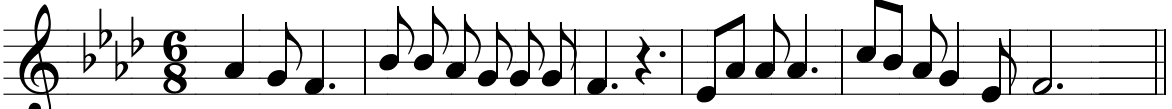연중 제30주일(나)