

GRASS VALLEY FRIENDS MEETING

Of the Religious Society of Friends in the Truth,
College Park Quarterly Meeting,
Pacific Yearly Meeting

NOTE CHANGES
MAILING ADDRESS: P.O. Box 1421, Grass Valley, CA 95945
MEETING LOCATION: Peace Lutheran Church
828 W. Main Street, Grass Valley, CA 95945

Website: www.grassvalleyfriends.org
Email: grassvalleyfriends@gmail.com

First Days: 9:00am Singing at the Meeting House (in-person and zoom)
10:00 am Silent Meeting for Worship (in-person and zoom)
To receive the zoom link, email grassvalleyfriends@gmail.com.

Newsletter, TENTH MONTH 2026

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MEETING CALENDAR

First Sunday

- Program to be announced.

Second Sunday

- Hybrid Silent Meeting for Worship Meeting, Potluck and for Worship on the Occasion of Business.

Third Sunday *Love at the Center:* Nonviolence Workshop

Fourth Sunday

- Spiritual Life

Fifth Sunday

- On Fifth Sundays we hold a Family Meeting for Worship. *Children and adults gather and spend 20 minutes in storytelling, 20 minutes in singing and 20 minutes in silent worship.*

HAPPENING IN OCTOBER, 2026

- Sunday, October 4, 2026 ~ World Quaker Day
- October 16-18, 2026, ~ College Park Quarterly Meeting: Ben Lomond Quaker Center
- Sunday October 18, 2026 ~ *Love at the Center:* Nonviolence Workshop: Amy Cooke will offer a one-hour workshop following Meeting for Worship, from 11:30 a.m. to 12:30 p.m. See page 8
- *Saving Walden's World* on Saturday, October 24, 2026, at 6:00 PM, in the Gene Albaugh Community Room at the Madelyn Helling Library, 980 Helling Way, Nevada City, California. See page 9 for details
- Saturday, October 31, 2026 – Potluck @ Fosten and Kathy's. **Please join us**. See page 9 for details.

HAPPENING LATER

- Sunday, November 22: Heather Certik and Dean Olson will introduce Decades of Our Lives, a memoir-writing initiative


Saturday, December 12, 2026: Friends Meeting Christmas Potluck @ Doug & Dorothy's. Details to follow. **You are welcome**!

GLOSSARY- Abbreviations and terms used in the GVFM newsletter.

M&O: Ministry and Oversight
PacYM: Pacific Yearly Meeting
PHP: Pendle Hill Pamphlet
FGC: Friends General Conference
QEW: Quaker Earthcare Witness
QUNO: Quaker United Nations Office
FASE: Friends Association for Services to the Elderly
CPQM: College Park Quarterly Meeting
RSWR: Right Sharing of World Resource
UwN: Unity with Nature
PLC: Peace Lutheran Church

Query: Friends practice examining our souls and seeking clarity using these questions & exercises help to give time to seek truth about us and our spiritual condition and to tap into Divine insight.
Threshing Session: A meeting at a separate time specifically not for decision-making; normal practices of a Quaker meeting for business are relaxed so that Friends may speak more than once to an issue, speak to a point just made, or ask a question of a previous speaker.

Dear Friends, your effort to keep your articles to 500 words or less is appreciated. If your article exceeds 500 words, please provide a link for the entire article or make the necessary edits to reduce the number of words. This will allow our newsletter to stay within budget. Many thanks, Dianne

MINUTES & RECORD: Meeting for Worship for on the Occasion of Business ~ October 11, 2026

We met in a hybrid meeting in person and on Zoom.

Present: Gordon Starr, clerk; Amy Cooke, recording clerk; Kathy McCreery, fosten wilson, Chamba Cooke, Mary Starr, Dianne Marshall, Dean Olson, Heather Certik, Shera Banbury.

The Meeting opened with silent worship.

Clerks' Remarks and Query: Gordon noted that yesterday, 10.10.2026, was a powerful day in numerology This is a day that adds up to 1-1-1. And, it is a new moon. In cosmology this is a new beginning, which is also leaving behind what is no longer being used. What is something that you feel ready to leave behind, and what are you ready to step forward to in the future?

Friends spoke out the silence.

- Inaction leapt to mind for one Friend as what she is leaving, and of course, action is what she is moving toward. And it is not clear what that looks like!
- Another Friend spoke about working on her trust agreement, reflecting on her life. She wants the resources she is leaving behind to support life and peace.
- This time of rebalancing brings an awareness that change is needed, even as one Friend remains unsure how to move forward or how ready she is for that change.
- Being aware of aging, of being old, and discerning what kinds of medical interventions will be helpful. There is acceptance that things do not stay the same, life moves on.
- To act out of integrity, instead of acting to get something done, is arising for one Friend.
- Quakers provide a good community to be with as we do this leaving behind and moving toward.
- There is a sense of adventure along with a body that may not be up to fulfilling that.
- A Friend shared a decision to become vegetarian, leaving behind some treasured recipes. He is known as a delusional optimist, and he looks forward to the new world that we are all moving into. He wants to do whatever he can do to support that. And, then to die in peace.
- A Friend shared that we hear the cry for mercy in our own hearts. "The quality of mercy is not strain'd, It droppeth as the gentle rain from heaven Upon the place beneath. It is twice blest: It blesseth him that gives and him that takes." — William Shakespeare

COMMITTEE REPORTS
(see reports appended, committee clerk is noted in bold)

Spirit and Witness: Amy Cooke (2024-27), clerk; Dean Olson (2024-2027), Reed Hamilton (2025-2028), fosten wilson (2026-2029), Pat Phillips (2026-2029). Ex Officio: Gordon Starr.

Amy Cooke gave the report, appended.

Saving Walden's World on Saturday, October 24, 2026, at 6:00 PM, in the Gene Albaugh Community Room at the Madelyn Helling Library, 980 Helling Way, Nevada City, California.
This film follows Jim Merkel's personal journey from a former military engineer to a father raising his son, Walden, on an off-grid homestead in Maine. Jim traveled to Kerala, Cuba, and Slovenia to investigate how communities there have achieved genuine stability, by prioritizing women's literacy, healthcare, and reproductive freedom, and what that means for the rest of us.

We have been asked to co-sponsor the showing. We went into silence to discern if this is something that the meeting wants to enter into. It was clarified that we have been asked to share the event with our community. It was noted that sponsorship would make us more noticeable in the community. What can we learn from this so that we can be more effective at doing outreach and being more visible?

Minute 10.2026.01: GVFM will share the promotional materials for this event, and we will discern more deeply about how we can become more visible in the community. We encourage Friends to become involved as they are led.

Phone number on the website: Gordon proposed that the Meeting get a phone number and the clerk would monitor the messages. It was suggested that this idea goes to the Stewardship and/or Welcome committee for discernment.

Immigration Advices and Queries: A working group that was charged with writing queries on Immigration on behalf of the Meeting and has now brought a second draft for our review and possible acceptance. Dianne read the statement and the queries.

The Religious Society of Friends (Quakers) believe that every person possesses Inner Light, inherent sacred worth. This core belief requires honoring human dignity regardless of nationality or migration story in all decision and policy making. Friends recognize that perspective of the Earth from outer space where there are no man-made boundaries.

Migration is primarily a response to survival needs and the desire to thrive. As Friends, it is our commitment to reduce the global pressures to emigrate (poverty, conflict, environmental degradation) that force people to leave their homes.

We reject rhetoric or policies that vilify immigrants.

We advocate for immigration laws that are fair, humanely written, and justly administered. This includes recognizing the social and environmental factors surrounding immigration while ensuring enforcement respects fundamental human rights.

We call on world organizations including faith communities, the United Nations, Pan-American, Pan African, Pan-Asian, and Pan-Arab organizations to address root causes of migration to reduce the pressures and challenges that spawn migration.

Grounded in the long-standing Quaker testimony of "right sharing of world resources," we emphasize global stewardship and accountability, asserting that all nations share a responsibility to distribute and steward resources equitably to alleviate forced migration.

In this guidance to Friends, we commit to welcoming immigrants who engage in the immigration process in adherence with the laws of our nation. We commit to publicly bearing witness within our nation and internationally to the complex need for world organizations to come together and do the tough work necessary for worldwide migration to function effectively.

QUERIES

• What is a "humane" worldwide immigration process?
• What are my practical avenues for action (e.g. daily interactions, public testimony)?
• What am I personally doing to call on world organizations, local, state and national elected leaders to tackle these issues in an energetic, global, systematic manner?
• How do I encourage and support my Friends Meeting in speaking truth to power regarding this Issue?

We acknowledged the enormous work that went into these queries and the meeting expressed its gratitude to the working group. We want to discern how to distribute them among Quakers and others. Dianne will be sharing them with the Interfaith Nevada County group this week.

Minute 10.2026.02: GVFM accepts these queries with deep gratitude. We are encouraged to share them.

Transfer of membership: Amy Cooke will be transferring her membership from GVFM to Toulouse Meeting in France, and is therefore also resigning from the Spirit and Witness committee as of November 2026, as well as from the recording clerk role. Amy read her letter to the meeting, appended. She spoke of naming a truth, as we do in Meeting for Business or in a Meeting for Marriage. The truth arises, and we witness it. So, this truth has arisen for her.

Minute 10.2026.03: GVFM has accepted Amy Cooke's letter of release with love and well-wishes. Gordon will be writing a letter of transfer and we will be sharing the letter from Toulouse Meeting when it has been received.

Stewardship: Mary Starr (ex officio Treasurer, clerk), Gordon Starr, Pat Phillips, Reed Hamilton, fosten wilson, Dianne Marshall (ex-officio, Newsletter editor), Judy Hamilton and Kathy McCreery (ex-officio, Librarians), Hailey Wilson.

Mary Starr gave the report, appended.

Minute 10.2026.04: GVFM accepts the budget for 2026-2027, as appended.

Minute 10.2026.05: GVFM approves the following designation of the surplus funds:

- $1,000 designated for Meeting outreach
- $500 to Healing to Hope, who receives donations for ANAR, a Palestinian led nonprofit.
- $150 each to be added to the FGC and PYM/CPQM scholarship funds
- $500 each to Hospitality House, Interfaith Food Bank, Nevada County Food Bank

Welcome: Kathy McCreery (clerk), Peter O'Rourke (02/2027), Gordon Bishop, Don McCormick, Ros Bae, Nancy Anderson (ex officio Recorder), Judy Hamilton (ex officio, Newsletter editor), Nora Lisette-Runyan (ex officio, Website Coordinator).

Kathy gave the report, appended.

First Day School: Judy Hamilton (clerk), Doug Hamm, Cheryl Hendrickson, Anita McCormick, Alan Stahler, Dean Olsen, Reed Hamilton. Support members: Gordon Starr, Don McCormick, Shera Banbury (occasional). No report was given.

Nominating Committee: Mary Starr, 2025-2027, Dean Olsen, 2025-2027, fosten wilson, 2026-2028, Arly Helm, 2026-2028. No report was given.

OFFICER REPORTS and REPRESENTATIVE REPORTS

- Treasurer's Report (Mary Starr): Mary Starr gave the end of year report, appended.
- Archivist/Recorder (Arly Helm): no report
- Pacific Yearly Meeting (Keith Lisette-Runyan): no report
- College Park Quarterly Meeting: College Park Quarterly Meeting will meet next in person October 16-18 at Ben Lomond Quaker Center.
- Interfaith Nevada County (Dianne Marshall): GVFM will be hosting the meeting on the third Thursday of the month in October in our room at Peace Lutheran.
- Sharings from the wider Quaker world:
- Friends World Committee on Consultation (FWCC): More than 900 people from at least 50 countries registered for a six-hour online Meeting for Worship on World Quaker Day, October 4, under the theme "Let Peace Be Among Us."
- Friends shared experiences of peacebuilding in Palestine, Lebanon, Cuba, Ukraine, Estonia, and Rwanda. Quakers from many traditions and countries gathered in worship, holding one another in the work of peace. In Burundi, children explored what peace means through kindness, empathy, sharing, and nonviolence.

CLERK'S REMARKS

Gordon thanked the "stalwarts," doing the work of the Meeting with spirit and dedication and love. We are a community of love and caring. We do not know the effect we have, where the ripples will spread.

ITEMS SEASONING or CARRIED OVER

READING OF THE RECORD AND MINUTES

The record and minutes were approved in the course of the Meeting for Worship on the Occasion for Business.

GVFM Newsletter Reminder: Please have items into Dianne Marshall by Tuesday at 10 am. Please do not format reports in blue.

Meeting closed with worship.

Appendices:

- Budget 2026-2027
- Spirit and Witness Committee Report
- Stewardship Committee Report
- First Day School Committee Report
- Welcome Committee Report
- Treasurer's Report



ADVISES AND QUERIES: TENTH MONTH: personal relationships

In daily relationships with others, both inside and outside the home, our lives as Friends speak immediately and lastingly. In these relationships, our faith may also be severely tested. We are called to respond to that of God in everyone: we are all children of God. Friends celebrate any union that is dedicated to mutual love and respect, regardless of the unique make-up of the family. We strive to create homes where the Spirit of the Divine resides at the center and where the individual genius of each member is respected and nurtured.

Human sexuality is a divine gift, forming part of the complex union of body, mind and spirit that is our humanity. In a loving adult relationship in a context of mutual responsibility, sexuality brings delight, fulfillment and celebration.

The presence of children carries a special blessing as well as responsibility. Children bring unique spiritual gifts — wonder, resiliency, playfulness and more. Recognize and honor the Divine Light within children and treat them with the dignity and respect that is due to all people. Listen to and learn from children; share with them those values and practices that are central to our own lives. Special care must be given to resolving problems between adults and children in a manner that gives equal weight to the feelings and needs of both children and adults. Tender parenting is one of the critically important peace vocations in our society. Make every effort to offer all parents the personal and institutional support that this challenging work requires.

Take a strong stand against any form of abuse, whether that abuse is minor or severe, and whether it is emotional, physical or sexual in nature. The terrible impact of abuse on the most vulnerable members of our families creates lifelong suffering for its victims and is a major source of violence in our society. Perpetrators are themselves usually victims of similar violence and should be approached with compassion as well as firmness.

- Do I make my home a place of friendliness, joy, and peace, where residents and visitors feel God's presence?
- Are my sexual practices consistent with my spiritual beliefs and free of manipulation and exploitation?
- What barriers keep me from responding openly and lovingly to each person?
- *Do we open our thoughts, beliefs, and deep understandings to our children and others who share our lives and our hospitality?*
- *Do we provide our children and young adults with a framework for active, ongoing participation in the Meeting?*

GVFM Treasurer's Report

1-=11=26
Summary = Another very successful year! Thank you!
This report covers the 2025-2026 fiscal year: October 1, 2025 – September 30, 2026. The contributions in the 4 th quarter (July 1, 2026 – September 30, 2026) of $1,965 were welcome and greatly appreciated. Our 4 th quarter expenses ($3,683) included our annual donations, as well as an additional $250 to the Nisenan to replace their check from the previous year as it appears to have gotten lost and was never cashed.
The Restricted Funds were generally unchanged, other than a small dispersal from the PacYM, CPQM, etc. fund for travel expenses, and a small dispersal from the Meeting House Fund for a modification to our GVFM sign that is mounted at the front of Peace Lutheran.
The "Fund Balances" and the "General Fund: Actual vs. Budget" reports are available in the

Meeting House – near the library – or by contacting me.
Thank you for all your help. All gifts, both in service to the Meeting and financial are deeply appreciated. Money contributions can be in-person, mailed to my address below, or online by using the "give" button at grassvalleyfriends.org.

Mary Starr, Treasurer, 500 Butler Street, Grass Valley, CA 95945, Email = mstarr2133@aol.com

✓ **Give**

←This button will take you to a secure site.

- Giving is easy! Click on the Give button above or go to grassvalleyfriends.org and click on "GIVE" You'll go to a secure site for donations. Monthly contributions are very important. *You may now change the dollar amount of your gift without making a new donation request!*
- Or mail your donation to **Mary Starr Treasurer, 500 Butler Street, CA 95945. Thank YOU!**

BIOS FOR THE GVFM NEWSLETTER

Dear Friends,
As a result of the recent survey conducted on behalf of the GVFM library and newsletter, a suggestion came forward that we use the newsletter to introduce ourselves to one another. The Stewardship Committee has agreed that this would be a valuable use of newsletter space.
So, let's get to know each other! Below are suggestions of possible places to begin and points to cover:

- Where you're from/grew up
- Prior faith background
- An example of how Quaker practices have changed/affected how you are in the world.
- What part of Quaker life supports you the most spiritually?

Please limit your responses to no more than 500 words. Do email the editor a photo of yourself to be included with your bio.

Love at the Center: Practicing Nonviolence, Amy Cooke- presenter

Sunday, October 18th 11:30 to 12:30 after the rise of Meeting at Peace Lutheran.

What if nonviolence begins with love—not just for others, but for ourselves, even in the face of suffering, fear, and harm?
In this experiential workshop, Amy Cooke shares how her study of Kingian Nonviolence and her own journey of healing transformed her understanding of courageous action. She discovered that nonviolence is more than a set of tools for confronting injustice. It is a practice of love: the courage to face suffering without turning away, to recognize our shared humanity, and to work toward repairing the separation that divides us. Through guided reflection, worship sharing, and silence, we will explore how to hold the pain of our world without becoming numb or overwhelmed, and how tending to our own inner lives can deepen our capacity for compassionate, courageous action. Together, we will sit with a question at the heart of nonviolent practice: **What does love ask of me?**

SAVING WALDEN'S WORLD



Award-Winning Documentary "Saving Walden's World" to Screen at Madelyn Helling Library in NEVADA CITY, California | October 2026 - Community organizers and independent cinema advocates will host a special public screening of Saving Walden's World on Saturday, October 24, 2026, at 6:00 PM in the Gene Albaugh Community Room at the Madelyn Helling Library, 980 Helling Way, Nevada City, California.

The film follows Jim Merkel, a former military engineer turned sustainability activist, as he raises his son, Walden, on an off-grid homestead in Maine and travels to Kerala (India), Cuba, and Slovenia to document women-led solutions that have successfully bypassed the growth trap of the West. By prioritizing literacy, healthcare, and reproductive freedom, these societies have built stability and equity without sacrificing quality of life. "We document societies that made college free for all, including the poorest women, over 60 years ago," states Merkel. "When a 15-year-old girl knows her dreams to be an engineer, educator, doctor, or businesswoman won't burden her family, her entire life changes in beautiful ways."

The Nevada City event is hosted as part of the *100 Rooms. 1 Story*. campaign, Saving Walden World's screening tour bringing the film to local communities across North America. Following the screening, director Jim Merkel will join in person for a live with attendees.

Event Details:

- WHEN: Saturday, October 24, 2026 | 6:00 PM – 7:30 PM (Doors open at 5:30 PM)
- WHERE: Gene Albaugh Community Room, Madelyn Helling Library, 980 Helling Way, Nevada City, CA 95959
- ADMISSION: Free ~ open to the public

OCTOBER POTLUCK INVITATION!
Saturday, October 21, 2026

Time: 5:00p.m. – 7:30p.m.
Host: Fosten, Kathy and Hailey
Address: 15719 American Hill Road, Nevada City CA 95959
RSVP requested: fwkm@protonmail.com 530-265-6533



RESTORE THE TIMELINE: Learning to Live in the 200-Year Present

BY Stewart Smith https://www.friendsjournal.org/restore-the-timeline/

Giving in to a moment's scrolling shows yet again the futility of the effort. The source, verifiable. The facts, brutal. A great wrong done to the undeserving by the powerful. A now-ingrained feeling of helplessness. Because the post comes from a longtime friend, it needs time to respond with a "caring" emoji and the simple

phrase: “Ugh. We live in the worst timeline.” Some days later, I notice someone has shared mutual sympathy with my comment and replied, even more concisely, with the exhortation: “Restore the timeline!” “Restoring the timeline” is a motif that fills every element of popular culture: from books to television to movies to anime to political cartoons to tragic pleas for sympathy online. It has become a shorthand way of expressing a kind of dissipated and enervated withdrawal from the struggle. A mishmash of string theory, quantum mechanics, and the speculations of countless creative artists over several centuries, it conveys the notion that our world today exists on one of many (perhaps infinite) timelines pervading our social chatter. Embedded within this notion is a kind of positivist assumption: *This is it? Is this the best timeline available? Did we get penalized somewhere back along the way? Are you sure we didn’t take that left turn at Albuquerque?*

If this is—as I wrote in my moment of despair—us living in the worst possible timeline, then we can make “Restore the Timeline” a mantra, a motto, a call to action. What we do today is the foundational task for restoration of a better tomorrow. Read the full article.

How liberating that simple shift of consciousness becomes! Restoration can be as simple as it is profound. Everyone who has ever pruned a forgotten fruit tree to spur its growth understands the power of restoration.

a blessing for care-givers and care-receivers by Kate Bowler

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Sometimes bodies or minds come undone
and you are carried by a caregiver (often literally).
Whether you wanted this or not,
you have been given the great gift of a Witness Bearer
(or Med Tracker or Insurance Battler or More-Ice-Chips-Please Fetcher).

But other times,
you haven’t found a partner.
Or you never married. Or they left.
Or your person died.
Or you feel like a burden to ask for the help you need.

Bless you, you who are so worth caring for.
You are worth having your needs met.
You are worth shuttling to all of those appointments and having someone to complain to about another day of the same unresolved problem.
Your pain does not disqualify you from love.

And to the care-givers who continue to put another’s needs before your own.
Bless you.
We know this isn’t what you had imagined for your life either.
That sometimes you are so tired or lonely or burned out.
But you serve and support and show up, anyway.

You are worth having your needs met too.
But you often don’t. Because this is what the day requires.
This is what love requires.

Bless you all. All you care-givers and care-receivers.
You who do the hard work of love and hope-making.
May you receive the love you so freely give others and then a little extra (because too much love is never enough).

GVFM CONTACT INFORMATION:

2026- 2027 Committees and Officers
All committee members serve one-year terms except for Spirit and Witness (3-year term) and Nominating (2-year term). Names in bold are current committee clerks and conveners for the new term.

Stewardship: Mary Starr, (ex officio-Treasurer) Pat Phillips, Reed Hamilton, Dianne Marshall (ex-officio, Newsletter editor),Gordon Starr (ex-officio, Treasurer), Judy Hamilton and Kathy McCreery (ex-officio, Librarians), Hailey Wilson (ex-officio Tech Support).

Welcome: Peter O'Rourke (ex-officio, Website and Facebook coordinator), Kathy McCreery, Don McCormick, Judy Hamilton (ex-officio email coordinator), Nancy Anderson (ex-officio directory clerk) Gordon Bishop, Ros Bae, Nora Lisette-Runyan (ex officio -website)

Spirit and Witness: Clerk-vacancy, Reed Hamilton, 2025-2028, Dean Olson, 2024-2027, Pat Phillips, (2026-2029), Fosten Wilson (2026-2029), Gordon Starr (ex-officio, Clerk, GVFM).

First Day School: Judy Hamilton, Doug Hamm, Dean Olson, Reed Hamilton, Don McCormick, Cheryl Hendrickson. **Support**: Gordon Starr, Alan Stahler, Shera Banbury, Fifth Sunday reader: Anita McCormick
Offices:

Clerk: Gordon Starr (530-878-1237) gstarr121@aol.com

Recording Clerk: vacancy

Newsletter Editor: Dianne Marshall (530-263-0151) diannemarshall33@gmail.com

Newsletter Distributor: Pat Phillips ((530-913-1338) pephillips1949@gmail.com

Email Coordinator: Judy Hamilton (530-277-8818) judywestonhamilton@gmail.com

Treasurer: Mary Starr (530-878-1237) mstarr2133@aol.com

Tech Support: Hailey Wilson (530-265-6533) seahorseleaf@protonmail.com

Website/Facebook Coordinator: Peter O'Rourke (209-291-8211) peterorouke2001@yahoo.com

Librarians:, Judy Hamilton, Judy Hamilton (530-277-8818) judywestonhamilton@gmail.com, Kathy McCreery (530-265-6533)fwkm@protonmail.com

Co-Recorder/Archivist: Arly Helm (530-271-2229) arlyhelm@pacbell.net

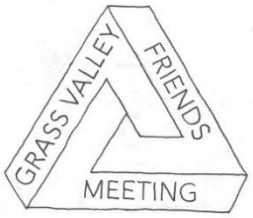
Directory Clerk: Nancy Anderson (530-364-8351) ntowhee@gmail.com

Mail Clerk: Dean Olson (530-270-9366) deanolson44@gmail.com

Representatives:

Please note: Most organizations no longer have representatives from GVFM. The following are exceptions:
Interfaith Nevada County: Dianne Marshall
Nisenan/Yulica: Contact Dorothy Henderson

Pacific Yearly Meeting: Keith Lisette-Runyan
College Park Quarterly Meeting: Volunteer needed!



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