

Saint Theresese Church

January 14, 2018

Ministered by the Discalced Carmelite Friars

Established 1924

www.StThereseChurchAlhambra.org

510 North El Molino Street - Alhambra, California 91801 282-2744 - FAX 282-7560

(Unless otherwise indicated, all the telephone numbers in the bulletin are in the (626) area code).

Pastor: Fr. Philip Sullivan, OCD (222) **Associate Pastor:** Fr. Bernard Perkins, OCD (232)

In Residence: Fr. Albert Busic, OCD (335); Dcn. Bro. Matthias Lambrecht, OCD (224); Bro. Jason Parrott, OCD

Deacon Couples: Deacon Joseph & Lorraine Mizerski (333); Deacon Gilbert & Frances Vargas (333)

Vocations: Carmelite: (909) 629-9495; Archdiocesan (213) 637-7515

Sacraments:

Confessions: Wednesday: 7:00-8:30 p.m.
Saturday: 3:30-5:00 p.m.

Baptisms: Once a month on a Saturday

Weddings: Fill out an application (web-site or office) six months+ in advance.

- Facilitator: Ruben Beltran 284-0020 (2)
- Wedding Liturgy/Rehearsals: Mary Putman MerryPage@gmail.com or (760) 844-2725

Other Programs:

Annulments: Lorraine Mizerski (333)

-Avila Young Adult Group:

Paula Grimm (909) 703-1284

-Bible Study: Debbie Robles 679-6370

-Detention Ministry: Sonia Macias (323) 724-6443

-Grief Support-2nd/4th Wed 2:30-4p.m.

-Intercessors Prayer Group:

Blanca Ruvalcaba 281-7070

-Irish Step Dance Class: Marie Henrie, mariacahill11@yahoo.com

***Knights of Columbus:** Grand Knight: Paul Gutierrez (888) 869-3124

-Legion of Mary: Tuesdays, 7:00 p.m.

-Natural Family Planning:

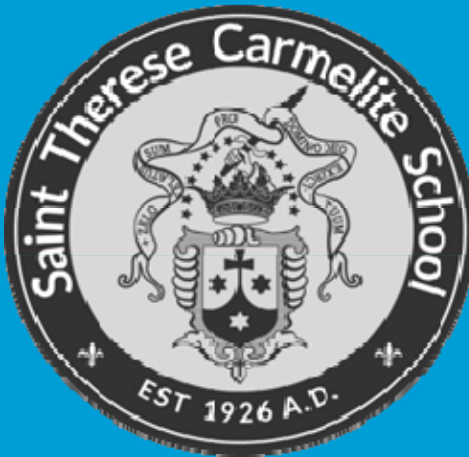
Jack & Katrina Crow 292-1906

-OCDS: Stan Interrante 714-996-4164

-Rosary Makers: Mondays, 6-8 p.m.

Magda Contreras (213) 300-7776

-St. Joseph Prayer Group: Wed, 6:15 p.m., Lucy Marikian 281-3706



For more info about our school, go to:
www.SaintThereseseCarmeliteSchool.com

Masses & Services:

Monday-Saturday:

6:00 & 8:00 a.m.

Carmelite Cloister: 7:30 a.m.

Saturday Vigil: 5:00 p.m.

Sunday:

7:30, 9:00, 11:00 a.m., & 5:00 p.m.

Latin High Mass: 1:00 p.m.

Holy Days:

6:00, 8:00, 10:00 a.m., & 7:30 p.m.

Devotions:

Rosary: After Mon-Sat 8:00 a.m. Mass;
Exposition/Benediction: Thursdays, 7:00-8:00p.m.; Intercessors for Priests:
Thursdays, 8:00 p.m.; First Friday Mass
and Confessions: 7:30 p.m.

St. Therese Carmelite School:

289-3364 - Principal: Alma Cornejo (661)
principal@sainttheresecarmeliteschool.com
Web: SaintThereseCarmeliteSchool.com

Parish Secretary:

Denise McMaster-Holguin (223)
denisekay@hotmail.com

Finance: Noralyn Cailan (228)
cailannocds@gmail.com

Choir Directors:

9:00am: Marcia Martinez-Bateman
(775) 771-4992

11:00am: Charlotte Lansberg
cjlansberg@choochoorecords.com

Respect Life Ministry / Vox Vitae:

Catherine Contreras (112)

Youth & Young Adults:

Bro. Matthias Lambrecht, OCD (224)

Ministry to the Sick:

Fred & Margaret Padilla (626) 282-0943

Religious Education and Liturgical Ministries:

Rhonda Storey 284-0020 (1)
rhondalstorey@gmail.com

Confirmation & RCIA

Ruben Beltran 284-0020 (2)

New Parishioners: Welcome to St. Therese! Please register online or in the Parish Office.

510 N. El Molino St., Alhambra—**Office Hours:** Monday through Friday, 9:00 am to 1:00 pm; 2:00 to 5:00 pm; 6:00 to 8:00 pm—**closed from 1:00 to 2:00 pm & 5:00 to 6:00 pm** **Eucharistic Adoration:** Continuous, day and night.
Sign up for an hour of adoration and pray for vocations. Coordinator: Ruben Beltran—284-0020 (2)

CATECHESIS Q & A: DEEPENING OUR KNOWLEDGE

WHAT DOES THE CHURCH TEACH ABOUT SATAN AND HIS DEMONS?

By Fr. Gabriele Amorth



Scripture tells us that angels and demons (especially Satan) are spiritual creatures gifted with intelligence, will, freedom, and initiative. Those modern theologians who identify Satan as an abstract idea of evil are completely mistaken. Theirs is true heresy; that is, it is openly in contrast with the Bible, the Church Fathers, and the Magisterium of the Church. The truth about Satan was never doubted in the past; therefore, the only dogmatic definition in this respect is this statement from the Fourth Lateran Council: ***"The Devil [that is, Satan] and the other demons were created good by God; but they became evil through their own fault."*** Whoever denies the existence of Satan also denies sin and no longer understands the actions of Christ. Scripture talks to us about the Kingdom of God but also of the kingdom of Satan. It is impossible to understand the salvific action of Christ if we ignore the destructive action of Satan.

Lucifer (Satan) was the most perfect being created by the hands of God before creating the world. His God-given authority and superiority over the other angels was recognized by all, so he thought that he had the same authority over creation as God. Satan tried to understand all of creation but could not, because creation was oriented toward Christ. Until Christ came into the world, God's plan could not be revealed in its entirety. Hence Satan's rebellion. He wanted to

continue to be the absolute first, the center of creation, even if it meant opposing God's design. This is why Satan continually tries to dominate the world. Beginning with our forefathers, he seeks to enslave men by making them obey himself and disobey God. He was successful with Adam and Eve, and he hoped to continue with all people, with the help of the other rebelling angels (now demons). Even though Satan and his angels broke with God, He allowed them to maintain their power and rank (thrones, dominions, principalities, powers, etc.) even if they use them for evil purposes. St. Augustine did not exaggerate when he wrote that, if God gave Satan a free hand, "no man would be left alive." Since Satan cannot kill us, he tries to "make us into his followers in opposition to God."

The truth of salvation is this: Jesus came "to destroy the works of the Devil" (1 Jn 3:8), to free man from Satan's slavery, and to establish the kingdom of God after destroying the reign of Satan. However, between the Birth of Christ and the Second Coming of Christ, the Devil tries to entice as many people as possible to his side. Therefore, Paul tells us that "we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places" (Eph 6:12).

Let us be clear about this: Jesus defeated Satan through His sacrifice. However, Jesus also defeated Satan before His death, through His teachings: "If it is by the finger of God that I cast out demons, then the kingdom of God has come upon you" (Lk 11:20). Jesus first gave the power to cast out demons to His apostles; then He extended the power to the seventy-two disciples, and in the end He granted it to all those who would believe in Him. **How can those who deny the existence and the many activities of Satan understand the achievements of Christ? How can they understand the value of the redemptive death of Christ?** On the basis of Sacred Scripture, the Second Vatican Council affirms that "Christ, by His death and resurrection, has freed us from the power of Satan".

During a May 24, 1987, visit to the Sanctuary of Saint Michael the Archangel, John Paul II said, *"The battle against the Devil, which is the principal task of St. Michael the Archangel, is still being fought today, because the Devil is still alive and active in the world. The evil that surrounds us today, the disorders that plague our society, are not only the results of original sin, but also the result of Satan's pervasive and dark actions."* Revelation tells us that demons were hurled down to earth; therefore their final damnation has yet to happen. That is why they asked Jesus, *"Have you come here to torment us before the time?"* (Mt 8:29).

How can we defend ourselves from Satan and his demons? By prayer, the Sacraments, almsgiving, leading a Christian life, pardoning offenses, and soliciting the aid of our Lord, Mary, the saints, and the angels. Let me end here by speaking about the angels. They are our great allies! Each of us has a guardian angel, the most faithful of friends—who is with us twenty-four hours a day, from conception to death. The believer who lives in the presence of the Trinity and is certain of God's life within himself knows that he also has God's own Mother, who ceaselessly helps him, as well as the help of the angels and of the saints. **Therefore, how can we feel alone, abandoned, or oppressed by evil?** In the life of the believer there is pain, because it is the Cross that saves us, but there is no room for sadness. He who believes is always ready to give witness to those who ask him about the hope that sustains him (1 Pet 3:15).

(Note: For many years, Fr. Amorth was the Chief Exorcist of Rome—until his death on September 16, 2016, at the age of 91. He said that, during his exorcisms, the names he invoked that the demons most hated to hear were the Blessed Mother, followed by Pope St. John Paul. Fr. Amorth wrote two books about his thousands of exorcisms).

POPE FRANCIS ON "THE SACREDNESS OF THE MASS"

By Hannah Brockhaus, Catholic News Agency

Last November, a fiery Pope Francis chastised those who spend Mass talking to others, looking at their phones, or even taking pictures during papal liturgies, saying that those are distractions that take focus away from the "heart of the Church," which is the Eucharist. *"The Mass is not a show: it is a time to go to meet the Passion and Resurrection of the Lord,"* the Pope said. *"The Lord is here with us, present. Many times we go to Mass and we look at things and chat among ourselves while the priest celebrates the Eucharist... But it is the Lord!"*

In particular, Francis condemned the use of cell phones to take photos at papal Masses: *"At one point during the Mass the priest says, 'we lift up our hearts'; he does not say, 'We lift up our phones to take photographs!' It's a bad thing! And I tell you that it gives me so much sadness when I celebrate here in the Piazza or Basilica and I see so many raised cell phones, not just of the faithful, but even of some priests and bishops. But think: when you go to Mass, the Lord is there! And you're distracted. It is the Lord!"*

During the general audience, Pope Francis said the Eucharist would be the new focus of his weekly catechesis for the year, because *"it is fundamental for us Christians to understand well the value and meaning of the Holy Mass so as to live more and more fully our relationship with God. In the Eucharist we rediscover, through our senses, what is essential. Just as the Apostle Thomas asked to see and touch the wounds of Jesus after His resurrection, we need the same thing: to see Him and touch Him to be able to recognize Him."*

In this way, the Sacraments meet this very "human need" of ours, he said. And in the Eucharist, in particular, we find a privileged way to meet God and His love. He continued, *"...the Second Vatican Council was inspired by the desire to help Christians understand the beauty of the encounter in the Eucharist even better. This is why it was necessary first to implement, with the guidance of the Holy Spirit, an adequate renewal of the liturgy."*

A central theme emphasized at Vatican II was the liturgical formation of the faithful, which Francis said is also the aim of the series of catechesis he began today: to help people "grow in the knowledge of this great gift God has given us in the Eucharist." As a side note, Francis asked if people had noticed the chaotic way children make the Sign of the Cross at Mass, moving their hands all over their chests, and asked people to teach children to perform this holy action well.

"We need to teach children to make the Sign of the Cross well," he said, *noting that this is how Mass begins, because just as Mass begins this way, "so life begins, so the day begins."*

Concluding his reflection on the Mass and the Eucharist, Pope Francis said that he hopes that through these brief weekly lessons, everyone will rediscover the *"beauty hidden in the Eucharistic celebration, which, when revealed, gives full meaning to the life of everyone."*



FAMILY NIGHT



THEME FOR THE EVENING:
 "THE LIVING ONES" - 2018 + Catholic



*Life is beautiful with God.
 We weren't made to fit it,
 we were born to stand out!*

*It can be challenging to live our faith in the midst
 of an unbelieving world and peer pressure.
 Tonight, we'll receive inspiration on how to be
 strong in Christ like the early Catholics,
 who called themselves "The Living Ones".*

All Families are invited to join us for our NEXT
 "Family Night" THIS FRIDAY, January 19, from
 7:00 to 9:00 p.m., in the Parish Meeting Room.



It will include:

- A POTLUCK DINNER
- A speaker for adults
- Activities for children and
- COR JESU for Youth



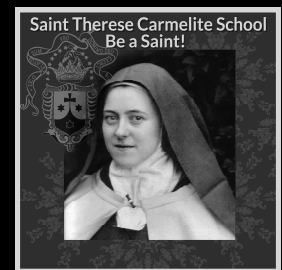
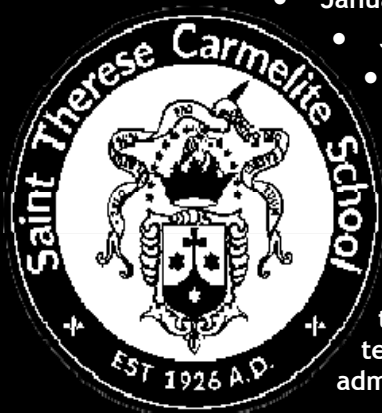
SAINT THERESE CARMELITE SCHOOL

Deeply rooted in Carmelite spirituality, Saint Therese Carmelite School seeks to form students in faith, academics, and virtue through a Classical education.



"All God asks of you is good will." -St. Therese of Lisieux

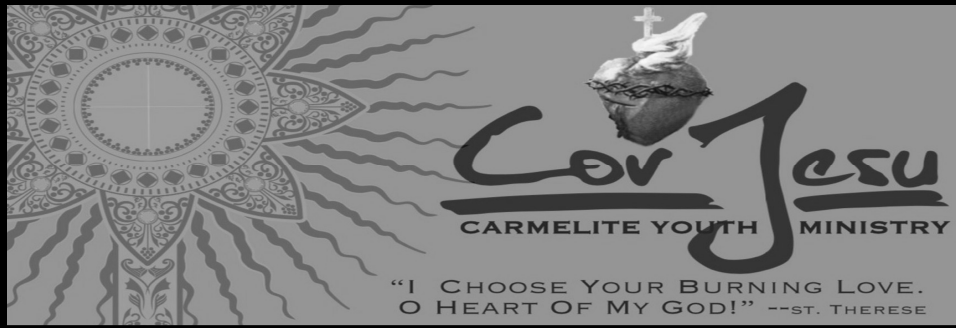
- January 15 (Monday): Martin Luther King, Jr., Holiday, No School
- January 19 (Friday): Mass at 8:00 a.m.
- January 26 (Friday): Mass at 8:00 a.m.
- January 28 (Sunday): Family Mass at 9am and Open House
- January 28 (February 2): Spirit Week Festivities
- January 29 (Monday): Students' Day
- January 30 (Tuesday): Teachers' Day
- January 31 (Wednesday): Religious Life Day
- February 1 (Thursday): Parents' Day



We encourage you to visit the school office to learn more about our school, to take a tour, or to spend a day with our amazing students and wonderful teachers. Please feel free to contact us at 289-3364 or admin@sainttheresecarmeliteschool.com.

COR JESU YOUTH MINISTRY

BAPTISM



PARENTS & GODPARENTS are required to attend a class from 7:30 to 9:00 p.m., in the Parish Library (next will be January 25 and April 5). The fee is \$100 per child OR \$25 for the class only. Baptisms are on Saturdays (next open are at 11:00 a.m., on February 10 and April 28).

All Youth (6th to 8th Grades and 9th to 12th Grades) AND their families are encouraged to join the COR JESU Youth Ministry for the **One Life LA Annual Walk on Saturday, January 20**. We will meet at 11:30 at El Pueblo at La Placita on Olvera Street in Los Angeles. Look for our COR JESU banner, along with Bro. Matthias. For more info, pick up a flyer from the tables in the main vestibule or go to our website: www.StThereseChurchAlhambra.org.

Also on the church website (Ministries > Cor Jesu Youth Ministry), our youth can find the following information / forms:

1. Cor Jesu Youth Ministry Registration (Junior High: 6th to 8th; Senior High: 9th to 12th);
2. Youth Nights Info and Calendar (Kick-Off: January 19 at 7:00 p.m.);
3. Cor Jesu Youth and Young Adult Holy Hour & Socials (Kick Off: February 1 at 7:00 p.m.)
4. One Life LA—St. Therese Youth and Families walking together (see 1st paragraph).

TO REGISTER...

go to our website and click on **Sacraments > Baptism**. You will also need to bring a copy of your child's birth certificate to the class.

SELECTING THE GODPARENTS:

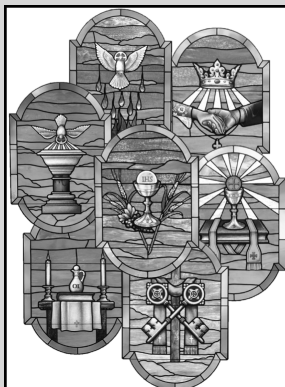
Canon Law requires you to have at least one godparent (may have two) who: 1) is at least 16; 2) has been Confirmed; and 3) is a practicing Catholic. A form attesting to this needs to be signed by a priest from the parish of each prospective godparent.

For more information, contact Rhonda Storey at 284-0020, Ext. 225, or rhondalstorey@gmail.com.



RELIGIOUS EDUCATION

ELEMENTARY GRADES, HIGH SCHOOL CONFIRMATION, and ADULT RCIA



ELEMENTARY: Classes are in session TODAY, Sunday, January 7, at 9:00 a.m. Happy New Year!

CONFIRMATION:

C1—The next classes will be Sunday, January 21, at 9:00 a.m.; and Tuesday, January 23, at 7:00 p.m.

C2—The next classes will be Sunday, February 11, at 9:00 a.m.; and Tuesday, February 13, at 7:00 p.m.

RCIA

Upcoming class dates are **Thursdays, January 25, February 1, 8, and 22**—at 7:00 p.m.

For questions, contact the DRE, Rhonda Storey, at 284-0020 (1) or Ruben Beltran, Confirmation Coordinator, at 284-0020 (2).

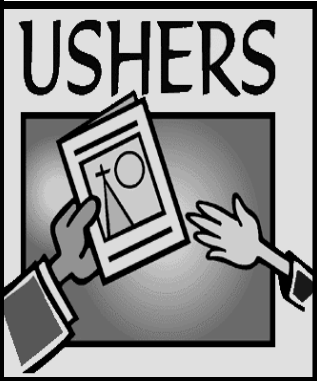
RESPECT LIFE ROSARY

On **Monday, January 22**, the 45th Anniversary of the *Roe v. Wade* Supreme Court decision, the Knights of Columbus (San Gabriel Valley Chapter) will once again hold their annual walking Respect Life Rosary in front of the Ninth Circuit Court of Appeals building (125 S. Grand Avenue), Pasadena (street parking). This peaceful one-hour event will **begin at Noon**. All are invited to attend and pray the Rosary.

For more info, email David at legisperitis@yahoo.com or Tim at jayod@verizon.net



USHERS



We would like to create a **CONTACT LIST** for all of our active ushers. If you usher at any of our Masses, please contact our DRE, Rhonda Storey, at either 284-0020 (1) or rhondalstorey@gmail.com.

It is important that we know who you are so that we have the capability to contact you for scheduling for special Masses, training sessions, etc.

Please let Rhonda hear from you soon! Thank you!

FINANCIAL OFFERINGS

January 6 / 7, 2018

Unrestricted.....\$13,331.00
 Restricted \$ 1,156.00
T O T A L.....\$14,487.00

December 9 / 10..... \$33,307.00
 December 16 / 17..... \$12,934.00
 *December 23/ 24..... \$55,012.00
 +December 30 / 31..... \$18,831.00

*Includes Christmas Eve/Day

+Includes New Year's Eve/Day

May God reward you!

Check users:

Please use a donation envelope in order to more easily credit your account.

ON-GOING MEETINGS / CLASSES / MINISTRIES

AVILA YOUNG ADULT GROUP (Ages 21–39, singles/couples): Join us on most first Saturdays of the month at 6:15 p.m., in the Guadalupe Courtyard, as well as for social events. For more information, go to our Facebook page, **Avila Outreach**, OR contact the Coordinator, Paula Grimm, at (909) 703-1284 or pgrimm.dir@gmail.com.

BIBLE STUDY: Classes meet **Wednesdays at 7:00 p.m.** Following time for gathering, each session then begins at 7:30 p.m. Current session (“**The Story of Salvation**”) began September 6, but you can catch up on the Ascension Press website: www.ascensionpress.com). For more info, contact Debbie Robles at debrobles@me.com or 679-6370.

CHOIR REHEARSAL for the 11:00 a.m. Mass is every Wednesday (September-June) from 7:30-9:00 p.m.

DETENTION MINISTRY: If you’re 21 or older, join us in visiting the youth (ages 8 to 18) in the Juvenile Detention Center in L.A. To sign up or for more info, call Sonia at (323) 724-6443.

EnCOURAGE: Standing fully by the teachings of the Church, we are a group of faithful Catholic parents who support one another and our loved ones with same sex attraction, through discussion, prayer, fellowship and sacrifice. Meet monthly in the LA Archdiocese with our chaplain in a safe confidential setting. Couragerc.org. For more info, contact your local chapter (**EnCourage for parents:** EnCourage.LosAngeles@gmail.com; OR **Courage LA for persons struggling with same sex attraction:** CourageCA.LosAngeles@gmail.com).

FIRST FRIDAY MASS: Every First Friday of each month at 7:30 p.m. (confessions are available during the Mass).

GRIEF SUPPORT GROUP: This group (originally formed in honor of Patricia Bordonaro) is for those grieving a loved one—no matter how long or for whom. We meet in the Parish Offices from 2:30 to 4:00 p.m. on the 2nd & 4th Wednesdays of each month. The next meetings will be January 10 and 24.

INTERCESSORS FOR PRIESTS PRAYER GROUP: Join us in the Avila Room in the Parish Offices to pray for priests every Thursday at 8:00 p.m. (following Benediction in the church). For more info, call Blanca at 281-7070.

IRISH STEP-DANCING CLASSES: Irish dance classes are held on Tuesdays at 3:00 p.m. in the Parish Hall (for 45 minutes to one hour). Classes are for kids 4+ and for adults. Contact Maria Henrie at mariacahill11@yahoo.com.

KNIGHTS OF COLUMBUS: We are a fraternal order of Catholic men (18 or over) looking to strengthen our faith through serving the Church & community. Call the Alhambra Grand Knight, Paul Gutierrez, at (888) 869-3124.

LEGION OF MARY: The object of the Legion is the glory of God through the holiness of its members developed by prayer and active cooperation. Meetings are Tuesdays at 7:00 p.m., in the Parish Offices (Lisieux Room).

ROSARY MAKERS: Help make rosaries to be sent to Catholics in third-world countries. Sessions are held on Mondays at 6:00 p.m. in the Avila Room of the Parish Offices. For more info, call Magda at (213) 300-7776.

ST. JOSEPH PRAYER GROUP: Come to the church every Wednesday at 6:15 p.m. to pray for peace and justice issues in our community and around the world. For more info, call Lucy at 281-3706.

Mass Intentions

For Week of 1/13/18 TO 1/20/18

Saturday:

5:00 p.m.: Theresa Marquez, RIP

Sunday

*7:30 am: Peter A. Mwabishi, OCD, INT

7:30 a.m.: Kin Cheah, INT

9:00 a.m.: Barbara & Ramon Solernou, RIP

11:00 a.m.: Larry & Martha Campos, RIP

1:00 p.m. (Latin): Parishioners

5:00 p.m.: Maria Zepeda, RIP

Monday

6:00 a.m.: Lori Duardo, RIP

*7:30 a.m.: Mai Tran & Huong Tran, INT

8:00 a.m.: Zeferina Gomez, RIP

Tuesday:

6:00 a.m.: Flordelis Flores Salugno, RIP

*7:30 a.m.: Nora Tin & Family, INT

8:00 a.m.: Danilo Matro, RIP

Wednesday:

6:00 a.m.: Bob & Fran Meyer, 60th Wedd. Anniv., INT

*7:30 a.m.: Sr. Therese Marie, OCD, INT

8:00 a.m.: Socorro & Elena Bejar, RIP

Thursday:

6:00 a.m.: Peter Santoso, INT

*7:30 a.m.: Sr. Therese Marie, OCD, INT

8:00 a.m.: Otto Lacayo, Jr., INT

Friday:

6:00 a.m.: Park Ho Soon Maria, RIP

*7:30 a.m.: Sr. Anna, OCD, INT

8:00 a.m.: Eileen Sheridan Wibbeka, RIP

Saturday:

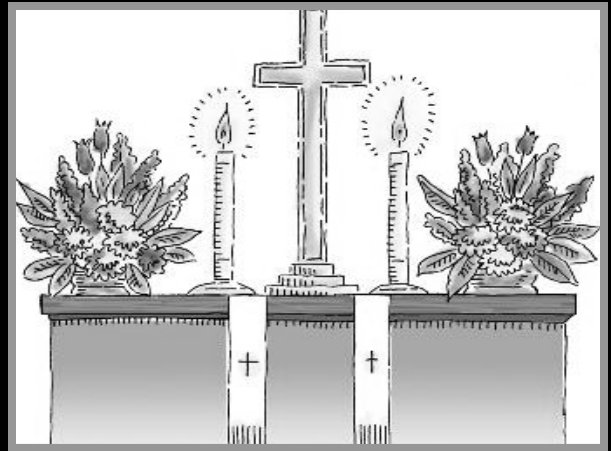
6:00 a.m.: Warren, Wendy, Tim, & Mary Zhang, INT

*7:30 a.m.: Carmelite Community

8:00 a.m.: Injo Tek Hoh, RIP

*Held at the Carmelite Chapel,
215 East Alhambra Road. Open to the public
every day except Sundays/holidays.

Floral Dedication



To make a dedication (in someone's honor, for a special occasion, or in memory of loved ones), contact Giovanna Setiady at 281-9049. You may select the colors and the types of flowers.

Outside the Parish

The Pasadena Community Orchestra will present its second FREE concert of the season on Friday, January 26, at 8:00 p.m., in the Sanctuary of First Church of the Nazarene (PazNaz), 3700 E. Sierra Madre Blvd., Pasadena (1 block west of Michillinda Ave/ La Salle High School). The concert will feature Mendelssohn's delightful "Italian" Symphony No. 4 and his Overture for Winds. Anita Protich, Soprano, will join the orchestra in Beethoven's "Ah perfido!" (Op. 65). A light reception will be offered following the concert. Seating is comfortable (and wheel-chair safe) and parking is free. For further information, please call 445-6708 or see PCO's website at: <http://www.pcomusic.org>.

Save the Date for the West Coast National Celebration of the 50th Anniversary of Humanae Vitae! It will take place at the Ontario Convention Center on July 27 and 28, 2018. It will include a special day just for clergy on Thursday, July 26th. Featured speakers include: Archbishop Salvatore Cordileone, Patrick Coffin, Professor Janet Smith, Dr. Thomas Hilgers, George Weigel, and more! For more information, go to <http://celebratehv50.com/>. If you would like to volunteer in any capacity, please contact Katrina Crow at katrina.fcp@gmail.com or 626-292-1906.

Personal Ads

Lady seeks to rent a room in a home near St. Therese Church. Please call Irene at 213-458-9944.

Lectors



Saturday:

5:00 p.m.: Alice Cheung / Marta Timar

Sunday:

7:30 a.m.: Thu Nguyen / Lily Edusma

9:00 a.m.: Beatriz Pelayo-Garcia / Lucas Setiady

11:00 a.m.: Jeff Storey / Jason Perez

5:00 p.m.: Miriam Lopez

INFORMATION PAGE

Bulletin Number: 513863

CHURCH NAME AND ADDRESS

ST. THERESE
510 N. El Molino St.
Alhambra, CA 91801

Telephone: (626) 282-2744

Contact Person: DENISE MCMASTER-HOLGUIN - (626) 282-2744

email: denisekay@hotmail.com

SOFTWARE

MS Pub 2007
Adobe XI
Windows 7

PRINTER

HP OfficeJet Pro 8600 series

TRANSMISSION TIME

Tuesday, 1/9/18 — 5:00 P.M.

BULLETIN FOR SUNDAY:

1/14/2018

NUMBER OF PAGES SENT

1 Through 8

SPECIAL INSTRUCTIONS: