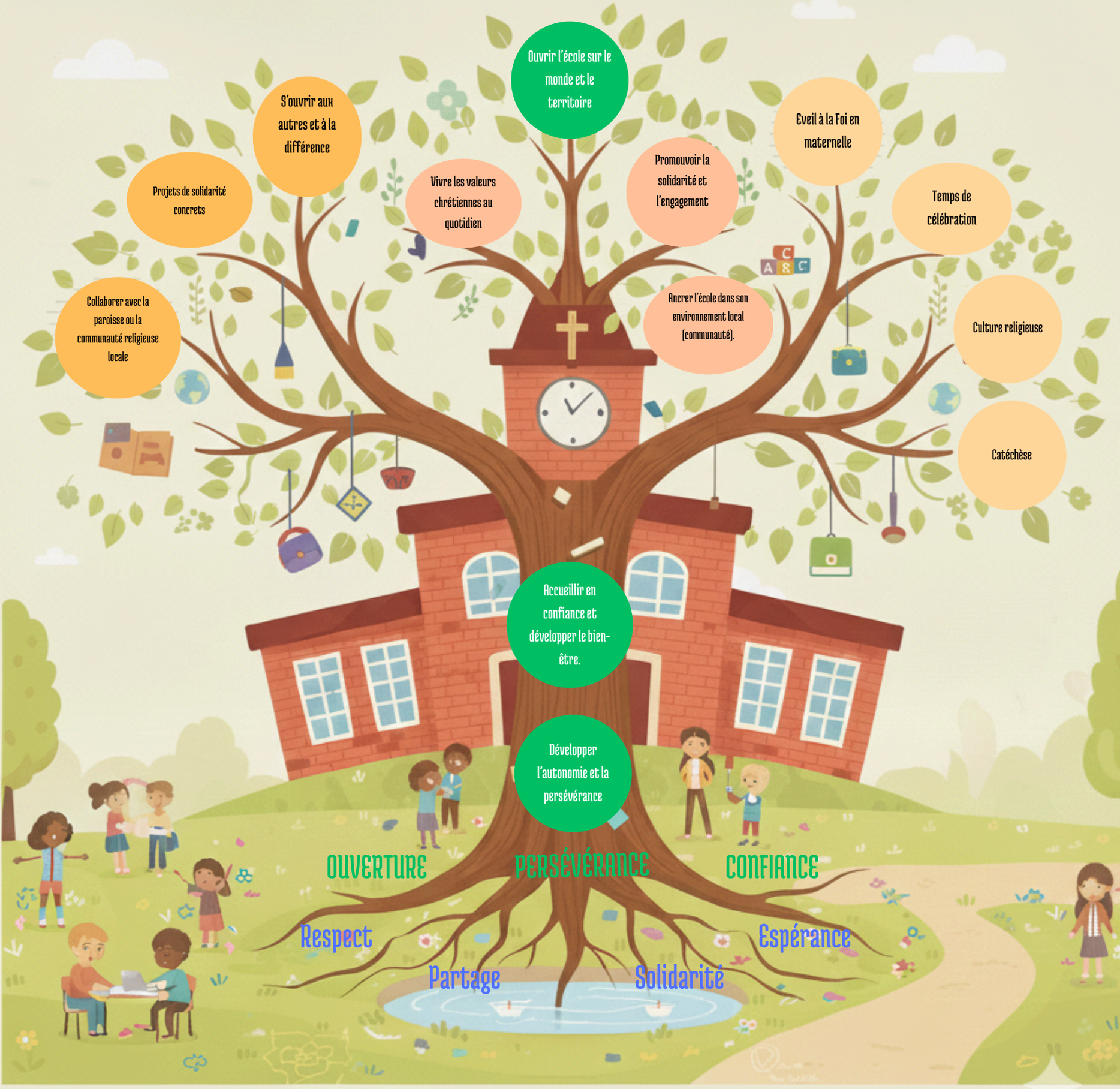Plan d'actions pastorales