*F*AITHNOTES

November 2026

The Newsletter for Communities of Faith/Peace United Parish, United Methodist

Clarissa - Clotho - Eagle Bend

Long Prairie - Wrightstown

Thoughts from Kali . . .

Thoughts…..

As I ready for confirmation tonight, I wonder what you would like to see happen with the youth who attend confirmation? Do you have hope and aspiration for the confirmands? Are you sincere about your desire to mentor them and stand in the gap for them? I love that we have two adults in the class this year. I am grateful that parents are able to attend when possible. Sharing our faith stories makes us all better for having heard one another. What is our legacy? What do we hope to lay a foundation for? What does faith look like in the future? What lengths am I willing to go to share how important the church has been to my life?

I think back to my confirmation days. Our class was pushed back a little as our pastor and his wife had lost a child to cancer. We were a bit older than the previous classes when we got confirmed. That extra time did not hurt us at all. In fact, being part of church, walking through that experience with our parents while in the pews, was something that formed us. Sharing in the heartache and sadness of grief as teenagers, brought a new level of compassion and understanding. We saw that life could be hard, our faith could still be actively important to our functioning and wellbeing, and we were required to be people of support and love. Prayer became something that was emphasized, gathering together seemed to add meaning, and we learned that shared tears spoke a language words could not mutter. Growing up in faith is hopefully enhanced by confirmation, but there is so much more. Every prayer shared and every hug given, every attention to the kid with an idea and the kid who vacuums and picks up, greets others, and sings enthusiastically is important. Every interest in someone, noticing the details, and the opportunities, inviting in, making a statement and a commitment to those kids we have seen pop in or attend regularly is important. Can you remember who formed you? Whom did you look to for advice? Who did you admire? How does that sit with you today?

When i was a kid, attendance at church was much more stable, everyone had their spots, came at about the same time each Sunday, stayed for a while when the kids went to the basement for Sunday School. That is how it was….. two hours of church on Sunday morning……some parents stayed, some went home, some carpooled, but it was not called that, and some went to grab a Sunday paper at SA, returning in time to pick up the Sunday School kid they had brought to church in the morning. There was an unspoken thought about everyone being in church. So interesting. We were in a different time then. There were few stores open on Sunday, not many gas stations open, and perhaps, a few cafes with limited hours. We went for rides, visited relatives, looked at cornfields, blue silos, and car lots….or maybe machinery lots. You may have been the family who received the drop ins, played some cards, and had lunch before the company headed home to watch Lawrence Welk, Wild Kingdom, and Bonanza. Life has changed, but our desire for our kids to know about Jesus hasn't it, has it?

The underlying concern about attendance at church on Sunday morning is well taken by me. The end of the year surge to finish strong and start the new year with gusto, engaging John Wesley's teaching, understanding more about what it means to be a disciple of Christ. I always think it is good to understand why we worship where we do, what drives us, what is our moral code, what fuels our passions and our fire for Jesus. What do we really mean by do good, do no harm, stay in love with God? What are the means of grace, why is baptism so important to us, and when we are sprinkled are those in the pew really aware of what they are being asked to do? Do we see the congregation as the people who will help raise our

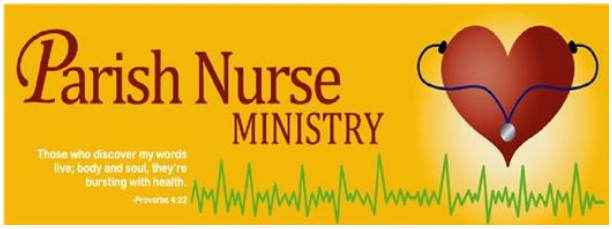
kids to know Jesus? That is exactly what we commit to. When confirmation comes around, do we realize we keep that level of commitment up and invite those confirmed into the fold to do the very same thing? Do we live into the commitment of our baptismal, confirmation, and membership vows? When was the last time you pondered those vows we take during any of the opportunities to commit in our church?

We enter the month where gratitude is lifted up, emphasized, spoken. We will gather together this month to give thanks for lives remembered. All Saints Day reminds us of those we have loved and lost, reminds us to tenderly hold those lessons from loved ones close and to share the lessons with the world. We gather together on Thanksgiving Eve to voice our gratitude, share some refreshments, and wish one another well. We hope you will join us at both of these opportunities. Know that your presence in the pews offers hope, excitement, support, and community. Your willingness to share love and speak truth, your desire to stand in the gap to raise younger people in the welcoming stance of the United Methodist Church, your wisdom and energy are appreciated and needed. We look forward to ending the year strong. The ministries, the presence, the love of each of you makes each of us better. God's blessing to you! We give thanks for you each day! Continue to share your encouragement and your awareness of what Jesus has put on your heart to share with another. You are an influence. You are needed. You are His.

Kali Christensen
Communities of Faith United Parish
Clarissa, Clotho, Eagle Bend, Long Prairie, Wrightstown



Annual Church Conference Gathering: We attended the annual gathering at Sauk Centre UMC on Saturday, October 24th. It was good to see folks from Sauk Centre, Grey Eagle, and Motley there as well. In attendance: Marcia Woeste, Marilyn Gibson, Paul VanGorp, Bobbi Knutson, Dan Beach, Marlys Frederiksen, Sue Boehland, Pam Cook, Larry Cook, Janice Noland, Russ Noland, Addie Noska, and Kali Christensen. The budgets and leadership teams were approved pending the finalization. October is a very early time to meet; however, it is difficult to fit all the meetings in and much better for us than the bazaar Sunday. Each church will take action to secure their own leadership teams and budgets when we secure the parish budget. We have now also received the covenant outline for the parish today. That will be available to look at and sign before the end of the year.



The Anatomy of Thankfulness: How Gratitude Heals Body and Soul

November naturally turns our hearts toward thanksgiving. As we gather with family and friends to share meals and reflect on our blessings, we are participating in a tradition that is both spiritually vital and physically healing. In the United Methodist tradition, gratitude is not just a polite response to good fortune; it is a holy habit and a way of life that aligns our hearts with God's grace.

Interestingly, modern science is rapidly catching up to ancient scripture. Researchers have discovered that practicing gratitude has a profound, measurable impact on our physical bodies. When we intentionally focus on our blessings, our brains release neurotransmitters like dopamine and serotonin—the chemicals responsible for feelings of peace and happiness.

Furthermore, a regular practice of thankfulness has been shown to lower cortisol (the body's primary stress hormone), reduce blood pressure, decrease inflammation, and significantly improve sleep quality. When the Apostle Paul urged us to "give thanks in every situation," he was offering divine wisdom for both our spiritual and physical well-being. Nurturing a grateful heart is a powerful act of stewardship over the mind and body God gave us.

Simple Ways to Practice Scientific and Spiritual Gratitude This Month: Keep a Daily Gratitude Tracker: Dedicate a small notebook or a section of your phone to write down three specific things you are grateful for each morning or evening. Moving from general thoughts to specific details (like a warm cup of coffee or a kind word from a friend) maximizes the neurological benefits. Speak Your Thanks Aloud: Don't keep your appreciation to yourself. Make an intentional effort this month to tell a family member, coworker, or church volunteer exactly why you appreciate them. Expressing gratitude strengthens relationships and lowers social anxiety for both parties. Practice the "Gratitude Pause" During Stress: When holiday planning or winter schedules begin to feel overwhelming, take a holy pause. Stop what you are doing, take three deep breaths, and name one thing that is going well in that exact moment. This simple shift breaks the body's stress response. Turn Gratitude into Action: John Wesley always reminded us that love and faith must be active. Let your gratitude overflow into serving others. Consider donating to the church food pantry, volunteering for a holiday ministry, or checking in on a neighbor who may be spending the holidays alone.

As your Faith Community Nurse, I am deeply grateful for the privilege of serving this congregation. I pray that this November fills your home with deep peace, physical vitality, and a heart overflowing with holy thankfulness.

In health and blessings,
Cinnamon Lancaster RN, BSN PHN Nurse
Faith Community Nurse



Communities of Faith United Parish
November 25th at 7:00 pm
Clotho UMC
Refreshments to follow

A LITTLE OF THIS AND THAT...

FOOD SHELF - Thanks to Joanie and Ammy, Brooklyn, Paxton, Maverick for joining us at the food shelf this month. Good help is wonderful in assisting with all that goes on in a short period of time. Volunteer time is first and third Tuesdays, 5:15- 7 p.m. and then restocking time. We have a good time together.

VOLUNTEERS - with Christmas coming and so many things going on, volunteers can always be used. If you can address and tape newsletters, teach Sunday school, assist with any of the programs, that would be great. Over the last several months, we have seen a lot of collaboration among our people and it has made things work so smoothly. Thanks much! Please stay in touch and become involved, as you are able to.

PRAYER PEEPS - we will be praying at noon at CentraCare Chapel on Monday, November 16th. Thanks to Sandy Johnson for the help in enhancing the prayer space at the Chapel. Prayers that are on the prayer wall and prayers from our prayer list are lifted up. Anyone is welcome to join us.

MINESTERIAL FUND - Again, things are busy with the fund. Several items have been found for those having requests, thanks to you and others in our community. Furniture items, clothes, gas and groceries cards help with some other emergency needs, especially with winter approaching. We have had 3 people who needed stays because they were living in their vehicle, working, but not able to secure affordable housing. We assisted for a night or two so they could get a shower and stretch out on a bed. We received a gift of five thousand dollars for Haitian relief from a neighboring parishioner, 500 dollars in memory of Jim Lunemann, 481.76 from Faith Lutheran, 400 from church folks and 550 from our community families. All is much appreciated!

COURSE OF STUDY - Course of study class on Thursday, November 5th, 9-3, assignments due November 12 and 19.

CONFIRMATION - Confirmation will meet a couple of Wednesdays in November with the collaboration of everyone. Please pray for those participating in Confirmation: Harper Beach, Keaton Denny, Jarrett Zierden, Thomas King, Cooper Harlow, Jenna Kunerth, Colin King. Aaron Zierden sat in on the first sessions and that enhanced our fun. Encouraging parents to take some time to join us as we meet the next few months.

Ministerial Team November Schedule:
1..Marlys and Kali
8..Erin and Kali
15..Jen and Kali
22..Marlys and Kali
29..Erin and Kali
November meeting will be a zoom meeting, November 5th, 6 p.m.

PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY…
Central Todd County Care Center & Assisted Living – Clarissa
-Darlene Bodle - Gene Bodle –Joan Whiteford
Meadow Place – Long Prairie
- Darlene Baxter - Jan Miller - Bev Johnson
Long Prairie Memorial Nursing Home
Angie Peterson
Vitality Living of Long Prairie - Lucy Mazo

Nursing Homes services:

Nursing Home Services at Central Todd County Care Center, November 4th and 18th, 2:30 p.m. Long Prairie Nursing Home Services on November 18th 9:45 a.m. and service at Vitality Living, Long Prairie at 10:30 a.m.
Worship at Heritage Apartments every Wednesday at 1:30 p.m.



Meanderings of the Preacher…
in addition to the items in the newsletter, Kali will be officiating the celebration of life for Maria Pooler on November 3rd at Shepherd of the Valley, 11 a.m., officiating June Holt's celebration of life on Friday, November 6th, noon, and the celebration of life for Greg Rask on Monday, November 16th, 5 p.m. Meetings for Hilltop Regional Kitchen, 1 p.m., November 4th, zoom ministerial, November 5th, and meetings for Community Circle and HRK on Tuesday, November 10th. Course of study class on Thursday, November 5th, 9-3, assignments due November 12 and 19. PFAC meeting at CentraCare, November 19th, 3 p.m. Community Circle Thanksgiving meal, Monday, November 16th, 5 p.m. For everyone and it is free. Meeting at Embrace Recovery Center, November 17th, noon. Scheduled for AA at jail for the 16th. May have to find a replacement.





JOIN US IN CHURCH…Would love to have you join us in church…we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you could worship with us. Thanks to everyone who continues to financially, give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches. Our winter has left many of our offering plates low on giving. While, nobody is in a panic and everybody knows budgets are tight, please do remember our churches. The programs and needs here are still major and we are called to be stewards of whatever gifts we have been given. Thanks for your generosity and your prayers and care for the churches.

Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN 56347. Contributions for Wrightstown UMC send to Joan Zirbes, 62172 County Hwy. 40, Parkers Prairie, MN 56361. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301.





1..Joan Whiteford
1..Tamie Barthel
5..Katelyn Barthel
6..Lenny Doroff
6..Dion Claseman
8 Austin Claseman
8..Jarrett Zierden
10..Reg Browen
11..Gwen Berry
11 Dylon Holmquist
12..Nathan Cossentine
14..Lucy Berkness
16..Nina Quillo
17..Norm Kleinschmidt
18..Becky Kunerth
20..Daniel Beach
21..Kathleen Nauber
25..Kelly Prather
30..Mindy Denny
30..Nicole Beach
30..Gene Bodle





Martha Miller
Jodi Miksche
Jody Bebault
Melissa Meagher
Mark Nelson
Mariage of Luke Johnson and Carissa Browne
Steph Eckel and Family in death of Steph's Dad
Devona Olson
Barb Pieper
Wanda Tepley
Verna Christopher
Family of Cindy Winkler
Marriage of Ben Bauer and Gerty Mikel
Rocky Elmes
Gary and Angie Peterson
Lonnie and Roger Hetland
Brian Spandl
Don Kortuem
Deb Kortuem
Cindy Iten
Kaeden Beach and Greta Middendorf, safe travels
Brad DuChane
Family of Wayne Skillings
William and Charlie Zirbes
Ellen Sibert
Jenni Sibert
Family of Bonnie Listula
Family of Renee Current
Alvin Schultz
Gwen Greenwaldt
Family of Nancy Ritter
Travel for Peggy and Barry, Jim and Becky
Joe Kortuem's sister, Kathy
Kim Boyer
Patty Lowe
Ray Klim
Elizabeth Quillo's Dad
Shirley Gadbaw
Family of Barb Szech
Ray Reibestein
Baptism of Nhaelys
Jan Doroff
Glendon and Lillian Becker
Family of Nancy Hilts
Mark, friend of Joanie's, tumor in pancreas, non cancerous
Family of Maria Pooler
Family of June Holt
Family of Laurel Rask
Henry
Jennifer Blom
Carol Hammond's brother
Betty Kunerth
Judy Pearson
Family of Robert Coleman
Noska's great grandson, Nolan
Linda VanValkenburg
Emily and Family, dealing with a brain tumor of 4 year old.
Congrats, Shane and Ahna Nelson in the birth of Baby, Logan Bradley!!!



Communities of Faith United Parish



COMMUNITIES OF FAITH UNITED PARISH MEETING……..the 5 church meeting was inspirational and hope filled. More about that in the thoughts portion, but the ideas generated, the need to be intentional about our ministry, the hope of ending the year strong…..all pieces of the agenda. The Conference is requesting a covenant agreement between the five churches, which we will hopefully, form a parish board. That board will meet quarterly and all people will be welcome and encouraged to attend. The dates set aside for the possibilities in each church were many and can easily be expanded upon. Hope to list what we talked about so you can get these on your calendars. Thanks to all who attended. I was grateful for your presence: Luana Sibert, Morris Dahl, Joanie Zirbes, Mindy Denny, Bobbi Knutson, Eric Denny, Paul VanGorp, Marcia Woeste, Betty Kunerth, Marilyn Gibson, Wanda Seifert, John Seifert, Sue Boehland, Diane Gjerstad, Erin Balbach, Jerry Gjerstad, Marlys Frederiksen, Dana Zierden.

Clarissa Chatter. . .

All Saints Day, November 1st, we remember!

Soup and Sandwich Lunch, Sunday , November 15th, 11 a.m. 1 p.m. Homemade Soup, Chili, Sandwiches, Dessert. Freewill offering. We are trying to offer a space for lunch and fellowship when our churches get out. It is always fun to see people on Sunday and being we have no place in our local area to gather on Sunday. We thought it would be good to get together for lunch as everyone looks to noon and the opportunity to eat with neighbors. The elevator is working and we will be ready to serve you.

Administrative Council will meet at 5 p.m. on Monday, November 23rd. Everyone is welcome to attend.

Thanksgiving Eve Service, November 25th, 7 p.m., Clotho UMC. Refreshments Served.

Decorating the Christmas tree(s) on Saturday, November 28th, 1 p.m. We need as many helpers as possible!

Looking ahead:
Christmas Program is being planned for Wednesday evening, December 9th if all works out. We will keep you posted.

Clotho Corner

All Saints Day, November 1st, we remember!

Music Jam, Monday, November 2nd, 1 p.m.

Fall Auction, Wednesday, November 4th, 7 p.m. Come for the goods and the fun…it is a wild ride with Al Wessel auctioning off the items. Come at 6 and enjoy pulled pork, coleslaw, chips, and cookies for a free will donation. Always a good time!

Coffee in Clotho, Friday, November 6th, 6:30-9 a.m.

We will be serving lunch for June Holt's funeral on Friday, November 6th. Please be in touch with Bobbi to offer to assist. June was a long time member at Clotho and she offered many of her food items for the pleasure of the rest of us. She and Kenny showed up over and over. They were always around to assist in the needs and the joy! They left a good legacy….kids who show up, grandkids who lead, great grands who are always willing to be part of the action.

Baptism of Lennix Lou Kuelbs, Sunday, November 22nd!!!!!

Thanksgiving Eve Service for the entire parish, Wednesday, November 25th, 7 p.m., Clotho UMC, refreshments served. Come together in gratitude and love.

Sunday School teachers still needed this year.

Looking ahead:
Christmas in the Country, December 20th, 7 p.m. Come and share your talent and spirit. No pressure, just fun. Get your favorite gig ready ……we can hardly wait!

Eagle Bend Box. . .

All Saints Day, November 1st, we remember!

Annual Bazaar, Saturday, November 7th, 9 a.m.-2 p.m. Morning coffee and rolls, bake sale, cards, canned goods, crafts. Dinner is the annual delicious turkey gravy over biscuits, tangy cranberries, creamy coleslaw, pie, and beverage. Perfect for the hunters. Such a good time!

Free Supper on Tuesday, November 17th, 4:30-6:30 p.m. Always good and always a good time!!!!

Looking ahead:

Bright lights parade downtown, December 5th.

Christmas Concert with Dave Burgett and Friends, Saturday, December 12th, 2 p.m.

Cheer Plates after church, December 13th.



Peace United Update…

All Saints Day, November 1st, we remember!

Annual Bazaar, Saturday, November 7th, 9 a.m.-1 p.m. Coffee and rolls in the morning. Bake sale! Vendors with so many products. A chance to get so much of your shopping done. Delicious lunch, chicken noodle soup, barbecues, pie. So much to choose from. A great day to shop and enjoy! Christmas Wreaths for sale, 30 dollars. Beautiful for you and they make a great gift!

Thanksgiving Eve Service, November 25th, 7 p.m. Clotho UMC. Refreshment served.

Bright Lights Parade, Friday, November 27th, 6 p.m. Cocoa and cookies served at church after the parade! If you want to walk in the parade….anyone, be in touch! It is so much fun!

Hanging of the Greens Service, Sunday, November 29th, 9:15 a.m. Come and join in this rich tradition of Advent and the meaning of the church decorations.

Looking ahead:
December 10th, Women of Peace meet at the church, 1:30 p.m.
Sunday, December 13th, annual meeting after church. Everyone invited to stay and participate.

Order Your Wreaths

Locally crafted & offered by
Peace United Church, LP

Wreaths - $30.00

Name: _____

Address: _____

Phone Number: _____

Number of Wreaths wanted: _____

Checks payable to: Peace United Church
524 Central Ave, Long Prairie MN 56347

Wrightstown Wrap-up…

November 1st, All Saints Day, remembering during worship, followed by Thanksgiving potluck meal. Plan to stay and enjoy.

Lydia Circle at Kathleen's, November 5th, 11 a.m.

Thanksgiving Eve Service, Wednesday, November 25th, 7 p.m. Refreshments Served.

Looking ahead:
Christmas Carol Sing along, Wednesday, December 16th, 7 p.m., Clotho UMC. Such a great time of festive music and good fellowship. You may even go home with some homemade bread!!!!!
Blue Christmas/ Longest Night Service will be scheduled in December

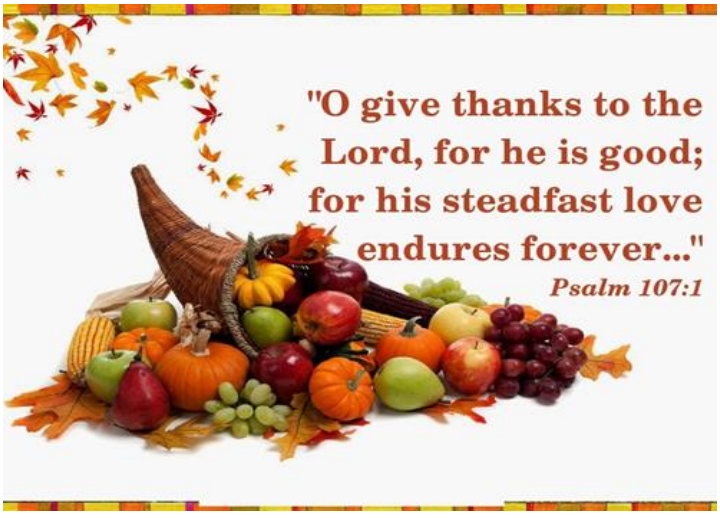
For you Lutefisk Lovers…..
LUTEFISK AND MEATBALL DINNER, NOVEMBER 22ND, 11:30-1:30, ZION LUTHERAN CHURCH, BROWERVILLE!

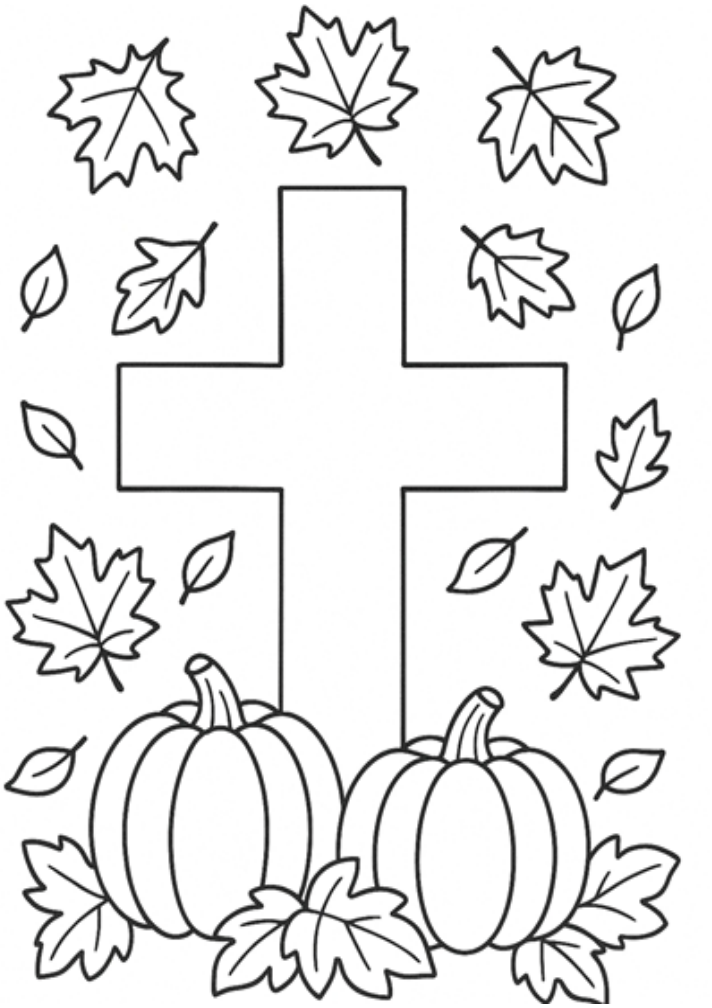
The Joy of Christmas
Celebrate the Season

Looking ahead to December

5th Eagle Bend Bright Lights Parade
9th Tentative Clarissa Christmas Program
10th 1:30 p.m. Women of Peace at PUC
12th 2:00 p.m. Eagle Bend UMC Christmas Concert with Dave Burgett and Friends
13th PUC Annual Meeting
16th 7:00 p.m. Wrightstown Christmas Carol Sing at Clotho UMC
20th 7:00 p.m. Clotho Country Christmas

24th Christmas Eve Services

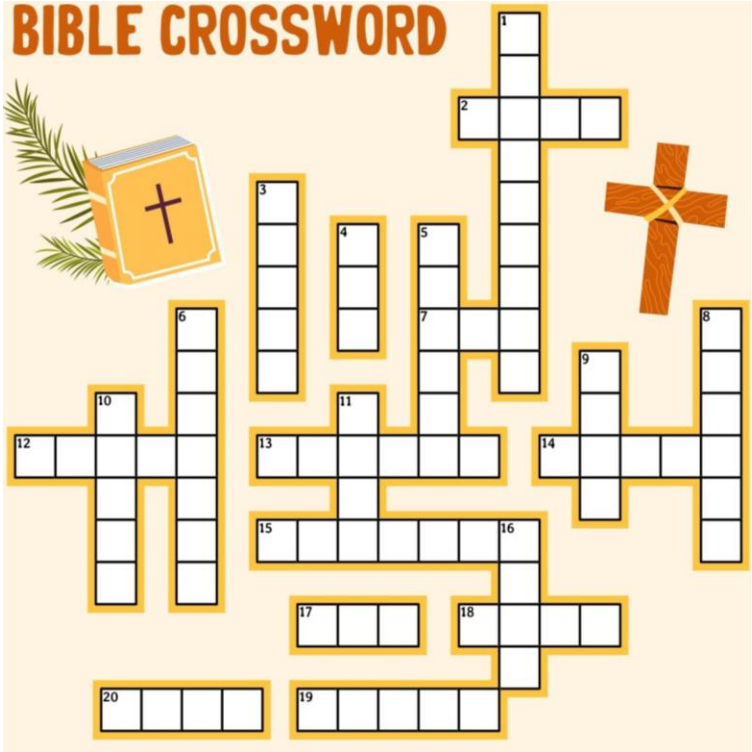




THANK YOU VETERANS



BIBLE CROSSWORD



Across

2. This led the wise men to baby Jesus
7. The first woman
12. The queen of what country came to see Solomon
13. What is it called when we talk to God?
14. Who wrote the 23rd Psalm?
15. Wisest man in the world
17. God created the world in how many days?
18. Two ladies argued about this
19. Who parted the Red Sea?
20. What kind of bird did Noah send out of the ark to see if the land was dry?

Down

1. The town Jesus was born in
3. Long sharp weapon
4. Who created everything?
5. How many disciples did Jesus have?
6. Who was the first Jew?
8. What Solomon asked God for
9. The first man
10. Who is a descendant of Abraham and King David, and is the Savior of the world?
11. The first king of Israel who died in battle with his son, Jonathon
16. He built the ark

Word Bank

Dove	Star	Bethlehem	Twelve	Adam	Wisdom	Saul
David	Prayer	Sheba	Jesus	Moses	Noah	Baby
Sword	Abraham	Six	God	Eve	Solomon	

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ALL SAINTS DAY Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:30 am Clarissa - 10:30 am Wrightstown - 10:30 am with brunch to follow	**2** 1 PM Music Jam at Clotho UMC	**3** Ministerial Team 5:15 p.m., Buford's. 5:15 Food Shelf- Long Prairie	**4** Facebook at 7 am Kali Christensen Page 1:30 pm Heritage Apartments 2:30 pm Worship at CTCCC	**5** 11 a.m. Lydia Circle	**6** 6:30 am to 9 am Coffee at Clotho June Holts service at PUC. Help is needed	**7** Annual Bazaars Eagle Bend UMC 9-2 p.m. Long Prairie PUC 9-1pm
8 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	**9**	**10** 	**11** Conversations on Facebook at 7 am Kali Christensen Page 9:45 am Worship at Long Prairie N. H. 10:30 am Worship at Vitality Living in L.P. 1:30 pm Heritage Apartments 2:30 pm Worship at CTCCC	**12**	**13**	**14**
15 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am PUC council Clarissa - 10:30 am Wrightstown - 10:30 am 11 am to 1 pm Soup and Sandwich lunch at Clarissa	**16** Noon - Kali praying at Centra Care L.P. Hospital Community Circle at Hilltop Kitchen 5-6:30 p.m	**17** Soup &Sandwich Supper in Eagle Bend 4:30 to 6:30 PM 5:15 Food Shelf- Long Prairie	**18** Conversations on Facebook at 7 am Kali Christensen Page. 1:30 pm Heritage Apartments	**19**	**20**	**21**
22 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Baptism at E.B. Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am Baptism of Lennix Lou Kuelbs	**23** 5:00 pm Clarissa admin	**24**	**25** Conversations on Facebook at 7 am Kali Christensen Page. 1:30 pm Heritage Apartments 7:00 pm Combined Thanksgiving Eve service at Clotho UMC – refreshments to follow.	**26**	**27** 7 pm Brightlights parade in LP Join PUC Float	**28** 1 pm Decorating in Clarissa
29 1st Sunday of Advent Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Hanging of the Greens Clarissa - 10:30 am Wrightstown - 10:30 am	**30**					

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TO:



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