Mission
“To Joyfully Preach, Teach, and Live the Word of God”

Theme
“One Hundred Fifty Years of Standing on the Rock”

PASTORAL STAFF
Sharon Cooney-Smith, Dir. Religious Education
Roberta George, Secretary
Deborah Grant, Clerical Support
Angela Harris, Bulletin Editor

SUPPORT STAFF
Bro. Steve Fruge, Pastoral Staff
Terrance Gipson, Maintenance
Terri Schneider, Dir. Hardin Food Pantry
Athletic Office: 314 533-0304
Teen Ministry: 314 533-0304

MUSIC MINISTRY
8:15—Malcolm Speed
11:00—Danny du Maine

REDEMPTORISTS IN RESIDENCE
Rev. Tom Donaldson, C.Ss.R.
Rev. Dave Polek, C.Ss.R.
Rev. Peter Schavitz, C.Ss.R.

SACRAMENT OF RECONCILIATION
(Call for Appointment)

SUNDAY MASSES:
8:15 & 11:00 a.m.

DAILY MASSES:
Monday: 5:30 p.m.
(W, Th & F.) 11:30 a.m.
Tuesdays: 11:30 a.m.
Saturdays: 9:30 a.m.

MONDAY:
Eucharistic Adoration
4:30 p.m.—5:15 p.m.

TUESDAYS:
Exposition & Benediction:
10:30 a.m.—11:30 a.m. (1st—Tuesday) followed by our Perpetual Help Novena & Mass
Last week I had gone to the toy store to look for a statue or toy that was a frog. I was able, with some searching at several stores, to finally find a little doll that was a miniature Kermit the Frog. I wanted to find this doll because I was going to give a talk the next day to some people and I wanted to reference it. You see, the word frog was just a reference to what I wanted to talk about. F.R.O.G. frog stands for Fully Rely On God. Fully rely on God is a beautiful phrase, but it is not always easy to live out. When we fully rely on God we are trusting in Him. We can’t just fully rely on God when we want to when things are bad. We need to fully rely on God in good times and in bad times.

I am sure you will remember the story in Matthew 8:23-27 where Jesus calms the storm. Jesus had a hard day and was tired. The apostles had embarked on a trip across the sea and Jesus was in the front of the boat asleep. A storm comes up and the boat is being tossed about. The apostles were afraid. Some of them are fishermen and must have been used to stormy weather at times, but this storm still brought fear into their lives. They woke Jesus up because they knew he can do all things. Jesus is taken aback by their lack of faith. He calms the sea but then chastises them. He tells them to Fully Rely On God.

Sometimes the storms of life can grip us with much fear and worry. Everyone goes through times when things are not going well and it is at these times in particular that Jesus asks us to trust in him. Trust in the Lord at all times. It is vital to keep the Lord Jesus ever in our lives so that when these hard times come, Jesus can help us and relieve us of our discomfort. I have that frog on a table in my office to remind me every day to Fully Rely On God.

Last week was a wonderful Sunday. I was so happy with having Bishop Cheri with us. His message at mass was very good. I had dined with him the night before and he said that some of the things he was going to say in his homily were not going to be easy to hear. Maybe some things were not easy to hear, but I was glad he said them anyway. I was also happy with the question and answer session in the gym. Again, I thought his answers were right on target.

Last Sunday was also a great time at 4pm with the concert from the Voices of Praise. It was very lively and beautiful. I know the choir worked very hard on the songs and it came across that way. May God’s grace always be with us. Have a great week.
INTENTIONS 02/11/20
Combs, Faye & Family
Cummings, Alice
Fite, Maudelle
Garnett, Pat
George, Roberta
Hearns, Zeysean
Jackson, Fredrick
Miller, Jr., Antonio
Perry, Kameron
Schneider, Terri

INTENTIONS 02/18/20
Bowers, Lynette
Cloyd, Cori
Cloyd, Kalonda
George, Darrion
Henry, Aliyah
Jackson, Tamica
Parran, Kristin
Pickett, DaShaun
Reedy, Judy
Reedy, Sid

SICKNESS 02/11/20
Atherton, Andrew
Atherton, Vertibe
Calhoun, Debi
Caprese, Brittany
Chapman, Bonnie
Clancy, Jimmy
Cummings, Cleophas
Herron, David
Hood, Rosalind
Howard, Yvonne
Jammer, Laura
LaBerta, Steve
Latham, Jean

Leong, Pam
Lund, Grace
Moore, Brenda
Pointer, Patti
Remsburg, Cory Sgt.
Schneider, Jeanne
Schneider, Roy
Schnelle, Laverne
Serio, Jessica
Sheets, Jean
Smith, Melba
Smith, Paulette
Strong, Betty
Thomas, Nigel
Thompson, Mary Ann
Weaver, Stephen
Vet, Alphonso

SICKNESS 02/18/20
Bell, Gilbert
Collins, Tamika
Duplantier, Tyrod Sr.
Fisher, Kyle Fr.
George, Betty
Greer, Lois
Hatchett, Sylvia
Huff, Jakob
Luster, Juanita
Lyons, Sharon
Martin, Maxine
McGinnis, Theresa
Parran, Rodrick
Reedy, Christian
Sims, Romicus Jose
Valle, Jr., Robert (Bobby)
Wallace, Saundra
Watkins, Darnell (Chef D)

SHUT-IN’s
Atherton, Andrew
Bohannon, Ida
Brack, Dorothy
Clay, Irving
Lee, Rosemary
McCoy, Bernice
McCoy, Carolyn
Peters, Mae
Thomas, Bernice
Turner, Hortense

Pray for the Deceased
Pray for the repose of the soul of † Anne Ortwerth, mother of Maria Ortwerth

Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed through the mercy of God rest in peace. Amen

University of Missouri—St. Louis
African American Alumni Chapter
And Associated Black Collegians
Present
Black in St. Louis
An Evening With
Percy Green II, Civil/Human Rights Protest Icon
This Event is FREE to the public and will be held on Wednesday, February 26, 2020 at 6:00 p.m. to 8:00 p.m.
The location of this event is at the UMSL Campus, J.C. Penney Conference Center 5 Arnold B Grobman Dr. St. Louis, MO 63121. J.C. Penney Ballroom
For more information visit www.umslalumni.org.

SAVE THE DATES
April 20th, 21st, and 22nd
6:00 p.m. each evening
Light refreshments and Reception to follow
Father Maurice J. Nutt, C.Ss.R.
Will be fellowshipping at St. Augustine of Hippo Catholic Church revival for three evenings. Please come join and fellowship, located at 408 Rev. John A. Brown Blvd. East St. Louis, IL 62205. For more information contact the church office by phone (618) 274-0655

Save the Date!
37th Annual Testimonial Dinner & Auction on Sunday, March 22, 2020. Renaissance St. Louis Airport Hotel. Themed “We Don’t Believe He Brought Us This Far to Leave Us!” tickets are $65.00 each. Table of 10 for $650.00.
Contact the Lwanga Center (314) 367-7929 or your local Lwanga Board Representative or Dinner Committee member for additional information about ticket purchase, ads, and auction donations.
LITURGY NOTES...

Black Spirituality

Black Spirituality has four (4) major components – It is contemplative - it is holistic – it is joyful - it is communitarian.

Contemplative (thoughtful, meditative, pensive, introspective) - Meaning prayer is spontaneous and pervasive in the Black tradition. Every place is a place for prayer because God's presence is heard and felt in every place. Black Spirituality senses the awe of God's presence and the vital intimacy of his closeness. The sense of God's presence and power taught our ancestors that no one can run from him and no one need hide from him.

Holistic - Black spirituality is Holistic - for us, the religious experience is an experience of the whole human being-both the feelings and the intellect, the heart as well as the head. In keeping with our African traditions, we are not ashamed of our emotions.

The Gift of Joy - Joy is a hallmark of Black Spirituality. Joy is celebration - celebration is movement and song, rhythm and feeling, color and sensation, exultation and thanksgiving. We celebrate the presence and the proclamation of the Word. The joy is a result of our conviction that "in the time of trouble, he will lead me...

Community—Black Christianity is eminently a social reality. The sense of community is a major component of Black Spirituality. The communal dimension of Black Spirituality permeates our experience of liturgy and worship. Worship is always a celebration of community. No one stands in prayer alone. One prays and acts within and for the community.

RELIGIOUS EDUCATION...

BAPTISM GUIDELINES:

Newborn – 6 years old. A parent or legal guardian and godparent(s) must attend a Baptism preparation class, instruction materials are provided.

Ages 7 – 10: The child must attend special Baptism preparation classes and the parent(s) or legal guardian and godparent(s) must attend a Baptism preparation session prior to the ceremony.

Ages 11 – 17: The young person must enroll in the Rite of Christian Initiation for Children (RCIC) program.

Age 18 and Older: The Candidate must enroll in the Rite of Christian Initiation for Adults (RCIA) program.

MATRIMONY – Engaged couples, seeking to be married at the Rock Church, must meet with the Pastor before setting a date.

RCIA/RCIC – ARE YOU SOMEONE OR DO YOU KNOW SOMEONE WHO...

• Has expressed an interest in becoming Catholic?

• Has a child over the age of seven who has not been baptized?

• Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?

We offer an opportunity to come together in a group to learn more about the Catholic Faith. Sessions focus on the teachings and experience of the Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist. There are separate sessions for children and youth. You are welcome to participate in the process with your questions, insights and your faith story in a warm accepting setting.

For information on requesting any of the above Sacraments and/or to register for classes, please contact the Director of Religious Education, Sharon Cooney-Smith at 314-533-0304 ext. 1001, or via e-mail @ scooneysmith@stalphonsusrock.org.
SEVENTH SUNDAY IN ORDINARY TIME

February 23, 2020

ANNOUNCEMENTS

RCIA
(Rite of Christian Initiation of Adults)

RCIC
(Rite of Christian Initiation of Children)

The RCIA/RCIC is the Church's process for educating and forming adults and youth (ages 11 through 18) who wish to be baptized in the Catholic Church. Those seeking baptism are known at various points in the process as inquirers, catechumens and elect. A parallel or even combined process is used for adults who have been baptized in another Christian denomination and wish to Profess the Catholic faith, be Confirmed and receive First Holy Communion. Included in this process are Baptized Catholics who have not been confirmed or made their First Holy Communion.

For information on the RCIA or RCIC, please contact Sharon Cooney-Smith via email scooneysmith@stalphonsusrock.org or by phone at 314-533-0304

2020 LENTEN FISH FRY

Please join us from 11:00 a.m. to 6 p.m. in the Parish Gym. March 6th, 13th, 20th, 27th and April 3rd.

Soul food Fridays will be held March 20th and April 3rd.

Come fellowship, eat delicious fish dinner and support your church!

DONATION REQUEST:
Please consider donating spaghetti, large cans of tomato sauce, case(s) of bottle water, an assortment of can sodas, canned peaches, cherry pie filling, C&H sugar and desserts.

Your donations are appreciated!

Contact the Parish Office for more information or drop-off instructions 314-533-0304.

PARISH EVENTS

Inclement Weather
Office Closed When...
STL Public School Is Closed
February 23, 2020
Friendship Club Meeting
after 11:00 am Mass
Parish Gym
February 25, 2020
Fat Tuesday Celebration
Parish Gym
after 11:30 Mass
February 26, 2020
Ash Wednesday
Mass—Noon and 6:00 p.m.

Attn: Ushers and Security:
Ushers and Security are needed to serve in ministry on February 26th, Ash Wednesday. Mass times are Noon and 6:00 p.m. Ushers, if you can help, please sign the sheet located on the Usher’s Table.

Security, if you can serve, please contact security leader, Herb Parran.

SCRIP GIFT CARDS AVAILABLE,
“Why not purchasing gift cards?
The ROCK Church has many great gift cards that you pay only the face value, including $50 Visa Gift cards with no service fee!

This is a fundraising effort for our church and we carry a variety of cards for your convenience.

Plan ahead, our cards are not just to use as gifts, but for daily use as a specific debit card.

We have an assortment of cards not just to use as gifts, but for daily use as a specific debit card. We carry fast-food/restaurant cards, as well as cards for discounted stores, department stores, and home improvement stores.

Come to the Baptismal room in the rear of church to get your cards TODAY!
Financial Corner...

General Fund Actual Contributions Received

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<tr>
<th>February</th>
<th>9th</th>
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<tr>
<td>Envelopes</td>
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Stewardship Prayer...
That we find it in our hearts to pray for people that don’t always treat us well.

“But I say to you, love your enemies and pray for those who persecute you…”
(Matthew 5:44)

Love your enemies, easier said than done, no doubt. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from “me” and moves it towards God and others. It allows us to have a little more empathy for “our enemy.” When we pray for others, even “our enemies,” maybe it softens their hearts as well.

Dynamic Catholic, Alive! – Forgiveness
We should never stop showing mercy to our neighbor. Jesus teaches us the radical nature of the Christian message in loving our enemies and praying for those who persecute us. The Church has made Herself many enemies throughout the last 20 centuries. We must continue to pray for these enemies and forgive those who trespass against us. We are told to be perfect as our heavenly Father is perfect. It is fascinating to note that the Gospel according to Luke replaces the word “perfect” with merciful. Experts can argue about the linguistic dimensions of the passage, but it is clear that we become like God in a deep way and participate to some degree in His perfection when we are merciful to others as He is merciful.

archstl.org/dynamic

Dynamic Catholic started with a dream: to help ordinary people discover the genius of Catholicism.

This is an organization where you can go to find many resources for free.

Visit archstl.org/dynamic to view all the resources available to you!

Congratulations!
Our February 2020 Winner is

Ernest Nashville

Jean Anthony
Elizabeth Boykin
Ruby Boykin
Virginia Brown
Richard Buckley
Susan Buford
James Butler
Cheryl Carr
Anne Marie Clarke
Damon Clay
Mike & Cherina Coffman
Anne Conte
Willie & Bessie Cunningham
Esther Darris
Jackie Day
Janice Engleander
Kurt Engleander
Maudelle Fite
Paul & Shirley Foster
Wanda Garner
Gregory Glore
Alonzo Green
Angela Harris
Carl Harris
Kalyn Harris
Sharon Hawthorne
LaMarr Huddleston

Monica Huddleston
Pat Jackson
Donald & Joyce Jones
Mark & Linda Kamp
Yetta Kilgore
Helene Laberta
C.C. Lee
Pamela Leong
Sharon Lyons
Brenda Mahr
Laurel Martin
Charles Martin
Brenda McDonnell
Sylvester & Karen Mozee
Ernest Nashville
Jean Nashville
Leo & Linda Peoples
Ben & Denise Phillips
Linda Brown Reed
Betty Sullivan
Adlean Thomas
Kim Thomas
Monica Tyler
Eugene Wallace
Janis Weaver McSpadden
Jocelyn Woodson-Reed

ATTENTION:

MEN OF ST. ALPHONSUS ROCK CHURCH!!

"Working Hands"

Colossians 3:23 Whatever you do, work at it with all your heart, as working for the Lord....

We are asking for all able bodied men to consider helping with small projects around the church. It is a privilege to serve the church and our church family.

Please consider donating your time, talents, and skills. Sign-up sheets are available at the usher’s table, you will be contacted. We are looking for:

Carpenters   Handyman
Electricans   Plumbers
Etc...
OUR LADY OF PERPETUAL HELP PRAYER MEMORIALS
Tillie Mae Alexander, Larry Ambus, Hortense Anderson, Elizabeth Henckler Aton, Anita Louise Banks
Lillian Barnes, Mother Dorothy Granberry Bennett, Deacon Morris E. Bohannon, Willie Steve Bowens
Dorothy Brady, Theodore Branch, Jr., Irma King Brown, James Buford, Kenita Bush, Anna Chopin
Betty Jean Colbert, Charmaine Davenport, Walterene Dougherty, Roger Downs, Sr.
Sr. Antona Ebo, FSM, Jerome Fields, Ossie R. Foster, Queen E. Dunlap Fowler, Craig Franklin
Willie Goss, Ann Marie Hatchett, Cherry Ophelia Jackson, Mark Jones, Nadine Jones
Mother Ruth Jones, Eldwyn Lewis, Barbara McCaleb, Leon Zack McClendon, Marshall Mosley
Lucille Palmer, Kathy Lin Cheers Parran, Drenea Sanders, Eugene Sanders
Christine Slaughter, Irma Steen, Susan Colbert Threats, Ralph Tyler, Robert Joseph Valle
Juanita West, Marlene Williams, Richard Williams, Clarence Zacher

SACRAMENTAL PREPARATION
Sharon Cooney-Smith, DRE
314-533-0304 ext. 1001
RCIA/RCIC
Children’s Liturgy of the Word
Baptism
First Reconciliation
First Communion
Confirmation
Matrimony

PARISH PASTORAL COUNCIL
Kurt Englander
President
Angela Thames
Vice President
Linda Kamp
Secretary
Linda Brown Reed
Ben Phillips
Wanda Caldwell
Angela Thames
Joy Camp
Travis Threats
Mike Coffman
Eric Thurman
Rhonda Graham
Kevin Triggs

COMMISSIONS & CHAIRS
Christian Formation
Jean Anthony
Christian Service
TBD
Finance & Adm.
Monica Huddleston
Liturgy
Richard Buckley
Social Life
Rose Graham
Youth & Young Adults
TBD

ATTENTION
If your telephone number or address has changed, please contact the office at 533-0304. You may also put your updated information in the locked multipurpose box located on the north-side entrance ushers’ table.

COMMUNITY HELP
Wilhelmina Hardin Food Pantry
Terri Schneider, Dir. of Wilhelmina Hardin Food Pantry
(Emergency Aid) (314) 531-1040
St. Charles Lwanga Center (314) 367-7929
Community Health In Partnership Services (C.H.I.P.S.)
(314) 652-9231
Community Women Against Hardship (CWAH)
(314) 289-7523
HIV/AIDS: 314 531-0304 Ext. 1502

ANOINTING OF THE SICK & VISITS
"Is anyone sick among you? Call in the priests of the church and they will pray for the sick person and anoint them with oil." (James) This is the sacrament of the sick. ARE YOU SERIOUSLY SICK, GOING TO THE HOSPITAL OR HAVING AN OPERATION? Call and leave your hospital information at the office.