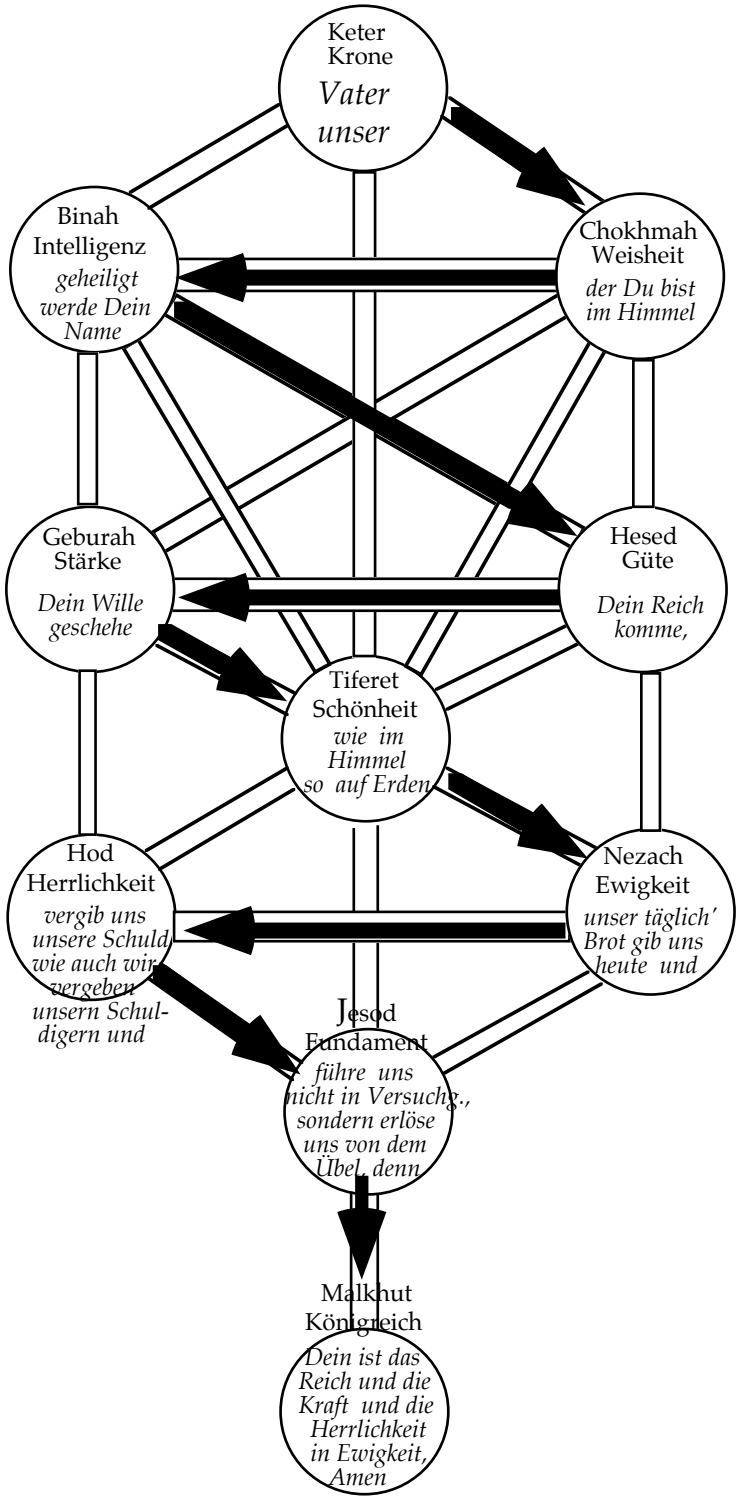Der Lebensbaum und das Vaterunser