St. Alphonsus Liguori “Rock” Catholic Church
1118 North Grand Blvd. St Louis, MO 63106
314-533-0304 (ph) 314-533-4260 (fax) parish130@archstl.org (e-mail)
www.stalphonsusrock.org (website)

Rev. Stephen Benden, C.Ss.R., Pastor
Rev. Rodney Olive, C.Ss.R., Associate Pastor

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 duMaine

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
As we move through the Lenten season, we are reminded from time to time of the culmination of Lent where we will enter Holy Week and finally celebrate the Resurrection of Jesus. When Jesus rises, he takes on a glorified body. We don’t really understand what this means, but somehow he looked different because people who he knew did not recognize him. Somehow his body was different. It was glorified and perfect.

Today we read about the Transfiguration. Jesus’ body is Transfigured. His outward appearance is so dazzling the Apostles try to hide from him. They are overcome and do not know what to do. This scene is good food for thought because even though Jesus became a human just like us, he was also the Son of God, an infinite being who we really have a hard time understanding. Through this Transfiguration, we can appreciate perhaps a bit better just how beautiful God is. This Jesus is the one we will spend all eternity with. He is the most excellent and lovable, and we await our special time with him in heaven.

Last week one of the inserts you received in the bulletin was about the need to go to confession regularly. I referenced this also in my homily last week. Lent is certainly a good time to take inventory of our moral lives and see where we are in a relationship with God. Getting into a regular habit of going to confession is essential. Remember asking God’s forgiveness is important, but it is necessary to do it in the right way. We come to God with humble and contrite hearts asking for his mercy in our lives. When we ask for God’s forgiveness, it is immediate, but the Sacrament of Reconciliation brings with it abundant graces. We do not receive these graces by just going to God on our own. Through the absolution given to us by a priest, we not only have our sins forgiven, but we receive the grace in our lives to help us in the future.

Jesus sends out his Apostles on a mission and says to them, “The sins you forgive are forgiven, and the sins you retain are retained.” Obviously, for Jesus, the forgiveness of sins was an important part of his ministry. Time and again during his apostolic endeavors, he comes in contact with people and forgives their sinfulness. In fact, many times, he forgives their sins before he heals them. It is important to trust God at these times. There should be no fear or hesitation. Priest are a representative of God; they do not remember your sins. Only God can forgive sins. Please take the time this Lent to seek out a priest and unburden yourselves.
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

JUST MERCY:
A Conversation on Criminal Justice Reform
Join the Peace and Justice Committee in the Parish Gym 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 will focus on what we, as people of faith, can do to assist with on-going positive efforts. We look forward to seeing you there!
LITURGY NOTES...

A Reflection on Lenten Fasting – Part 1

In the early Church and, to a lesser extent still today, there were two fasts. There was the "total fast" that preceded all major feasts or sacramental events. The ancient name for this fast was "statio" from the verb "sto, stare" to stand watch, on guard or in vigil. The second fast was a fast of abstinence from certain foods, e.g., meats or fats. This was more an act of self-discipline and self-control. The statio fast was total and a means of watching and waiting i.e., for something. The fast of abstinence was more general and personal, to help oneself be more disciplined or self-controlled. The total fast is still kept today prior to reception of Holy Communion. Following Holy Communion, the total fast ceases because Jesus had explicitly stated that we don't fast when the bridegroom is here, in other words, what we're keeping vigil for has arrived, the wait is over. On the other hand, the fast of abstinence was allowed on Sundays because the continuity of abstinence can be important for it to be effective.

These initial observations, then, teach us that the Eucharist is always the end of a preparation. It is always the fulfillment of an expectation. Fasting is always preparatory.

But how did fasting become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the "breaking of the fast" by Adam and Eve; and the "keeping of the fast" by Christ at the beginning of his ministry.

Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2:17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death." (Wis. 1:13) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone." (Dt. 8:3; Mt. 4:4; Lk. 4:4) The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. ("Their god is their belly." Phil. 3:19) The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of Him. Believing that food had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone." Christ, however, is the new Adam.

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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.

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RELIGIOUS EDUCATION...
2020 LENTEN FISH FRY

Please join us from 11:00 a.m. to 6 p.m. in the Parish Gym. March 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.

From Amazon.com...
St Alphonsus Liguori Catholic Church has been issued a $31.79 donation from the AmazonSmile Foundation as a result of AmazonSmile purchases between Oct. 1st and Dec. 1, 2019.
Funds were deposited February 2020.

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.

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 discount stores, department stores, and home improvement stores.
Come to the Baptismal Room in the rear of church to get your cards TODAY!
Financial Corner...

Stewardship Prayer…
That we may learn the difference between what we want and what we need, trusting that God will provide all that we need.

“Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you.”

(Genesis 12:1)

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we may have to struggle to leave behind might be materialism, selfishness, and greed. Yet God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, “God does not call us to be successful, God calls us to be faithful.”

Dynamic Catholic, Alive! – Redemptive Suffering

When St. Paul writes to Timothy that he should bear his share of hardship for the gospel with the strength that comes from God, he teaches us that Christian believers will face adversity and trials throughout their life. The Gospel is great news, but it certainly challenges us to achieve spiritual perfection and growth in becoming like Jesus Christ. Christ was transfigured in the presence of three apostles to show them that He came to transform suffering during earthly life, not to eliminate it altogether. During the season of Lent, how may Christ be calling us to sacrifice for His sake and bear our burdens and sufferings as He did?

archstl.org/dynamic

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 Electricians Plumbers Etc...

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!
OUR LADY OF PERPETUAL HELP PRAYER MEMORIALS

Tillie Mae Alexander, Larry Ambus, Hortense Anderson, Elizabeth Henckler Aton, Anita Louise Banks
Lillian Barnes, Herron Beckley, 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 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.

Bulletin announcements must be in the office by 12 noon Tuesdays. Please fax items to 314 533-4260 or e-mail to parish130@archstl.org

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.