



*Saint Frederick*  
† 3 March 1175  
*First Abbot of*  
*Mariengaarten Holland*

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*Blessed Milo*  
† 16 July 1158  
*Premonstratensian*  
*Bishop of Therouanne*

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*Blessed Macarius*  
† 26 February 1310  
*Premonstratensian*  
*Abbot of Bellapais (Cyprus)*

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*Blessed William*  
† 1164  
*Premonstratensian*  
*Abbot of Veurne*  
*13 November*

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