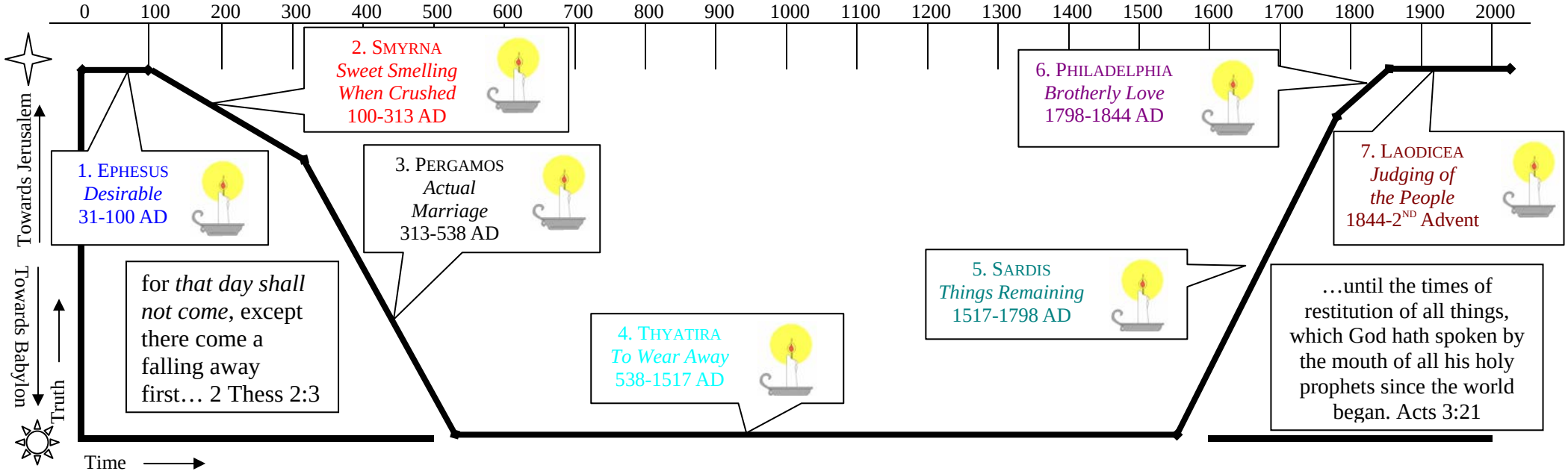The Seven Churches in History