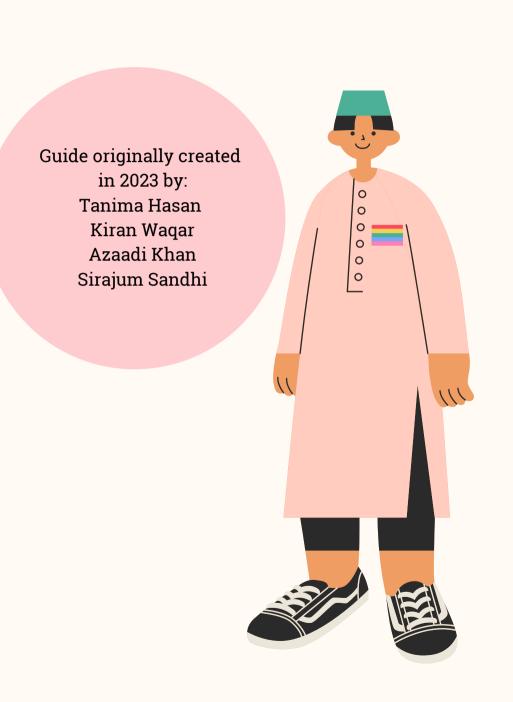


Co-created by:
Jerin Arifa
Mehreen Khan
Zain Islam-Hashmi
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Joey Uy

Designed by: Kiran Waqar (HEART)



Program

6:00 p.m. Doors Open

6:30 p.m. Program Starts

6:58 p.m. Networking

7:13 p.m. Azaan/Call to Prayer

7:16 p.m. Prayer* *led by Shifa (they/them)

7:16 p.m. Dinner Starts

8:30 p.m. Performances Start

9:00 p.m. Program Concludes

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Your Safety is Important to Us

We understand that religious spaces can be triggering and difficult for some. Below are some offerings to take care of yourself:



Photographs will be taken at the event, but you do not have to be photographed if you do not want to be. Photographers will primarily take photos of performers and speakers. To ensure that you are not photographed, please be seated at the "no-photography" zones. Additionally, volunteers will provide you with a watermelon sticker that will indicate to photographed.

Your Safety is Important to Us



Hotline options*

NYC Anti-Violence Project

24 hours in English/Spanish 212-714-1141

NYC 988 (formerly NYC Well)

24 hours Call or text 988

Sakhi: For South Asians,

Monday-Saturday, 10 am-10 pm ET

Call: 212-868-6741 Text: 305-204-1809

*Check out page 34 for more resources.



Your Safety is Important to Us

Note on safety from The Lesbian, Gay, Bisexual, & Transgender Community Center:

The Lesbian, Gay, Bisexual, & Transgender Community Center is committed to maintaining a safe space for LGBTQ+ people to convene, celebrate, heal, and be with one another. Ensuring the security of our building, and our programs, is of critical importance to us.

For tonight, we will maintain our standard security operating procedures, with attention paid to any threats we may receive relating to tonight's Iftar dinner celebration.

If any community member feels unsafe, please connect with our Information & Referral (I&R) team at our information desk in the lobby. Our team is trained to de-escalate and employ other community safety tools.



There Is No One Way Of Being Muslim

We're doing this event to acknowledge the hardship of accessing spirituality due to homophobia and transphobia that exists in our community, by doing this we are reaffirming that we are part of the community and our spiritual practice is valid.

Ramadan is a beautiful time for spiritual replenishment, community building, and deepening our commitment to each other, ourselves, and Allah. It can also be an extremely difficult time. For some Ramadan can be isolating as well as physically, emotionally, and spiritually difficult. We are here to say, we see you. To those of you who have your biscoff cake recipes, taraweeh outfits, and Ramadan-themed decorations prepped & ready to go, we see you.



There Is No One Way Of Being Muslim

To those of you who are practicing Ramadan for the first time, we see you. To those of you who only fast part of Ramadan, whether it be mental, physical, or emotional reasons, we see you. To those of you who are survivors and for whom religious spaces aren't safe, we see you. To those of you navigating course accomodations, university admin, and toxic MSAs (Muslim Student Associations), we see you. To those of you who are care-taking for others while practicing Ramadan, we see you.



There Is No One Way Of Being Muslim

There is no one way of being Muslim and there is no one way of practicing Islam. We are diverse in the ways we practice, how we look, and how we move through the world. Single actions, sexual orientation, or identities don't determine if one is Muslim or not. It is more about your relationship with Allah and your faith than anything else.*





^{*}Language coming from HEART To Grow

"Beware of the supplication of the oppressed, for there is no veil between it and Allah" Sahīh al-Bukhārī



This Ramadan is **not business as usual**. We are bearing witness to genocides around the world, from Palestine to Myanmar and too many other nations. This <u>Al Jazeera article</u> mentions a few places—including the United States—where Muslims are being persecuted due to Islamophobia and colonial settler violence. When discussing the pandemic of Muslim eradication, we cannot exclude tyrannical regimes like Saudi Arabia that commit Muslim-on-Muslim atrocities within their own borders

al-Du'a al-Nasiri

Du'a of the Oppressed

We uplift this powerful, once-banned du'a that was originally a response to French occupation in Morocco.







بسم الله الرحمن الرحيم

In the name of Allah, the Most Gracious, the Most Merciful

(From: HEARTtogrow)

O You, whose Mercy is a refuge for all those In dire need who flee to You to lose their woes,

O Master of Reprieve, whose pardon is so near, You are enough for us, both humbled and so meek

The kings all bow like us to Your great sovereignty, You choose whom to abase or raise decisively

Calamities we face are only stopped by You It's in Your Hands, they are dissolved within Your View

For solace in these states, we turn to You alone, Complaining that we cannot make it on our own.

Be merciful with us—You know our frailty.
O You whose mercy falls like rain unceasingly,

Please look upon us now in all our misery, Our state as souls oppressed displayed so openly:





Our numbers are reduced, our former wealth effaced, Our once exalted rank and high repute based;

They think us without strength, and deem us without power,

Our numbers in their eyes seem easy to devour.

O You whose mighty kingdom never becomes less, We hope to take asylum in divine largesse;

Haven of the helpless, upon You we depend; Helper of the hapless, we trust in Your godsend!

You are the one we call: relieve our heavy loads, Repel our life's travails, abolish what corrodes!

Your protection only, Your providence that's true, The door is Yours alone that everything comes through.

You are the Only One whose bounteous door we seek, Most Generous of givers, O Lord, You are unique.

You bring us to the path should we all go astray And overlook our slips when we lose our way;

All created things You hold in Your embrace, With mercy and with light, the compass of Your grace.

Nothing in existence is able to compare With just how base we are in mortality's affair.



O Infinite in Beauty, whose endless good befalls The creatures You have made, so answer all our calls!

You alone save drowning souls, so gracious with our states,

Rescuing the doomed, relieving our dire straits: Constriction is increasing, there is no cure in sight, So hasten to our needs, respond to set them right!

Our hands are raised to You, our palms are open wide: We seek sincerely endless grace You do provide.

Be gentle with our souls in all You have decreed, Bestow on us what pleases You in what we need.

Replace our state of hardship with Your gentle ease, And guide us with Your power's prevailing breeze,

And place our status over those who took our lands, Constrain their evil now, and tightly bind their hands;

Overcome our foes with Your subduing might, Unravel all their hopes, and force them to take flight;

Deter their evil aims, and dash thei<mark>r unjust plan;</mark> Repel them from our gates, and mystify each man.

Be swift in justice, Lord, in this our anxious hour, For they cannot remove an atom of Your power.



O Lord, by holding on to Your most gracious rope, We bind it to our faith, and knot it to our hope.

So stand for us today, don't counter what we try, Forsake us not, O Lord, the blinking of an eye.

We're powerless to stop this onslaught of their force, Or strategize to benefit our country's course.

We seek no good except what flows from Your wide door And yearn for grace that comes from Your unending more.

All thoughts within our hearts will find serenity Through Allah who fashions all by only saying: "Be!"

O Lord, by You alone, we will achieve our end, By You, through You, Your means to You—our only Friend.

Sustainer of us all, O towering Support, Our Lord who grants us all defense within His fort,

Secure our hearts within Your glorious defense, In restless journeys far or in our residence;

Protect our herds, preserve our crops, increase our gains, And give and bless our commerce with approving rains;







Fill our land with good prosperity, Release our citizens from dire poverty;

Establish righteous rule while granting noble station, With high respect and dignity in every nation;

Hide its natural strength in guarded secret trust, And Veil its protection in a graceful, gracious mist.

By the sacred sounds of 'sad' and 'qaf,' and holy 'nun,' A thousand veils enfolding to protect our land from ruin,

By the rank of all the light from this Your Noble Face And sacred estimation of Your vast dominion's space,

By the elevated rank of "There is no god but Allah"
And Your beloved chosen one (Peace Be Upon Him:
PBUH)* who lived in purity, awed,

By the rank of every prophet, who ever called on You, By the rank of every saint, who ever sought from You,

By the rank of humanity's blessed Pole and Pillars too, All solitary saints and inspired words from You,







By the rank of those select and pious overseers, Chosen spiritual substitutes for those departing here,

By the rank of faithful devotees who live in dignity, Who praise their God in gratitude for His decree,

By the rank of everyone You raise to noble heights, Among those You conceal or those You bring to light,

By the rank of every sign in Your Book's revelation And the greatest name concealed in veiled occultation,

Lord, we stand before You now, bereft without You, lost, Without design or strategy, by every tempest tossed;

We call on You with prayers of those who are infused With knowledge that their Lord is One who won't refuse;

Accept this prayer, O Lord: with nothing but Your grace, Remove all just deserts and show us Mercy's face;

Reveal to us Your gifts, bestow on us Your favor With kindness that befits a gentle, clement Savior;

Envelop us, O Lord, within Your mercy's sea, And rain on us Your grace that falls abundantly;

From all our words and deeds, choose those that remain The highest and the best, so heaven is our gain;



O Plenitude, fill our lives and hearts with pure devotion, In perfect harmony with Your Prophet's (PBUH) generous ocean,

And bring to focus all our aims into a single goal: Complete and blissful knowledge of You within our soul!

Always lead us, Lord, to what is right and true, The path real martyrs take and those who gaze on You;

Raise our children up as brave and pious scholars Who base their days on Your sweet light as true exemplars;

> And unify the hearts of family and of friends, Facilitate for us in making our amends;

O Lord, bestow a clear decisive victory
On all who aid this way and restore its dignity;

Possessor of great might, aid him and those who serve, And fill their hearts with aspirations they deserve;

Aid us in the light of this Muhammad's way (PBUH), And make its glorious end as bright as its first day;





Protect it through the works of its faithful and true scholars And elevate its lights to its rightful radiant colors;

Pardon and forgive us, and keep us safe from ill, And all submitted ones who seek to know Your will;

Bestow Your lordly solace on the perfect Chosen One (PBUH), Your platitudinous grace upon his dazzling sun;

Bestow on him a peace that befits his holy stature In accordance with the pure nobility of his nature,

And on his noble family down the ages, everyone, Companions, followers, every daughter, every son.

Praise belongs to Allah alone, with a praise so direct All praising seekers find their goal among the elect.

Ameen.





Shorter Du'as for Justice

Al-Hakam

is Allah's name for "the One Who always delivers justice, in every situation, to everyone." You can simply chant "Ya-Hakam" to seek justice. You can also substitute the name Allah with Ya Hakam while making du'a. For example, "Ya Hakam, please ..."



Lā hawla walā quwwata illā billāh
There is no power nor might except with Allah.

List of 99 Names of Allah and Their meanings: 99namesofallah.name

Prayer 101: Prayer Times

Shia Times*

	Suhoor	Iftar
March 27	5:21 AM	7:27 PM
March 28	5:19 AM	7:28 PM
March 29	5:17 AM	7:29 PM
March 30	5:16 AM	7:30 PM
March 31	5:14 AM	7:31 PM
April 1	5:12 AM	7:32 PM
April 2	5:10 AM	7:33 PM
April 3	5:08 AM	7:34 PM
April 4	5:07 AM	7:35 PM
April 5	5:05 AM	7:36 PM

April 9th is the last day of Ramadan. We listed times until April 5th to conserve space.

*Source: HamariWeb.com

Prayer 101: Prayer Times

Sunni Times*

	Suhoor	Iftar
March 27	5:29 AM	7:17 PM
March 28	5:28 AM	7:18 PM
March 29	5:26 AM	7:19 PM
March 30	5:24 AM	7:20 PM
March 31	5:22 AM	7:21 PM
April 1	5:20 AM	7:22 PM
April 2	5:19 AM	7:23 PM
April 3	5:17 AM	7:24 PM
April 4	5:15 AM	7:25 PM
April 5	5:13 AM	7:26 PM

April 9th is the last day of Ramadan. We listed times until April 5th to conserve space.

*Source: HamariWeb.com

Prayer 101: Du'a to Break Fast

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللّٰهُ

Dhahaba al-zama' wa abtalat al-'urooq wa thabata al-ajr in sha Allaah

Thirst is gone, the veins are moistened and the reward is certain if Allah wills.



Prayer 101: Translation and Transliteration of Su'rahs

Su'rah Al-Fatiha

Bismillah hir rahman nir raheem
Alhamdu lilaahi Rabbil 'aalameen
Ar-Rahmaanir-Raheem
Maaliki yawmid-Deen
Iyyaaka na'badu wa Iyyaaka nasta'eem
Indians-Siraatal-Mustaqeem
Siraatal-Iazeena an'amta 'alaihim ghayril-maghdoobi 'alaihhim wa lad-daaalleeen

In the name of Allah, the Most Gracious, the Infinitely Merciful

[All] praise is [due] to Allah, Lord of the worlds-The Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense It is You we worship and You we ask for help Guide us to the straight path-

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

Prayer 101: Translation and Transliteration of Su'rahs

Su'rah Al-Ikhlas*

Bismi-Llahi-r-Rahmani-r-Rahim Qul Huwa-Llahu Ahad Allahu-s-Samad Lam yalid wa lam yulad Wa lam yakul-lahu kufuwan ahad

In the name of Allah, the Most Gracious, the Infinitely Merciful
Say, "He is Allah, [Who is] One,
Allah, the Eternal Refuge.
He neither begets nor is born,
Nor is there to Him any equivalent."

*According to Hadith, reading Su'rah Al-Ikhlas is equivalent to reading 1/3 of the Qur'an, so reading this 3 times equals reciting the whole Qur'an.

Prayer 101: Translation and Transliteration of Su'rahs Su'rah Al-Asr

Wal 'asr Innal insaana lafee khusr Illal lazeena aamanoo wa 'amilus saalihaati wa tawaasaw bilhaqqi wa tawaasaw bissabr

By (the Token of) Time (through the ages), Verily People are in loss, Except such as have Faith, and do righteous deeds, and (join together) in the mutual teaching of Truth, and of Patience and Constancy.

Prayer 101: Translation and Transliteration of Su'rahs Su'rah Al-Maun

Ara 'aytal lazee yukazzibu biddeen Fazaalikal lazee yadu'ul-yateem Wa la yahuddu 'alaa ta'aamil miskeen Fa wailul-lil musalleen Allazeena hum 'an salaatihim saahoon Allazeena hum yuraaa'oon Wa yamna'oonal maa'oon

Seest thou one who denies the Judgment (to come)?
Then such is the (person) who repulses the orphan (with harshness),
And encourages not the feeding of the indigent.
So woe to the worshippers
Who are neglectful of their prayers,
Those who (want but) to be seen (of people),
But refuse (to supply) (even) neighbourly needs.

Prayer 101: How to Make Wudu

Both Shia and Sunni sects call for the Niyya, which is: "I am performing Wudhu for the pleasure of Allah, and to seek closeness to Him."

Shia Wudu

Sunni Wudu

Steps in order:

- 1. Wash hands
- 2. Rinse mouth
- 3. Rinse nose
- 4. Wash face with water
- 5. Wash off right arm to elbow. Then left
- 6. Comb wet hands through hair
- 7. Wipe off right foot with water, then left
- *Wash each appendage

Steps in order:

- 1. Wash hands
- 2. Rinse mouth
- 3. Rinse nose
- 4. Wash face with water
- 5. Wash off right arm to elbow, then left
- 6. Comb wet hands through hair
- 7. Comb the wet index fingers through the holes and grooves of both ears while simultaneously combing the wet thumbs behind the ears
- 8. Wipe off right foot with water, then left
 *Wash each appendage
- *Wash each appendage twice

For the purposes of this event, we have only included instruction for Maghrib

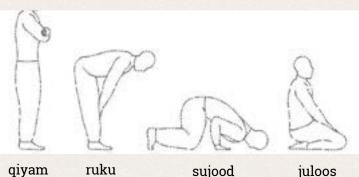
Shia Prayer

- Make intention to pray 3 rakah for Maghrib, share your hands above your shoulders and say "Allahu Akbar" (God is the Greatest)
- 2. Recite Surah al-Fatihah with your hands by your side. Recite another surah afterward
- 3. Say "Allahu Akbar" and move to ruku position. Bow down with your hands on your knees and recite "Subhanna rabbiy al-atheemi wa bihamdih"
- 4. Move to standing position, and then move to sujood. In sujood, recite "Subhaana rabbiy al-a'laa wa bihamdih" (Glory be to my Lord Almighty)
- 5. Sit up and then return to sujood position again, & again recite "Subhaana rabbiy al-a'laa wa bihamdih"
- 6. Sit up for a moment and then rise back to qiyam, standing position
- 7. Once again recite Surah al-Fatihah with another surah afterward.

- 8. Raise both hands facing upwards and recite "Alla humma alli 'alaa Muhammad wa Ali Muhammad. Rabbaana aatinaa fi'd-dunyaa hasana wa fi'l-aakhinti hasaana wa qinaa 'adhaab an naar behaqi Muhammadan wa Aalihi aladhar"
- 9. Move to ruku and recite "Subhaana rabbiy al-'atheemi wa bihamdih."
- 10. Move back to a standing position and go into sujood
- 11. While in sujood, recite "Subhaana rabbiy al-a'laa wa bihamdih"
- 12. Raise the forehead and sit up in a kneeling position
- 13.Move again to sujood and recite ""Subhaana rabbiy ala'laa wa bihamdih"
- 14.While kneeling, recite "Al-hamdu lilaah, ash hadu al laa ilaaha illallaahu wahdahu laa shareeka lah wa asha hadu anna Muhammad 'abduhu wa rasuluh. Allaahumma salli 'alaa Muhammadin wa Aali Muhammad."
- 15.Move to stnading position and recite "Subhaanallahi wa'l hamdu lilaahi wa laa ilaa ha illaahu wallaahu akbar" three times

- 16. Move to ruku and recite "Subhaana rabbiy al-'atheemi wa hihamdih"
- 17. Move to standing position, and then to sujood, and recite "Subhaana rabbiy al'a'aa wa bihamdih"
- 18. Move to kneeling position, and then back to sujood and recite "Subhaana rabbiy al'a'aa wa bihamdih"
- 19. While kneeling, recite "Al-hamdu lilaah, ash hadu al laa ilaaha illallaahu wahdahu laa shareeka lah wa asha hadu anna Muhammad 'abduhu wa rasuluh. Allaahum -ma salli 'alaa Muhammadin wa Aali Muhammad. As -salaamu 'alayku ayyuhan nabiyyu wa rahmatullaahi wa barakaatuh. Assalamu 'alaynaa wa 'ala 'ibaadillahas sa -aliheen Assalam u a'laikum wa rahmatu Allah."
- 20. Say "Allahu Akbar" while raising your hands three times*

Source: Imam Hussein TV 3



For the purposes of this event, we have only included instruction for Maghrib

Sunni Prayer

- 1. Make the intention to perform prayer. Raise both hands up to ears and say "Allah u Akbar" (God is the Greatest)
- 2. Place hands over chest (right hand over left). Recite Surah al-Fatihah, & then another surah from the Qu'ran
- 3. Say "Allah u Akbar" and move into ruku (back and legs are perpendicular to each other. Recite "subhana rabbiya al azeem" (Glorified is my Lord, the Great) three times
- 4. Return to qiyam position (standing upright). With your hands by your side, recite "Samia Allah u liman hamidah. Rab'bana lakal hamd." (Allah listens to those who Praises Them. Our Lord, praise by for you only)
- 5. Move to sujood (forehead on ground). Say Allah u Akbar. Recite "Subhana rabbiyal a'ala" (Glory to Allah, the Exalted) x3
- 6. Rise from sujood & sit in juloos, saying "Allah u Akbar." While in sujood, recite silently "rabbighfir li"
- 7. Return to sujood (forehead is on the ground). Recite "Subhana rabbiyal a'ala" (Glory to Allah, the Exalted) x3

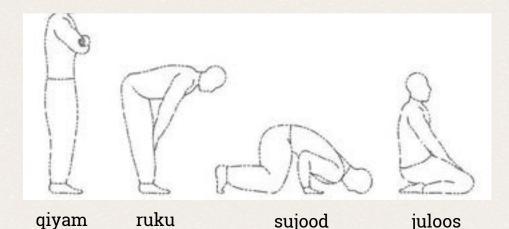
^{*}This completes one rakat

- 8. Saying "Allah u Akbar" return to the position of qiyam. Recite surah al-Fatihah and any surah from the Qu'ran
- 9. Saying "Allah u Akbar" move to ruku and recite "Subhana rabbiya al azeem" three times
- 10. Move back to qiyam while saying "Samia Allah u liman hamidah. Rab'bana lakal hamd"
- 11. Move to sujood while saying "Allah u Akbar" and recite "Subhana rubbiyal a'ala" three times
- 12. Rise from sujood & sit in juloos while saying "Allah u Akbar." While in sujood, recite silently "rabbighfir li."
- 13. While saying "Allah u Akbar" return to sujood and recite "Subhana rubbiyal a'ala"
- 14. While sitting, recite "Attahiyat u lil Allah i wa assalawat u wa attaiyibat. Assalm u a'laika aiyoha annabiyyu wa rahmat u Allah i wa barakatuh. Assalam u a'laina wa a'la ebadi e llahi essaliheen". Raise the right index finger and recite, " Ashehadu alla ilaha illa Allah u wa ashhadu anna Muhammadan abduhu wa rasooluh." (All our oral, physical, & monetary ways of worship are only for Allah. Peace, mercy, & blessing of Allah be on you, O Prophet. May peace be upon us & on the devotees of Allah. I testify that there is no God but Allah & I testify that Muhammad is Their prophet & messenger."

*This completes two rakat

- 15. Saying "Allah u Akbar", return to qiyam position. Recite surah al-Fatihah & any surah from the Qu'ran
- 16. Saying "Allah u Akbar" move to ruku and recite "Subhana rabbiya al azeem" three times
- 17. Move back to qiyam while saying "Samia Allah u liman hamidah. Bab'bana lakal hamd"
- 18. Move to sujood while saying "Allah u Akbar" and recite "Subhana rubbiyal a'ala" three times
- 19. Rise from sujood & sit in juloos while saying "Allah u Akbar." While in sujood, recite silently "rabbighfir li"
- 20. While saying "Allah u Akbar" return to sujood and recite "Subhana rubbiyal a'ala"
- 21. While sitting, recite "Attahiyat u lil Allah i wa assalawat u wa attaiyibat. Assalm u a'laika aiyoha annabiyyu wa rahmat u Allah i wa barakatuh. Assalam u a'laina wa a'la ebadi e llahi essaliheen". Raise right index finger & recite, " Ashehadu alla ilaha illa Allah u wa ashhadu anna Muhammadan abduhu wa rasooluh." (All our oral, physical, & monetary ways of worship are only for Allah. Peace, mercy, & blessing of Allah be on you, O Prophet. May peace be upon us & on the devotees of Allah. I testify that there is no God but Allah & I testify that Muhammad is Their prophet & messenger."

- 22. Recite "Allah umma salli a'la Muhammadin wa ala aali Muhammadin, kama sallaita ala Ibraheema, wa ala hali Ibraheem, innaka hameedun majeed. Allah u mma barok a'la Muhammadin, kama barakta ala Ibraheema, wa ala hali Ibraheem, infakah ameed-un majeed" (O God send your Mercy on Muhammad and their posterity as you sent Your mercy on Abraham and their posterity x2 You are the Most praised, the Most Glorious."
- 23. Turn face to the right and left and recite "Assalam u a'laikum wa rahmatu Allah." (Peace and mercy of Allah be on you) on both sides



Additional Resources*

Looking for more resources? Check out our non-exhaustive list of affirming books, organizations, and accounts.

*This guide is a reference and not an endorsement.

Books + Written Resources

Muslims for Progressive Values: LGBTQI Resources
The Sex Talk: A Muslim's Guide to Healthy Sex and Relationships
Hijab Butch Blues
I'm Muslim and I Might Not Be Straight

Mental Health Resources (some have fees)

National Queer and Trans Therapists of Color Network

(NQTTCN)

Therapist of Color Collaborative

DESI LGBTQ Helpline for South Asians (DeQH)

Bengali Mental Health Movement

NYC AFFIRMATIVE PSYCHOTHERAPY

LGBT National Help Center

The Trevor Project

Trans Lifeline

MPVusa.org/spiritual-counseling

Organizations + People

amina wadud (The Lady Imam)

Imam Daayiee Abdullah (The Gay Imam)

Queer Crescent

Queer Shia Collective

Muslims for Progressive Values (MPV)

Muslim Alliance for Sexual and Gender Diversity

Videos

LGBTQI Lecture Series by MPV
Inclusive Islam: Is LGBTQI Halal?
Queer & Muslim: Nothing to Reconcile



Muslim(ish) Specific Funds



<u>Survivor Care Fund:</u> supports the immediate needs of survivors seeking safety, healing and justice

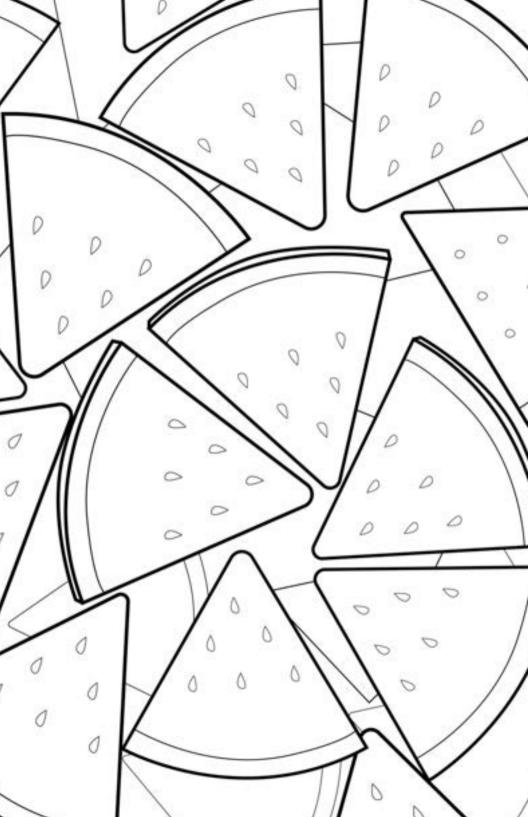
Reproductive Justice Fund: supports individuals in need of financial assistance as they navigate access to critical reproductive health case or referrals for support that range from prenatal care to interpreter services to speak with medical providers about D&C's





INAYA Care Fund: supports individuals impacted in the U.S. by colonial violence abroad. This looks like folks who are grieving the loss of loved ones in Gaza, Sudan, and Congo to asylees who have escaped and are needing a new start here in the states





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