



Prayer Guides for Holy Thursday, Good Friday, and Holy Saturday

Please scroll down to find the appropriate guide for each day.

Our Lady of Perpetual Help
Liturgy of the Hours: Morning Prayer
Holy Thursday

Introduction

Stand

God, come to my assistance. (All make sign of the cross as the words are recited.)

—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Hymn

The Word of God, Proceeding Forth

The word of God, proceeding forth
Yet leaving not his Father's side,
And going to his work on earth
Had reached at length life's eventide.

Soon by his own false friend betrayed,
Given to his foes, to death went he;
His own true self, in form of bread,
He gave his friends, their life to be.

A double gift his love did plan,
His flesh to feed, his blood to cheer,
That flesh and blood, the whole of man,
Might find its own fulfillment here.

The manger, Christ their equal made;
That upper room, their souls' repast;
The cross, their ransom dearly paid,
And heaven, their high reward at last.

All praise and thanks to thee ascend
For evermore, blest one in three.
O grant us life that shall not end
In our true native land with thee.

Text: Thomas Aquinas, c. 1225-1274

Translator: Stanzas 1 and 5, John M. Neale, 1818-1866, Edward Caswall, 1814-1878, et al.;
stanzas 2-4, Gerard Manley Hopkins, 1844-1889

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The Psalms are proclaimed in “choir style” in which each stanza is proclaimed, rotating from side 1 to side 2. At home, we encourage families to determine two groupings; the first reading the first stanza and then rotating.

Antiphon 1 Look, O Lord, and see my suffering. Come quickly to my aid.

Psalm 80

O shepherd of Israel, hear us,
you who lead Joseph’s flock,
shine forth from your cherubim throne
upon Ehpraim, Benjamin, Manasseh.

O Lord, rouse up your might,
O Lord, come to our help.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Lord God of hosts, how long
will you frown on your people’s plea?
You have fed them with tears for their bread,
an abundance of tears for their drink.
You have made us the taunt of our neighbors,
our enemies laugh us to scorn.

God of hosts, bring us back;
let your face shine on us, and we shall be saved.

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
it took root and spread through the land.

The mountains were covered with its shadow,
the cedars of God with its boughs.
It stretched out its branches to the sea,
to the Great River it stretched out its shoots.

Then why have you broken down its walls?
It is plucked by all who pass by.
It is ravaged by the boar of the forest,
devoured by the beasts of the field.

God of hosts, turn again, we implore,
look down from heaven and see.
Visit this vine and protect it,
the vine your right hand has planted.
Men have burnt it with fire and destroyed it.
May they perish at the frown of your face.

May your hand be on the man you have chosen,
the man you have given your strength.
And we shall never forsake you again:
give us life that we may call upon your name.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon Look, O Lord, and see my suffering. Come quickly to my aid.

Antiphon 2 God is my savior; I trust in him and shall not fear.

Isaiah 12:1-6

I give you thanks, O Lord;
though you have been angry with me,
your anger has abated, and you have consoled me.

God indeed is my savior;
I am confident and unafraid.
My strength and my courage is the Lord,
and he has been my savior.

With joy you will draw water
at the fountains of salvation, and say on that day:
Give thanks to the Lord, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

Sing praise to the Lord for his glorious achievements;
let this be known throughout all the earth.

Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel!

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon God is my savior; I trust in him and shall not fear.

Antiphon 3 The Lord has fed us with the finest wheat; he has filled us with honey from the rock.

Psalm 81

Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

Raise a song and sound the timbrel,
the sweet-sounding harp and the lute,
blow the trumpet at the new moon,
when the moon is full, on our feast.

For this is Israel's law,
a command of the God of Jacob.
He imposed it as a rule on Joseph,
when he went out against the land of Egypt.

A voice I did not know said to me:
"I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.

I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.
Listen, my people, to my warning,
O Israel, if only you would heed!

Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.

But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs.

O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies.

The Lord's enemies would cringe at their feet
and their subjection would last for ever.
But Israel I would feed with finest wheat
and fill them with honey from the rock."

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon The Lord has fed us with the finest wheat; he has filled us with honey from the rock.

Reading

Hebrews 2:9-10

We see Jesus crowned with glory and honor because he suffered death,
that through God's gracious will, he might taste death for the sake of all men.
Indeed, it was fitting that when bringing many sons to glory God,
for whom and through whom all things exist,
should make their leader in the work of salvation perfect through suffering.

Responsory

By your own blood, Lord, you brought us back to God.
–By your own blood, Lord, you brought us back to God.
From every tribe, and tongue, and people and nation,
–you brought us back to God.
Glory to the Father, and to the Son, and to the Holy Spirit,
–By your own blood, Lord, you brought us back to God.

Antiphon I have longed to eat this meal with you before I suffer.

All proclaim the Canticle of Zechariah (Luke 1:68-79) together. The gesture of the Sign of the Cross is made as you begin.

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon I have longed to eat this meal with you before I suffer.

Intercessions

The Father anointed Christ with the Holy Spirit to proclaim forgiveness to those in bondage. Let us
humbly call upon the eternal priest:

Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory,
—bring your Church to the Passover feast of heaven.

You were lifted high on the cross and pierced by the soldier's lance,

–heal our wounds.

You made the cross the tree of life,

–give its fruit to those reborn in baptism.

On the cross you forgave the repentant thief,

–forgive us our sins.

The Lord's Prayer

Remember us, Lord, when you come into your kingdom and teach us how to pray:

Our Father, who art in heaven,

hallowed by thy name;

thy kingdom come,

thy will be done

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil. Amen.

Prayer

God of infinite compassion,

to love you is to be made holy;

fill our hearts with your love.

By the death of your Son

you have given us hope, born of faith;

by his rising again fulfill this hope

in the perfect love of heaven

where he lives and reigns with you and the Holy Spirit,

God, for ever and ever. Amen.

Blessing and Dismissal

The Lord be with you. And with your spirit.

May almighty God bless you,

the Father, ✠ and the Son, and the Holy Spirit. Amen.

Go in peace. Thanks be to God.

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Our Lady of Perpetual Help
Liturgy of the Hours: Morning Prayer
Good Friday

Introduction

Stand

God, come to my assistance. (All make sign of the cross as the words are recited.)

—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Hymn

O Sacred Head, Surrounded

O Sacred Head, surrounded
By crown of piercing thorn.
O Bleeding Head, so wounded,
Reviled and put to scorn.
Our sins have marred the glory
Of thy most holy Face,
Yet angel hosts adore thee,
And tremble as they gaze.

The Lord of every nation
Was hung upon a tree;
His death was our salvation,
Our sins, his agony.
O Jesus, by thy Passion,
Thy Life in us increase;
Thy death for us did fashion
Our pardon and our peace.

Text: Charles William Everest, 1814-1877, adapted by Anthony G. Petti

Melody: Beslau or Winchester New L.M.

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Psalmody

Sit

The Psalms are proclaimed in “choir style” in which each stanza is proclaimed, rotating from side 1 to side 2. At home, we encourage families to determine two groupings; the first reading the first stanza and then rotating.

Antiphon 1 God did not spare his own Son, but gave him up to suffer for our sake.

Psalm 51

Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;

my sin is always before me.

Against you, you alone, have I sinned;

what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,

a sinner was I conceived.

Indeed you love truth in the heart;

then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean;

O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,

put a steadfast spirit within me.

Do not cast me away from your presence,

nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.

O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion;
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon God did not spare his own Son, but gave him up to suffer for our sake.

Antiphon 2 Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Habakkuk 3:2-4,13a,15-19

O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
in the course of the years make it known;
in your wrath remember compassion!

God comes from Teman,
the Holy One from Mount Paran.
Covered are the heavens with his glory,
and with his praise the earth is filled.

His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

You tread the sea with your steeds
amid the churning of the deep waters.
I hear, and my body trembles;
at the sound, my lips quiver.

Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

For though the fig tree blossom not
nor fruit be on the vines,
though the yield of the olive fail
and the terraces produce no nourishment,

Though the flocks disappear from the fold
and there be no herd in the stalls,
yet will I rejoice in the Lord
and exult in my saving God.

God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Antiphon 3 We worship your cross, O Lord, and we praise and glorify your holy resurrection,
for the wood of the cross has brought joy to the world.

Psalm 147:12-20

O praise the Lord, Jerusalem!
Zion, praise your God!

He has strengthened the bars of your gates,
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon We worship your cross, O Lord, and we praise and glorify your holy resurrection,
for the wood of the cross has brought joy to the world.

Reading

Isaiah 52:13-15

See, my servant shall prosper,
he shall be raised high and greatly exalted.
Even as many were amazed at him—
so marred was his look beyond that of man,
and his appearance beyond that of mortals —
So shall he startle many nations,
because of him kings shall stand speechless;
For those who have not been told shall see,
those who have not heard shall ponder it.

Responsory

All repeat after the reader

Antiphon For our sake Christ was obedient, accepting even death, death on a cross.

Antiphon For our sake Christ was obedient, accepting even death, death on a cross.

Antiphon Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

All proclaim the Canticle of Zechariah (Luke 1:68-79) together. The gesture of the Sign of the Cross is made as you begin.

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

Intercessions

For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us
adore him, and pray:

Lord, have mercy on us.

Christ our teacher, for our sake you were obedient even to accepting death,
—teach us to obey the Father's will in all things.

Christ our life, by your death on the cross you destroyed the power of evil and death,
-may we die with you, to rise with you in glory.

Christ our King, you became an outcast among us, a worm and no man,
-teach us the humility by which you saved the world.

Christ our salvation, you gave yourself up to death out of love for us,
-help us to show your love to one another.

Christ our Savior, on the cross you embraced all time with your outstretched arms,
-unite God's scattered children in your kingdom of salvation.

The Lord's Prayer

Remember us, Lord, when you come into your kingdom and teach us how to pray:

Our Father, who art in heaven,
hallowed by thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Prayer

Father,
look with love upon your people,
the love which our Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he lives and reigns with you and the Holy Spirit,
God, for ever and ever. Amen.

Blessing and Dismissal

The Lord be with you. And with your spirit.

May almighty God bless you,
the Father, ✠ and the Son, and the Holy Spirit. Amen.

Go in peace. Thanks be to God.

Our Lady of Perpetual Help
Liturgy of the Hours: Morning Prayer
Holy Saturday

Introduction

Stand

God, come to my assistance. (All make sign of the cross as the words are recited)

—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Hymn

Were You There

Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

Oh! Sometimes it causes me to tremble, tremble, tremble,

Were you there when they crucified my Lord?

Were you there when the sun refused to shine?

Were you there when the sun refused to shine?

Oh! Sometimes it causes me to tremble, tremble, tremble,

Were you there when the sun refused to shine?

Were you there when they laid him in the tomb?

Were you there when they laid him in the tomb?

Oh! Sometimes it causes me to tremble, tremble, tremble,

Were you there when they laid him in the tomb?

Were you there when they rolled the stone away?

Were you there when they rolled the stone away?

Oh! Sometimes it causes me to tremble, tremble, tremble,

Were you there when they rolled the stone away?

Text: Traditional, Anonymous

Tune: WERE YOU THERE, African-American Spiritual

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Psalmody

Sit

The Psalms are proclaimed in “choir style” in which each stanza is proclaimed, rotating from side 1 to side 2. At home, we encourage families to determine two groupings; the first reading the first stanza and then rotating.

Antiphon 1 Though sinless, the Lord has been put to death.

The world is in mourning as for an only son.

Psalm 64

Hear my voice, O God, as I complain,
guard my life from dread of the foe.
Hide me from the band of the wicked,
from the throng of those who do evil.

They sharpen their tongues like swords;
they aim bitter words like arrows
to shoot at the innocent from ambush,
shooting suddenly and recklessly.

They scheme their evil course;
they conspire to lay secret snares.
They say: “Who will see us?
Who can search out our crimes?”

He will search who searches the mind
and knows the depth of the heart.
God has shot them with his arrow
and dealt them sudden wounds.
Their own tongue has brought them to ruin
and all who see them mock.

Then will all men fear;
they will tell what God has done.
They will understand God’s deeds.
The just will rejoice in the Lord
and fly to him for refuge.
All the upright hearts will glory.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon Though sinless, the Lord has been put to death. The world is in mourning as for an only son.

Antiphon 2 From the jaws of hell, Lord, rescue my soul.

Isaiah 38:10-14,17-20

Once I said,
“In the noontime of life I must depart!
To the gates of the nether world I shall be consigned
for the rest of my years.”

I said, “I shall see the Lord no more
in the land of the living.
No longer shall I behold my fellow men
among those who dwell in the world.”

My dwelling, like a shepherd’s tent,
is struck down and borne away from me;
you have folded up my life, like a weaver
who severs the last thread.

Day and night you give me over to torment;
I cry out until the dawn.
Like a lion he breaks all my bones;
day and night you give me over to torment.

Like a swallow I utter shrill cries;
I moan like a dove.
My eyes grow weak, gazing heaven-ward:
O Lord, I am in straits; be my surety!

You have preserved my life
from the pit of destruction,
when you cast behind your back
all my sins.

For it is not the nether world that gives you thanks,
as I do today.
Fathers declare to their sons,
O God, your faithfulness.

The Lord is our savior;
we shall sing to stringed instruments
in the house of the Lord
all the days of our life.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon From the jaws of hell, Lord, rescue my soul.

Antiphon 3 I was dead, but now I live for ever, and I hold the keys of death and of hell.

Psalm 150

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbrel and dance,
praise him with strings and pipes.

O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord.

Glory to the Father,
and to the Son, and to the Holy Spirit,
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon I was dead, but now I live for ever, and I hold the keys of death and of hell.

Reading

Hosea 5:15b-16:2

Thus says the Lord:
In their affliction, they shall look for me:
"Come, let us return to the Lord,
For it is he who has rent, but he will heal us;
he has struck us, but he will bind our wounds.
He will revive us after two days;
on the third day he will raise us up,
to live in his presence.

Responsory

All repeat after the reader

Antiphon For our sake Christ was obedient, accepting even death, death on a cross.

Therefore God raised him on high and gave him the name above all other names.

Antiphon For our sake Christ was obedient, accepting even death, death on a cross.

Therefore God raised him on high and gave him the name above all other names.

Canticle of Zechariah

Stand

Antiphon Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

All proclaim the Canticle of Zechariah (Luke 1:68-79) together. The gesture of the Sign of the Cross is made as you begin.

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

Intercessions

Our Redeemer suffered and was buried for us in order to rise again. With sincere love we adore him, and aware of our needs we cry out:

Lord, have mercy on us.

Christ our Savior, your sorrowing Mother stood by you at your death and burial,
-in our sorrows may we share your suffering.

Christ our Lord, like the seed buried in the ground, you brought forth for us the harvest of grace,
-may we die to sin and live for God.

Christ, the Good Shepherd, in death you lay hidden from the world,
-teach us to love a life hidden with you in the Father.

Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world,
-may all who lie dead in sin hear your voice and rise to life.

Christ, Son of the living God, through baptism we were buried with you,
-risen also with you in baptism, may we walk in newness of life.

The Lord's Prayer

Remember us, Lord, when you come into your kingdom and teach us how to pray:

Our Father, who art in heaven,
hallowed by thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Prayer

All-powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him
in the eternal life of heaven,
where he lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

Blessing and Dismissal

The Lord be with you. And with your spirit.
May almighty God bless you,
the Father, ✠ and the Son, and the Holy Spirit. Amen.
Go in peace. Thanks be to God.

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