

Welcome to

The Church of *Saint Luke*

A Roman Catholic Community of Disciples

20th Sunday in Ordinary Time
August 14, 2016



[Jesus] endured the cross,
despising its shame, and
has taken his seat at the
right of the throne of God.
— Hebrews 12:2



FIRST READING: Jeremiah 38:4-6, 8-10
SECOND READING: Hebrews 12:1-4
GOSPEL: Luke 12:49-53

REFLECTION ON TODAY'S GOSPEL

Do you think that I have come to establish peace on the earth? No, I tell you, but rather division. From now on a household of five will be divided, three against two and two against three; a father will be divided against his son and a son against his father, a mother against her daughter and a daughter against her mother, a mother-in-law against her daughter-in-law and a daughter-in-law against her mother-in-law." Lk 12:51-53

Reflection: Reflect upon/Share about conflict in your life? How is the conflict you experience related to your convictions? How are those convictions related to the Gospel? What can you do to increase your ability to follow the Lord more closely in the midst of such conflicts?

Alternative: In what situations is it most difficult for you to do the right thing? What creates those difficulties? What can you do to help yourself become more courageous in doing the right thing?

Mission Statement

The Church of St. Luke is a joyful, welcoming, caring, active family of believers striving to grow in knowledge of and love for God and each other. Challenged by the Word, nurtured by the Eucharist, and enlivened by the Spirit, we seek to live the message of Jesus in serving the needs of others both within our Parish and in the larger community.

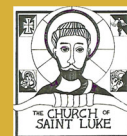
Masses

Tuesday: 5:00 pm
Wed., Thurs., Fri.: 7:30 am
Saturday: 5:00 pm
Sunday: 9:00 am & 11:30 am

Sacrament of Reconciliation
Saturday 3:30 pm
(Also by appointment)

PARISH OFFICE HOURS:

Monday-Friday
9:00 am—5:00 pm
Fax: (619) 442-2293



PARISH PASTORAL COUNCIL

Parish Pastoral Council normally meets on the 3rd Tuesday of the month.

Visitors/observers welcome. If you wish to have an item placed on the agenda, contact a Council member

to present it for you or contact the Parish Office.

Parish Council Members:

Fr. Ron Cochran

Mark Balmert

Amy Cannon

Bob Guarnotta

Linda Jacobson

Anita Leak

Sam Lupo

Don Mercurio

Dcn. Emeritus:

Dennie Nickell

Rick Roberts

Dave Sapper

Karen Sapper

Tom Selfani

Bryan Shull

Dcn. Jerry Stenovec

Dcn. Allan Williams

PARISH FINANCE COUNCIL

The Parish Finance Council meets every other 3rd Wednesday of the month.

Parish Finance Council Members:

Fr. Ron Cochran

James Chitkowski

Jim Crockett

George Heidenreich

Jeanne Houghtby

John Krueger

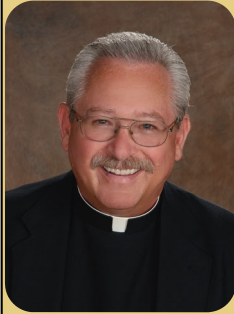
Cathy March

Dave Sapper

Jim Stepovich

Richard Venancio

From the Pastor



Dear parishioners,

I applied for a car loan recently, a used car, not a new car, although it was rather expensive. I discovered that my credit score was “good” and that I no longer qualified for the preferred rates as I always had with my “excellent” previous scores.

I had co-signed for someone else and discovered that their struggles, even their parking tickets, were showing up on my credit report. Yes, I’m trying to do something about that and I’m amazed at the amount of time and energy it takes to correct such things.

I spoke with someone else about it, over lunch, and discovered that they were trying to increase their credit score from “fair” to “good” or “excellent” by paying off their credit cards. They had a plan and knew what they needed to do to improve their situation.

This all made me reflect upon how tied our lives are to financial matters. Many times I’ve seen adds recommending that we keep track of our credit score and know what factors have an effect on it. Of course this is a middle-class concern. People in poverty have little ability to do anything about their credit scores and, I suppose, don’t think about them much. People in wealth, I’m told, concern themselves more with maintaining their wealth than acquiring it. I suppose their credit scores are important to them but it seems theirs would automatically be high.

All of us, though, are tied to financial matters and necessarily spend a lot of time and energy taking care of them. I wonder, especially after the Gospel we had two weeks ago, how many of us spend as much time and effort developing or maintaining our spiritual assets. Are they as important to us as our credit scores? Do they deserve the same amounts of time and effort?

I’m sure we all agree that spiritual assets are as important if not more important than financial assets. The problem, I think, is that financial matters affect us right here and right now. There is a certain urgency surrounding the need to take care of them. On the other hand, we seem to think spiritual matters can wait. There is plenty of time to take care of them after we get the here and now under control. And, I guess, we don’t often see immediate results from our spiritual practices.

The results of our spiritual practices are oftentimes subtle and slow growing but they do effect the here and now. The effects in this life are every bit as important, and I would say more important, as keeping our credit score in good shape. Our spiritual assets give us wealth to draw upon when we are in spiritual, psychological or emotional need. They help us be the type of person who can do relationship well and result in us having assets that only good relationships can provide. They make this life better and enhance our ability to deal with the day-to-day struggles of this life.

I think our spiritual development should have a higher priority than our credit score and I think the spiritual development of our children should have a higher priority than sports and all of the other activities we find so necessary for their development. I know it is a juggling act and I think we should work together, Church and families, to make it work.

In His service,

Fr. Ron



PLEASE REMEMBER IN YOUR PRAYERS

Sally Flores, Ladel, Michael Ward, Nina Murphy, Noel Fisher, Mario Chavez, Jason Zdunich, Kimberly Abell, Frances Machado, Karen Bennett, Maria Ester Cesena, Connie Elba, Blanche Duncan, Charles Brown, Jim Leachman, Christine Banuelos, Jose Orrantia, Mina Scannicchio, Margaret Ann Behan, Dave Johnson, Jan Lindgren, Carol Petrich, Carey Moore, Jose Azarza, Parker Landis, Joan Smith, Anthony Potito, Kaylee Mikulsky, Arnie Mueller, Jackie, Jeff Rogers, Michelle Tello, Katherine Boomer, Chase Laird, Vera Navetta, Miriam Kaskorkis, Adelaide Fitzwater, Karen Marie Moscar, Candace Solorzano, Alice Zizzo, Luis Orrantia, Maggie Matthews, Sophia Christensen, Steven, Cindy Russell, Karen Walker, Mike Murphy, Ann Mussomeli, Jeanine DeSanti, Joe James Sowards, Jim Carver, Vie Liddell, George Serban, Olivia Dunn, Elda Iavelli, Jennifer Soares, Dorothea Wall, Tony Gonzales, Martina Chiappara Cahill, Antoinette Daquisto-Guidi, Matthew Chu, Bob Weisham, Frank Asaro, Teri Harrison, Danielle P. Joe Scannicchio, Maria Warcholik, Ruthie Condon, Marin Mejia, Mike Marcon, Theresa & Vito Seragusa, Tracy Weaver, Rick Gores, Corrine Meierbachtol, Sue Sullivan, Geri McCabe, Rose Camacho, Ray Camacho, Maria Oliver, Al Oliver, Tommy Collet Sr., John Lawton, Justin Hughes, Clara Morrison, Travis Butler, Jordan Garcia, Winston Quitiquit, Gregory S., Joan Hall, Joni Marco, Vern Hubka, Ricky Latorre, Camryn Mayer, Dolores Morrison, Aimee Gatus, Tommy Collet Jr., Thomas Baca, Chuck Moore, Gui Mei Guo, Audrianna Lococo, Karl Viederstein, Carey Moore, John Morrison, Maria Teresa Valquez, Nancy Samayoa, JoAnne Morse, Tyler Parr, Karin Oravetz, Terry McMullin, Pam Oates, Mary Morrison, Laura Allen & Family, Ryan Waters, Sam Attisha, Debra Burke, Andrew Mearm, Richard Perricone, John Agostini, Clara Morrison, Austin Gatus, Rosemary Lowe, The Hill Family, Connie Bowen, Russell Morrison, Frances Colombo, Christina Morrison, Megan Kruer Jones, Zaim Attisha, Laura Lee, Teresa Russo, Lillian Peregud; & all our relatives & friends who are sick.

A NOTE ABOUT OUR PRAYER LIST: If you would like to add a name to our prayer list please contact Nancy Adema at 619-460-0509 or nanadema@cox.net. Also *please notify Nancy when a name can be*

PARISH FINANCES

In order to fulfill our budget, we need to collect an average of \$12,722 in the collection basket each week. Some weeks may be higher and some lower but we need to maintain that average. Additionally, we have budgeted for an average of \$12,802 to be contributed monthly through our Online Giving contribution program.

The total amount budgeted through these sources is \$660,095 this year. Our budget includes another \$106,384 expected income from other sources; (Annual Catholic Appeal rebates, Christmas & Easter collections, Sacramental Donations, Interest, One-time gifts & bequests, etc.).

LAST WEEK: Totals for 08/07/16

Plate:	\$	984.00
Envelope:	\$	11,953.00
Total Collection Basket:	\$	12,937.00

Online Giving July 2016: \$18,544.78 (108 users)

SUPPORTING THE MISSION OF THE CHURCH: *Once you've made a decision on how much you should be giving, decide how to give.*

WAYS TO GIVE: You can use envelopes, as many people do, you can set up automatic donations through your Bank, (forms available in the parish office), you can go to Online Giving on the St. Luke website and set up an online giving plan which you can personally manage or call the parish office to arrange an online giving plan administered by the parish Business Manager. <https://stlukeelcajon.weshareonline.org/>
 Online Giving Link: <http://thechurchofstluke.weconnect.com/>
 Click on: Online Giving in the center of subject bar. For more information please call the parish office at 442-1697.

PLEASE PRAY FOR

PAM OATES RIP AND JIM CARVER RIP WEDDING ANNIVERSARY:

John & Donna Vugrin	64 yrs
Harry & Margaret Pfeifer	60 yrs
Bill & Mary Jane Papenhausen	51-years
Richard & Colleen Venancio	49-years
Terry & Elizabeth McMullin	48-years
Tom & Kelcie Haggard	46-years
Jim & Janis Lindgren	45-years
Terry & Ann Murray	44-years
Zen & Bridget Barelka	40-years
Dan & Jean Goulding	31-years
Schuyler & Gloria Boyce	26-years
Greg & Adriana Rasberry	16-years
Dave & Karen Sapper	12-years
Frank & Alexxa Terrazas	3-years

If you would like to have your Wedding Anniversary placed in the bulletin

READINGS FOR THE WEEK

Sunday: Jer 38:4-6, 8-10; Ps 40:2-4, 18; Heb 12:1-4; Lk 12:49-53

Monday: Vigil: 1 Chr 15:3-4, 15-16; 16:1-2; Ps 132:6-7, 9-10, 13-14; 1 Cor 15:54b-57; Lk 11:27-28 **Day:** Rv 11:19a; 12:1-6a, 10ab; Ps 45:10-12, 16; 1 Cor 15:20-27; Lk 1:39-56

Tuesday: Ez 28:1-10; Dt 32:26-28, 30, 35cd -36ab; Mt 19:23-30

Wednesday: Ez 34:1-11; Ps 23:1-6; Mt 20:1-16

Thursday: Ez 36:23-28; Ps 51:12-15, 18-19; Mt 22:1-14

Friday: Ez 37:1-14; Ps 107:2-9; Mt 22:34-40

Saturday: Ez 43:1-7a; Ps 85:9ab, 10-14; Mt 23:1-12

Sunday: Is 66:18-21; Ps 117:1, 2; Heb 12:5-7, 11-13; Lk 13:22-30

THIS WEEK'S MASS INTENTIONS

Saturday: 5:00pm Michelangelo Casarrubia RIP

Sunday: 9:00am Lorraine Frechette RIP
11:30am Parishioners of St. Luke

Tuesday: 5:00pm Communion Service

Wednesday: 7:30am Communion Service

Thursday: 7:30am Communion Service

Friday: 7:30am Communion Service

Saturday: 5:00pm Bruno & Margaret Bubis RIP

Sunday: 9:00am Parishioners of St. Luke
11:30am Jake Johanson RIP

SAINTS AND SPECIAL OBSERVANCE

TODAY: 21th Sunday in Ordinary Time

Monday: The Assumption of the Blessed Virgin Mary

Tuesday: St. Stephen of Hungary

Wednesday: weekday

Thursday: Weekday

Friday: St. John Eudes

Saturday: St. Bernard

Sunday: 22nd Sunday in Ordinary Time

TODAY'S READINGS

First Reading — They took Jeremiah and threw him into the cistern (Jeremiah 38:4-6, 8-10).

Psalms — Lord, come to my aid! (Psalm 40).

Second Reading — Let us keep our eyes fixed on Jesus, the leader and perfecter of faith (Hebrews 12:1-4).

Gospel — I have come to set the earth on fire, and how I wish it were already blazing (Luke 12:49-53). The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

OUR FATHER IN FAITH

The Letter to the Hebrews today sings a hymn of praise to Abraham and to his faith, upon which are founded the religions of Judaism, Christianity, and Islam. Abraham is called "father" in faith by more people on earth than anybody else, numerous as the sands of the seashore or the stars of the heavens. Hebrews tells us it was this foundational faith that led Abraham to obey God's call when he heard it, though he was called to journey to a land he did not know and told he would father a mighty race through a marriage he thought was barren. But Abraham's faith, the author of Hebrews tells us, was his realization of what he hoped for, and the evidence of what he could not see. How often are we, in simple daily events of our own Christian vocation, called to an unfamiliar place or told we are to do something we do not believe we can? How fortunate we are to have Father Abraham as our guide and example! Copyright © J. S. Paluch Co.

TREASURES FROM OUR TRADITION

Long ago, a signet ring was an essential part of the wardrobe of influential people. A letter or document would be sealed with hot wax, and a signet ring pressed into the wax would affirm the origin of the document. In the case of the pope, at least from the thirteenth century, the ring was used to seal public documents with hot lead, saving the red wax for private letters. The public documents were called *bullae* after the Latin name for the lead stamp, and we still call them "papal bulls."

It is not surprising, therefore, that a signet ring has long been bestowed as part of the inauguration of a pope. The ring is called the *Pescatorio*, or "Ring of the Fisherman." It reminds the wearer of his link with Peter, and his responsibility to continue the apostolic ministry of "fishing for human beings." Until 1842 it actually functioned as a signet ring. Now, each pope receives a new gold ring at the beginning of his ministry. It goes on the fourth finger of his right hand and bears some fisherman design, usually St. Peter casting nets from a boat, as well as the pope's name in Latin. A custom that endures for the pope, but not so much for bishops, is for people being introduced to him to kiss the *Pescatorio* as a sign of respect for his teaching authority. Another enduring custom is for the ring to be smashed and defaced at the pope's death, originally a way of preventing counterfeit deathbed documents. —Rev. James Field, Copyright © J. S. Paluch Co.



Do you know anyone who might be interested in finding out more about the Catholic faith??? Then tell them about...

The Rite of Christian Initiation for Adults (RCIA)
We will continue a 12-week Inquiry session for adults who are interested in finding out more about the Catholic faith on

**Wednesdays from 7:00 pm to 9:00 pm
in the Youth Room.**

This process is *also* open to individuals who were baptized in the Catholic faith but never received the sacraments of Eucharist and Confirmation.

For more information, call the parish office at (619) 442-1697

OFFICE VOLUNTEERS NEEDED at The Church of Saint Luke

Morning and Afternoon Shifts
(or occasional substitute) are available.

Experience is required in the following tasks:

- Fundamental computer skills
 - Phone skills
 - Data Entry

Please Call Business

Manager:

Jim Crockett at

619-442-1697, ext. 110

NEW ALTAR SERVER TRAINING

**Saturday - September 3
2:00-4:00 PM
IN THE CHURCH.**

**Must have received
First Communion.**

Contact Deacon Allan at Allanwilliamslaw@aol.com with Server's and Parent's name and phone numbers."



The Monthly Church Cleaning

"The Church Cleaning Crew"

Needs your help to clean the Church
Sanctuary and Baptistry.

Monday, August 22 from 9:00 am to 12:00 noon

For more information please call
Peggy Nelson



Queen of Angels Knights of Columbus Hosts International Dinner

Fundraiser for scholarship fund for children of the parish.

Saturday August 20th 4-8 pm

Adults \$12, Children 6-26 \$8 children under 6 free or family for \$40.

Foods from around the world like Italy, Ireland, Poland, Greece,
Mexico, Switzerland, Philippines.

Call John Garbaczewski



Queen of Angels Catholic Church 2569 West Victoria DR. Alpine, CA 91901

TICKETS ON SALE STARTING
August 6, 2016

OctoberFest
fortune
5000

proceeds to benefit
the Church of St. Luke Faith Formation
Grand Prize: \$5,000

Drawing held at OctoberFest

OCTOBER 1, 2016

(need not be present to win)

Donation of \$50



Any questions call the Parish Office 619-442-1697

The church of St. Luke presents our first

Faith Formation Fair!

On **Sunday, September 4th** between the 9:00am and 11:30am Masses we will be hosting a Faith formation Fair! Families will have the opportunity to:

- Sign up young disciples for faith formation sessions
- Meet the catechists
- Pursue stewardship opportunities (volunteer)
- Check out our gathering spaces
- Learn more about Emmaus Disciplefests



Saint Luke Faith Formation Registration for 2016-2017

Registration forms
are available on
Parish website/ Parish office.

- Regular sessions for Pre-school-Grade 5 begin the week of September 11th
- Middle School Grades 6-8 begins Monday Oct. 10th
- Confirmation Preparation begins Oct. 2nd with High School Youth Group beginning Oct. 17th

You may register though our Parish Website:

[http://thechurchofstluke.weconnect.com/
Registration](http://thechurchofstluke.weconnect.com/Registration)

or at Parish Office, Monday through Friday
between 9:30am-4:30 pm.

Check the Parish Calendar on website
for class times, dates special events.

☞ **FROM THE BULLETIN EDITOR** ☞
Office Phone: (619) 442-1697 Fax (619) 442-2293
Joanie Maitilasso and Carole Morales
OFFICE HOURS: **Monday - Friday: 9:00 am to 5:00 pm**
THE DEADLINE FOR BULLETIN ANNOUNCEMENTS IS
MONDAY AT 12 NOON.
secretary@thechurchofstluke.org

☞ **VISIT OUR WEBSITE** ☞
For additional calendar and event information.
www.thechurchofstluke.weconnect.com

☞ **CALENDAR OF EVENTS** ☞
Month of August

- Sat 13th** **20th Sunday in Ordinary Time**
11:00am Funeral Mass: Jim Carver
3:30pm Reconciliation
5:00pm Mass
- Sun 14th** **20th Sunday in Ordinary Time**
8:15am Pro Life Rosary
9:00am Mass w/Children's Liturgy Word
11:30am Mass w/Children's Liturgy Word
- Mon 15th** **The Assumption of the Blessed Virgin Mary (HDO Dispensed)**
10:00am School Suppy Sorting
- Tue 16th** **10:00am School Suppy Sorting**
5:00pm Communion Service
- Wed 17th** **7:30am Mass Communion Service**
8:30am Centering Prayer
7:00pm RCIA Inquiry
- Thur 18th** **7:30am Communion Service**
11:00am SVDP Meeting
5:00pm NO Parish Pastoral Council Mtg
- Fri 19th** **7:30am Communion Service**
4:00pm Core Team Training Retreat
- Sat 20th** **Core Team Training Retreat**
21st Sunday in Ordinary Time
3:30pm Reconciliation
5:00pm Mass
- Sun 21th** **21st Sunday in Ordinary Time**
8:15am Pro Life Rosary
9:00am Mass w/Children's Liturgy Word
11:30am Mass w/Children's Liturgy Word
1:00 pm Group Baptism
- Mon 22th** **9:00 am Church Cleaning**

☞ **PARISH DIRECTORY** ☞

Pastor: Rev. Ron Cochran (619) 442-1697
Deacon Emeritus: Dennie Nickell (619) 442-1697
Deacon: Jerry Stenovec
Deacon: Allan Williams
Pastoral Associate: Jane Cruz Alfano (619) 442-1697 x103
Business Manager: Jim Crockett (619) 442-1697 x110
busmgr@thechurchofstluke.org
Secretary: Joanie Maitilasso (619) 442-1697 x101
secretary@thechurchofstluke.org
Bulletin Editor: Joanie Maitilasso (619) 442-1697 x101
secretary@thechurchofstluke.org
Facility Manager: Robert Stevenson (619)442-1697
x109 Altar Servers: Dcn. Alan Williams
Choir Director: Colin McColl
Organist: Susan Paul
Eucharistic Ministers: Linda Jacobson
Greeters: Maria Oliver
Lectors: Susan Smothers
Ushers: George Heidenrieck

FAITH FORMATION

Catechetical Ministry
Jane Cruz Alfano, Pastoral Associate (619) 442-1697
x103 *passoc@thechurchofstluke.org*
Coordinator of RCIA: Dcn. Jerry Stenovec
Coordinator of PreK-5 Faith Formation:
Debbie Stenovec (619) 442-2515 x 105
K-5reled@thechurchofstluke.org
Coordinator of Middle and High School Faith Formation & Youth a/Young Adult Ministry:
Evelyn Beale (619) 442-2515 x 106
Youthreled@thechurchofstluke.org

MINISTRIES & ORGANIZATIONS

Baptism Class: Joanie Maitilasso (619)442-1697
Centering Prayer: Rosemarie Murphy
Church Cleaning Crew: Peggy Nelson
Cub/Boy Scout Religious Emblems:
Shannon Vint
Eucharistic Adoration: Cindy Christmas & Mike Wasyliw
Friends of the Poor: Martha Evans
Knights of Columbus: Don Mercurio, G.K.
Marriage Preparation: Joanie Maitilasso (619) 442-1697
Ministry to Sick and Homebound:

Dcn. Jerry Stenovec
Outreach Ministry: Ken Stempien
Prayer Chain: Nancy Adema
Respect Life: Don Mercurio
Scrip: Tom Stone
Small Church Communities:
Jane Cruz Alfano, (619) 442-1697 x 103,
Society of St. Vincent de Paul:
Mike Wasyliw
St. Luke Business Network: Cathy March

ADs



St. Luke Annual School Supply Drive for Cajon Valley Union School District And Friends of the Poor

The Church of St. Luke is collecting school supplies for the Cajon Valley School District and Friends of the Poor **through August 14, 2016.**

Below is a list of needed school supplies.

An additional list of needed school supplies will be attached to the "Blue Barrel" located in the Baptistery for donated school supplies.

Parishioners may also donate cash or checks made out to St. Luke Outreach Ministry. Please put the donations in an envelope marked Parish Outreach Ministry and place them in the collection baskets.



BIC Pens (Black or Blue)	Retractor Pencils	Scissors
Big Erasers	Pencil Sharpener	Rulers
Two Pocket Paper Folders	Pencil Boxes	Erasers
Notebook Paper	Thick Crayons	Coloring Books
Unwrapped Crayons (K-1)	Calculators	Play Dough
Composition notebooks	Reams of White Paper	Masking Tape
Binders	Crayons	Correction Fluid or Pens
Spiral Notebooks	Color Markers	School Back Pack(s)
Fat Pencils (K-1)	Colored Pencils	Toilet Paper
Variety of Construction Paper	Elmer's Glue,	Geometry Sets
Graph Paper Notebooks	Glue Sticks	Puzzles for Kindergarten
Pens (red, blue, & black)	Watercolors	Pencils
"Expo" Dry Erase Markers	Paint Brushes	



Volunteers Needed

Our Outreach Ministry needs **10-15 volunteers on August 15 & 16 from 10am-2pm** to help sort the donated school supplies and deliver them to our local elementary schools.

For more information please contact: Carlos or Patti Cuellar Outreach Ministry



Ralphs Community Program - Re-enroll starting 9/1 - #83930

Thank you so much for your ongoing support of Ralphs. With your help and the support of your members, family and friends, Ralphs is proud to report that we are committed to giving \$2 Million during the next 12 months through our Community Contributions Program.

Our **new program year begins on September 1, 2016**. Your organization is still active and will remain active in the program. Your supporters, however, will continue donating only through August 31, 2016.

Participants can start registering for the new term on September 1st 2016. To ensure your organization continues to receive the benefits of the program, your supporters will need to register and/or re-register as quickly as possible on or after that date at www.ralphs.com.

It is also extremely important that we have up-to-date organization contact information. Email us at community.programs@ralphs.com with any changes to your primary or secondary contact on the organizations' account.

Please pass the following information on to all your supporters, family and friends who would like to participate: Participants are required to register for the new term online at www.ralphs.com or by calling us at **800-443-4438** starting September 1, 2016. Even if your participants registered as recently as June, July or August 2016, they are required to register again beginning September 1st.

NEW THIS YEAR!! As of September 1, 2016 the Scan Bar letters are no longer valid. The Scan Bar letters will no longer work at the register which makes this a great time for all your participants to create an online account or re-enroll at their online account. While online, it's a wonderful opportunity to learn about all the savings we offer.

For your convenience, step-by-step website registration instructions can be found at www.ralphs.com, click on Community, click on Community Contributions, click on 'Enroll Now'. If you don't have computer access, please call us at **1-800-443-4438** for assistance.