



*Holy Family Church
Nutley-Belleville*



Our Journey Continues...



1938-1965



1965-present



1911-1938

January 4, 2015

SERVED BY:

Pastor

Rev. Joseph Ferraro

Parochial Vicars

Rev. John Gordon

Rev. Mauro Primavera

Transitional Deacon

Rev. Mr. Antonio Sarento

Director of Religious Education

Sr. Diana Yodris, MPF

Convent Superior

Sr. Gloria Doria, MPF

Good Shepherd Academy

Sr. Jane Feltz, MPF, Principal

Pastoral Associate

Sr. Eileen Hubbert, SSJ

Director of Music Ministry

Ms. Susan Loricchio

Ministers of Hospitality

John Caruso, Captain

Youth Ministry Team

Mrs. Amy DiCristo & Mr. John O'Reilly

Parish Secretary

Ms. Lynn S. Falduto (hfclynn28@aol.com)

Nursery School Supervisor

Sr. Jycinth Valenciana, FSSE

Development Committee Chairperson

Mr. Paul Grillo

Parish Trustees

Mrs. Gina Tamburri

Mr. Robert Collmier

Stewardship Committee Chairperson

Mr. Philip Hui

MASSES

Saturday evening: 5:30 PM (English),
7:00 PM (Italian)

Neo-Catechumenate Liturgy: 8:30 PM

Sunday: 8:00 AM, 10:00 AM,
12:00 Noon & 7:00 PM

Filipino Mass: 2nd Sunday of month, 5:00 PM

Daily: 7:00, 8:45 AM; Saturday 8:45 AM

OFFICE HOURS:

Daily: 8:30 AM - 12:00 Noon

1:00 - 4:00 PM

6:00 PM - 8:00 PM

The Rectory is closed 12:00 - 1:00 PM and
4:00 - 6:00 PM

Saturday: 10:00 AM - 3:00 PM

The office is closed on Sunday.

RECONCILIATION: Saturday, 1:00 PM

BAPTISM: Baptisms are scheduled once a month on Sunday afternoons except during Lent. Expectant parents are asked to contact the rectory to schedule an appointment at least three months before the desired date of Baptism. Parents must attend a special catechetical session prior to the Baptism.

MARRIAGE: Couples should contact the rectory one year in advance of the proposed wedding date in order to allow for the proper pre-marital preparation. At least one person must be a registered parishioner of Holy Family.

ANOIDING OF THE SICK: This is a sacrament not only for those who are at the point of death. As soon as anyone begins to be in danger of death from sickness or old age, we encourage you to call for a priest in the rectory.

MINISTRY OF THE SICK: The Eucharist will be brought to the homebound. Please contact the Rectory with the names and addresses of parishioners who are ill or homebound.

VOCATION: Women and men who feel called to the religious life, and men called to Holy Orders, should contact the Vocations Office at 973-497-4365.

EMERGENCY CALLS: In case of an accident or sudden illness, call the rectory at any hour or reach us on the emergency phone, 973-715-3108. The priest on duty will return your call.

SOCIAL SERVICE HOTLINE: The Catholic Community Services is an office that serves all people in need. Please call 1-800-CCS-7413.

PARISH PAY: Have your weekly donation sent directly to the Church! Visit www.parishpay.com or call 1-866-PARISH1

Rectory: 973-667-0026/Fax: 973-661-1714
28 Brookline Avenue
www.holyfamilynutley.org

Convent: 973-667-2050
60 Harrison Street

Rel. Education Office: 973-667-6018
Good Shepherd Academy: 973-667-2049
24 Brookline Avenue

Nursery: 973-235-1170
174 Franklin Avenue

Epiphany of the Lord 2015



My brothers and sisters in the Lord!

Today we celebrate the Epiphany of the Lord, which proclaims that Christ is the Messiah, the glory of God, who is like breaking into the night and who gives new hope and rebirth to the people who walk in darkness. We come to the crib and look into the manger to see Jesus lying in the feeding place for the animals. Jesus is *our food for life* and with childlike wonder as we look into the crib, we see the Three Kings gathering to worship this child and bringing their gifts of gold, frankincense and myrrh.

These are gifts of great extravagance, fit for a king and God. The gift of myrrh is a sign of suffering, as well as the anointing of the dead, and so the shadow falls over this scene of joy and hope. The fulfillment of the life of Jesus will be poured out on the cross so that we can have life, with our sins forgiven. The cross stands over this scene of Christmas and promises for us victory, hope and rebirth.

Another shadow also falls over the scene. That is the long shadow reaching from Jerusalem and the court of Herod. Herod lives in fear of a new born king who will replace him and overthrow his throne. Herod's desire to speak to these travelers from the east was not out of curiosity or love, but full of malicious intent. The recently completed Temple of Herod, glinting in the sun with its golden roof, was one of the many wonders of the world, to be admired and wondered at by many pilgrims to the city of Jerusalem. A child who would be king of the Jews might threaten Herod's power and his corrupt and oppressive reign. From Bethlehem there comes a new king and a new shepherd of Israel. The Magi worship and adore the Christ child in all His fragility, vulnerability and innocence. Jesus becomes the new temple before whom we bow down and worship.

My brothers and sisters, after this hectic celebration of Christmas, today's feast helps us more deeply grasp the gift that has been given to us and which desires that all people hear this message of hope. Our Holy Father, Pope Francis, challenges us to share the joy of the Gospel with people we meet. Perhaps we can do so by helping a friend to find new meaning because of the celebration of Christmas. Maybe we might have a new desire to speak of the birth of Jesus. We might also be able to love in a difficult situation. The celebration of the Epiphany invites us to find a new path or new route as we begin the New Year. The Gospel message itself calls us to be more open to those who are fragile, vulnerable, weak or poor and, in this way, we might be able to share our hope and joy with others.

My brothers and sisters, I take this opportunity to thank, once again, everyone who has made our Christmas celebration a truly joyous and spiritual journey. On behalf of Fr. John, Fr. Mauro and I, we are especially grateful for the many homemade goodies, gift baskets, as well as monetary gifts, which we received during this Christmas Season. Many cards were sent signed only with first names and no other information; please accept this message as our heartfelt thank you. Most especially, thank you for your continued love and support of our parish, The Holy Family.

May the Holy Family of Jesus, Mary and Joseph bless you abundantly, in a special way, as we begin the New Year 2015!
Peace and prayers always,
Fr. Joe

50/50 raffle

Congratulations to Roz Barletto, our long time parishioner, who won last Sunday's 50/50 raffle drawing! Rox won \$880! That was a pretty good jackpot!

The 2015 raffles will be sent out this week. If you do not receive them in the mail and wish to, please call the rectory and leave your name and address.

As always, we appreciate your support of Holy Family!

Please remember that if you move, let us know! Mailings are often returned to us so it is important to update your records. Call us with your new address or phone number! Thank you!



“Those who gave thee a body, furnished it with weakness; but He who gave thee a Soul, armed thee with resolution. Employ it, and thou art wise; be wide and thou art happy.”
- Akhenaton, ancient Egyptian ruler



A GREAT PLACE TO ADVERTISE

Did you know that the Holy Family bulletin is printed at no cost to our parish each week? Not only that, our parish receives a part of the advertising commission. So please, frequent the fine establishments who advertise in our bulletin!

If your business could use a shot in the arm, consider advertising in our bulletin. Each weekend, approximately 1500 people attend Mass at Holy Family, most of whom live and shop in the Nutley/Belleville/Clifton area. It's an easy way to reach over a thousand of area families with information about your business. For more information on how to advertise in our bulletin, call Maria Nucum, 973-634-6088.

**Saturday, January 3**

5:30 PM People of the Parish
7:00 PM Vincenzo Vitale...Olympia Vitale

Sunday, January 4

8:00 AM Living & Deceased Members of the Barletto Family
...Rich, Roz & Vickie Barletto
10:00 AM Tony & Theresa Dimeo...Anna & Jerry Volpe
12:00 PM Anthony Testa...Mom & Dad
7:00 PM Giacomo Badalamenti...Theresa Badalamenti

Monday, January 5, St. John Neumann

7:00 AM Frances Corsa...Irene Murray
8:45 AM Donald Galiota...Mella Bravaco & Family

Tuesday, January 6, St. Andre' Bessette

7:00 AM Consuelo Emralino...DeVera & Mooney Families
8:45 AM Pasquale Avallone...Wife, Rose

Wednesday, January 7, St. Raymond of Penyafort

7:00 AM Annunziata Servidio...Tom & Iole Rudomanski
8:45 AM Anne Giuliano...Carol Placenti

Thursday, January 8

7:00 AM Elizabeth Martin...Jenny
8:45 AM Denise Falcetano...Michele Rose
7:00 PM Padre Pio Prayer Group—MCC

Friday, January 9

7:00 AM Ellen Park...M/M John Riccardelli
8:45 AM Alfred Romano...Bill Avallone & Family
7:00 PM Devotees of Maria SS. Addolorata
Carmela Amato
Nicola Colalillo
Beatrice Gencarelli
Maria Pappalini

Saturday, January 10

8:45 AM Special Remembrance Mass
John & Eleanor Arthur Angelo & Amelia Mirocco
Paul Chu Edward Morris
Nicola & Giuseppina Cifelli Maria Tran
Nilo Deligero Frank Vacca
Adelaida Janiola Elmer & Hattie Walsh

The Baptism of the Lord**Saturday, January 10**

5:30 PM Luciano Falcinelli...Giancarlo & Camille Tonelli
7:00 PM People of the Parish

Sunday, January 11

8:00 AM Rose & Jack Lombardo...Theresa Genna & Family
10:00 AM Ronni Hamdan...Peg & Dave Rucinski
12:00 PM Jacqueline Nicolario...Millie Zaino
7:00 PM Marie Carmela Rinaldi...Daughter, Marie

STEWARDSHIP OF TREASURE

"...they fell down and worshipped him. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh..."

Matthew :11



Notice the order of events in the Magi's visit. First, they knelt before Jesus and prayed to Him. Then they presented Him with their gifts. We too, must take time to pray before we present our gifts to the Lord. We never know what God may be asking us to share!

For Christmas Day: The collection to date is \$23,902.00
Mass Attendance was 2,054.

For Sunday, December 28, 2014

The actual collection was \$11,351.00;
\$1,539.00 of which came from Parish Pay.
The 2nd Collection for Property Repairs was \$1,628.00
Mass Attendance was 1,512.

God Bless You For Your Continued Generosity!

For Christmas Day:

The collection to date is \$27,393.00
Mass Attendance was 1,995.

Sunday, December 29, 2013, Feast of the Holy Family

The actual collection was \$10,723;
\$1,412 of which came from Parish Pay.
The 2nd Collection for Property Maintenance was \$6,063.
Mass Attendance was 1,485.

Memorials for the Week of January 4**Altar Candles**

Anne Giuliano...Carol Placenti

Altar Bread

Ida Capanear...Husband & Children

Altar Wine

Francesco Amato...Daughter, Rosina

The Sanctuary Lamp in the Church, Chapel, Convent and Rectory, Altar Candles, Altar Bread, & Altar Wine, as well as Altar Flowers are our weekly memorials. The donation for each Sanctuary Lamp and Altar Candles are \$10. The donation for Altar Bread or Altar Wine is \$15. The donation for Flowers on the Altar of the Blessed Virgin or Saint Joseph is \$45.

Please stop by the rectory to reserve any of the above.



**PRAY FOR
ALL THE
SICK PEOPLE
IN THIS
WORLD**

Please Pray for Those Who Are Sick...

Raymond & Mary Bresko, Janet Ferrugia, Fr. Peter Funesti, Joseph Iorio, Toni Logiudice, Josephine Loricchio, Kenneth Matthews, Philip Napoli, Laurie Palumbo, Kayla San Filippo, Mary Sprechini - the entire sick list is posted on the bulletin board in the vestibule.

Please Pray for Those Who Have Died...

Josephine Spevack

STEWARDSHIP OF TIME

First Saturday, January 3 - The Most Holy Name of Jesus

8:30 pm Neo-Catechumenate #1 - MCC
 8:30 pm Neo-Catechumenate #2/3 - SJC
 All Masses: 2nd Collection - Archdiocesan Assessment

Sunday, January 4 - The Epiphany of the Lord

8:30 am Religious Education - GSA
 10:00 am Children's Liturgy of the Word - Church
 2:45 pm Fatima Prayer Group - MCC
 6:00 pm Youth Group - SJC

Monday, January 5 - St. John Neumann

7:00 pm Novena - MCC
 7:00 pm Choir Practice - Church
 8:00 pm MSA room in use



Tuesday, January 6 - St. Andre Bessette

12:30 pm Adult Education - SJC

Wednesday, January 7 - St. Raymond of Penafort

8:30 pm Neo-Catechumenate #1 - MDL
 8:30 pm Neo-Catechumenate #2 - SJC
 8:30 pm Neo-Catechumenate #3 - SLR

Thursday, January 8

10:00 am Italian Class - SA
No Sassy Seniors Meeting in January
 4:30 pm Children's Italian Class - SA
 7:00 pm Padre Pio Prayer Group - MCC
 7:30 pm First Eucharist Meeting (Parents) - Gym
 7:30 pm Bible Study - SJC

Friday, January 9

6:00 am Men's Prayer Group - SJC
 7:00 pm Italian Memorial Mass - MCC

Saturday, January 10

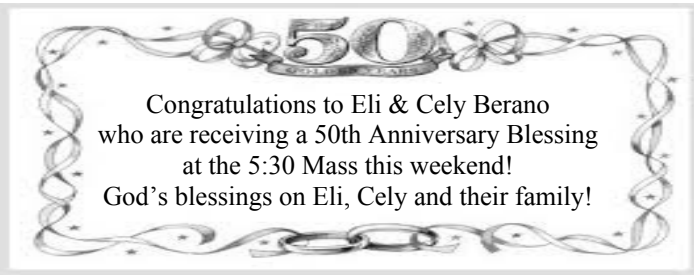
1:00 pm Confessions - Church
 2:00 pm Multi-Cultural Event - Gym
 8:30 pm Neo-Catechumenate #1 - MCC
 8:30 pm Neo-Catechumenate #2/3 - SJC

Sunday, January 11 - The Baptism of the Lord

8:30 am Religious Education - GSA
 10:00 am Children's Liturgy of the Word - Church
 12:00 pm First Eucharist Enrollment - Church
 2:00 pm Baptisms - Church
 5:00 pm Filipino Community - Church; Fellowship - SJC
 6:00 pm Youth Group - SA

KEY

- LR** Liturgy Room - Rectory Basement
- MCC** Mother Cabrini Chapel
- MDL** Msgr. DiLuca Conf. Room (Behind the Bell Tower)
- MSA** Maria SS. Addolorata Room - Parish Center
- PP** Padre Pio Room - Parish Center
- PR** Pantry Room - Rectory Basement
- SA** St. Anthony Room - Parish Center
- SJC** St. Joseph Center



Congratulations to Eli & Cely Berano who are receiving a 50th Anniversary Blessing at the 5:30 Mass this weekend! God's blessings on Eli, Cely and their family!

READINGS FOR THE WEEK

Monday: 1 Jn 3:22 — 4:6; Ps 2:7bc-8, 10-12a; Mt 4:12-17, 23-25
 Tuesday: 1 Jn 4:7-10; Ps 72:1-4, 7-8; Mk 6:34-44
 Wednesday: 1 Jn 4:11-18; Ps 72:1-2, 10, 12-13; Mk 6:45-52
 Thursday: 1 Jn 4:19 — 5:4; Ps 72: 1-2, 14, 15bc, 17; Lk 4:14-22a
 Friday: 1 Jn 5:5-13; Ps 147:12-15, 19-20; Lk 5:12-16
 Saturday: 1 Jn 5:14-21; Ps 149:1-6a, 9b; Jn 3:22-30
 Sunday: Is 42:1-4, 6-7 or Is 55:1-11; Ps 29:1-4, 3, 9-10 or Is 12:2-3, 4bcd-6; Acts 10:34-38 or 1 Jn 5:1-9; Mk 1:7-11

**TEACHING THE GOOD NEWS
 RELIGIOUS EDUCATION PROGRAM (CCD)**

FOR MORE INFORMATION,
 CALL: 973-667-6018

Sunday: Grades K-5, 8:30 AM-9:45 AM
Tuesday: Grades 1-6, 3:30-4:45 PM ~ Classes for Spring Garden, Lincoln and Yanticaw Schools
Wednesday Evening: (all schools) Grades 7 & 8, 7:00-8:30 PM
Thursday: Grades 1-6, 3:30-4:45 PM ~ Classes for Belleville #5, Washington & Radcliff Schools

Sunday, January 4, 2015, 5:00-6:00 PM.

Confirmation Class



The first session of Bible Study for Confirmation students who will be attending Block One. It will be held in the Holy Family Parish Center.

The first Confirmation class is **Tuesday, January 6, 2015, 7:00-8:30 PM in Good Shepherd Academy.**

**"KNIGHT'S KORNER"
 HOLY FAMILY COUNCIL 14712**



**March for Life - Washington D.C.
 January 21-22, 2015**

Vigil Mass for Life at the Basilica of the National Shrine of the Immaculate Conception.

Discount pricing is made possible by the support of our sponsors and a generous subsidy of the K of C HF Council 14712
 Double Occupancy: \$125/per person; Single \$225/per person
 Family of 3: \$300 total; of 4: \$350 total.
 GSA Students: \$50/per student; Nutley Parish Youth Groups \$50/per member For information on joining the Knights of Columbus

Please contact George Wescott-Grand Knight
 By email: gvw43@aol.com

**Blood Drive!
 Friday, January 30
 2:30-8:30 P.M.
 St. Joseph Center**



GOOD SHEPHERD ACADEMY NEWS!



Shop Rite For My School: Shop for participating products at ShopRite during advertised promotions using your Price Plus Club Card and earnings are automatically credited to Good Shepherd Academy. Register your Price Plus card at shopriteformyschool.com and select "Good Shepherd Academy"

Box Tops for Education - The school is able to receive money when they turn in the General Mills box tops! Please save them and drop them off in the special box which is located in the vestibule of Church.

Used Cell Phones & Toners - The school collects used cell phones so if you upgrade yours, please do not discard the old one. The school also accepts toners from computers to be recycled. All can be dropped off in the GSA box located in the vestibule of the Church.

MIRACULOUS MEDAL NOVENA



The Miraculous Medal Novena is every Monday at 7:00 PM, in the Mother Cabrini Chapel. Novena consists of devotional prayers to the Miraculous Medal and St. Jude, and the Benediction of the Blessed Sacrament. On national holidays, Novena prayers are offered at 8:45 AM, just prior to the 9:00 AM Mass.



Congratulations to KIRSTIN WALDMANN, a GSA graduate who is now on the Honor Roll at UCVTS, Scotch Plains, NJ. Keep up the good work - we are proud of you, Kirstin!

SEEK

(Sports Equipment Encourages Kids)



A young man from Nutley H.S. has generously begun this program through the Nutley Mayor's office. He is seeking gently used sports equipment (cleats, pants, shorts, shin guards, mitts, balls, golf clubs, bowling balls, hockey gear, etc.) for youngsters of Nutley who aren't able to afford this otherwise expensive equipment. If able to help, kindly call Sam Carella, Chief of Staff at the Dept. of Public Safety. 973-284-2929.

Do you have questions about the Catholic Faith? RCIA: The Rite of Christian Initiation of Adults



RCIA is the formation process which guides people inquiring about our faith as well as Catholics seeking full initiation. The formation process includes doctrinal formation (believing with the Church community), experience of community (sharing faith stories), Liturgical formation (praying with the Church community) and apostolic formation (serving with the Church community). People are helped in the discerning process of where God is calling them. This gradual development aims to help one live a full Christian life. Please call Sr. Eileen: 973-667-0026 x23 for more information.



Seton Hall University
Continuing Education and Professional Studies
Register today for our professional development certificates and workshops in Social Media, Business Communications, and Microsoft Office Suite. Convenient and affordable evening and weekend classes. Call 973-761-9087 for information or visit our website at ceps.shu.edu.

If you wish to receive a statement of your 2014 donations to Holy Family Church, kindly submit your name, address and daytime phone number, along with the number of your donation envelope.

You may also email your request: hfclynn28@aol.com

**Please do not call the rectory
to request this information.**

You may drop this form in the collection basket on any Sunday.

Name: _____

Address: _____

Town / Zip: _____

Daytime Phone: _____ E-mail _____

Envelope No. _____



MISSION STATEMENT

- Holy Family Catholic Church is a spiritually and socially active parish. Rooted in the Word of God and nourished by the Eucharist, we celebrate the life of our Lord Jesus Christ by proclaiming the Good News and providing spiritual growth, support and service with love. Founded by Italian immigrants a century ago, today our parish continues the tradition of extending a loving, caring and affirming welcome to all who join us as we Continue Our Journey of Faith.
- La Chiesa Cattolica Santa Famiglia e' una parrocchia socialmente e spiritualmente attiva. Radicata nella Parola di Dio e nutrita dall'eucarestia, celebriamo la vita del nostro Signore Gesu' Cristo proclamando la buona novella e provvedendo crescita spirituale, supporto e servizio con amore. Fondata un secolo fa' da immigranti italiani, oggi, la nostra parrocchia continua la tradizione di estendere un amorevole, caro e riconoscente benvenuto a tutti coloro che con noi continuano e condividono il nostro cammino di fede.
- Ang simbahang katoliko ng banal na pamilya ay isang masiglang parokya sa espirituwal at ugnayang panlipunan. Nakaugat sa salita ng diyos at pinalusog ng eukaristiya, ipanagdiriwant namin ang buhay ng ating panginoong hesukristo sa pagpapahayag ng mabuting balita at paguudulot ng paglago sa kabanalan, paggabay, at mapagmahal na paglilingkod. Itinatag ng mga dayuhang italiano may isang-daan taon na ang nakakalipas, ngayon ang aming parokya ay patuloy sa pag-ugit ng tradisyon ng mapag-aruga, mapagkalinga, at mapagkilang pagtanggap sa mga sumapi saamin habang patuloy sa paglalakbay sa panaampalataya.

STEWARDSHIP CORNER



Bible Blitz! A Christmas collection of new and gently used Bibles is underway. Help us to spread the Word of The Lord to those who cannot afford a Bible. You may leave the bibles in the Church vestibule on the ledge below the TV screen or drop them off at the rectory.

Church Photo Directory



As you can see from the list below, **MANY** people have picked up their Family Photo Directory! Thanks for all your help getting the word around. However the following have not yet picked up their copies. If you recognize anyone's name, please let them know. Thank you!

Francisco, Griselda & Giselle Almeida, Anne Alworth, Karl & Maria Anderson, John & Brigida Bohman, Giuseppe & Nunziata Bonomo, Roseann Bucci, Isabel Carrion, Rocio Carrion, Romeo & Marilyn Castillo, Nelson & Patricia Cepeda, Christina Colaiacovo, Rosina Coppola, Bambina Corino, Michael & Christine Cozzi, Emiliano & Nenita deDios, Lucy Della Sala, Anil DeSouza, Joseph & Carolyn Drago, John Giordano, Diane Guerina, Rosa & Anthony Guzman, Michael & Kathleen Hagen, Christopher & Rosalia Hester, Joe & Linda Iorio, Cris & Heather Jagar, Robert & Carol Jagar, Carol Kaufman, Robert & Pat Kordas, Gerald & Frank Kryzneski, George Larty, Quinto & Teresa Magi, Lynn McGill, Geraldine Migliorelli, Cristian & Melissa Navas, Juan & Mary Chris Nieves, Josephine Orlando, Donald & Chiara Russoniello, Franco & Angela Salmeri, Julio & Felyoren Tajon, Antonio & Giulia Tamburri, Benny & Theresa Torres, Cezar Zapanta, Hugo & Sylvia Zavala

MEN'S PRAYER GROUP

MPG would like to pray for your intentions. The prayers will be offered on Friday of that week at our gathering. Kindly place this intention request in the Sunday Collection or return it to the rectory.



Please list your intentions:

If you would like a prayer card sent as an acknowledgment of your prayer intentions, please include your name and address.

MARIA SS. ADDOLORATA CHAPEL MEMORIAL CANDLES

The Chapel of Our Lady of Sorrows is a beautiful way to memorialize a loved one. If you are interested in memorializing someone with a candle in the Maria SS Addolorata Chapel, please fill out this form and return it with a check, made payable to **HOLY FAMILY**, in the amount of \$100 to the rectory. You may request a beautiful card featuring the statue of Our Lady of Sorrows taken in our Maria SS. Addolorata Chapel.

Inscription on the candle: (Limit 20 characters per line; limit 2 lines)

- This is a new candle Please renew this candle



Name(s) on Memorial Candle:

Your Name: _____

Address: _____

Town: _____ Telephone: _____

Email: _____

INFORMATION SHEET

BULLETIN I.D.

286300

CHURCH NAME AND ADDRESS

Holy Family
28 Brookline Avenue
Nutley, NJ 07110

PHONE

973-667-0026

CONTACT PERSON

Lynn Falduto

SOFTWARE

Microsoft Publisher® 2007
Adobe Acrobat 9.0® Standard
Windows Vista Business SvcPack 1

PRINTER

HP® Laserjet 1012

NUMBER OF PAGES SENT

Cover + 5 text pages + this page = 7

SUNDAY DATE OF PUBLICATION

January 4, 2015

TRANSMISSION TIME

Wednesday afternoon

SPECIAL INSTRUCTIONS