CORNERSTONE



"A growing community called to know Jesus Christ and make him known in the world by our presence."

Sunday Services

8:00 a.m. — Holy Communion Said service

9:15 a.m. — Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children's worship, crafts and games. Nursery care also available.

11:00 a.m. — Praise Music Holy Communion. Kids are invited to join the God Squad for children's worship, crafts and games. Nursery care also available.

Other Services

10:00 a.m Wednesday — Bible Study and Eucharist

2:00 p.m. Thursday — "Seniors' Afternoon Out" Service and Social

Inside this issue:

- Messages from Father John and Father Craig
- Christmas Boxes Due Nov 16
- Christmas Bazaar Nov 21-22
- E100 Challenge Nov 23
- God Squad Party Nov 30
- Letter from Shiraz
- Poppy Campaign
- Fasting Presentations

...and more!

December edition deadline: Tuesday, December 2, 2014

Please send submissions to: cornerstone@stpaulshk.org



A message from Father John Next steps

I believe that we as a community were blessed with the celebrations of our tenth anniversary in the building and 140

years as a community. It was good to come together and rejoice in the blessings of God and to remember the faithfulness of the parish as a whole. But now that the party is over, what are our next steps? Sometimes we want to relax and enjoy the achievements of the past and rest awhile. However, for the past two years we have been asking the question: What is the next direction that God is calling St. Paul's to minister to?

We have had a number of Town Hall meetings. We have identified a number of areas that we believe God is calling us to address. We have just finished a community consultation that asked a diverse representation of our community to define areas of need in our community. We are working at gathering and presenting all of these ideas into a report.

We hope that all the work we have done will help to

shape and define our next projects in the community. Throughout our history we have heard the call of Jesus and tried to be faithful in responding. I believe that we are once again ready to look to our role in God's plan and say "yes."

I ask each one of you to pray and help us discern where we should put our time and resources to address the needs of our local world. I believe that God put St. Paul's here to serve the world He loves. Together we can help and make a difference in the lives of people in Kanata.

In our family and our community we have to continually ask God if we are moving in the right direction. May God continue to bless our actions, and empower our ministry.

Kr. John

Peace,



From the desk of Father Craig

What is written on your heart?

This past week we read from the Gospel of Matthew 22:34-46.

Here is a section of the text:

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."

The Shema, Hear, O Israel, is one of the first prayers, other than the Lord's Prayer, that was "written on my

heart." It is so simple, so beautiful, so powerful if applied!

It is an effective prayer in that it teaches the person praying and listening about the cornerstones of hope, instead of rule, demand, and consequence. It teaches that love is the fulfilling of the law. This is Jesus' last confrontation with the powers of this world, before death, burial and resurrection. In fact, Jesus will live out the Shema in His bearing of the sins of the world on the cross and then His bringing of new life in resurrection.

That is why we believe that becoming a Christian is an act of supreme sacrificial love and choice - love for God and love for your fellow human being. Not just your fellow Christian, your fellow human being. That

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is why we respond when the Yazidis are being persecuted and no one else seems to wish to respond.

We are to care when there is no gain for us. Particularly, if there is nothing in it for us. We do it because all need a vision of the messiah, the son of David, a champion for their cause, because they are a fellow human being.

And we do it because our champion was not just the messiah, the Son of David, but also David's Lord, hence the Son of God. Son of Man and Son of God. And this is good news for me, because I don't always live up to being both a strong defender of the weak and marginalized, and one who doesn't lash out

in anger and with selfish motives.

But our God came in human likeness, not to condemn the world, not to condemn you and me, but that the world might be saved through him, that you and me might be saved through him. That sounds like something the world still needs to hear. That sounds like something that begins in prayer and needs to be lived out in faith! Pray for me and know that I will be praying the Shema for you.

In peace, Fr. Craig+

CHRISTmas bazaar

November 21-22. Come, and bring a friend!

Friday Nov 21, 4 p.m. - 8 p.m.

Don't forget the **CHILI SUPPER** made by our men, served Friday from 5 p.m. to 7 p.m. A child's meal of hot dog, dessert & a drink will be available.

Saturday Nov 22, 10 a.m. - 2 p.m.

LUNCH on Saturday will be available from 11:30 a.m. to 2:00 p.m. – soup, sandwich, dessert & coffee/tea. A child's meal of hot dog, dessert & a drink will be available.

Lots of help is needed to make this event a success. Please be generous with your time and look for the sign-up sheets in the Narthex following Sunday services.

Orders are being taken for meat pies. Check with Minx or Lise Mather to see if the limit has been reached. Orders are also being taken for frozen soups. Check with Danielle McKenzie or Gloria Bradley for details.

Donations of good used toys (with all the parts), used jewellery, books (no magazines), gently used items for the White Elephant table such as glassware, crystal, dishes etc., home baking, knitting, crocheting, crafts of all kinds, jams, jellies & preserves will be much appre-

ciated. Used cloth or plastic grocery bags would also be appreciated.

Donations may be brought in from Sunday, Nov 16 to Thurs, Nov 20 at 8 p.m. Home Baking will be accepted on Friday, November 21.

Be sure to look for the Quilt Draw and draws for a variety of Gift Baskets.

This year we will feature, on our lower level, many products from home businesses, such as jewellery, soap and beauty products.

Your children will enjoy shopping in the Kids Only Room, where they will be helped to choose and wrap gifts for their family members.

Questions? Contact Minx at 613-253-8632 or minxmulhall@hotmail.com for more information.



The E100 Challenge is coming — are you ready?

50 weeks, 100 essential passages from the Bible

by Alison Stortz

Do you have a favourite Bible verse?

My favourite verse is from Psalm 119: "Your word is a lamp unto my feet, and a light unto my path." Even as I type those words, I hear them to the tune of Amy Grant's lovely song about finding direction in those times when we feel lost. Whenever I read a passage in the Bible, I am amazed at how clearly words written centuries ago to people who lived in another culture and on another continent can speak directly into the present, into my personal life here, today.

Having said that, I have a confession to make. I don't sit down to read the Bible very often. I know I should. I want to. And yet, I do not have a daily schedule of Bible reading time. I could make all the usual excuses, but in the end there aren't any acceptable reasons for not doing it. I'm just not. Is it possible to be a Bible lover and terrible Bible reader?

I read the Bible willingly, whenever I am told to. I enjoy attending Bible studies and considering specific passages in the company of others, though again I must confess that I am not as faithful at attending these studies as I should be. For a while, when I had a job that kept me in one place for a significant portion of each day, I received a daily email with passages from the Old Testament, Proverbs or Psalms, and the New Testament, and I read through most, if not all, of the Bible that way. I wanted to read the Bible, but needed that email "ping" each day to get me going.

When I pick up the Bible of my own volition, it is usually because I am looking for something: "What does the Bible say about _____?" At those times, I end up reading large sections of the text, following the references from one passage to another, like a bunny hopping along a forest trail. These forays into the Bible are always a blessing, but not what anyone could call regular Bible reading.

When I first heard about E100, I was excited because I thought it was an opportunity to attend a Bible study, a group session which would no doubt require some form of preparation, which would probably in-

volve reading the Bible. Sign me up for that! © It took me a while to get my head around the idea that this is a group effort that doesn't require being in a group. I'm sure Elizabeth is still shaking her head over my feeble attempts to turn this unique program into the kind of Bible study with which I'm familiar (comfortable?).

The E100 program provides a list of passages – 50 from the Old Testament and 50 from the New Testament – to be read over the course of 50 weeks. Though there will be some opportunities for group discussion, this is largely an individual activity. For those of you who are regular Bible readers, participating in E100 may seem like a no-brainer. For me, this will be a challenge. I am grateful for the "ping" that the E100 reading schedule will provide for me, and for the knowledge that others will be doing the challenge with me, whether we meet as a group or not.

However, the real challenge of E100 is not to participate, or even to complete the reading program. The real challenge comes from the other direction – from God's word. Whenever we seek a deeper relationship with God, He meets us wherever we are, and through His love we are challenged, and changed. I am excited, and maybe a little nervous, about this upcoming and ongoing challenge – regular engagement with the word of God, which teaches, encourages, admonishes, challenges, and brings us closer to Jesus, who is the Word, the "light unto my path."

CHALLENGE BEGINS NOVEMBER 23, 2014



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is having a surprise birthday party!

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November 30 in Rutter Hall at 9:15 and 11 services.





If you are between 5 and 12 come and help us celebrate the beginning of Advent!

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WHAT IS E100?

- A bible reading program for the whole congregation
- 100 essential passages from the bible (50 from the Old Testament, 50 from the New Testament)

WHAT IS THE CHALLENGE?

- To get everyone to participate
- To read the passages in 50 weeks (1 Old Testament and 1 New Testament per week)

WHY READ THE BIBLE?

- Psalm 119:105 Your Word is a lamp to my feet and a light for my path.
- Matthew 4:4 We do not live on bread alone, but on every Word that comes from the mouth of God.
- 2 Timothy 3:16 All scripture is God-breathed and useful for teaching, rebuking, correcting and training in righteousness, so that the person of God may be thoroughly equipped for every good work.

WHY READ THE BIBLE AS A COMMUNITY?

- To increase fellowship and strengthen community
- God's Word transforms lives; God's Word transforms churches

WHO SHOULD TAKE THE CHALLENGE? ALL CHRISTIANS!

 Individuals, families, couples, friends, existing groups, new groups, new Christians, long-time Christians, people who love to read the bible (and especially those who don't)

WHEN SHOULD WE DO IT?

- Read the passages whenever works for you
- Opportunities for group discussion will be available during Advent and at other times throughout the challenge

HOW DO I TAKE PART?

• Sign up at the back of the church

WHAT DO I NEED?

- Anv Bible
- also available: Reading Plan \$1.00 (to let you know what to read), and Reflection Guide \$10.95 (With devotional material). Note: Group purchases will be co-ordinated through the sign-up sheet to allow for these discounted rates.

Operation Christmas Child

Boxes due back November 16, 2014

History: Operation Christmas Child was started in 1990. In 1993, Operation Christmas Child grew and was adopted by Samaritan's Purse, a Christian organization run by Franklin Graham. To date, Operation Christmas Child has collected and distributed over 100 million shoebox gifts worldwide. In 2013, Canadians donated more than 664,000 Operation Christmas Child shoeboxes for hurting children around the world.

I will be organizing the Operation Christmas Child Shoe Boxes again this year at St. Paul's. The boxes will be available for pick up starting on October 12, 2014, and need to be returned to St. Paul's in the hallway by November 16, 2014.

In 2013, St. Paul's donated 130 gift-filled shoe boxes. Thank you for your generosity.

How to fill your shoebox:

- Fill your shoebox with a well-balanced variety of items from the following categories:
- **School Supplies** Items such as pencils, pens, pencil crayons, note pads, and picture books
- Toys & Other Gifts Items such as stuffed animals, small musical instruments, hair clips, toy jewelry, t-shirts, socks, and candy (loose, individually wrapped hard candy in a sealable bag)

- **Hygiene Items** Please place soap in a sealable bag
- **Personal Note** Include a personal note and/or a photo in your shoebox (not inside the donation envelope)

DO NOT INCLUDE:

- Toothpaste (due to customs regulations)
- Food and any chewy, crumbly, or soft candy: Including gum (due to customs regulations)
- **Used items** (due to customs regulations)
- Playing cards (other card games such as UNO are allowed)
- Liquids or items that could leak, melt, freeze, or break Shampoo, creams, lip balm, bath gels, mirrors, or glass, etc. (these can damage other items in the shoe box).
- Items that can scare or harm a child War-related toys, knives, and toy guns, etc.

If you would like further information, please feel free to contact me at jenniferfrigon@gmail.com or go to: http://www.samaritanspurse.ca/operation-christmas-child/

Thank you, Jennifer Frigon

Gift Card Program

The gift that keeps on giving

When you participate in the Grocery Gift Card Program, you get to spend every cent of your money on groceries and the store gives a portion of the money spent to St. Paul's, by means of a discount.

Smart card technology allows you to purchase a card for \$100. You get the full \$100 to spend at the store. Each time you shop, the amount of your purchase is deducted, leaving the unused balance on the card for next time.

Looking for that perfect gift for the person who has everything? How about a free shopping trip for

goodies that they may not normally buy for themselves?

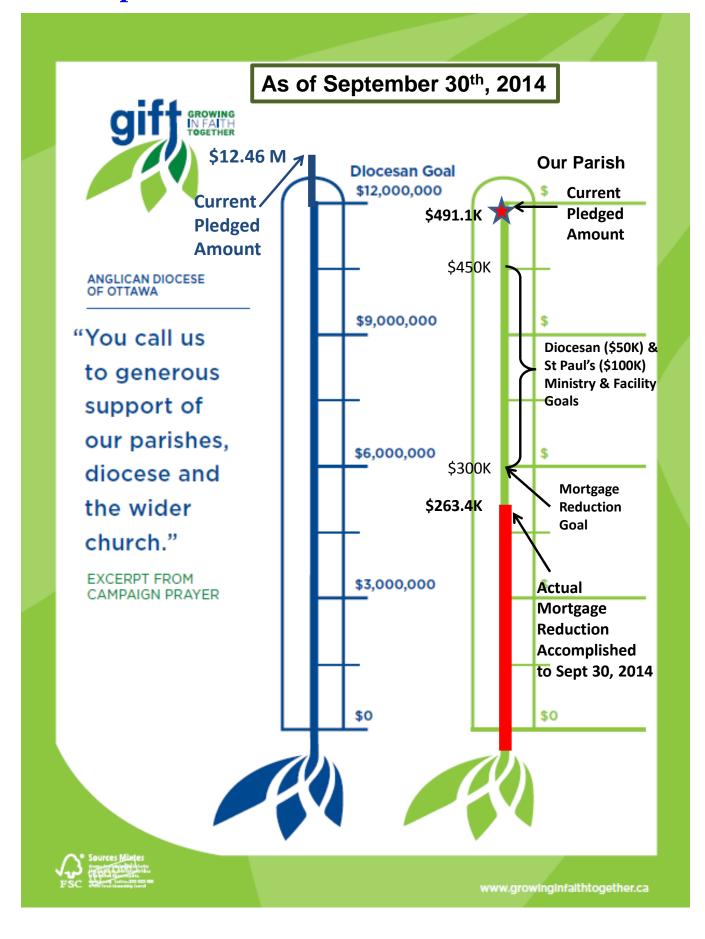


A Grocery Gift Card tucked into a mug, a flower arrangement, or gift basket makes a thoughtful Christmas gift, and St. Paul's receives a gift as well.

Gift Cards are available for purchase in the hall after each service. We accept cash, cheques or debit card.

Questions? Please call Darell at 613-831-7580.

GIFT update



A letter from a furry friend

Feast of St. Francis at St. Paul's

by Shiraz

This is me driving my good friend and neighbour, Marion, to a "blessing" service today. It was a misty day, but I was dressed for the weather!



We were the first to arrive and I was so excited about this new adventure that I jumped out of the car and very quickly lost one of my rain boots! I was so startled by this and the two men in black and white robes that I barked! Now, I rarely find my voice to bark. Marion introduced me and said, "do not be afraid, I am with you and these are my friends." I immediately felt calm. Then Marion wanted me to pose with the men in black robes for a photo. I was charmed to do this. Though the man on the other end of my leash looks disinterested, I know he liked me. He was just busy having a priestly talk with his friend.

Thank goodness all sorts of other dogs and furry things called cats arrived and the pace really picked up. Woof, what a morning! I met some new friends. There were three cats and a pack of dogs (large and small and all very friendly). Some of my new friends came all the way from the Billings Bridge area. I hope it happens again next year so others will want to come. This sure is a friendly place!



I must tell you, I am feeling very blessed to have had such a day as this, but was I ever happy to jump out of my rain gear!

Shiraz

Trauma workshop, Nov 3 St. Stephen's, 930 Watson St

St. Stephen's Women's Fellowship is hosting Sylvio (Syd) Gravel as guest speaker on Monday, November 3, starting at 7:30 p.m.

Syd will be talking about "Family Support When Trauma Happens in Work Environments." The topic is based on experience in the policing world, but the lessons learned and shared transcend policing in anyone's potential experience or need. Syd is the author of the book How to Survive PTSD and Build Peer Support. His book will be available at a special price for the event at \$23.75 plus GST (cash only).

St. Stephen's is at 930 Watson Street, Ottawa (just west of Pinecrest between the Queensway and Richmond Road). This event is open to anyone who would like to attend.

For further information on Syd visit: http://www.56secondsbook.com/about-syd/
For directions to St. Stephens visit: http://www.ststephensottawa.org/map.htm

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Dave Chisholm on behalf of St. Stephen's Women's Fellowship

Don Hutchinson, Nov 7 St. Timothy's, 2400 Alta Vista Dr

Good News Christian Ministries invites you to attend a special evening of praise and enlightenment on Friday, November 7, starting at 7:00 p.m. at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive, Ottawa.

We will open in praise to Our Lord with the fine worship band from Peace Tower church. Then, **to** our keynote speaker, Don Hutchinson, speaking on "The Importance of Religion in Politics." Reception and refreshments to follow. A goodwill

offering to support this Christian radio ministry will be received.

Tony Copple Chair and webmaster Good News Christian Ministries



Poppy Campaign begins

Please wear a poppy

The annual Poppy and Remembrance Campaign begins on Friday, October 31. As usual, you will see veterans and members of the Royal Canadian Legion manning tables and seeking your donations for the Poppy Trust Fund.

When you wear a poppy you are wearing the symbol of Remembrance, thus acknowledging the countless thousands who gave the ultimate sacrifice for freedom.



Your poppy donation goes into a special trust fund and these monies are used to help veterans, their families, seniors and youth in the community.

Last year, the Kanata Branch 638 Royal Canadian Legion was able, thanks to you, to put back over \$80,000 into the community.

Please wear a poppy.

Moira Green Poppy and Remembrance Chair 2014



In Flanders Fields

By Lieutenant Colonel John McCrae

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place: and in the sky The larks still bravely singing fly Scarce heard amid the guns below.

We are the dead: Short days ago, We lived, felt dawn, saw sunset glow, Loved and were loved: and now we lie In Flanders fields!

Take up our quarrel with the foe To you, from failing hands, we throw The torch: be yours to hold it high If ye break faith with us who die, We shall not sleep, though poppies grow In Flanders fields.

Composed at the battlefront on May 3, 1915 during the second battle of Ypres, Belgium

On May 2, 1915, John McCrae's close friend and former student Alexis Helmer was killed by a German shell. That evening, in the absence of a Chaplain, John McCrae recited from memory a few passages from the Church of England's "Order of the Burial of the Dead". For security reasons Helmer's burial in Essex Farm Cemetery was performed in complete darkness.

The next day, May 3, 1915, Sergeant-Major Cyril Allinson was delivering mail. McCrae was sitting at the back of an ambulance parked near the dressing station beside the YserCanal, just a few hundred yards north of Ypres, Belgium. As John McCrae was writing his In Flanders Fields poem, Allinson silently watched and later recalled, "His face was very tired but calm as he wrote. He looked around from time to time, his eyes straying to Helmer's grave."

Within moments, John McCrae had completed the "In Flanders Fields" poem and when he was done, without a word, McCrae took his mail and handed the poem to Allinson. Allinson was deeply moved: "The (Flanders Fields) poem was an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."

http://www.flandersfieldsmusic.com/thepoem.html

Fasting — An educational event

By Lewis Kruger

This past summer, St. Paul's received an invitation from Dr. Edip Yavuz Zevbek, Chairman of the Intercultural Dialogue Institute (IDI), a Turkish Muslim association located in Kanata. The invitation was to join IDI for their Iftar, the breaking of fast during Ramadan. Father John announced this invitation during Sunday services and on July 23 a group of ten St. Paul's parishioners participated in the Iftar at IDI's facilities on 335 Michael Cowpland Drive. For us, the highlight of the evening was a presentation on Fasting given for our benefit by one of IDI's members, a student named Zehra Sasal. The presentation was so good we invited Zehra to come to St. Paul's and make the same presentation; an invitation that Zehra immediately accepted.

This follow-up educational event on Fasting took place at St. Paul's on October 2. The program was expanded to include not only Zehra presenting "Fasting in the Muslim Tradition," but also Father Craig presenting "Fasting in the Anglican – Christian Tradition." Time was allocated for question and answer after each presentation, as well as fellowship time with light refreshments in Rutter Hall after the event. An enthusiastic crowd of over 60 people attended the event that included about 20 family and friends of Zehra from IDI, and over 40 parishioners from St. Paul's and surrounding parishes.

Father John opened the proceedings with prayer and a warm welcome to everyone in attendance.





Zehra's presentation on Fasting in the Muslim tradition was supported by PowerPoint that broke the subject into three sections: (1) "Fasting as a Ritual in Islam," (2) "Why Fasting?" and (3) "Personal and Social Impacts of Fasting."

In the first section Zehra defined fasting, identified the articles of Faith that established the practice, and noted that people are expected to live by a higher moral standard during the fast. Fasting, she stated, was to follow God's command to fast. In addition Zehra touched on some of the rules and regulations; who can and cannot fast, timeframe, limitations on fasting, and the intent to purify the body and soul from external elements. She also noted it is mandatory for all Muslims to fast within the rules and regulations.

In the second section, "Why Fast?" Zehra covered hunger and self discipline. She explained it was to help us focus on God the source of all goodness and re-establish sincerity in thanks to God.

The third section, "Personal and Social Impacts of Fasting," touched on how our ego at times prevented us from knowing that we always need God. In addition, the energy needed to eat can now be redirected

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to other activities such as prayer. Fasting reminds us of the poor in our midst, with Iftar being a good time for children and the opportunity to connect with neighbours (as food has no religion). Follow up questions included clothing, clarification on prayer, and the reorientation of one's life and activities during the fast.

The content and material were excellent, but what made the presentation even better was Zehra's delivery; as she included comments from her personal experience, and always with humour.

Father Craig's presentation on "Fasting in the Anglican-Christian Tradition" was scripturally based. Similar to Zehra's it was broken into three sections: (1)Old Testament, (2) New Testament, and (3) current times. References to fasting in the Old Testament were identified and Father Craig elaborated on the meaning of those occurrences. Moving into the New Testament, Father Craig spoke of fasting during key times in Jesus ministry, and after resurrection the Apostles fasted at pivotal times in the development of the church. Fasting in Paul's letters was also identified and discussed.

Quoting the "Fathers of the Church" Father Craig followed the practice of fasting over the centuries bringing the practice into the current times and liturgy. Identifying its prominent place at the beginning of Lent, Father Craig respectfully noted one of the differences between Islam and Anglicanism is that Muslims are required to fast whereas Anglicans are "invited" to fast; the Ash Wednesday invitation flowing from Jesus' own words found in Matthew in the "Sermon on the Mount." Expanding this theme, Father Craig added that Christians, in celebrating the Eucharist in our paschal celebrations and each Sunday, are also celebrating the ending of the great Lenten fast.

Within the Anglican tradition, Father Craig added, fasting is an individual spiritual discipline that is often practiced in community for community. An example he gave was Lent 2012, when St. Paul's people fasted and monies raised went towards the purchase of water filtration units to provide water for those in need.

Spanning the entire history of our faith, Father Craig's presentation was impressive because it was totally engaging, clear, concise, and dotted with Father Craig's customary humour and anecdote. One of the follow-

up questions was "How would a beginner go about starting to fast?" which Father Craig answered, but gave the final suggestion, "Speak to your priest."

Father Craig finished in a prayer of thanksgiving and we all retired to the hall for a time of fellowship. It was a joy to see members of IDI and St. Paul's parishioners in easy conversation that included not only the recent presentations but also design features of our new church (having just celebrated our 10 year anniversary) and the differences in kitchen layout between IDI's kitchen and St. Paul's.

Two excellent presentations by two excellent speakers; everybody agreed they were looking forward to the next educational event between IDI and St. Paul's.

Lewis Kruger





Colourful words about art

Submitted by April Forsberg

What would we do without colour in our world? Colourful skies, colourful paper, colourful pictures, colourful language....the list goes on. If you've never had the urge to splash colour onto canvas, and see where it takes your imagination – you're in for an experience few can match. Just to get the imagination simmering, read what some famous people have had to say about the World of Art.

Painting: The art of protecting flat surfaces from the weather and exposing them to the critic.

- Ambrose Bierce in "The Devil's Dictionary

Every artist dips his brush in his own soul, and paints his own nature into his pictures.

- George Tooker, visual artist

A painting in a museum hears more ridiculous opinions than anything in the world.

- Edmond de Goncour, French writer & art critic

Painting is just another way of keeping a diary.

- Pablo Picasso

Each painting has its own way of evolving; when the painting is finished, the subject reveals itself.

- William Baziotes, American surrealist

It's not your painting anymore. It stopped being your painting the moment that you finished it.

- Jeff Melvoin, Northern Exposure

(Abstract art is) a product of the untalented, sold by the unprincipled, to the utterly bewildered.

- Al Capp, creator of L'il Abner

Art is a collaboration between God and the artist, and the less the artist does, the better.

- Andre Gide, Nobel literary prize winner, 1947

Art is what you can get away with.

- Andy Warhol

On the lighter side...



Cartoon by Cuyler Black, found on lifeposters.org

Simply send your ad to: cornerstone@stpaulshk.org

St. Paul's Agora

Do you have something you would like to sell, trade, or give awav?

There may be someone in our parish looking for that very thing!

FREE

Lazy-Boy Type Reclining Easy Chair.

Ikea Sectional Chesterfield in 3 Pieces, leather surfaced.

Vera and Bob Near 613-599-1953





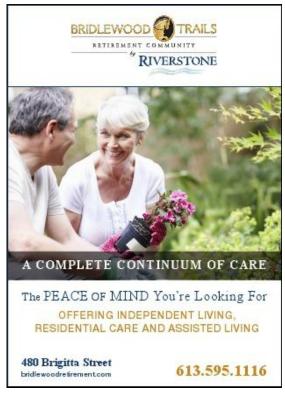












If you are paying more than \$25.00/month for a home telephone You are probably paying to much!

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David Gilbert

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