



**February 19, 2023**  
**Seventh Sunday in Ordinary Time**



**Pastor 主任司鐸**

Fr. Bruce-John Hamilton

**Assistant 助理司鐸**

Fr. Richard Conlin

**Chinese Mass 中文彌撒司鐸**

Fr. Anthony Ho

**Executive Assistant**

Anna Loch [anna@ccparish.ca](mailto:anna@ccparish.ca)

**Parish Office Administrator**

Helen Estrellado [sec@ccparish.ca](mailto:sec@ccparish.ca)

**Parish Office Hours 堂區辦事處時間**

Tue—Fri 8:30am to 12:00 pm  
1:00 to 4:00 pm  
Closed for Lunch at 12:00 – 1:00 pm

**Corpus Christi Elementary School**

2360 Waverley Avenue  
Vancouver, BC V5S 0J1  
Phone: 604-321-1117  
Fax: 604-321-1410  
Email: [office@cchristi.ca](mailto:office@cchristi.ca)  
Website: [www.corpuschristi-school.ca](http://www.corpuschristi-school.ca)  
Principal: Ms. Rosa Natola

**Corpus Christi Childcare Centre**

2362 Waverley Avenue  
Vancouver, BC V5S 0J1  
Phone: 604-416-4117  
Manager: Mrs. Ivana Ciccone  
Email: [iciccone@cchristi.ca](mailto:iciccone@cchristi.ca)

**Sunday Mass 主日彌撒**

Saturday Vigil 週六:  
5:00 pm (English 英)

Sunday 週日:  
9:00 am (English 英)  
11:00 am (English 英)  
3:00 pm (Cantonese)

**Weekday Mass 平日彌撒**

Monday to Saturday 8:00 am  
Wednesday 9:00 am (School Mass  
when in session)  
Holy Hour every Friday @ 6:00 pm  
First Friday Evening Mass @ 7:00 pm  
Holidays 9:00 am

**Reconciliation 修和聖事**

Monday to Friday 7:45 – 7:55 am  
Friday 6:00 – 6:45 pm (during Holy  
Hour)  
Saturday 8:30 am after Morning Mass  
3:45 – 4:45 pm  
Sunday 2:30 – 2:55 pm (in Cantonese)

**Liturgy of the Hours/Devotions**

Lauds 7:30 am on weekdays  
Holy Rosary Monday to Saturday  
after morning Mass

**Emmaus Adoration Chapel**

The Chapel is now open 24/7 and  
accessible by a code. Please contact the  
Parish Office for the code.

**4 Core Values of Corpus Christi Parish**

- **Engaged Disciples:** Corpus Christi parishioners strive to be fully committed to holiness, mission, community and service (cf. Mission of the Redeemer 90, JP11)
- **Rooted in Tradition:** Corpus Christi parishioners are firmly rooted in the living Tradition of the Church, faithful to the fulness of the teachings of Christ in every aspect of parish life (cf 2 Thessalonians 2:15)
- **Multipling Leaders:** Corpus Christi parishioners follow Jesus' example of ministry by identifying, recruiting and investing in others to become leaders, and equipping them to do the same (cf. 2 Timothy 2:2)
- **Evangelical Hospitality:** Corpus Christi parishioners aim to be generous and evangelical in service and hospitality, providing everyone with opportunities to belong to the parish family (cf Acts 2:44-47)

**PARISH MINISTRIES/GROUPS**

**Adoration Chapel**

Alpha

Altar Servers

**Baptism Preparation Class**

**Bible Study**

**Catholic Women's League**

Chinese Community

**Choir:**

Sat. 5pm

Sun. 9am

Sun. 11am

Chinese 3pm

**Church Care**

Altar Linens

Church Flowers

**Couples for Christ**

**Emergency Management Plan**

Eucharistic Ministry

Hospitality Ministry

Knights of Columbus

Legion of Mary

Marriage Mentorship

PREP

Project Advance

Queen of Angels

RCIA

**Readers**

Safe Environment

Seniors' Ministry

Senior Leadership Team

**Ushers**

Youth & Young Adults

Araceli Hinz

Connie Robinson

Fr. Bruce-John Hamilton/

Fr. Richard Conlin/Margie Lacson

Adelia Yiu/Scholastica Au/

Clarisse Marcelino/Daniela O'Brien

Fr. Bruce-John Hamilton (Scripture Study)

Joyce Fung (Tuesday Morning Group)

Joseph Chiu (Chinese)

Khim Cheung, President

Frank Chan

Kevin Garcia

Dominica Chan

Scholastica Au

Vincent Lau

Helen Estrellado

Agnes Lo

Monica Lau

Russell & Theresa Zablan/Richman & Nina

Theresa Manalili

David & Connie Robinson

Bill Lam, Coordinator

Annie Dee

David Robinson, Grand Knight

Margie Goebel, President

David and Connie Robinson

Veronica Yam, Coordinator

Jackson Fong/Simon Yeung

Vivien Leung, Coordinator

Fr. Bruce-John Hamilton (English)

Joseph Chiu (Mandarin)

Veronica Yam (Cantonese)

Irene Goh-Ko, Coordinator

Ruby Socorro Arico

Jackson Fong/Theresa Stewart

Fr Hamilton/Fr Richard/Scholastica

Au/Annie Dee/Margie Lacson/Anna

Loch/Peter Lee/Seamus O'Brien/

Deborah Welsh

Rick Lam, Coordinator

Lois Umali

**BAPTISM**

The Baptism Preparation Classes for parents are held via Zoom every 1<sup>st</sup> (Part 1) and 3<sup>rd</sup> (Part 2) Saturdays of the month, 10:30 am to 12 noon, except during the months of July and August. Parents must attend both sessions. Call the Parish Office to pre-register for the class. **Baptism celebrations are held on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month @ 11:00 am.**

**HOLY MATRIMONY**

We welcome your wedding celebration at Corpus Christi Church. To arrange the date and begin your preparations, please contact the Parish Office or either one of our priests at least 6 months prior to the proposed wedding date.

**ANOIDING OF THE SICK**

If your loved one, relative or friend would like to arrange for a priest for the administration of the Sacrament of the Anointing of the Sick or to visit the sick in a hospital, please phone the Parish Office. Or you may contact the hospital chaplain:

**VGH:**

604-877-5918 (Pager)

604-875-4111

Fr. Gilbert Nunez & Fr. Luis Martin Brain

Delgado (Mon, Tue, Fri, Sat. and Sun.)

Fr. Aresene Dutunge (Wed. and Thurs.)

**MOUNT ST. JOSEPH HOSPITAL:**

Fr. Joseph Ha Vinh Tran, OP (Chaplain)

604-876-7826

**BURNABY HOSPITAL:**

St. Theresa's Parish (Chaplain)

604-434-4211

604-298-6800 (Parish)

**ST. PAUL'S HOSPITAL:**

Fr. Victor Fernandes, OCD

604-682-2344/604-445-9323

(cell)/604-252-4224 (pager)

**WELCOME TO NEW PARISHIONERS AND VISITORS:** To register, please complete a Registration Form available at the Welcoming Booth in the church vestibule or at the Parish Office or download from the parish website, [www.ccp parish.ca](http://www.ccp parish.ca). Envelopes are assigned to those who request for them.

February 19, 2023  
Seventh Sunday in Ordinary Time



**Saturday, February 18** *Vigil Mass*

5:00 PM for Ines Nicolas, RIP

**Sunday, February 19** *Seventh Sunday in Ordinary Time*

9:00 AM for All Parishioners, Living & Deceased

11:00 AM for 36<sup>th</sup> Anniversary of the Legion of Mary

3:00 PM for Peter Choo, RIP

**Monday, February 20**

9:00 AM for Shirley Temple Agustin, RIP

**Tuesday, February 21**

8:00 AM for Ita McCann, RIP

**Wednesday, February 22** *Ash Wednesday*

9:00 AM **SCHOOL MASS**

4:00 PM **AFTERNOON MASS**

7:00 PM **EVENING MASS**

**Thursday, February 23**

8:00 AM for Susan Hardie, Health

**Friday, February 24**

8:00 AM for In honour of the Infant Jesus

6:00 PM **HOLY HOUR**

7:00 PM **STATIONS OF THE CROSS**

**Saturday, February 25**

8:00 AM for Bermans Lascano, RIP

We mark our foreheads with ashes to remind ourselves that **we are not of this world** and are made for **eternity with God.**

"For You have made us for Yourself, and our hearts are restless until they find rest in You."  
-St. Augustine of Hippo

### Where do the ashes come from?

The ashes are made from the **blesseds palms** used in the Palm Sunday celebration of the previous year.



## WHY THE ASHES?

Ashes are a public sign of our intent to **die to our worldly desires** and **live in Christ.**

As our foreheads are marked with ashes, these words are said: **"Remember, that you are dust, and unto dust you shall return."**

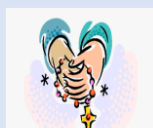
Ashes were used as a sign of repentance in the Old Testament:

"Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and **ashes**. I prayed to the Lord my God and made confession" -Daniel 9:3-4



Archdiocese of Toronto

www.archtoronto.org  
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## Remembering the Sick In Prayer

Mavis Chow

Alice Yap

Rey Calaguas

Peter Hinz

Lydia Dalmaso

Rick Panis

Dante Marpuri

Cheryl Ling

Margaret Tai

Toma Nitta

Marisa Antoniazzi

Charmaine So

Sanae Hogan

Honesto Estabillo

John Soo

Peter In

Lolita Doucette

Richel V. Baldo

Prayers for the sick can be requested. To add the name of your loved one, please drop by or call the Parish Office. The names listed in the bulletin will remain here unless the office is notified.

## Knights of Columbus Wonton Soup



The Knights of Columbus will be serving once again their famous **WONTON SOUP** after the 9am and 11am Masses this **Sunday, February 19** at the **Parish Centre**. Price is \$7.00 per bowl. Hope to see you there!

## PLEASE NOTE

Morning Mass on **Monday, February 20** is at **9:00 am** due to the Family Day statutory holiday.

## ASH WEDNESDAY MASSES

**Ash Wednesday**, the start of the Season of Lent, is on **February 22**. It is a **day of fasting, abstinence, prayer and penance**. Masses here at Corpus Christi will be at **9:00 am** (the School Mass), at **4:00 pm** (PREP students will be in attendance at this Mass) and **7:00 pm**.



Parishioners are welcome to attend any of the aforementioned Masses. **Please note that there will be NO 8:00 am Mass on Ash Wednesday!** We will have **Stations of the Cross** on Fridays after the 6:00 pm Holy Hour during Lent

## CWL – ATTENTION ALL MEMBERS – IMPORTANT

The Catholic Women's League of Canada is governed by the authority of the Canada Not for-profit Corporations Act, followed by its Constitution & Bylaws. A Notice of Motion for an amendment is to be voted on August 15th, at Saint John, New Brunswick.

**Corpus Christi CWL will be voting on this motion at the March 11th general meeting.** This motion proposes changes to allow virtual meetings. This amendment, if approved, legalizes the conduct of business virtually. All members are encouraged to attend this meeting.

## ARCHDIOCESAN NEWS

### Advance Planning for Catholics

This free presentation offers a Catholic perspective on advance care planning, estates, wills, legacy, meaningful funerals and memorialization. Expert presenters will share wisdom and practical advice you need to plan ahead with peace of mind. There will be time at the end for questions and answers. Join the event on **Tuesday, Feb. 21 from 6:30 to 8:30 p.m.** at the John Paul II Pastoral Centre in Vancouver. Learn more and register at [www.beholdvancouver.org/events](http://www.beholdvancouver.org/events).

### Supporting my Children in Their Growth

Join this 4-day Personality and Human Relationship (PRH) Workshop. The benefits of attending are:

- A better understanding of your children and their needs, and, in this way, foster their development.
- Significant improvement in your relationship with each child.
- Understand the cause of certain behaviors in order to manage the difficulties encountered.
- Enable each child to find their place in the family and their actual environment

**This event will be held over two weekends, Feb. 25-26 and Mar. 4, and 5 from 8:30 a.m. to 4:30 p.m. daily.** Learn more and register at [www.beholdvancouver.org/events](http://www.beholdvancouver.org/events).

### How to discuss MAiD with our families and friends

As the safeguards and restrictions for MAiD slowly disappear and doctors/hospitals are being required to present this option to their patients, how do we talk to our loved ones and friends about end-of-life decisions? How do we answer the questions about pain and suffering? How do we protect our loved ones? What do we say? Join Alex Schadenberg, the Executive Director of the Euthanasia Prevention Coalition (EPC), as he answers these questions and presents the truth about euthanasia and assisted suicide. **On Wednesday Mar. 1, at 7:00 p.m. at the John Paul II Pastoral Center and Thursday, Mar. 2 at 7:00 p.m.. at St. Nicholas Parish.** Learn more at [www.beholdvancouver.org/events](http://www.beholdvancouver.org/events).

### From Panama to Portugal: A World Youth Day Pilgrim Session

In 2019, World Youth Day Panama invited pilgrims to reflect on Mary's fiat and consider the influence this could have in their own lives. This year, at World Youth Day in Lisbon, Portugal, pilgrims will journey with the theme, "Mary arose and went with haste." Our Mother models trust, surrender, and abandonment; how can we embrace these attributes in our own lives? How do they play a part as we prepare for pilgrimage? WYD pilgrims from the Archdiocese of Vancouver are invited to attend this first of three WYD sessions to meet other pilgrims and spiritually prepare for the pilgrimage. This session will include a talk from Makani Marquis, time to delve

into the theme, and an opportunity to socialize with other pilgrims. Learn more and register at [www.eholdvancouver.org/events](http://www.eholdvancouver.org/events).

### Let the Redeemed of the Lord tell Their Story- Lenten Retreat for Ministry to the Divorced and Separated

Father Larry Lyn, pastor of Our Lady of Lourdes, through his own shared experience, will lead participants into an understanding of the profound mystery and beauty of the redemptive process. The day will start with Mass, participants will have the opportunity to have small group discussions, time for adoration and confessions, and a shared meal. Learn more at [www.beholdvancouver.org/events](http://www.beholdvancouver.org/events).

### Holy Week Retreat - For All Who Serve Others

Dear friends in Christ, because of your work, service, and ministry, the faithful of our Archdiocese are provided with many opportunities to deepen their faith, grow in their spiritual life and build community. As we continue to give ourselves to our respective ministries, we, too, need to take some time with our Lord, retreating in prayer together as a community of leaders. Many of us will be very involved in preparing the many liturgies and activities of Holy Week and Easter. Let us prepare ourselves to journey with Christ and our people through this most Sacred Week. **Please join the RCAV Ministries and Outreach Office leaders and retreat together with us in prayer and fellowship on April 1. The retreat will begin with Mass at 9 a.m. and will be offered by Scott Roy and the team at Catholic Pacific College.** Our time together will include talks, prayer, and lunch. Learn more and register at [www.beholdvancouver.org/events](http://www.beholdvancouver.org/events).

### STEWARDSHIP REFLECTIONS

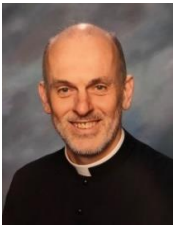
*"But I say to you, love your enemies and pray for those who persecute you..." MATTHEW 5:44*

Love your enemies, easier said than done. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from "me" and moves it towards God and others. It changes my heart and actions, allowing for a little more empathy for "my enemy." When we pray for others, even our enemies, it may soften their hearts as well...

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### TO DONATE TO CORPUS CHRISTI:

- ❖ Sunday Offering thru online giving:  
[Offertory Donation](#) (White envelopes)  
[Second Collection](#) (Coloured envelopes)
- ❖ Donate to [Capital Campaign](#)



## pastor's Corner

### 7<sup>th</sup> Sunday in Ordinary Time

As if you did not know by now, the season of Lent begins this Wednesday, February 22<sup>nd</sup> with Ash Wednesday. There are plenty of Masses to attend – 9am, 4pm and 7pm. This is a very good way to begin this very important season in our lives as Catholics. Lent, as you know, is 40 days in length if you count from Ash Wednesday through to Holy Saturday and take out the Sundays, because they are not days of penance, you then have 40 days. This commemorates the 40 days that Our Lord spent in the desert fasting and praying for us and before he began his public ministry. At the end of these 40 days Jesus engaged in spiritual warfare with Satan to show us how to deal with temptation. Realizing this, we should be able to see Lent as kind of a 40 day retreat with Jesus...accompanying him through his time in the desert...even though we remain in the midst of the world.

Ash Wednesday and Good Friday are mandatory days of **Fast AND Abstinence**. This derives from Jesus's teaching that unless we do penance, we will all likewise perish, which means in all likelihood we will wind up in hell for all eternity. So doing penance is not an option, it is a requirement for being a disciple of Jesus and entering into eternal life.

Here is what the Church teaches us about fasting and abstinence in Canon Law:

**Canon 1250 All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.**

**Canon 1251 Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.**

**Canon 1252 All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.**

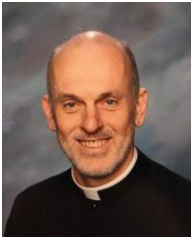
What in specific terms it means to abstain, is that we are to refrain from flesh meat. This is in reparation for the human flesh of our Savior being pierced on the cross. If you are vegetarian abstain from your favorite vegetable, or non-meat food. To fast is to reduce by ½ the largest meal of the day and keep the other two meals, a reasonable size, the same. Do not snack in between meals, unless you need to for medical reasons. Again, the important thing here is that we need to do penance. Jesus doesn't ask us to harm ourselves, or do something incredibly difficult. We need to offer reparation for our sins, to unite ourselves to the suffering of Christ and to pray for the good of others. Put a post-it note somewhere to remind yourself, fast and abstain on Ash Wednesday.

The Stations of the Cross will be prayed each Friday night at 7:00pm. Try to attend one if not more throughout the season.

Here is a link to the 3<sup>rd</sup> of the Seven Sundays of St Joseph:

<https://opusdei.org/en/article/third-sunday-of-saint-joseph/>

*Fr. Hamilton*



## 本堂神父的話

### 常年期第七主日

你現在可會知道，四旬期的季節從 2 月 22 日星期三，聖灰星期三開始。有很多彌撒要參加——上午 9 點、下午 4 點和晚上 7 點。這是我們開始我們天主教徒生活中這個非常重要的季節的好方法。如你所知，如果你從聖灰星期三到聖週六算起並取出星期日，因為它們不是懺悔日，那麼你便有 40 天，四旬期的長度是 40 天。這是為了紀念我們的主，在他開始他的公開傳道之前，在沙漠中齋戒和為我們祈禱的 40 天。在這 40 天結束時，耶穌與魔鬼進行了屬靈爭戰，向我們展示了如何應對誘惑。意識到這一點，我們應該能夠將四旬期視為與耶穌一起避靜的 40 天…陪伴他在沙漠中度過的時光…即使我們仍然身處世界之中。

聖灰星期三和耶穌受難日是必需守**大齋和小齋**的日子。這源於耶穌的教導，除非我們悔改，否則我們都會滅亡，這意味著我們很可能會永遠在地獄裡。因此，懺悔不是一種選擇，它是成為耶穌的門徒並進入永生的必要條件。

以下是教會在天主教法典教理中教導我們守大小齋的內容：

**1250 條 - 在普世教會內，補贖日期和時間為全年的每週星期五和 四旬期。**

**1251 條 - 全年每週星期五應守小齋，不食肉類，或主教團所規定 的其他食物，但星期五遇到節日不在此限；聖灰禮儀星期三，及吾主 耶穌基督死難日星期五則應守大齋及小齋。**

**1252 條 - 凡滿十四歲者應遵守小齋法；凡成年人而未到六十歲者 應遵守大齋法，但因年齡幼小而不受大小齋法約束者，人靈的牧者及 父母應設法培養他們補贖的真精神。**

具體來說，小齋的意思是，我們要避免吃肉。這是對我們救主被釘在十字架上肋旁被刺穿的補償。如果你是素食主義者，請戒掉你最喜歡的蔬菜或非肉類食物。大齋是將一天中最大的一餐份量減半，並維持其他兩餐份量不變，保持合理的份量。除非出於醫療原因需要，不要在兩餐之間吃零食。同樣，這裡重要的是我們需要做補贖。耶穌沒有要求我們傷害自己，或做一些非常困難的事情。我們需要為我們的罪提供補償，與基督的苦難聯合起來，併為他人的益處祈禱。在某個地方放一張告示貼來提醒自己，在聖灰星期三應守大小齋。

四旬期，每星期五晚 7:00pm 我們都有苦路善功，每星期一晚 8:00pm 我們有廣東話的苦路善功。如果不是更多的話，嘗試在整個季節中參加一個。

以下是奉獻給大聖若瑟七個主日的第三個主日的連線。

<https://opusdei.org/en/article/third-sunday-of-saint-joseph/>

Hamilton 神父

# Ready for Lent? Here's 5 Inspiring Tips to Help You Live Liturgically This Season

Every year, the liturgical season of Lent begins on Ash Wednesday and ends on Holy Thursday. Before Ash Wednesday arrives, let us prepare for Lent with this helpful guide.

Preparation can help you make the most of this penitential season as a Catholic!

**Here's some important dates to remember during Lent:**

## 2023 LENT & HOLY WEEK

February

**22**

Ash Wednesday



April

**2**

Palm Sunday



April

**6**

Holy Thursday



April

**7**

Good Friday



April

**9**

Easter Sunday



**ChurchPOP**

Although the Church **does not require** the following suggestions (the **only hard requirement** is fasting and abstaining from meat on Ash Wednesday, and abstaining from meat every Friday during the Lenten season), taking on one of these suggestions below can bring about incredible changes of heart and help you grow in your faith leading up to Holy Week.

**Here are 5 tips to help you live liturgically this Lenten season:**



As we prepare to enter this journey on Ash Wednesday, let us focus on true sacrifice. Unite your temptations with Jesus in the desert and your sufferings with Christ on the Cross.

**St. John Paul II says**, “Lent is a season of intense prayer, fasting, and concern for those in need. It offers all Christians an opportunity to prepare for Easter by serious discernment about their lives, with particular attention to the word of God which enlightens the daily journey of all who believe.”

Preparing for Lent could mean something different for each of us based on our season in life, daily struggles, current prayer life, vocation, and more!

The first step is simply inviting the Holy Spirit into our hearts and asking where we need to return to Him.

### Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful  
and kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit,  
did instruct the hearts of the faithful,  
grant that by the same Holy Spirit we may be truly wise  
and ever enjoy His consolations,  
Through Christ Our Lord,  
Amen.

### As illustrated on [EWTN's Lenten Guide](#):

"Since Lent is a time of penitence, it is usual to offer a sacrifice to the Lord, both to appeal for the grace of personal conversion, and to strengthen our will to be able to cooperate with that grace. The two go together, since without God we can do nothing (John 15:5)."

"**The best sacrifice we can make is to give up sinning.** The liturgies of the first days of Lent make this point of the vanity of prayer and penitence without moral conversion. For the Catholic, daily examinations of conscience, more frequent Confession, as well as more frequent Mass and Holy Communion...are especially good ways to prepare for Easter. It would also be good to read Sacred Scripture, pray the Divine Mercy Chaplet and the Holy Rosary, daily if possible, meditating on the texts or prayers."

### How will you prepare for the season of Lent?

[https://www.churchpop.com/2023/02/15/ready-for-lent-heres-5-inspiring-tips-to-help-you-live-liturgically-this-season/?utm\\_campaign=ChurchPop&utm\\_medium=email&hsmi=246339040&hsenc=p2ANqtz-iDH8Fl2K-P9Lyr4y0wnxRDptTcA-oRBIPi79H1ELhlftp20nmTAa2yUbe7izYl6vt4MuYeH7fRojh0sc2pd0y4r0MNq&utm\\_content=246339040&utm\\_source=hs\\_email](https://www.churchpop.com/2023/02/15/ready-for-lent-heres-5-inspiring-tips-to-help-you-live-liturgically-this-season/?utm_campaign=ChurchPop&utm_medium=email&hsmi=246339040&hsenc=p2ANqtz-iDH8Fl2K-P9Lyr4y0wnxRDptTcA-oRBIPi79H1ELhlftp20nmTAa2yUbe7izYl6vt4MuYeH7fRojh0sc2pd0y4r0MNq&utm_content=246339040&utm_source=hs_email)