



Life in the Spirit Newsletter

Preparing Christians for Major Events That Will Take Place in the United States in the Near Future

War Is Coming to America, PART III – Prepare Physically

June, 2026



Textgram

To the Remnant Bride of Christ and All Who Seek the Truth:

Time is short, the days are evil, and the pace of change is accelerating. PART I described deception in America, war coming to America, and the coming persecution of Christians. It is a war against our bodies and our souls, which is why it is so important to understand what is coming and how to prepare for it – physically and spiritually.

PART II – Prepare Spiritually, focused on how we can prepare spiritually for powerful events coming soon to our nation and the world. This was addressed in five key points: this earth is not our home, we are in the end times, God has a plan for each of us and our families, we are to be pro-active spiritually, and spiritual preparation often leads to physical provision.

This is PART III – Prepare Physically, because the supply chains that provide goods, services, AND FOOD that we depend on are vulnerable to war and a shortage of oil, natural gas, and other products that have been curtailed in the Strait of Hormuz.

PREPARE, NOT PLAY — 2026 MESSAGE

Key Warnings:

- 2026: Year of transition, testing, and separation
- Many will fall away, lacking true relationship with God
- Fear, false prophecy, and media distractions
- War, tyranny & pressure on food, energy, finances
- Fiat currencies will fail; Food & barter will matter

Call to Action:

- Prepare physically, mentally & spiritually
- Guard your heart & mind
- Buy essentials, Bibles, water filtration, dry goods
- Teach the truth with love
- Do not fear—God provides for His own

*Stand firm in your relationship with God.
Seek Him. Obey Him. Trust Him.
He is holy. He is faithful. He is coming.*

Just as the safest place to be is always in the center of the Lord’s will for our lives, the best preparation is seeking the Lord and following His guidance in all things.

Amos 3:7 says the Lord always warns His people before He does something, and the New Testament affirms that the Holy Spirit will tell us of things to come beyond what Christ revealed to His disciples:

“I still have many things to say to you, but you cannot bear them now. However, when He, the Spirit of truth, has come, He will guide you into all truth... and He will tell you things to come.

John 16:12-13

As always, **QUESTION EVERYTHING**, do your own research, check out these sources, and take these things to the Lord for confirmation, for the Truth shall set us free.

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Key Point #1: Famine Is Coming – Prepare Physically

Shortages and Rationing Loom as Global Oil Reserves Fall Dramatically



By Michael Snyder, Economic Collapse Blog, May 29, 2026

No matter what happens now, the world is facing a very painful energy crisis. If Iran agrees to allow free passage through the Strait of Hormuz with absolutely no restrictions starting tomorrow, it would first have to remove the mines they have laid in the Strait, and that could take months. Once the mines have been removed, it will take the tankers that are currently trapped in the Persian Gulf weeks to arrive at their destinations.

Moving forward, Persian Gulf countries will be exporting much less oil and natural gas for the foreseeable future because of all the oil and natural gas infrastructure that was damaged or destroyed during the war. It will take years before all of that infrastructure is fully repaired and rebuilt.

The chief economist at Capital Economics, Neil Shearing, is projecting that commercial oil inventories “could reach critically low levels by the end of June.” If supply conditions don’t improve soon, “prices could rise sharply,” Shearing warned.

The UN is telling us that we could be facing a worldwide food crisis that could last “for years”. Global fertilizer companies have slashed production over

shortfalls of sulphur, required to make many farming inputs (about half of the global supply passed through the strait before the Iran war). As a result, farmers are likely to produce lower yields in coming harvests.

No matter what happens now, there will be shortages and rationing. It is just a matter of how intense they will be and how long they will last.

The Coming Famine: Why Millions Will Starve and What You Must Do Now

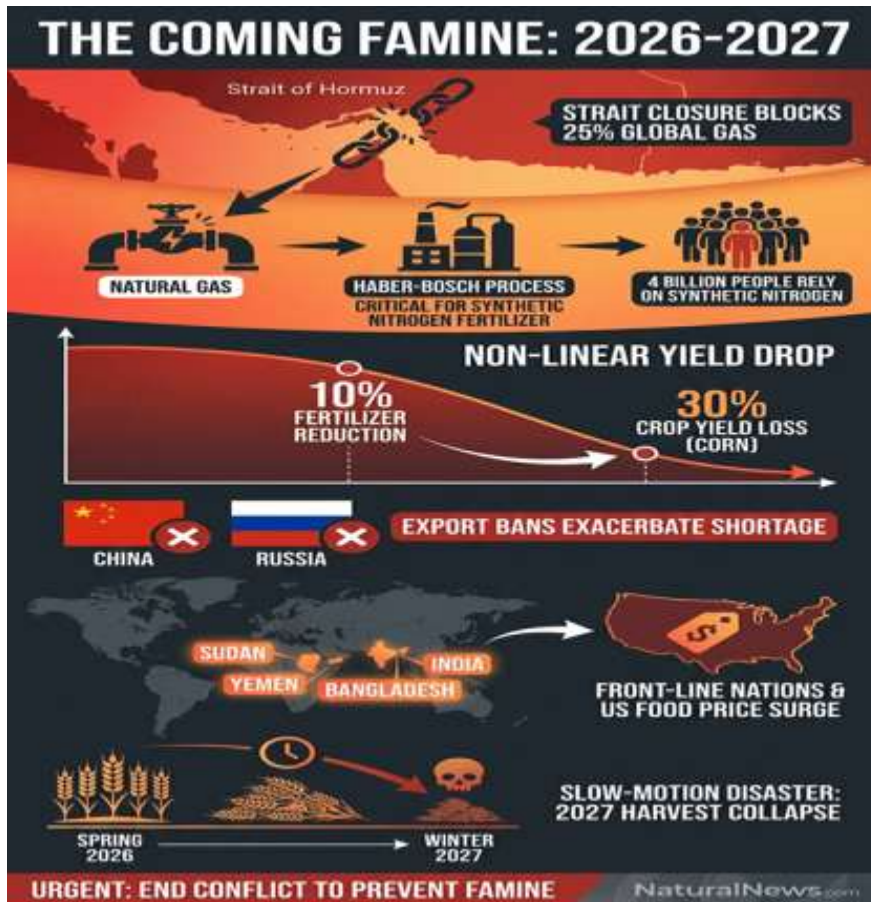
05/09/2026 // Mike Adams, NaturalNews.com

By the end of 2027, if the Strait of Hormuz remains closed due to the war provoked by the Trump administration and its Israeli allies, millions of people will starve to death. The conflict in the Middle East has blocked the Strait of Hormuz, cutting off 25% of the world's natural gas supply that is essential for fertilizer production. Most people think famine only happens in distant countries, but I will show you why the United States is not immune and why you need to act now.

Four billion people who are living today depend on the Haber-Bosch process that turns natural gas into nitrogen fertilizers. Without it, modern agriculture collapses. The Persian Gulf supplies a quarter of the world's natural gas feedstock for fertilizer, and the damage to infrastructure in Qatar and elsewhere will take years to repair.

The relationship between fertilizer reduction and crop yield is non-linear: a 10% drop in fertilizer can cause up to a 30% drop in yield for corn and other high-demand crops. This is a slow-motion disaster: the effects won't be fully felt until 2027 because of growing seasons, but the scarcity of fertilizer is already baked in. **The coming famine is not a question of if, but when.**

The United States will face soaring food prices, empty grocery shelves, and a wave of bankruptcies between now and the end of 2027. Those who prepare will survive. Decentralize your life -- grow food, store water, and secure your own energy. Work from home, reduce consumption, and build a buffer of savings -- most Americans live paycheck to paycheck and will be crushed by the coming price spikes. **The government will not save you. Only self-reliance can protect you from the coming famine.**



Eight Weeks to Empty Shelves. Sixty Days to Famine. What Caused it, and What You Need to do Immediately.
 HAL TURNER WORLD MAY 08, 2026, by Mark A. Shryock

FAMINE COMING TO AMERICA
 IT'S CLOSER THAN YOU THINK

EMPTY SHELVES
 Shelves are running out. Shelves that were once full are now bare.

RISING PRICES
 Food prices are at recent highs. Basic items are out of reach for millions.

BREAD	\$8.25
MILK	\$5.45
EGGS	\$4.95
BUTTER	\$1.45
CHEESE	\$7.45
BEANS	\$6.25
MEAT	\$5.25

SUPPLY CHAIN COLLAPSE
 Delays, shortages, and breakdowns are crippling the food system.

GLOBAL INSTABILITY
 Wars, droughts, and poor harvests abroad reduce exports and drive shortages here.

FAMINE ISN'T ALWAYS CAUSED BY DROUGHT. IT'S CAUSED BY THE BREAKDOWN OF SYSTEMS WE ALL DEPEND ON.

THE WARNING SIGNS ARE EVERYWHERE

SCARCE SUPPLIES, RISING COSTS, SUPPLY CHAIN FAILURES, ECONOMIC DECLINE, GROWING UNREST

THIS ISN'T FEAR-MONGERING. IT'S REALITY.
 FAMINE CAN HAPPEN HERE. BE PREPARED. STAY INFORMED. LOOK OUT FOR OTHERS.

FOOD SHORTAGES
 Essential foods are becoming scarce. Many may not be available at all.

ECONOMIC COLLAPSE
 Inflation, debt, and unemployment are destroying lives and limiting access to food.

SOCIAL UNREST
 As hunger grows, desperation follows. Communities will be tested.

THE TIME TO ACT IS NOW
 Preparation today can mean the difference between survival and starvation.

DON'T WAIT UNTIL IT'S TOO LATE. PREPARE NOW. SURVIVE TOMORROW.

If you can hear me, your life depends on what is in this article. I am not being dramatic. I am not overstating this. I am telling you that the data says the United States of America will run out of usable oil by July 4, 2026. Europe will run out this month. The food system that feeds you runs on diesel. Diesel runs out first. This is not speculation or opinion. It is the documented, sourced, verified trajectory of the global oil supply as it exists right now, on May 8, 2026.

Read this. Understand it. Act on it today. Not tomorrow. Today.

The Last Tanker: On May 3, 2026, a Hong Kong-flagged tanker called the New Corolla docked at the Port of Long Beach, California. **That tanker was the last oil shipment from the Middle East to reach American shores. It arrived, it unloaded, and now it is gone.**

We are no longer in a price crisis. We are entering a physical shortage, a point where fuel stops being available at any price because there is none left to sell. This is not inflation. Inflation is when prices go up. This is when the shelves go empty because there is nothing to put on them. There is nothing to put on them because there is no fuel to move the food from where it grows to where you live.

Diesel Runs Out First. **And when diesel stops, America stops. When diesel becomes scarce, trucks stop moving. When trucks stop moving, food does not get picked up from farms. It does not get delivered to processing plants. It does not get driven to distribution centers. It does not arrive at grocery stores.**

We are not approaching a food crisis. We are entering one. **And it will become a famine if this continues through June and July, which the data says it will.**

64 Weeks: Here is the fact that should keep everyone awake tonight. **If the Strait of Hormuz opened this afternoon, completely and permanently, the first drop of new Persian Gulf gasoline would not reach a Midwestern gas pump until approximately June 2027. That is 64 weeks from now.**

That means the pain is locked in, regardless of what happens diplomatically. The physical reality of moving oil across oceans, refining it, and distributing it to 150,000 gas stations cannot be compressed. No executive order fixes this. Even if peace comes tomorrow, the recovery takes years.

Demand Destruction: This is not conservation. This is demand destruction. It means factories closing. Flights canceled. Commutes eliminated. Agricultural operations scaled back. Economies contracting because there is not enough fuel to sustain them.

People will lose their jobs over this. People will lose their savings. People will go hungry. People will die. In the parts of the world that were already on the edge, millions will die.

The data says empty oil tanks hit in Europe this month and in the United States by July 4. This is not a probability assessment. This is a warning. **And the difference between a warning you act on and a warning you dismiss is measured in whether your family eats in August.**

You need to prepare now. Not because collapse is guaranteed in every detail. But because the physical shortage is real, the timeline is fixed, and the window to prepare is closing.

What You Must Do Now: If you are reading this, your survival in the next two months depends on what you do starting today. Stop what you are doing and start acquiring the things that will keep you and your family alive.

Food: Non-perishable goods, canned foods, dried goods, rice, beans, anything with a long shelf life. Buy what you can afford right now because the prices will be higher next week and higher the week after that. At some point the shelves will be empty because there is no diesel to run the trucks that fill them.

Know your local farmers and local food supply chains. The communities that will survive are the ones with local food production and local distribution networks that do not depend entirely on long-haul trucking from a thousand miles away.

Water: Store it. If pumping stations lose power, municipal water systems can be affected. Fill containers. Buy filters. Know your nearest natural water source.

Fuel: If you can store diesel, gasoline, or propane safely and legally, do it NOW.

Community: Talk to your neighbors and organize, share information, and pool resources. This is a community-level challenge, not an individual one. The people who survive systemic disruption are the ones who organize, share, and look out for each other.

Stop treating your debt as your priority: Your credit card or mortgage payment is not your priority. Your priority is physical survival: food, water, fuel, shelter, and community. Every dollar you spend servicing debt to financial institutions is a dollar you do not have for the things that will keep your family alive.

In a systemic collapse, the institutions holding your debt will become insolvent. The currency you are using to pay them may become worthless. The enforcement mechanisms that collect on debts require a functioning legal system, and a functioning legal system requires a functioning society. When the diesel runs out and the shelves empty, the society you know stops functioning.

This is not financial advice. This is triage. And triage means you save the living first.

The Bottom Line: Europe: empty fuel tanks this month. United States: empty fuel tanks by July 4. Recovery if peace comes today: 64 weeks minimum to first fuel delivery. Two years to full production recovery. Five years for damaged LNG infrastructure. **Seventy percent of American food moves by diesel truck.**

We're sleepwalking into this approaching disaster. There is little doubt there is going to be a disaster. Sleepwalking - that is the word. The data is screaming and the world is sleepwalking.

JP Morgan: September Sees Physical Oil Infrastructure Failure on Global Scale --- Other Analysts: 3 weeks Until U.S. Petroleum EXPORT COLLAPSE

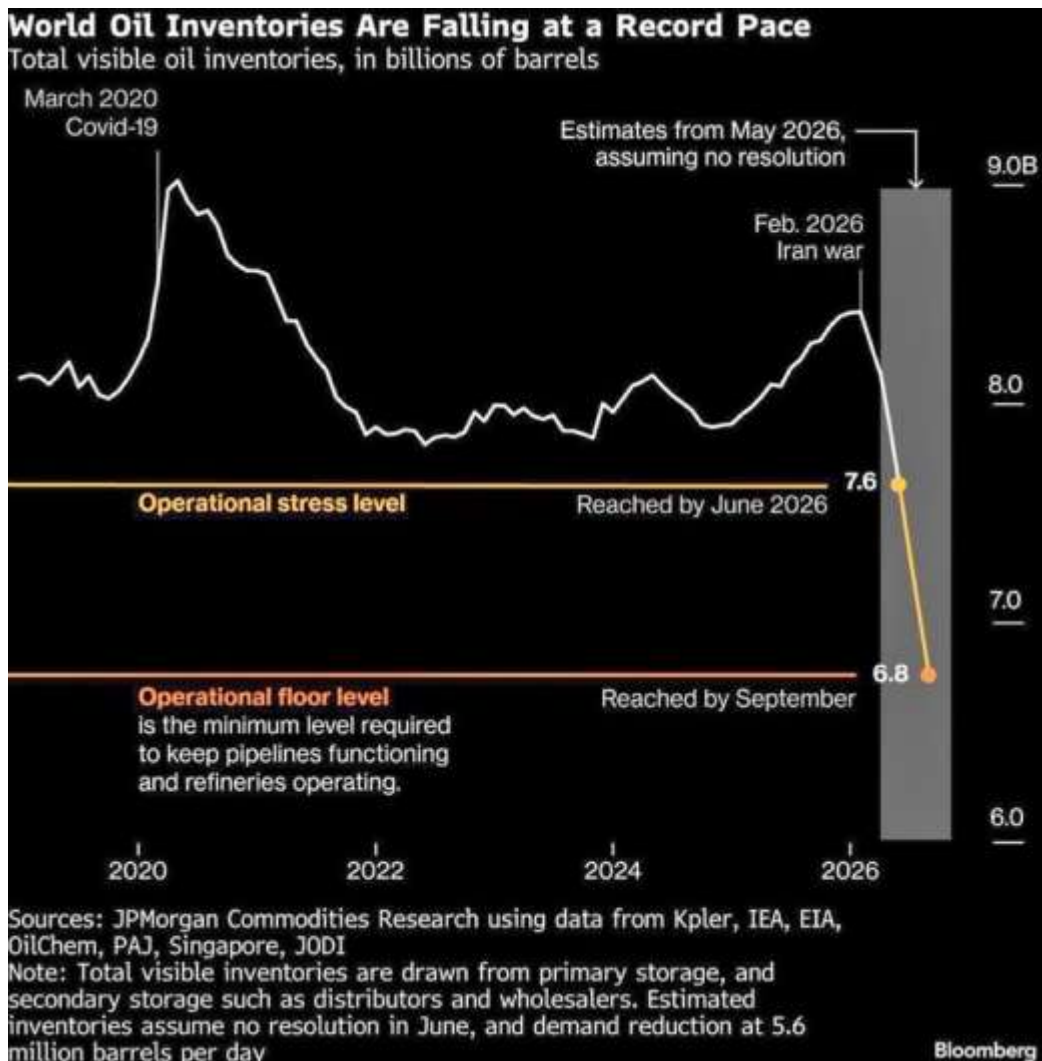
HAL TURNER WORLD MAY 18, 2026

The ongoing closure of the Strait of Hormuz in the Middle East is wreaking havoc on the oil industry worldwide because about twenty percent of global daily oil requirements, are NOT flowing. **Out of every ten barrels of oil needed to keep the world functioning, we are short two barrels.**

Countries around the world have been drawing down from their reserves to meet the ongoing demand, but those reserves cannot last. **JP Morgan Analysis shows the U.S. hits its "Operational Floor" THIS SEPTEMBER.**

The "Operational Floor" is when there is not enough oil in the storage tanks, to weigh down the bottom oil and push it into the pumps to refine it. (The pumps can't suck the oil into themselves because the oil is too thick and heavy). If there isn't enough weight, the thick oil cannot be pumped and refineries are forced to SHUT DOWN.

Here is the revised Chart as published by Bloomberg:



The second line on the chart above is Oil Doomsday – THIS SEPTEMBER, just in time for autumn and into the winter. Think no heat in your house.

According to JP Morgan, in September 2026, petroleum inventories will hit 6.8 billion barrels, the operational floor. It's the minimum required to keep pipelines pressurized and refineries alive. Below 6.8 billion barrels, pipelines lose pressure, refineries shut down, and fuel stops moving. **This isn't an "oil price" story anymore. This is physical infrastructure failure — at global scale.**

There is no model for this, no historical precedent, and no playbook. **We are three weeks away from US petroleum exports collapsing.** Read that last one again. **The petroleum products the world depends on from the US? Gone in 3 weeks. And this is happening regardless of what Hormuz does.**

It's too late to stop it: Aramco CEO: 100 million barrels lost every week Hormuz stays closed, JP Morgan: global floor hit by September, and EIA: drawdowns of U.S. domestic supply are nearly double what was forecast. Every single data point is

pointing the same direction. **This is no longer a forecast; this is a countdown to GLOBAL CATASTROPHE.**

No energy means no fuel. And without fuel, trucks deliver food from farms to processing centers to distribution facilities to supermarkets. This leads to no food on store shelves - global famine.

Experts Warn of Global Food Chain Collapse as Critical Supplies Disappear

Post by Madge Waggy, May 12, 2026

Several food and fuel supply line disruptions and breakdowns have recently occurred that directly affect western European countries. In addition, a leaked memorandum from a freight company discussed how food shortages and panics could hit **within nine days.**

The following six products were identified as critical in supply destabilization scenarios by emergency planners, agricultural analysts, and logistics officials:

- **BEANS — the protein authorities quietly prioritized,**
- **WHITE RICE — the grain linked to the first wave of civil unrest,**
- **CANNED FISH — the last stable source of preserved nutrition,**
- **HONEY — the biological anomaly of time-resistant nutrition,**
- **SALT — the mineral that became strategic infrastructure, and**
- **DRIED GRAINS - the silent architecture of survival.**

Key Point #2: What Does the Lord Say About This?

The Third Seal of Famine Will Soon Be Opened

Posted by 444ProphecyNews on 2026/02/23



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Do not go to places where many congregate. You may not be safe. IAM, King Yeshuya, am reminding you to pray to Me BEFORE you go out anywhere now. This is for your protection.

My children, soon the Third Seal of Famine will be opened. You need to get your food discretely bought and stored for the times ahead. Get all that you are able; IAM will help those who are limited in their budget. Come to Me in prayer on this as in all areas. Do not put off procuring your food.

Your world is going to change overnight, for once the first event of California [a massive earthquake] occurs, the whole world will be shaken. Food will become scarce and very expensive, if you are able to find it safely. As well as food, you may need batteries, fuel for camp stoves, lanterns, smokeless candles, lighters and matches, your toiletry items, blankets and such. You must be discrete with all of your purchases, go to different stores, use cash as much as possible.

Stay focused, stay in prayer, stay in My Word, stay calm. Pray for My believers in Mexico, who need your prayers along with My believers in Iran.

“When He opened the third seal, I heard the third living creature say, ‘Come and see.’ So I looked, and behold, a black horse, and he who sat on it had a pair of scales in his hand. And I heard a voice in the midst of the four living creatures saying, ‘A quart of wheat for a denarius, and three quarts of barley for a denarius; and do not harm the oil and the wine.’” *Revelation 6:5-6*

Famine Will Extend Worldwide

Posted by Lynne Johnson on [2026/05/09](#)



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You only have a short time to finish getting your food, to prepare for what is coming, My First Event – Judgment upon California [a massive

earthquake]. Do not put off procuring your food, your other necessities. Use cash as much as possible and by going to different stores. Do not discuss storing food with ANY OTHERS as IAM has clearly stated unless you have spoken directly with ME, King Yeshuya, the King of Kings and Lord of Lords to find out who you are able to trust. Ensure that you get your answer from Me, BEFORE you talk with others.

People will become desperate quickly for food – any food that they are able to find. They do not wish to share, and they will harm others to get food. Those who have not done so recently or at all, are to read Jeremiah – ALL OF IT! You will see what hunger does to people. **There will be few people who you will be able to trust now, so be discrete and come to ME, King Yeshuya to find out who you can SAFELY SHARE YOUR FOOD WITH.** You must also accept MY answer as final. IAM alone sees the hearts, minds, thoughts and intentions of ALL people! You do not. With the famine, there will be deaths and then pestilences due to these deaths.

FOR NOW YOUR JOB IS TO PREPARE. COME TO ME WITH YOUR QUESTIONS, AS IAM WILL GLADLY ANSWER YOU. MY BELOVED CHILDREN, STAY IN PRAYER TO ME, STAY IN MY WORD, STAY FOCUSED, STAY CALM.

Warn My People to PREPARE!

Posted by [Cryptic1](#)



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“Daughter the time is near. Devastation and destruction cometh on a horse. PREPARE to meet the needs of your loved ones. PREPARE for economic collapse, poverty and famine to rise up and rear its head.

People – your neighbors, friends, your church friends even will not be so understanding when there is no food to be had. Take care. PREPARE for what is to come.

I have said to PREPARE always in the physical and in the spiritual. Your eternal soul is what matters to Me uppermost. You are already seeing an increase in prices across the globe. This is INFLATION followed by HYPERINFLATION and then ECONOMIC COLLAPSE. IT IS COMING! WARN MY PEOPLE TO PREPARE!”

**“But of that day and hour no one knows, not even the angels in heaven, nor the Son, but only the Father. Take heed, watch and pray; for you do not know when the time is.”
*Mark 13:32-33***

You Are in the End Times

Posted by Lynne Johnson on [2026/04/29](#)

“YOU ARE IN THE END TIMES. What is coming upon the whole world will affect all people, even if an event does not happen in your country or city. As a believer, it is your responsibility to recognize these coming events by being in My Word, by coming to Me in prayer, asking questions, listening to Me, and following through on My directives.

IAM, King Yeshuya, always warn My people so that you are able to prepare. While there is not a great deal of time to get ready, you may still do so. Do so discretely. If possible, go to different stores and purchase your food with cash. The amount of food available will quickly be gone, and people will become desperate. MANY WILL STOP AT NOTHING to procure food, meaning they will harm others to get food.

This is why you are not to share information that you have any stored food with anyone, including best friends, relatives, close neighbors, or fellow church members, until you have come to Me in prayer. If you tell people without My explicit OK, then you will bring great evil upon you and your family. Time is short, so get yourselves ready as much as you are able. Stay in prayer, stay in My Word, stay focused, and stay calm.”

“For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows.” *Matthew 24:7-8*

They Will Be Desperate!

Posted by Lynne Johnson on [2026/03/17](#)



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“Your world will soon be greatly altered. When food becomes the most important part of your life due to the lack of it, this will completely change people’s outlook. Many will perceive that it is now a “you or me first” attitude. These people will only care about getting food to live on, desperate to fill their empty stomachs. Do you see why IAM warns you to be discrete about having stored food?

Once My judgments begin, the time frame is not years, but weeks. Not as short as four weeks but not up to a year. Any food that you may have left after you are brought to Me will be protected by IAM for those who will end up in the Tribulation period. Continue to store food and bibles and books by reputable teachers for those left behind, for they will need all the help that they can find.

IAM loves you, My children. Come to IAM, King Yeshuya, with any questions that you may have, as IAM is pleased to answer you.”

“But know this, that in the last days perilous times will come.” *II Timothy 3:1* “It is better to trust in the Lord than to put confidence in man.” *Psalms 118:8*

Be Discrete!

Posted by Lynne Johnson on [2026/04/12](#)



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“The First Event is very soon upon you. You will understand the ramifications of the coming events with far greater understanding after the First Event. **Pray for My believers in Israel, Iran, Mexico, and North America for their protection and for their needs to be met,** for much is coming to these areas.

Continue to get yourselves ready for what is coming by procuring your canned food, dry food; rice, flour, pasta, oats, powdered milk. IAM cannot stress this enough – YOU MUST BE DISCRETE ABOUT PURCHASING FOOD. IAM will guide you to those you are to help when it is time. You are to go to **ONLY** those that IAM directs you to. **NO OTHERS!**

If you lean on your own understanding, YOU WILL BE TARGETED BY EVIL, for you simply do not know the hearts of others – **ONLY IAM, King Yeshuya** does. Listen, heed, and be guided only by Me from now on. Stay close to Me through your prayers, stay in My Word, stay calm, stay focused.”

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
Philippians 4:6-7

When the Lights Go Out

Posted by Jolie Ware on [2026/04/23](#)



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VISION: I saw a chain of warehouse-style food and supply stores go out of business, the building abandoned, and the homeless sleeping all around.

The parking lots were empty, with trash and dust everywhere. Entire shopping centers were empty, with no businesses open. I also saw small gas stations closed and abandoned, with dirty trash blowing in the wind.

I saw a red barn with all kinds of hand tools. I believe God was showing me – with no power, we must have hand saws and other hand tools, as hardware will be hard to find. The services of a carpenter will be in high demand, and bartering one's skill sets will be important.

I also heard **"Hay box cooker for when fuel sources are limited, and oil lamps"**. See [Hay Box Cooker](#) for more information.

Power Grids and Lights Out

Posted by Suzanna Noel on 2021/10/30



123rf.com

In July 2021, I had a dream where one of my sisters told me there is no electricity anywhere, telephone lines are not working and no one can make phone calls to their family. Then on October 17, 2021, I heard in the Spirit: **"There will be no lights, power grid will go down, no electricity, and no electronics."** Please prepare.

[The Internet Will Go Down: Get Books](#)

[Vision: Lights Out – Sandra West](#)

[‘LIGHTS OUT’ – My Hiding Place](#)

[Lights Out! – McKana](#)

[100 Days – Lights Out](#)

[EMP Is Coming! The Water Supply, Banking, Traffic Lights All Down – Handmaid of the Most High](#)

[The Eastern Power Grid Will Run Out of Emergency Peak Power in June, 2027 – Here’s Why You Must Prepare for Blackouts NOW](#)

Valuable resources for prepping:

- [Resilient Prepping by Mike Adams](#)
- [Prophetic Headlines 26 / Dream of list of things needed for a global blackout](#)
- [Mene, Mene PART III – How to Prepare](#)

Summary – It Is Time for Action



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Major events are underway that will change our nation forever, including war coming to our soil, hyperinflation, and even famine. All indications are that this will happen and cannot be prayed away. The holy and just God of the universe is allowing (or causing) this to happen, in accordance with His sovereign will. But He is also a merciful God, and extends His mercy to all who repent of their sins and call upon His name.

We cannot alter these events, so it is important for each one of us to seek the Lord with all of our hearts to gain wisdom, guidance, and direction, which He promises:

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”

Proverbs 3:5-6

We are also to be of good courage, for our Lord goes with us:

“Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He *is* the One who goes with you. He will not leave you nor forsake you.”

Deuteronomy 31:6

And finally, God created us to be alive at this special time, and to be His witnesses. So let us share the truth and love of Christ with all He brings across our paths, so we may experience the joy of the Lord, which surpasses all human understanding.



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PARTS IV will soon follow, focusing on how to prepare for these coming extraordinary events financially. You won't want to miss it.

Time is short. God is great. Walk with the Lord.

In His love,

Mark

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