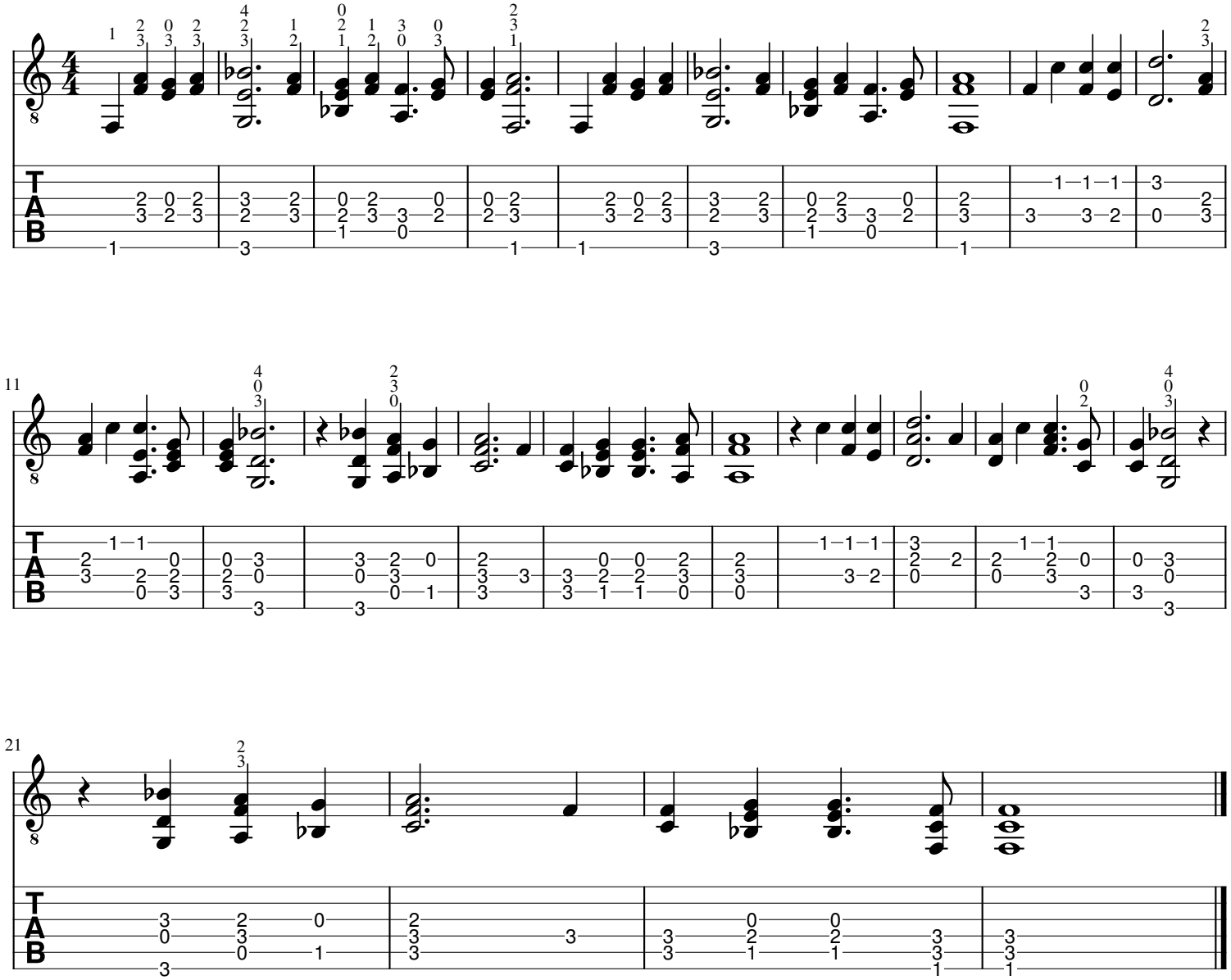Be Still My Soul