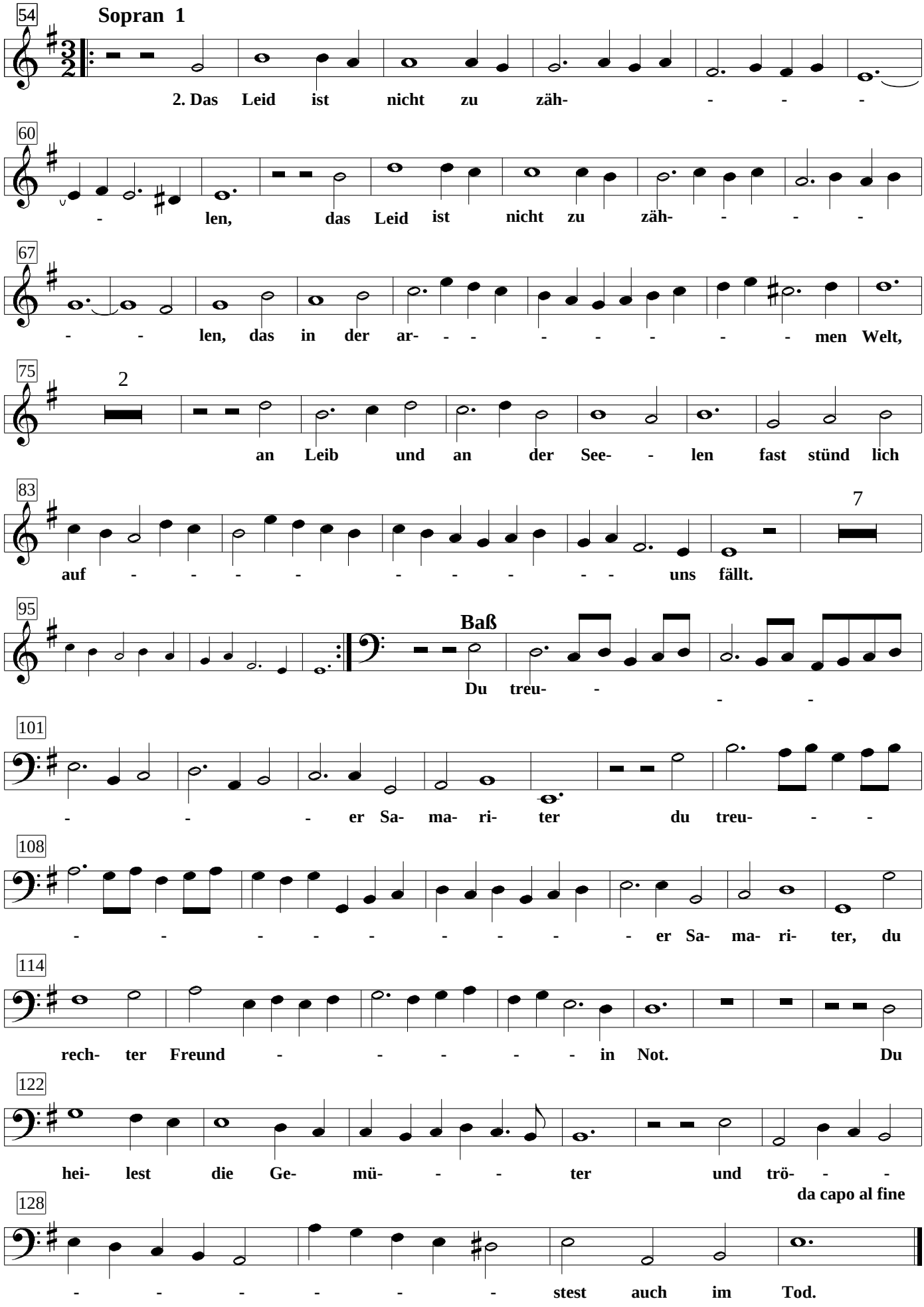Siehe, um Trost war mir sehr bange