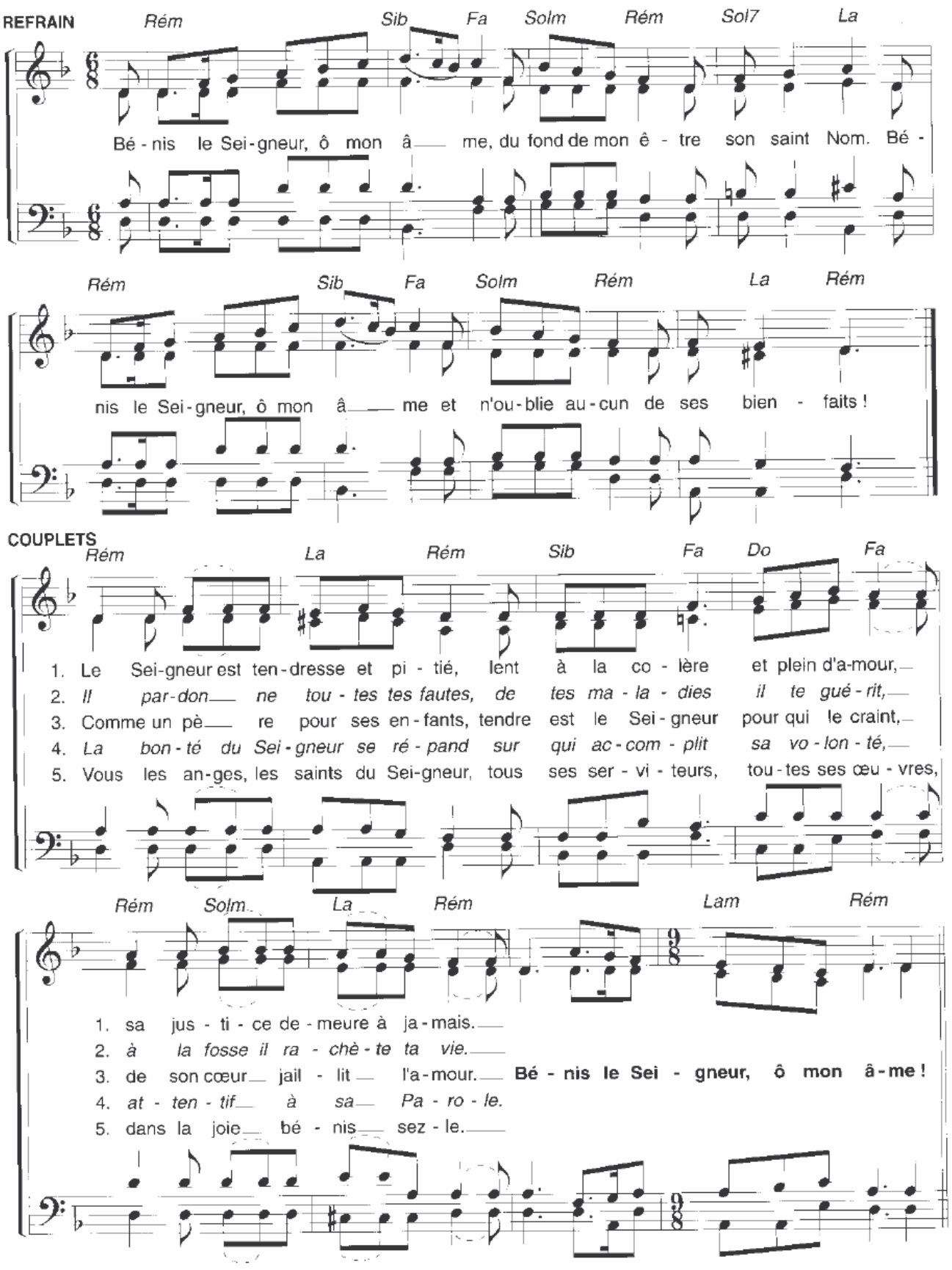Bénis le Seigneur, ô mon âme