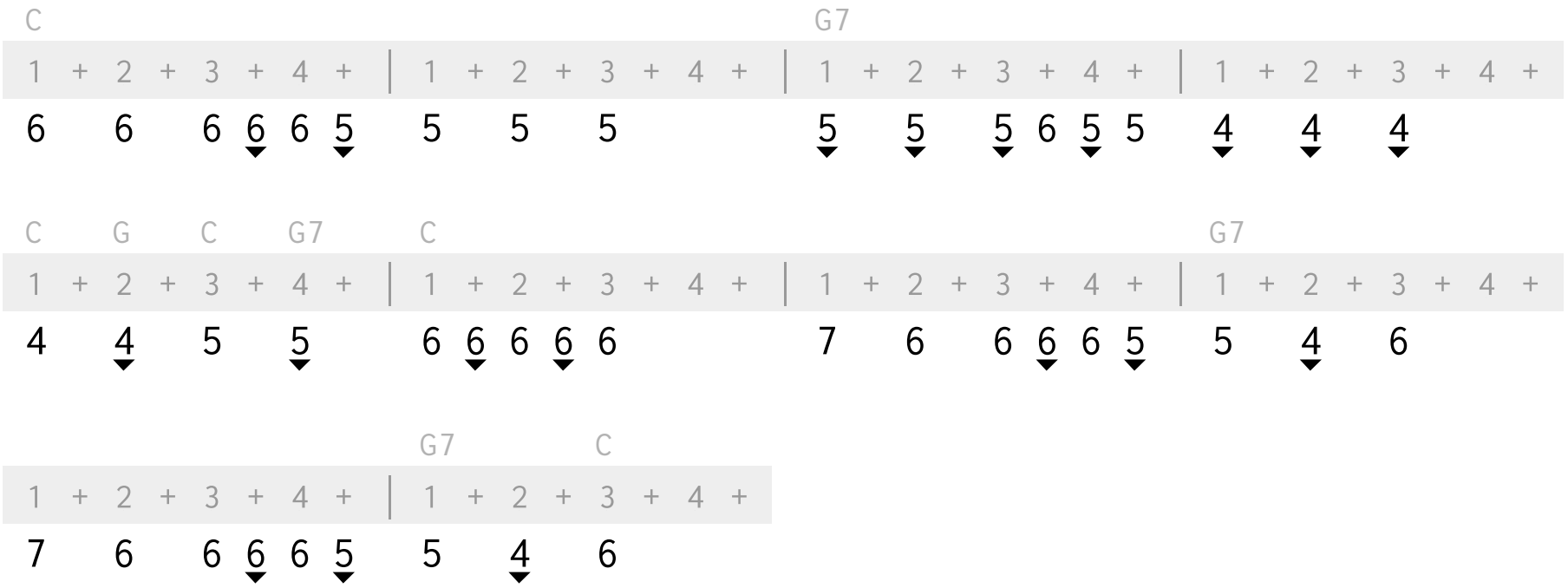Lasst uns froh und munter sein (Trad.)