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 Schavitiz, 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
Today, the 1st Sunday of Lent, we hear in the gospel of Matthew of how Jesus went into the desert for 40 days to fast and pray. Jesus did this because he was getting ready for his public ministry – he wanted to get his mind right, 40 days is a long time to go without eating anything. After spending this time by himself with God, the devil came around to tempt him. This makes sense because if Jesus is ever going to be vulnerable to sin, it would be now. His resistance is down, he is tired and hungry and ready to go home. Satan tempts the Lord three times, but Jesus says no to each of these.

This story is a parallel story to one of the Israelites wandering in the desert for 40 years. God had freed them from slavery in Egypt, but all they did was complain about the food and heat. They sinned by turning to idolatry. They were God’s favorite people in name only, they were tempted, and they gave in. Every one of us is tempted every day to sin against God. It is not always easy to stay committed to the Lord. At these times, we must ask for God’s help to remain faithful to him.

These next six weeks of Lent should be lived differently than the other 46 weeks of the year. Jesus gives us an example – he was getting himself ready for public ministry. We can use these next six weeks to get ourselves prepared for the Resurrection. Just like we would spend numerous months getting ready to run a marathon, we can spend six weeks getting ready to experience Christ’s rising from the dead.

During this time, we are asked by the Church to try and do some kind of penance. It doesn’t have to be a huge thing, but the most important thing is that we KEEP IT. We must remain faithful to whatever we have chosen to do. It feels good because we know we are doing something for the Lord. We are walking with him and carrying our crosses with him – we are doing our part. We are sharing in his suffering, and he appreciates it.

Remember that during Lent, we also have special prayer times for us to participate in. We are asking you to consider going to the Sweet Hour of Prayer every Thursday evening at 6pm. And then we also invite you to come to the Stations of the Cross every Friday at 5pm. Maybe you could have some fish first and then walk with Jesus along the road to Golgotha. I hope you all have a very blessed week.
FIRST SUNDAY IN LENT

MARCH 01, 2020

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

Reedy, Christian
Sims, Romericus Jose
Valle, Jr., Robert (Bobby)
Wallace, Saundra
Watkins, Darnell (Chef D)

SICKNESS 02/25/20
Atherton, Andrew
Atherton, Vertibe
Calhoun, Debi
Caprese, Brittany
Chapman, Bonnie
Clancy, Jimmy
Cummings, Cleophes
Danter, Mary
Gunn, Tasha
Herron, David
Hood, Rosalind
Howard, Yvonne
LaBerta, Steve
Latham, Jean
Leong, Pam
Luckett, Charlene
Lund, Grace
Moore, Brenda
Parker, Patti
Ramsberg, 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

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

INTENTIONS 02/25/20
Carter, Elissa
Carter, Percy
Cummings, Alice
Farr, Tearah
Fite, Maudelle
Garnett, Pat
George, Roberta
Hearns, Zeysean
Kakre, Cydney
Miller, Jr., Antonio
Schneider, Terri
Smith, Amy & Family

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

Reedy, Christian
Sims, Romericus Jose
Valle, Jr., Robert (Bobby)
Wallace, Saundra
Watkins, Darnell (Chef D)

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Ash Wednesday (February 25) and Good Friday (April 10) are days of abstinence for all Catholics over the age of 14; fast, as well as abstinence, is also obligatory for those from the ages of 18-59. Abstinence means abstinence from meat. Fast means one full meal a day, with two smaller meals and nothing between meals (liquids are permitted). No Catholic will lightly excuse himself/herself from this obligation.

All Fridays in Lent are days of abstinence from meat for those from the ages of 18-59. Here again Catholics will not hold themselves lightly excused, but if there is a serious health problem, this obligation would not apply.

We should strive to make all days of Lent a time of prayer and penance.

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

From the Peace and Justice Committee:

The next movie in our series with the College Church is HARRIET, the story of heroic abolitionist Harriet Tubman, from her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad. The date is Saturday, March 7, in the gym.

The afternoon will begin at 12:30 with a free lunch. The movie will start at 1:00 with a discussion to follow. Please sign up on the sheets on the ushers’ tables, so we know how much food to prepare.

JUST MERCY:
A Conversation on Criminal Justice Reform
Join the Peace and Justice Committee on March 14, 2020, from 10:00 a.m. to 12 noon for a panel presentation on Criminal Justice Reform. Confirmed guests include St. Louis County Prosecutor Wesley Bell, Missouri Public Defender Mary Fox, St. Louis Circuit Attorney Kimberly Gardner, and St. Louis County Judge Christine Kerr.

This opportunity is a follow-up to the viewing of Just Mercy, a film about Brian Stevenson and his efforts to free a wrongly condemned death row inmate. This conversation will enable participants to better understand the challenges and current efforts at criminal justice reform in St. Louis. We should focus on what we, as people of faith, can do to assist with on-going positive efforts. We look forward to seeing you there!
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 at scooneysmith@stalphonsusrock.org.

LITURGY NOTES...

Twofold character of Lent: It's clear that Lent is a penitential season. However, that's just half the story. Lent has a twofold character. First, it is a time to recall or prepare for baptism. That is why we celebrate so many of the rites from the Rite of Christian Initiation of Adults during Lent. All the baptized assist those preparing to be initiated by "joining the catechumens in reflecting on the value of the paschal mystery and by renewing their own conversion" In Lent, we renew our conversion to Christ, particularly through prayer, fasting, and almsgiving.

Recollecting our baptism leads us to the second character of the season. As members of the baptized, we realize that we have not always lived up to our baptismal promises. Our actions and attitudes do not always reflect our faith in the Father, in Jesus, or in the Holy Spirit. Those preparing for baptism may have their moments of doubt as well. For them and for the baptized, penance, especially through more attentive listening to the word of God and fervent prayer, helps us reorient our lives to Christ and dispose us to celebrate his death and resurrection.

Each year, Lent beckons us to enter into the dynamism of human weakness and divine care. On Ash Wednesday, we smeared our foreheads with a sign of repentance and mortality. We are invited to take up the practices of prayer, almsgiving, and fasting to bring us back into right relationship with God and with each other. And yet, this focus on our sin is not meant to overwhelm or discourage us, but rather to highlight even more the compassionate and bountiful mercy of God who sent his Son to live among us and to feel hunger, fatigue, and even fear and despair in the garden of Gethsemane.

(Source:www.litpress.org)
ANNOUNCEMENTS

GRILL TO GLORY
BRINGING LOVE TO A WOUNDED WORLD
11:00—1:00 p.m.

Join Us For Fun, Exercise, Games, and Food...
In the Parish Gym
Rain or Shine! Free!!

Join us for a Sweet Hour of Prayer – every Thursday in March from 6:00 p.m. until 7:00 p.m. in the Church. Come if you need healing of body, mind, and spirit and share with us our Prayers of Praise, Worship, and Healing as we journey through Lent!

Sr. Mary Antona Ebo
Chapel/Prayer Room
Located in the Parish Hall (Room 110)
This prayer room is designed for you to unwind, relax, and enter into the presence of God. Bring your Bible and your prayer requests. In this room, you can pray and let Jesus minister to you heart-to-heart. The prayer room is open and available whenever the office is open. Pick up the key from the office staff and return it when you are ready to leave. The room is also available after office hours to commissions and prayer groups who need a place to begin their meetings with praise and worship.

"Come and experience your one on one quiet time with Jesus and receive your blessings."

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

March 5, 2020
Sweet Hour of Prayer
6:00 p.m.—7:00 p.m.

March 6, 2020
Lenten Fish Fry
11:30 a.m.—6:00 p.m.
Stations of the Cross
5:00 p.m.

March 8, 2020
Fellowship Sunday

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...**

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<thead>
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<th>General Fund Actual Contributions Received</th>
<th></th>
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<tr>
<td><strong>February</strong></td>
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<tr>
<td>Under/Over Weekly Target</td>
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</table>

**Stewardship Prayer…**

That we prune ourselves of earthly things and ask God how he is calling us to serve.

“*It is written: The Lord, your God, shall you worship and him alone shall you serve.*”  
*(Matthew 4:10)*

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things. Ask God how he is calling you to serve.

**Dynamic Catholic, Alive! – The Power of Fasting**

Jesus provides a marvelous example for us as we continue the beginning of our Lenten journey. Many of us have forgotten the great blessing and strengthening that fasting provides for us. When we fast from food, we understand more vividly how each meal is a blessing from God and God shows us our need to rely on Him for sustenance. Fasting must not simply pertain to food however. We can fast from false gods like our Lord did in the desert. We can fast from overuse of social media, technology, desire for power or recognition, sloth, or selfish use of our material resources. As we enter into the desert with the Lord for the next 40 days, let us pray for the gift of generosity and the grace to lead more simple lives, lives that radiate joy and hope in the most important thing: salvation in Christ. Pope Benedict XVI stated that “through fasting and praying, we allow Him (God) to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.”

[archstl.org/dynamic](http://archstl.org/dynamic)

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things. Ask God how he is calling you to serve.

**ATTENTION:**

**MEN OF ST. ALPHONSOUS 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
- Electricians
- 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. Antonia 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 McCalebb, Leon Zack McClendon, Marshall Mosley
Anne Ortwerth, 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

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

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

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 must be in the office by 12 noon

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.