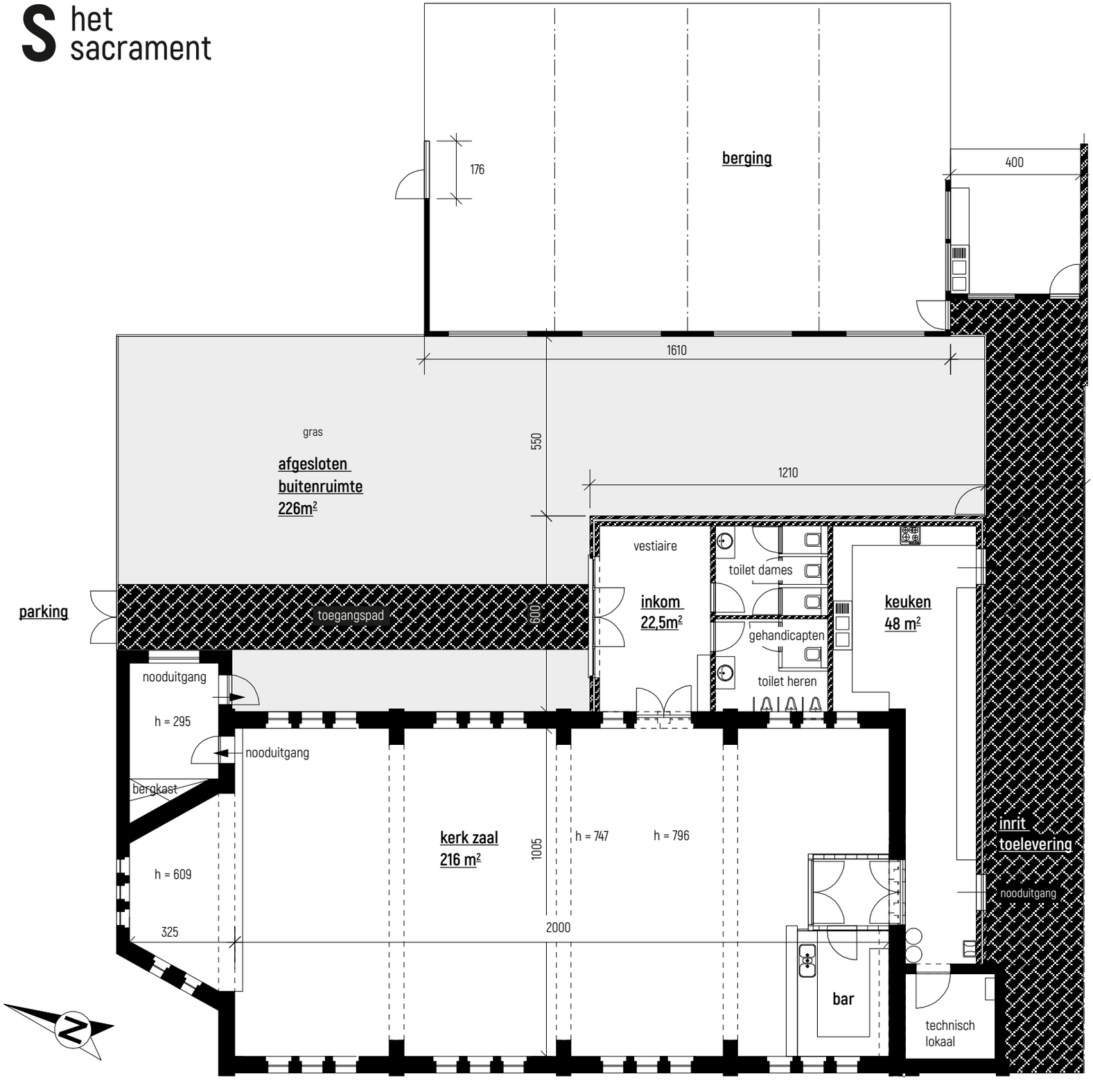het sacrament