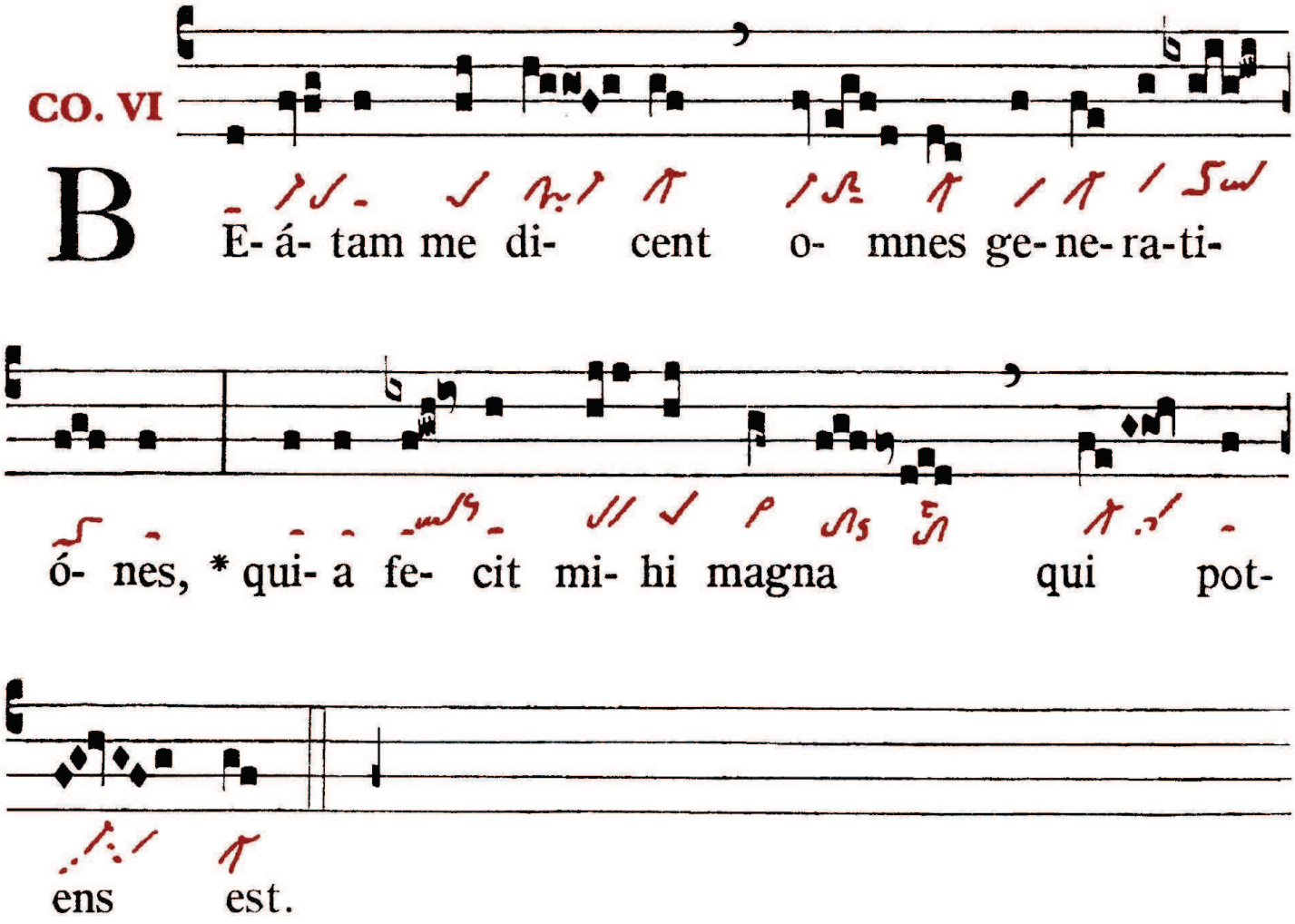Ant. ad Communionem