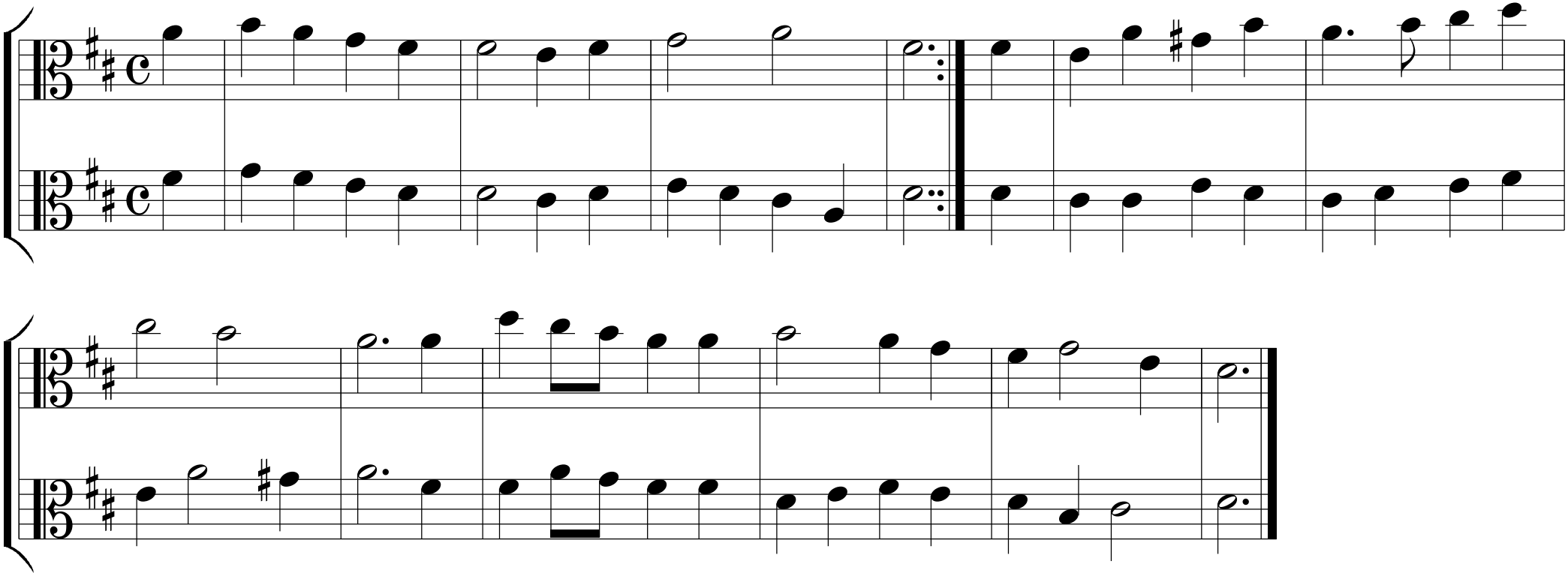So nimm denn meine Hände