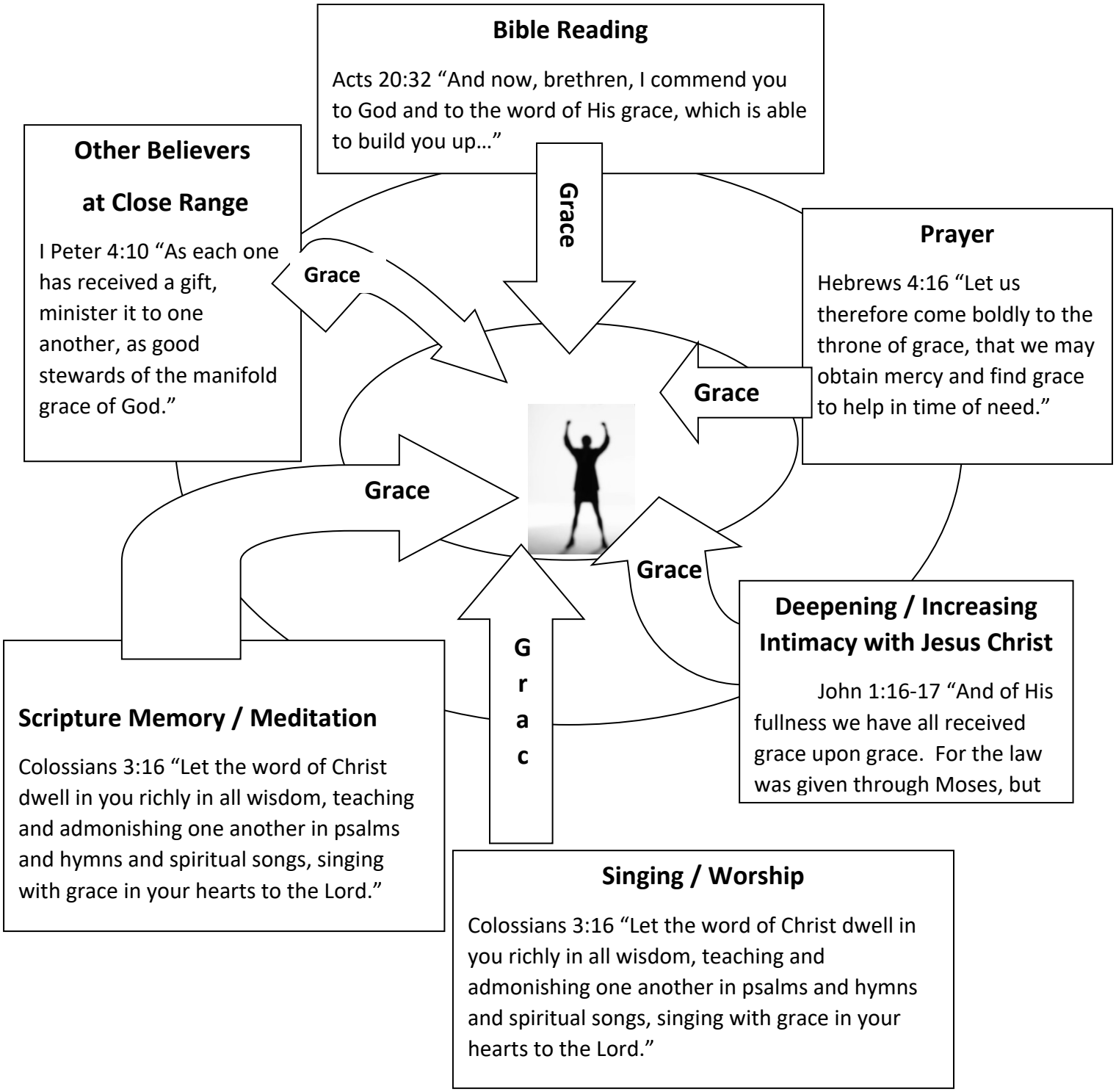Means of Grace