others, one that will build them up, help them through a hard time, or open their mind and heart to God's plan for them? I have experienced this often, and I have lent others my book or bought a copy for them to keep or given them the author and title so they could find it at a library.

I would like to begin a Christian library ministry here at the Church of The Apostles so that we can share our printed and recorded books and movies with each other. To build this library, we would welcome your contributions of Christian books, audio recordings, children's books, and movies. If you know of a book but don't own it to give, you could make a donation to purchase it or just submit a recommendation. Or you could make a donation to the Church of The Apostles library for us to choose a book.

All contributions will be reviewed before being put out for lending. As soon as we have built up sufficient items, we will open the library for everyone to share our resources. For more information, please contact me. I would welcome the assistance of any other interested members in organizing and maintaining this new ministry.

Sara Oliveira
(849-1940)

*"A capacity and taste for reading
gives access to whatever has
already been discovered by others."*



Abraham Lincoln
(1809-1865)

Women's Bible Study and Fellowship

Precept Bible Study

On March 14th we will finish our study of the Book of Deuteronomy and we will start a new study on March 28th. We would love to have any woman who is interested join us. We will be studying the prophet Hosea. Hosea is only four lessons and we take two weeks to do one lesson. We will finish Hosea in May. Our beginning time will change from 5:15 p.m. to 5:30 p.m. on Wednesdays so that anyone who works, and would like to join us, I am hoping will be able to do so.

We do not meet in the summer, but we will be studying Ephesians in the fall (2012). Saint Paul's letter to the Ephesians is packed with God's wisdom. It is an extraordinary letter. This study consists of 10 lessons and will last from the fall through March 2013.

For further information, please speak with Elder Nina Deuel (789-3837).

Precepts "Open House"

On Wednesday, March 21st, beginning at **5:30 p.m.** (preceding the Wednesday Evening Prayer Meeting), the Precept class will be hosting a time of sharing and refreshments for all the women of our church. If you have ever attended a Precept class or are just curious about what a Precept class is, please join us! We will have some workbooks for you to see, and some of the members of the class will share what this study has meant to them. Come meet us and ask any questions you may have. There is no pressure to join, but I am hoping that more women will know what the class is about and consider joining us. Once a class starts (after a week or two) then it is closed, but anyone can join when we start a new class. It is hard to describe the blessing this study is for all of us. So come and see what it is all about.

Mark your Calendar ...

February

Monday, Feb 13	7:00 p.m.	Handbell Rehearsal
Wednesday, Feb 15	7:00 p.m.	Evening Prayer Meeting
Thursday, Feb 16	7:00 p.m.	Church Council Meeting
Friday, Feb 17	6:00 p.m.	Crossroads Ministry
Saturday, Feb 18	8:00 a.m.	<i>Joyful Women</i>
Saturday, Feb 18	6:30 p.m.	<i>Holy Couples</i>
Tuesday, Feb 21	6:00 p.m.	Pancake Supper & Movie
Wednesday, Feb 22	7:00 p.m.	Ash Wednesday Service
Thursday, Feb 23	10:00 a.m.	<i>Sister Chicks</i>
Thursday, Feb 23	7:00 p.m.	<i>Basic Christianity</i>
Sunday, Feb 26	11:45 a.m.	Soups, Stews & Salads
Monday, Feb 27	7:00 p.m.	Handbell Rehearsal
Wednesday, Feb 29	7:00 p.m.	Evening Prayer Meeting

March

Thursday, Mar 1	6:30 p.m.	Lay Visitation Potluck
Friday, Mar 2	7:00 p.m.	Youth Group Meeting
Saturday, Mar 3	8:00 a.m.	<i>Joyful Women</i>
Sunday, Mar 4		Special Guest John Polce
Wednesday, Mar 7	5:15 p.m.	The Shepherd's Table
Wednesday, Mar 7	7:00 p.m.	Evening Prayer Meeting
Thursday, Mar 8	7:30 a.m.	<i>Basic Christianity</i>
Friday, Mar 9		CCCC Women's Retreat
Monday, Mar 12		<i>Church Notes</i> Deadline
Monday, Mar 12	7:00 p.m.	Handbell Rehearsal
Wednesday, Mar 14	7:00 p.m.	Evening Prayer Meeting
Thursday, Mar 15	7:00 p.m.	Church Council Meeting
Saturday, Mar 17	8:00 a.m.	<i>Joyful Women</i>
Wednesday, Mar 21	5:30 p.m.	Precepts "Open House"
Wednesday, Mar 21	7:00 p.m.	Evening Prayer Meeting
Friday, Mar 30		Couples Retreat

Notices ...

Sister Chicks in the Village

The Sister Chicks will be taking a day trip to Mystic, Connecticut, on **Thursday, February 23rd**. This date is during the school vacation week, so we are hoping to have “chicks” of all ages join us. We will meet at Church of The Apostles at 10:00 a.m., and carpool to Olde Mystick Village for shopping, lunch, *etc.* Feel free to share your suggestions if you have a favorite spot in the area. If you need a ride or have questions, please call Roberta Tvenstrup (486-7960), Kathy Kettle (573-0773) or Dianne Sacchetti (864-3378).

Couples Retreat

Save the Date!! A Church of The Apostles' Couples Retreat will be offered on Friday, March 30th through Saturday, March 31st. Arrive at the Ramada Inn in Middletown, Rhode Island between 3:00 p.m. and 6:00 p.m. on Friday and depart at 1:00 p.m. on Saturday. Included are overnight accommodations, dinner on Friday night and breakfast and lunch on Saturday. The total cost is expected to be approximately \$180 per couple (price to be confirmed). **All married couples are invited to attend!** Further information will be available at the Holy Couples meeting on February 18th or you may speak with Elder Chad (465-5618) or Roberta Tvenstrup (486-7960).

Lay Visitation Potluck Supper

Thursday, March 1st at 6:30 p.m.

All are invited! Bring your favorite dish and come and share food and fellowship with friends, old and new. For further information, please speak with Barbara Battey (480-2987).

Youth Group News

Sunday, February 12: Kick-off for our annual
M&M Fundraiser

Friday, February 24: Plans to be determined
(Winter Vacation Week)
Roger & Cindy will call with details

Friday, March 2: Youth Group Meeting, 7pm-9pm

Annual M&M Fundraiser!!



Kick-off event on February 12th during Sunday Services.
Enjoy the candy & fill the empty containers with quarters.
Please return all donations to church by Sunday, March 4th.
All proceeds support the Youth Group's
Summer Missions Trip to Pittsburgh, Pennsylvania!

Soups, Stews and Salads: On **Sunday, February 26th**, the First Sunday in Lent, we invite you to bring your favorite Soups, Stews and/or Salads for a hearty and healthy **Sunday Brunch**. In the meantime and thereafter, please continue to bring your favorite dishes (casseroles, soups, sandwiches, salads, *etc.*) for brunch and leave them in the kitchen before the 10:30 a.m. service. For further information, or to help in the kitchen, please speak with Barbara Bickerstaff (828-7216) or JoAnn Ruppert (826-8623).



The Handbell Choir will begin rehearsals for the Easter Season on **Monday, February 13th**. Additional ringers are needed. Please consider joining. For additional rehearsal dates, watch the Sunday bulletin or contact the Organist and Music Director Marianne Salisbury (885-9814).

The **deadline for articles and information** for the next edition of *Church Notes* is **Monday, March 12th** and the issue will be ready for March 16th. Thank you!!

On **Sunday, March 4th**, the Second Sunday in Lent, please join us in welcoming Christian recording artist **John Polce** as our special guest musician at both the 8:00 a.m. and 10:30 a.m. services.

The following note was received:

*Dear Church Members,
Please accept my gratitude on behalf of the Coventry Community Food Bank for all your donations! Without your support the food bank would be unable to provide families in need with healthy and nutritious foods. Thank you for helping to end hunger in our community!*

*Again, thank you!
Stefani Dugas, Coordinatior
Coventry Community Food Bank*

Church Register

Burials

January 13, 2012
Walter E. Worden, Jr.

January 26, 2012
Elnora M. Collard

*“Into paradise may the angels lead you.
At your coming may the martyrs receive you,
and bring you into the holy city Jerusalem.”*

(The Book of Common Prayer, p. 500)

CHURCH OF THE APOSTLES

Evangelical Anglican

170 Fairview Avenue
Coventry, Rhode Island 02816

Office Hours: Monday - Friday 9:00 a.m. to 2:00 p.m.

Church Office: (401) 821-7609 • Superintendent's Residence: (401) 397-3652

Website: apostlesri.org

E-mail: office@apostlesri.org

The Holy Eucharist	Saturday 5:00 p.m.; Sunday 8:00 a.m. & 10:30 a.m.
Christian Education	Sunday 9:15 a.m.
Sunday Brunch	Sunday 11:45 p.m.
Evening Prayer Meeting	Wednesday 7:00 p.m.
Morning Prayer	Monday through Friday 9:00 a.m.

Church Staff

Superintendent	The Reverend Mark R. Galloway
Church Administrator	Barbara Battey
Communications Officer	Barbara Bickerstaff
Director of Christian Education	Linda Jones
Pastoral Assistant (MSW, LICSW)	Roberta Tvenstrup
Youth Minister	Roger Hall
Health and Wellness Minister	Sharon Galloway, RN
Organist and Music Director	Marianne Salisbury
Sacristy Minister	JoAnn Ruppert
Property Maintenance Technician	Jim Quinn
Sexton	Mike Edwards
Treasurer	Bob Bickerstaff
Clerk	Deb Adams

Board of Elders

Elder Chad Tvenstrup	385-9958
Elder Nina Deuel	789-3837
Elder Rob Geoffrey	943-4661
Elder <i>Emeritus</i> Conrad Ruppert	

Board of Servants

Archdeacon Tom Bourn	<i>Servant Evangelism Minister</i>	294-4186
Deacon Bill Sexton	<i>Congregational Care Minister</i>	726-4549
Deacon Cathy Morgan	<i>Outreach Minister</i>	499-3918
Deacon Kathy Kettle	<i>Stewardship Minister</i>	573-0773
Deacon Harry Sacchetti	<i>Buildings & Grounds Minister</i>	374-4273

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A publication of Church of The Apostles.
Reviewed by The Reverend
Mark R. Galloway, Superintendent.
Edited by Barbara A. Bickerstaff,
Communications Officer.

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