

## Novena to Our Lady Undoer of Knots

### Day 1

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.

*O my God I am heartily sorry for having offended you. I detest all my sins because I dread the loss of Heaven and the pains of Hell. But most of all, because I offended you, oh my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.*

3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

#### **Meditation for Day 1**

Dearest Holy Mother, Most Holy Mary, you undo the knots that suffocate your children, extend your merciful hands to me. I entrust to You today this knot....and all the negative consequences that it provokes in my life. I give you this knot that torments me and makes me unhappy and so impedes me from uniting myself to You and Your Son Jesus, my Savior.

I run to You, Mary, Undoer of Knots because I trust you and I know that you never despise a sinning child who comes to ask you for help. I believe that you can undo this knot because Jesus grants you everything. I believe that you want to undo this knot because you are my Mother. I believe that You will do this because you love me with eternal love.

Thank you, Dear Mother.

Mary, Undoer of Knots, pray for me.

The one who seeks grace, finds it in Mary's hands.

#### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me

## Day 2

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 2**

Mary, Beloved Mother, channel of all grace, I return to You today my heart, recognizing that I am a sinner in need of your help. Many times I lose the graces you grant me because of my sins of egoism, pride, rancor and my lack of generosity and humility. I turn to You today, Mary, Undoer of knots, for You to ask your Son Jesus to grant me a pure, divested, humble and trusting heart. I will live today practicing these virtues and offering you this as a sign of my love for You. I entrust into Your hands this knot (...describe) which keeps me from reflecting the glory of God.

Mary, Undoer of Knots, pray for me.

Mary offered all the moments of her day to God.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

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Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me

## Day 3

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 3**

Meditating Mother, Queen of heaven, in whose hands the treasures of the King are found, turn your merciful eyes upon me today. I entrust into your holy hands this knot in my life...and all the rancor and resentment it has caused in me. I ask Your forgiveness, God the Father, for my sin. Help me now to forgive all the persons who consciously or unconsciously provoked this knot. Give me, also, the grace to forgive me for having provoked this knot. Only in this way can You undo it. Before You, dearest Mother, and in the name of Your Son Jesus, my Savior, who has suffered so many offenses, having been granted forgiveness, I now forgive these persons...and myself, forever. Thank you, Mary, Undoer of Knots for undoing the knot of rancor in my heart and the knot which I now present to you. Amen.

Mary, Undoer of Knots, pray for me.

Turn to Mary, you who desire grace.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

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Mary, Undoer of Knots, pray for me

## Day 4

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 4**

Dearest Holy Mother, you are generous with all who seek you, have mercy on me. I entrust into your hands this knot which robs the peace of my heart, paralyzes my soul and keeps me from going to my Lord and serving Him with my life. Undo this knot in my love...., O mother, and ask Jesus to heal my paralytic faith which gets down hearted with the stones on the road. Along with you, dearest Mother, may I see these stones as friends. Not murmuring against them anymore but giving endless thanks for them, may I smile trustingly in your power.

Mary, Undoer of Knots, pray for me.

Mary is the Sun and no one is deprived of her warmth.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

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Mary, Undoer of Knots, pray for me

## Day 5

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 5**

Mother, Undoer of Knots, generous and compassionate, I come to You today to once again entrust this knot...in my life to you and to ask the divine wisdom to undo, under the light of the Holy Spirit, this snarl of problems. No one ever saw you angry; to the contrary, your words were so charged with sweetness that the Holy Spirit was manifested on your lips. Take away from me the bitterness, anger and hatred which this knot has caused me. Give me, o dearest Mother, some of the sweetness and wisdom that is all silently reflected in your heart. And just as you were present at Pentecost, ask Jesus to send me a new presence of the Holy Spirit at this moment in my life. Holy Spirit, come upon me!

Mary, Undoer of Knots, pray for me.

Mary, with God, is powerful.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

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Mary, Undoer of Knots, pray for me

## Day 6

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 6**

Queen of Mercy, I entrust to you this knot in my life...and I ask you to give me a heart that is patient until you undo it. Teach me to persevere in the living word of Jesus, in the Eucharist, the Sacrament of Confession; stay with me and prepare my heart to celebrate with the angels the grace that will be granted to me. Amen! Alleluia!

Mary, Undoer of Knots, pray for me.

You are beautiful, Mary, and there is no stain of sin in You.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me

## Day 7

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 7**

Mother Most Pure, I come to You today to beg you to undo this knot in my life...and free me from the snares of Evil. God has granted you great power over all the demons. I renounce all of them today, every connection I have had with them and I proclaim Jesus as my one and only Lord and Savior. Mary, Undoer of Knots, crush the evil one's head and destroy the traps he has set for me by this knot. Thank you, dearest Mother. Most Precious Blood of Jesus, free me!

Mary, Undoer of Knots, pray for me.

You are the glory of Jerusalem, the joy of our people.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

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No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me

## Day 8

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 8**

Virgin Mother of God, overflowing with mercy, have mercy on your child and undo this knot...in my life. I need your visit to my life, like you visited Elizabeth. Bring me Jesus, bring me the Holy Spirit. Teach me to practice the virtues of courage, joyfulness, humility and faith, and, like Elizabeth, to be filled with the Holy Spirit. Make me joyfully rest on your bosom, Mary. I consecrate you as my mother, Queen and friend. I give you my heart and everything I have (my home and family, my material and spiritual goods.) I am yours forever. Put your heart in me so that I can do everything Jesus tells me.

Mary, Undoer of Knots, pray for me.

Let us go, therefore, full of trust, to the throne of grace.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

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O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me

## Day 9

1. Make the sign of the cross
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the first 3 decades of the Rosary.
4. Make the meditation of the day (to be posted each day)
5. Say the last 2 decades of the rosary
6. Finish with the Prayer to Our Lady the Undoer of Knots

### **Meditation for Day 9**

Most Holy Mary, our Advocate, Undoer of Knots, I come today to thank you for undoing this knot in my life...You know very well the suffering it has caused me. Thank you for coming, Mother, with your long fingers of mercy to dry the tears in my eyes; you receive me in your arms and make it possible for me to receive once again the divine grace.

Mary, Undoer of Knots, dearest Mother, I thank you for undoing the knots in my life. Wrap me in your mantle of love, keep me under your protection, enlighten me with your peace! Amen.

Mary, Undoer of Knots, pray for me.

### **PRAYER TO MARY, UNDOER OF KNOTS (Closing Prayer)**

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

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# How to recite the Holy Rosary

## 1. SAY THESE PRAYERS...

**IN THE NAME** of the Father, and of the Son, and of the Holy Spirit. Amen. (As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

**I BELIEVE IN GOD**, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**OUR FATHER**, Who art in Heaven, hallowed be 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.

**HAIL MARY**, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**GLORY BE** to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

**O MY JESUS**, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

**HAIL HOLY QUEEN**, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

**O GOD, WHOSE** only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

**ANNOUNCE** each mystery by saying something like, "The third Joyful Mystery is the Birth of Our Lord." This is required only when saying the Rosary in a group.

## 2. IN THIS ORDER...

### INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

### THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

### THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

### THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

### THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

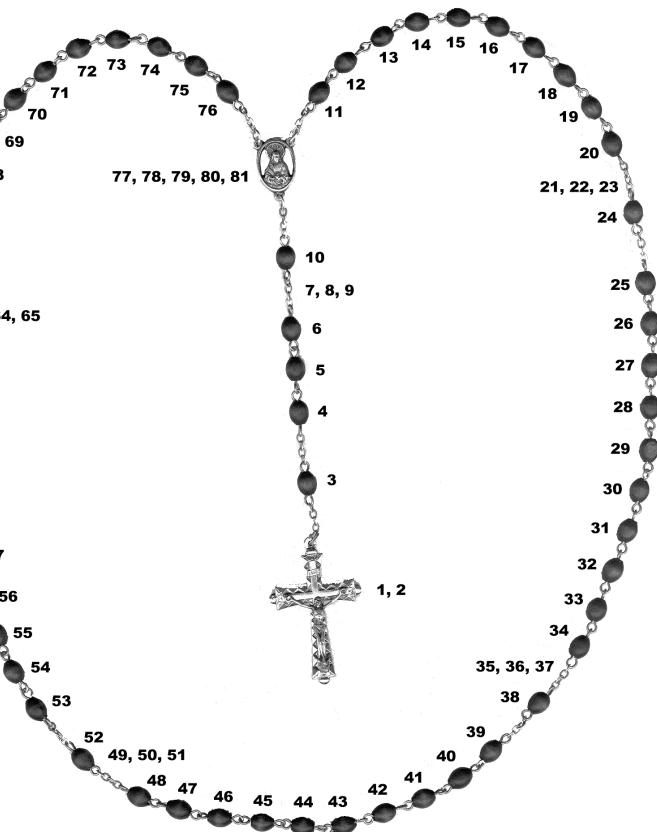
### THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

### CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

## 3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



## 4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

### On Monday and Saturday, meditate on the "Joyful Mysteries"

**First Decade (Steps 9-22):** The Annunciation of Gabriel to Mary (Luke 1:26-38)  
**Second Decade (Steps 23-36):** The Visitation of Mary to Elizabeth (Luke 1:39-56)  
**Third Decade (Steps 37-50):** The Birth of Our Lord (Luke 2:1-21)  
**Fourth Decade (Steps 51-64):** The Presentation of Our Lord (Luke 2:22-38)  
**Fifth Decade (Steps 65-78):** The Finding of Our Lord in the Temple (Luke 2:41-52)

### On Thursday, meditate on the "Luminous Mysteries"

**First Decade:** The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)  
**Second Decade:** The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)  
**Third Decade:** The Proclamation of the Kingdom of God (Mark 1:14-15)  
**Fourth Decade:** The Transfiguration of Our Lord (Matthew 17:1-8)  
**Fifth Decade:** The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

### On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

**First Decade:** The Agony of Our Lord in the Garden (Matthew 26:36-56)  
**Second Decade:** Our Lord is Scourged at the Pillar (Matthew 27:26)  
**Third Decade:** Our Lord is Crowned with Thorns (Matthew 27:27-31)  
**Fourth Decade:** Our Lord Carries the Cross to Calvary (Matthew 27:32)  
**Fifth Decade:** The Crucifixion of Our Lord (Matthew 27:33-56)

### On Wednesday and Sunday, meditate on the "Glorious Mysteries"

**First Decade:** The Glorious Resurrection of Our Lord (John 20:1-29)  
**Second Decade:** The Ascension of Our Lord (Luke 24:36-53)  
**Third Decade:** The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)  
**Fourth Decade:** The Assumption of Mary into Heaven  
**Fifth Decade:** The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

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