



Jo's photo diary of the
Week of Prayer for Christian Unity
in Jerusalem

Sat 18 Jan – Sat 1 Feb, 2014

Jo Simister

Living Stones of the Holy Land Trust

Charity No 1081204

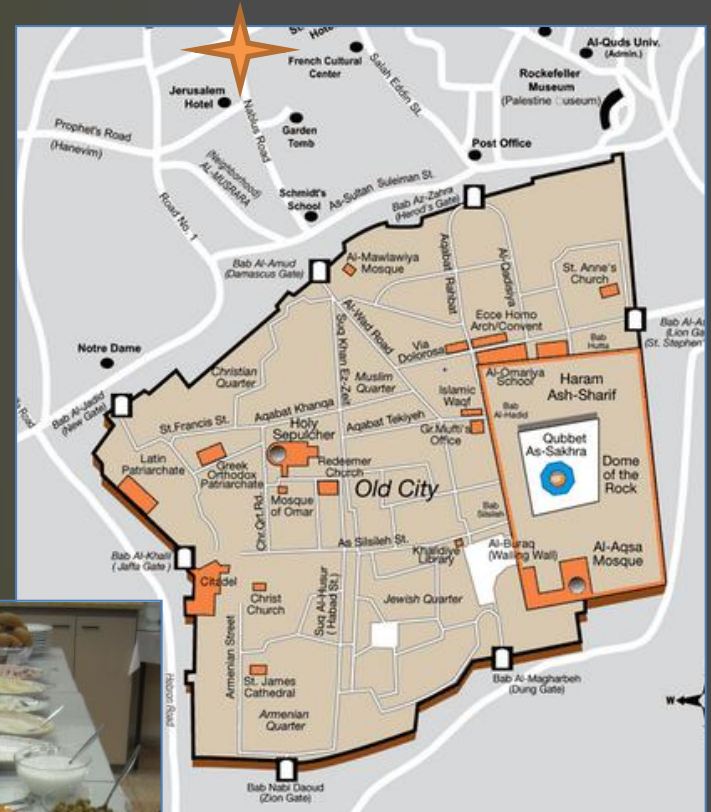
www.livingstonesonline.org.uk

Living Stones Pilgrimages aim to:

- *Participate in the Jerusalem Week of Prayer for Christian Unity programme*
- *Worship with a wide range of local Christian denominations (Greek Catholic, Coptic Orthodox, Ethiopian Orthodox, Armenian and many more, plus the more familiar Anglican, Lutheran, Quaker and Roman Catholic churches)*
- *Find out why and how the churches differ, by looking at the causes and results of their history*
- *Find out about the challenges Christians face and how we might support them from outside*
- *Encounter the wider work of the various Christian communities, visiting educational, health and social care centres, for example – several of the trustees have links with these*
- *Support Christian-run enterprises, by staying in local religious communities and visiting Christian businesses*
- *Meet with Christian clergy and community leaders in Jerusalem, Bethlehem, Ramallah and Taybeh*
- *Take time to explore, or join with other local activities, on the free days.*

Day 1: Sat 18 Jan: arrive evening

- St Thomas's Syrian Catholic Guest House, Nablus Road, Jerusalem
- Near the Garden Tomb
- Half board



Day 2: Sun 19 Jan: Taybeh 1

- Visit Taybeh, north of Jerusalem, reputedly the only entirely Christian town, and identified with the biblical Ephraim, where Jesus rested after the raising of Lazarus (*John 11.54*).
- The ruins of the original Byzantine church date from the C.5th and crown the hill.
- The three present-day churches (Latin, Gk Orthodox and Gk Catholic – or Melkite) can be seen from its ruins:



Day 2: Sun 19 Jan: Taybeh 2

- Worship with Fr Douwd Khoury and the Taybeh Greek Orthodox congregation – the Feast of the Theophany (Baptism of Christ), with a ceremony of dipping bunches of olive and palm into holy water.
- <http://saintgeorgetaybeh.org/>



Day 2: Sun 19 Jan: Taybeh 3

- Lunch at Peter's Place on the old town, with local Arab Orthodox architect Peter Abu Shanab, a founder member of the Heritage Association of Holy Landers, helping restore traditional buildings.
- Between courses explore the small museum he has made of items found in local gardens – from prehistoric pottery to Singer sewing machines.
- <http://www.thisweekinpalestine.com/details.php?id=1441&edid=106>



Day 2: Sun 19 Jan: Taybeh 4

- Visit the renowned brewery to taste the five different beers, including a new wheat beer and a non-alcoholic variety
- Learn about the problems of conducting international business
- Buy olive oil products and beers, etc.
- <http://taybehbeer.com/> and taybeh@palnet.com
- <http://travel-babel.com/2010/06/23/palestine-day-3-part-1-on-the-road-to-taybeh/>



Day 3: Mon 20 Jan: Bethlehem 1

- Beit Sahour /
Shepherds' Fields,
overlooking Bethlehem.
- Visit two projects : Al-
Basma Centre (for
adults with intellectual
disabilities) and the
Sheepfold centre (for
children with multiple
disabilities).
- On to Beit Jala to the
Bethlehem Arab Society
for Rehabilitation – NB
the settler tunnel.
- All supported by ABCD:
<http://abcdbethlehem.org/index.html>



Day 3: Mon 20 Jan: Bethlehem 2

- Bethlehem University, high on a hill with a good view of the settler road in Beit Jala.
- Founded in 1973, after a visit by Pope Paul VI, to give a high level education in disciplines needed by the community – hospitality, tour guiding, nursing, education, physiotherapy, theology.
- 3000 students approx
- <http://bethlehem.edu/about/mission-history>
- Stay at the St Vincent guesthouse 2 nights



Day 3: Mon 20 Jan: Bethlehem 3

- Walkabout in Deheisheh refugee camp, stopping for a sandwich lunch – NB UN workers on strike
- <http://www.unrwa.org/where-we-work/west-bank/camp-profiles?field=12>
- Free time to visit Manger Square and the Nativity church... Hot choc at Casa Nova
- Dinner at a traditional Bethlehem restaurant, with speaker Dr Munther Isaac (LS scholarship recipient, now at Bethlehem Bible College)



Day 4: Tues 21 Jan: Hebron 1

- visit a traditional glass-blowing factory, en route to Hebron
- everyone is pleased with the new diesel furnaces
- <http://imeu.net/news/article007701.shtml>



Day 4: Tues 21 Jan: Hebron 2

- Encounter living and business conditions and meet families in Hebron



Day 4: Tues 21 Jan: Hebron 3

- buy a simple sandwich lunch and chat with the international ecumenical observers
- http://www.osullivansolutions.ie/downloads/EAPPI_UPDATES.pdf



Day 4: Tues 21 Jan: Hebron 4

- A trek to the Tent of Nations: despite title to the land going back 500 years, and being surrounded by settlements, this Christian family fight to keep possession.
- The road is regularly blocked, orchards uprooted, their animal shelters demolished, and they are allowed no permanent shelter, yet resistance is possible through the help of many international volunteers at annual summer camps.
- <http://www.tentofnations.org/>



Day 4: Tues 21 Jan: Hebron 5

- Return to Bethlehem to art work and a dance display at Al-Ghirass Cultural Centre
- <http://ghirass.org/en/>



Day 5: Wed 22 Jan: Ramallah 1

- Ramallah Quakers: Jean Zaru and youngsters from the Friends schools
- Lunch at a Women's cooperative – also lovely embroidery for sale
- Talk from human rights campaigner Dr Mustafa Barghouti
- Visit the Melkite community project – more wonderful embroidery for sale
- <http://www.rfmq.org/> ;
<http://www.quakersintheworld.org/quakers-in-action/197>



Day 5: Wed 22 Jan: Ramallah 2

- Continue to St Margaret's Guesthouse, Nazareth for dinner – a journey made long and complicated by the checkpoints and road systems.
- <http://sadaka.ie/Articles/Factsheets/FACTSHEET-Settlements and Settler Roads.pdf>



Day 6: Thur 23 Jan: Nazareth 1

- St Margaret's : view over Nazareth
- <http://www.j-diocese.org/index.php?page=institutions&sub=129698382749>



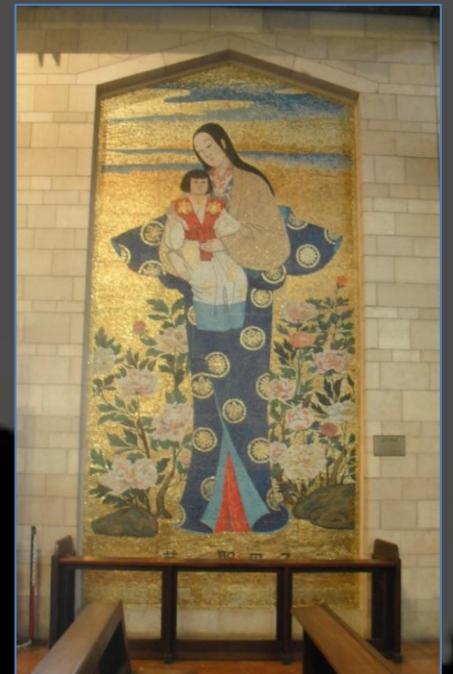
Day 6: Thur 23 Jan: Ibellin

- West to Ibellin to Mar Elias College, founded by Fr Elias Chacour
- Also the new church: icons and frescoes made by iconographers in England, screen and all furnishings made by local carpenters
- <http://www.elijahtrust.org/>



Day 6: Thur 23 Jan: Nazareth 2

- Tasty falafel sandwiches en route from Ibellin
- Walk through Nazareth to Mary's Well, where post-election demonstrations are going on
- Visit St Joseph's church and crypt, the Grotto and the Annunciation church.



Day 6: Thur 23 Jan: Nazareth 3



- Nazareth Village project, and evening meal,
- <http://nazarethvillage.com/article.php?id=60>
- Evening speaker: Dr Amal Khazin, Nazareth Nursing College



Day 7: Fri 24 Jan: Zabadeh

- Zababdeh (aka Zababida) – the other predominantly Christian town in the West Bank: the school was closed but we met Fr Simon Higazeen and bought local olive oil soap.
- The American University of Jenin is visible from the school: a constant inspiration to study well!
- <http://en.wikipedia.org/wiki/Zababdeh>



Day 7: Fri 24 Jan: Sea of Galilee 1

- Friday, so checkpoint closes midday.
- Lunch at St Peter's Restaurant on the shores of the Galilee near Capernaum, and a chance to explore several of the churches including Tabgha (home of the famous the Loaves and Fishes mosaic)



Day 7: Fri 24 Jan: Sea of Galilee 2

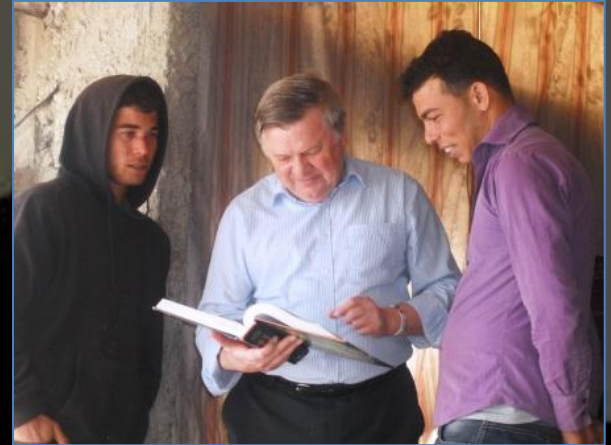


- Find the stunning little Gk Orthodox Church of the Seven Apostles, where we make time for quiet reflection, then on to the Mt of Beatitudes where we hope to stay in future



Day 8: Sat 25 Jan: Jordan valley 1

- Leave early in the morning to drive south, the hills are green after the winter rains.
- Drop in on a Bedouin family and hear about the problems of access to their traditional lands and lifestyle, as well as to services such as water.
- Discover a shared interest in chemistry.
- http://en.wikipedia.org/wiki/Jordan_Valley_%28Middle_East%29



Day 8: Sat 25 Jan: Jordan valley 2



- Famous for dates and its fertile smallholdings, the area is now in a front-line battle for Israeli possession
- See extensive date groves and refrigerated warehouses, with villages and settlements: the Palestinian farmers now mostly work for Israeli companies.



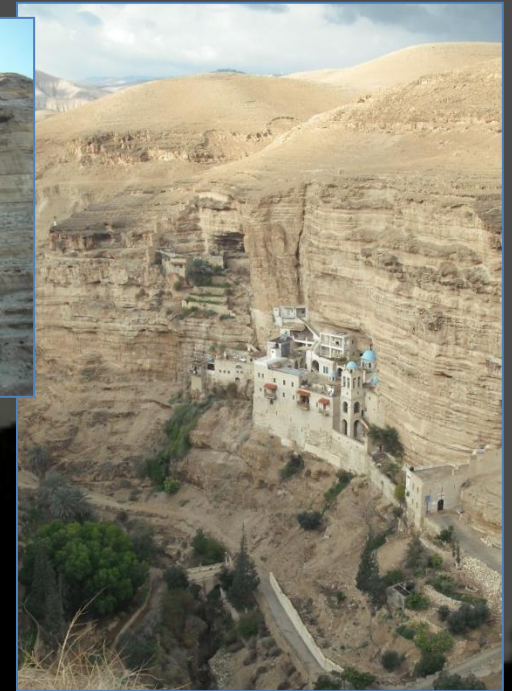
Day 8: Sat 25 Jan: Jordan valley 3

- The Baptism site is in a border minefield, accessed via a checkpoint
- Several churches and monasteries dot the landscape each side
- Russian Orthodox baptism in progress on the Palestinian side, marines having a splash around on the Jordanian side...



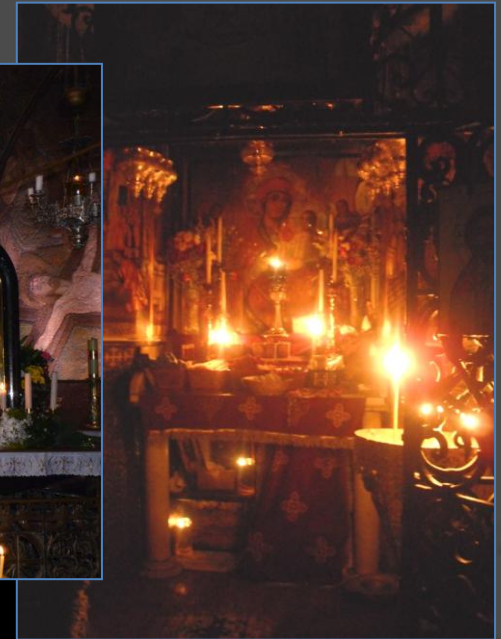
Day 8: Sat 25 Jan: Jericho & Wadi Qelt

- The oasis Jericho 'city of palms' or 'city of jasmine' is thought to be the oldest continuously inhabited city on earth, with remains dating back 11,000 years.
- 258 metres (846 ft) below sea level, between cliffs full of caves
- Pause to buy dates and view the Monastery of Temptation
- Simple soup and salad lunch, and walk down into Wadi Qelt to view St George's monastery – assisted back up on donkeys.
- Zaccheaus' sycamore is now a scheduled national monument



Day 8: Sat 25 Jan: Jerusalem

- The Holy Sepulchre is a complex building where several of the churches have chapels – even if no larger than a broom cupboard.
- The area for each denomination is strictly laid down in a 'status quo' and the keys to the church are held by a Muslim family.
- The Week of Prayer begins quietly at Compline in the Greek Orthodox chapel of Calvary



Day 9: Sun 26 Jan: Abu Ghosh



- Call in at Sainte Marie de l'Arche d'Alliance on the top of the hill – where the Ark of the Covenant rested
- Attend RC Mass at the Benedictine Crusader Church: exquisite music, mostly unaccompanied Plainsong and some flute interludes
- <http://www.palestinepilgrimage.org.uk/places-to-visit-in-the-holy-land/abu-ghosh/>



Day 9: Sun 26 Jan: Ein Kerem

- Via the Rosary sisters in Ein Kerem
- Chapel dedicated to Blessed Marie-Alphonsine Danil Ghattas, a Palestinian Christian nun who founded the Dominican Sisters of the Most Holy Rosary of Jerusalem, the first Palestinian congregation; beatified by Pope Benedict XVI in 2009.
- Pizza for lunch at Jaffa Gate
- Book launch at the Swedish Centre; enjoy the view of Jaffa Gate from its roof



Day 9: Sun 26 Jan: Week of Prayer

- Anglican Collegiate Church of St George founded in 1899, set in cloisters and gardens
- 'bishop in Jerusalem' not 'of' – strong ecumenical respect to indigenous churches
- Theological college for clergy and laity from around the world
- [http://en.wikipedia.org/wiki/St. George%27s Cathedral, Jerusalem](http://en.wikipedia.org/wiki/St._George%27s_Cathedral,_Jerusalem)



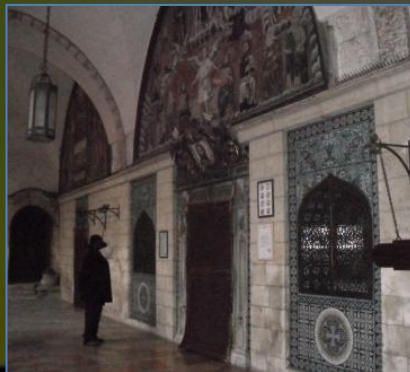
Day 10: Mon 27 Jan: Talpiot / Old City

- Taxis to the Musalaha offices to meet with Dr Salim Munayer and hear about their reconciliation work: <http://www.musalaha.org/>
- Stroll in the Armenian Qtr, etc; the best coffee at the Austrian Hospice – the views over the Old City are an inspiration to artists such as Dr Ali Qleibo



Day 10: Mon 27 Jan: Week of Prayer

- St Jameses – 12th C, dedicated to St James the Great (one of the disciples) and St James the Just (brother of Jesus)
- First nation to adopt Christianity, and translate the bible into their own language
- Candlelit vespers - enter by the cloisters, lots of decorative Armenian tiling, distinctive hanging lamps and eggs – take a torch.
- <http://allaboutjerusalem.com/tour/armenian-quarter-st-james-church>



Day 11: Tues 28 Jan: Mt of Olives 1

- Public bus to Mt of Olives, to the Lutheran World Federation and Augusta Victoria Hospital, to learn about access to health services, social housing projects etc.
- Founded 1907 for the German protestant community in Ottoman Palestine, now a hospital, and a centre of excellence for paediatric oncology and gerontology.
- Very colourful political history: Winston Churchill signed over Transjordan here, and Kaiser Bill is shown as St Thomas in the church ceiling.
- http://en.wikipedia.org/wiki/Augusta_Victoria_Hospital



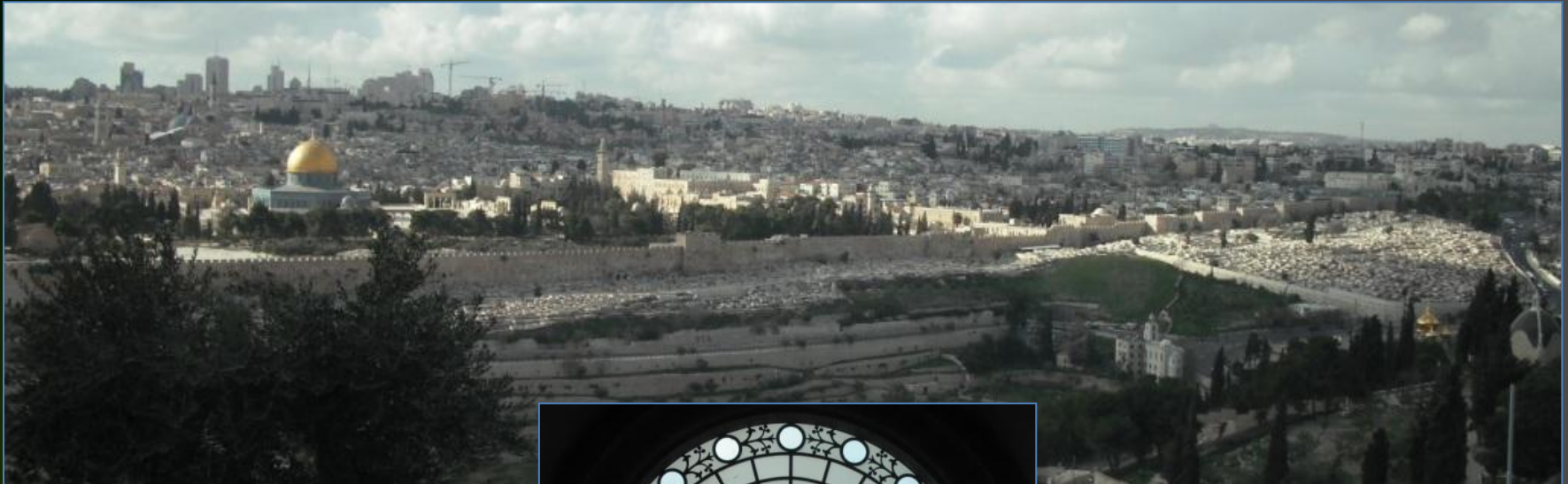
Day 11: Tues 28 Jan: Mt of Olives 1

- Walk along the crest of the Mount of Olives to visit the Amira Basma Disabled Children's Centre : clinics, prosthetics, workshop, and integrated primary school.
- Pass a positive legacy of the British garrison: a football field, recently astroturfed: the only such in Palestine.
- Light lunch at the Seven Arches (Intercontinental) – renowned for its panorama.
- <http://www.basma-centre.org/>



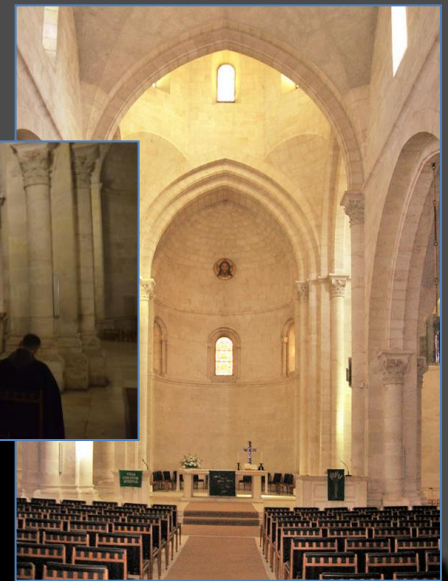
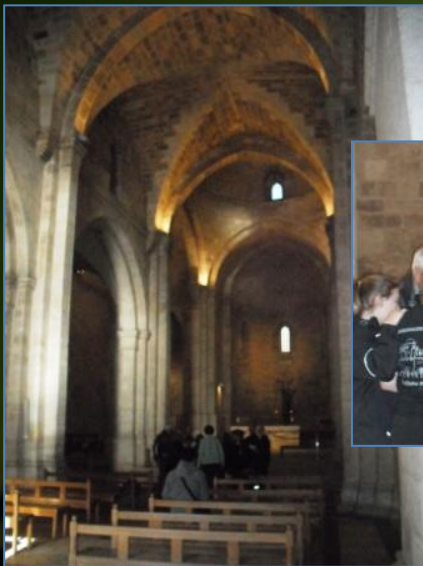
Day 11: Tues 28 Jan: Mt of Olives 2

- Taxi, or walk down to Gethsemane visiting various churches (e.g. All Nations Church, Pater Noster, Dominus Flevit) – enjoying famous views of the city



Day 11: Tues 28 Jan: Week of Prayer

- Through Lion Gate, pausing to sing in St Anne's Crusader Church and peep at the Bethesda Pool (*John 5*)
- Coffee and cake at the Austrian Hospice
- 5pm service in the lofty simplicity of the Lutheran Church of the Redeemer, near the Holy Sepulchre. Built in the 1890s and currently hosting Arabic, German, Danish, and English speaking congregations
- http://en.wikipedia.org/wiki/Lutheran_Church_of_the_Redeemer,_Jerusalem



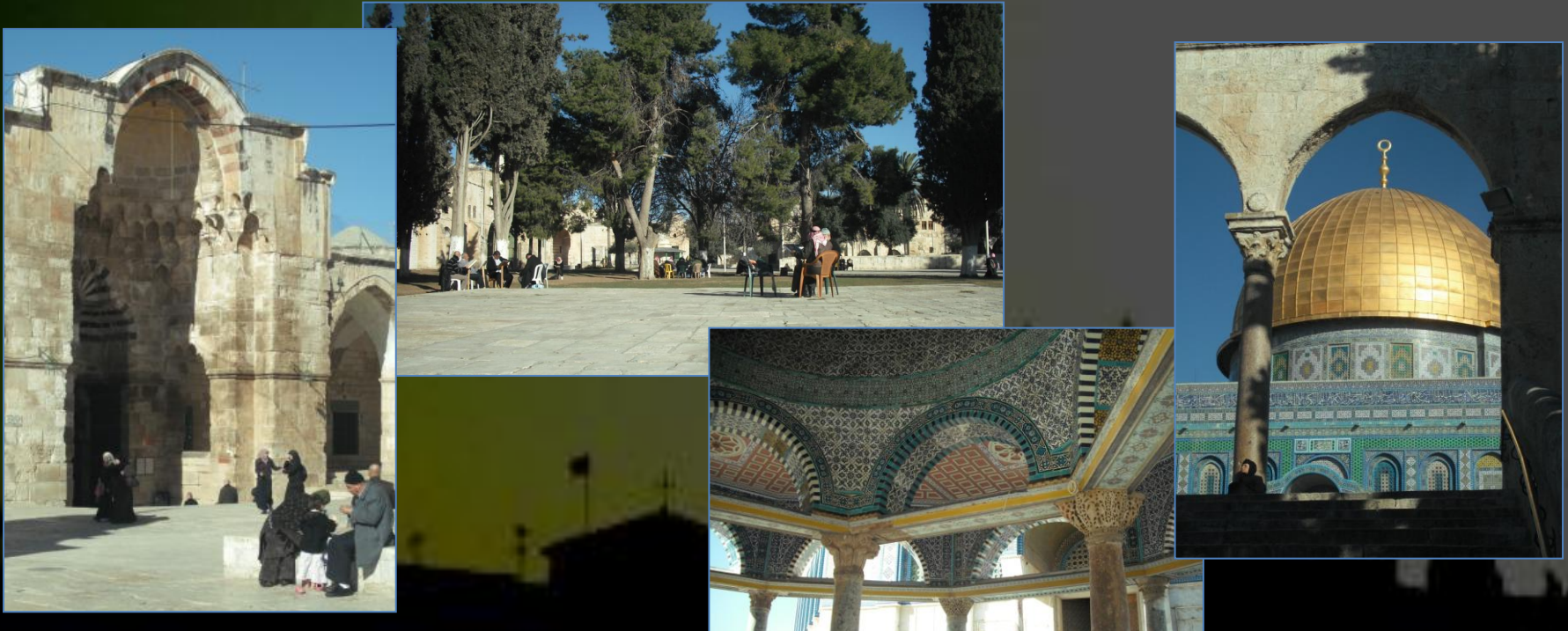
Day 12: Weds 29 Jan: Old City 1

- Early through the Muslim Qtr to the Western wall plaza, formed by the demolition of 200 houses in the Moroccan quarter after the Six Days War
- Heads covered for the Haram esh-Sharif / Temple Mount: third holiest site in Islam, former site of the Jewish Temple
- Extensive area including Islamic Museum, Al-Aqsa Mosque and Dome of the Rock shrine (all closed to non-Muslims) as well as gardens and prayer areas and several gates



Day 12: Weds 29 Jan: Old City 2

- Dome of the Rock: Initially completed in AD 691 at the order of Umayyad Caliph Abd al-Malik; Byzantine design; one of the oldest works of Islamic architecture.
- On the possible site of the Holy of Holies of the Jewish temple, it enshrines the Foundation Stone, deeply significant to Jews, Christians and Muslims as e.g. the reputed site of Abraham's attempted sacrifice of Isaac
- http://en.wikipedia.org/wiki/Dome_of_the_Rock



Day 12: Weds 29 Jan: Old City 3

- Walk up through the Jewish and Armenian Qtrs, visiting the Tomb of David, Mount Sion and the Dormition Abbey where we pause for coffee and ponder the Temple Faithful aspirations to rebuild the temple



Day 12: Weds 29 Jan: Week of Prayer

- Syriac Orth use the oldest surviving liturgy, of St. James the Apostle, and Syriac, a dialect of Aramaic.
- St Peter, AD 37, 'first Patriarch'
- Small 12th C church over 4th C ruins, site of the house of Mary, mother of St Mark, to which Peter went after having been released from prison by an angel (Acts 12:12), and also of the Upper Room
- <http://www.seetheholyland.net/st-marks-church/>



Day 13: Thur 30 Jan: West Jerusalem

- By tram to West Jerusalem, to the Israel and Holy Land Museums, overlooked by the Knesset and Shrine of the Book
- The Israel Museum now houses the model of 1st C Jerusalem, a valuable aid to visualising the Passion narrative, and also impressive displays of costume and about Jewish Life.



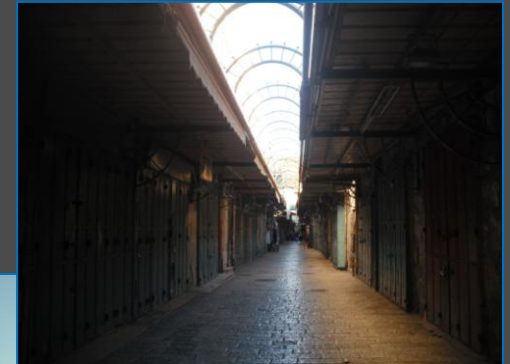
Day 13: Thur 30 Jan: Week of Prayer



- The Cenacle is considered the site of the Upper Room where the Last Supper and many other New Testament events took place, including some resurrection appearances of Jesus and the gathering of the disciples after the Ascension, the election of St Matthias as apostle, and the descent of the Holy Spirit upon the disciples on the day of Pentecost.
- We return to the Jerusalem Hotel to host our guide and agent and families for dinner
- Several Bethlehem University graduates speak about providing rehabilitation services

Day 14: Fri 31 Jan: Old City

- Early liturgy at the Greek Catholic Cathedral of the Annunciation
- The archbishop takes us to the roof to view the panorama
- Enjoy the peace of the Christian Qtr before the shops open
- <http://www.jcjr.org/greek-%28melkite%29-catholic>



Day 14: Fri 31 Jan: Jerusalem

- Simple breakfast of sesame bread bought from the local bakery
- Shopping – spices, incense, icons, coffee, fabrics, photos, posters, dresses and presents – in the Christian Qtr; NB the main shopping street Salah-ed-Din and the Muslim Qtr close early for Friday prayers – and the Israeli shops and museums etc close early for shabbat
- 3pm opportunity to join the Way of the Cross procession along the Via Dolorosa



Day 14: Fri 31 Jan: Week of Prayer

- The Latin Patriarchate Church: the Church of Jerusalem was recognised as a patriarchate by the Council of Chalcedon in AD 451.
- There have been interruptions in the succession though history, but during these absences, the Franciscans in the Holy Land (founded 1218) supervised the holy places and preserved the local Catholic Church.
- The Latin Patriarchate in Jerusalem was restored in 1847.



Day 15: Sat 1 Feb: Jaffa 1

- As an treat before facing airport security, we set off early for Jaffa.
- Call on a family in the old (Arab) town, who have many memories and poignant stories of the British Mandate and the setting up of the State of Israel.
- Hear about the difficulties of keeping title to their house – they now only have possession of one quarter of it



Day 15: Sat 1 Feb: Jaffa 2

- Walk along the seafront , views of Tel Aviv in the distance, Jaffa's churches visible on the sky line; several church properties face the harbour.
- Lunch at a traditional fish restaurant near the old market.



Day 15: Sat 1 Feb: Jaffa 3

- Walk up above the harbour, all the churches closed but we knock at the Gk Orth monastery of the Archangel Michael, and are invited in by the Roumanian priest, who explains the biblical significance of Jaffa (Joppa) – with translation.
- The church was destroyed by an earthquake but was rebuilt in seven years starting in 1994.





Sat 1 Feb: Week of Prayer



- Drumming at the Ethiopian Orthodox Church in Ethiopia St in West Jerusalem.
- Present in Jerusalem for more than 1,500 years, with some people claiming that there has been an Ethiopian delegacy in the Holy Land ever since the famed meeting of the Queen of Sheba and King Solomon some 3,000 years ago.



Sun 2 Feb: Week of Prayer



- Closing service at the Greek Catholic (Melkite) Cathedral of the Annunciation near Jaffa Gate.
- The Melkite Church's Byzantine roots and liturgical practices are rooted in those of Eastern Orthodoxy, while the Church has maintained communion with the Catholic Church in Rome since its reaffirmation of its union with Rome in 1724.
- The largest denomination in the Holy Land.

Schedule of Week of Prayer services:

[days we missed in *bracketed italics*]

Saturday, Jan. 25	5.30 p.m.	Anastasis (Holy Sepulchre), Calvary Gk Orth "Apodeipnon" (Compline)
Sunday, Jan. 26	5.00 p.m.	Anglican Cathedral of St George, Nablus Road
Monday, Jan. 27	5.00 p.m.	Armenian Cathedral of St James, Old City, Armenian Quarter
Tuesday, Jan. 28	5.00 p.m.	Lutheran Church of the Redeemer, Old City,
Wednes Jan. 29	5.00 p.m.	St Mark's Church, Syrian Orthodox, Old City, near Jaffa Gate
Thursday, Jan. 30	4.00 p.m.	Upper Room, Cenacle , Mount Zion
Friday, Jan. 31	5.00 p.m.	Latin Patriarchate Church, Old City, Jaffa Gate
[Saturday, Feb. 1	5.00 p.m.	<i>Ethiopian Orthodox Church, West J'lem, off Prophets' Street</i>
Sunday, Feb. 2	5.00 p.m.	<i>Greek Catholic Church of Annunciation, near Jaffa Gate]</i>

Video: <http://www.fmc-terrasanta.org/en/ecumenism.html?vid=5641>

Churches & congregations visited:

- Taybeh: Greek Orthodox liturgy in St George's Church: Fr Daoud Khoury
- Ramallah: Friends Meeting House: Jean Zaru
- Ibellin: Mar Elias Church with Micha Chacour
- Zabadeh: Latin church with Fr Simon Higazeen,
- Capurnaum: Gk Orth church of the Seven Apostles – meditation, meet the priest, shop
- Capurnaum: Beatitudes Church – quiet time
- Jericho: baptism site; renewal of baptismal vows
- Abu Ghosh: St Mary of the Resurrection (Crusader Church)
- Mount of Olives: Dominus Flevit
- Jerusalem: St Anne's
- Jerusalem: St Andrew's Scottish Church Colin Johnston 054 244 6736.
- Jerusalem: Baptist Church
- Jerusalem: morning liturgy at the Greek Catholic (Melkite) Cathedral of the Annunciation: Most Reverend Archbishop Youssef Jules Zerey
- Jerusalem: Way of the Cross
- Jerusalem: Garden Tomb
- Jaffa: Gk Oth Monastery of the Archangel Michael: Fr Gherasim Timsfte

Other sites visited:

- Taybeh: ruins of the Byzantine church
- Beit Sahour: Shepherds' Fields
- Bethlehem: Church of the Nativity:
- Nazareth: Gk Orthodox church of Mary's Well; St Joseph's, Annunciation Church
- Tabgha 'Loaves and fishes' church
- Ein Kerem: Rosary Sisters
- Mount of Olives:
 - Lutheran Church of the Ascension;
 - Ascension mosque,
 - Pater Noster,
 - All Nations,
 - Tomb of Mary;
- Pool of Bethesda
- Jerusalem: Austrian Hospice and Chapel
- Jerusalem: Dormition Abbey and cafe

Projects visited 1:

- Taybeh Old Town: Peter Abu Shanab, Heritage Association of Holy landers; Peter's Place – restaurant and museum
- Taybeh Brewery; video and talk with Khoury family; purchase products
- Beit Sahour: Al-Bassma centre – talk, drama performance, workshop, shop
- Beit Sahour: Sheepfold
- Bethlehem: Bethlehem University; Br Joe Loewenstein; Dr Thafar Jarrar and Asma Siman; students Nicola (male OT) and Laura (education); Fr Iyad Twal.
- Beit Jala: Bethlehem Arab Society Rehabilitation Centre
- Bethlehem: Deheisheh Refugee Camp: talk, walk, lunch with Marwan ? of Holy Land Trust
- Bethlehem: Holy Family Creche
- Hebron: glass factory

Projects visited 2:

- Hebron: Old City orientation walks; visit to family affected by settlement;
- Hebron: talk to EAPPIs over falafel lunch
- Hebron: Tent of Nations, talk by Bishara Nassar
- Bethlehem: Al-Ghirass Cultural Centre – dabke display by young people
- Ramallah: Meeting students from the Friends Schools
- Ramallah: Palestine Working Women Society for Development (lunch, shop) Tamara Tamimi. 0599 640 523; PWWSD 02 2986761 / 02 2981977
- Ramallah: Melkite Pastoral Centre (embroidery)
- Ibellin: Mar Elias College: Emil Haloun
- Nazareth Village: project, dinner, shop
- Capurnaum: St Peter's restaurant
- Jordan valley: visit Bedouin family

Projects visited 3:

- Jericho: Mt of temptation viewpoint, dates, lunch, Wadi Qelt,
- Jerusalem: Swedish Centre: Book Launch 'Shalom Insha'llah'
- Jerusalem: EAPPI office
- Jerusalem: Musalaha; Dr Salim Munayer;
- Mount of Olives: Lutheran World Federation Revd Mark Brown, Regional Representative of the Lutheran World Federation
- Mount of Olives: Mrs Betty Majaj at Amira Basma Centre – and lunch
- Jerusalem: Haram ash-Sharif and Jewish Qtr
- Jerusalem: Arab Home museum, David Street
- Jerusalem: Israel museum
- Jerusalem: Bible Lands Museum
- Jerusalem: Arab orthodox Women's embroidery shop and Bint al-Balad cafe

Speakers and events:

- Dr Munther Isaac, Living Stones scholarship recipient
- Jean Zaru, Quaker theologian
- Dr Mustafa Barghouti, human rights campaigner
- Dr Amal Khazin, Nazareth Nursing College
- Fr Na'el Abu Rahman, Anglican, of Christ Church, Nazareth
- Janet Lahr Lewis, Rev Kristen Brown and Grace Killian of Methodist Liaison Centre
- Bethlehem University Graduates of therapy programmes
- Usama Salman, Living Stones scholarship recipient
- Burns Night – spontaneous party and recitation
- Grand Hotel, Bethlehem – traditional meal
- Jerusalem Hotel, Jerusalem – traditional meal