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
If you can remember last year at this time we had an abundance of rain in the spring. It also had done quite a bit of snowing out west which all fell into the Mississippi River. As all the water was passing through St. Louis the rivers around the area flooded. I think the Mississippi River last summer was the 2nd highest of all time, except for the summer of '93. Our back yard was lush green, and Bro. Terry remarked to me that sometimes in the summer the grass is all burned out.

When we have wet weather like that, it is hard to appreciate it when it is hot and dry. If you have ever been to the desert, you realize pretty quickly just how hot and dry it can get. I don't like the western U.S. as much as the Midwest for this very reason. I want to see the lush green grass, flowers, and trees. When I go to the Redemptorist Retreat Center in Tucson, AZ I see so much brown that I am glad to get back home where everything is green again.

Our story in the gospel today is about coming to a well to get a drink of water. Palestine is one of those hot and dry places. Jesus and a Samaritan woman meet at the well and have a conversation about water. She is talking about the water in the well, but Jesus is talking about the refreshing water of the Holy Spirit. It is not for some time that the woman appreciates what Jesus is talking about, but eventually, she is so enflamed by the Spirit that she goes out and speaks to her family and friends. She is so convincing that many converted.

In Psalm 63, we see the psalmist longing for God. The words are very descriptive; "My soul is thirsting, and my body pines for you like a dry, weary land without water." I believe the woman in the story was just like the Psalm describes. This woman was longing to be filled with the water of the Holy Spirit, but she just did not know it.

I am not sure if you have ever felt like something was missing in your life. You might even say to yourself, "something is just not right; I feel like something is missing." Well, what's missing is the Spirit of God in your life. All of us have souls longing to be filled with the flowing waters of the Holy Spirit. This is important to consider because so many of us are walking around with souls that are ¼ or ½ empty. It is no wonder we are thirsty; it is no wonder so many feel spiritually dehydrated. The way we can continue to have a full spiritual well is to continually fill it with mass, scripture, prayer, rosary, Sweet Hour of Prayer, etc.. These are the things that sustain us when it does get dry for us spiritually. Thank the good Lord we do have a well to go to when we are in need. Jesus Christ himself.

### Weekly Readings…

#### Sunday:
Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 [8]  
Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

#### Monday:
2 Kgs 5:1-15/Ps 42:2, 3; 43:3, 4  
[cf. Ps 42:3/Lk 4:24-30]

#### Tuesday:
Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9 [6a/Mt 18:21-35

#### Wednesday:
Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20 [12a/Mt 5:17-19

#### Thursday:
2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27 and 29/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

#### Friday:
Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17 [cf. 11 and 9a]  
Mk 12:28-34

#### Saturday:
Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab  
[cf. Hos 6:6/Lk 18:9-14

#### Sunday:
1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 [1/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

### SAINTS AND SPECIAL OBSERVANCES

#### Sunday:
3rd Sunday of Lent

#### Tuesday:
St. Patrick, Bishop  
St. Patrick’s Day

#### Wednesday:
St. Cyril of Jerusalem, Bishop and Doctor of the Church

#### Thursday:
St. Joseph, Spouse of the Blessed Virgin Mary

#### Sunday:
4th Sunday of Lent
**THIRD SUNDAY IN LENT**

**NOTE:** Names will remain listed for 2 weeks

**REMEMBER in your prayers**

**INTENTIONS 03/03/20**
Bowers, Lynette
Cloyd, Cori
Cloyd, Kalonda
George, Darrion
Henry, Aliyah
Jackson, Tamica
Perry, Kameron
Pickett, DaShaun
Reedy, Judy
Reedy, Sid

**INTENTIONS 03/10/20**
Carter, Elissa
Carter, Percy
Cummings, Alice
Farr, Tearah
Fite, Maudelle
Garnett, Pat
George, Roberta
Hearns, Zeyesean
Huffmon, Barbara & Family
Kakre, Cydney
Miller, Jr., Antonio
Peterson, Gregory
Ransom, Asha
Schneider, Terri
Smith, Amy & Family

**SICKNESS 03/03/20**
Bowers, Lynette
Bowers, Lynette
Bohannon, Ida
Brack, Dorothy
Clay, Irving
Lee, Rosemary

**SICKNESS 03/10/20**
Atherton, Andrew
Atherton, Vertibe
Calhoun, Debi
Caprese, Britanny
Chapman, Bonnie
Clancy, Jimmy
Cummings, Cleophes
Danter, Mary
Gunn, Tasha
Herron, David
Hood, Rosalind
Howard, Yvonne
LaBerta, Steve
Latham, Jean
Leong, Pam
Lund, Grace
Moore, Brenda
Pointer, Patti
Remsberg, Cory Sgt.
Schneider, Jeanne
Schneider, Roy
Schnelle, Laverne
Serio, Jessica
Sheets, Jean
Smith, Melba
Smith, Paulette
Strong, Betty
Thomas, Nigel
Thompson, Mary Ann
Turner, Hortense
Weaver, Stephen
Vet, Alphonso

**HOSPITAL 03/10/2020**
Reedy, Christian

**SHUT-IN’s**
Atherton, Andrew
Bohannon, Ida
Brack, Dorothy
Clay, Irving
Lee, Rosemary

**Good Friday (April 10)** is a day 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

**Pilgrimage to Montgomery, Alabama**

Join the Lwanga Center sponsored excursion to the Legacy Museum and Memorial of Peace and Justice. June 12th—14th, which includes, Sunday Liturgy, Motor Coach Transportation, Drury Inn accommodations and two breakfasts all included in the package.

For payment options, please contact Mrs. Corliss Cox, CSJA for additional information: 314 367-7929. Or visit the Lwanga Center located at 4746 Carter Ave. Suite 100 St. Louis, MO 63115.

**St. Alphonsus “Rock” Church**

**Sermon CDs, Concert CDs**

**Uplifting Words and Music of GOD**

For

**Home, Work or Car**

8:15 a.m.
11:00 a.m.

**See Lorenzo or Veronica, Media Technician(s)**

**Or**

**Contact the Parish Office 314 533-0304**
A Reflection on Lenten Fasting – Part 2

At the beginning of his ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." (Mt. 4:4; Lk. 4:4) This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

Christian tradition can name at least seven reasons for fasting:

1. From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
5. Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

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!!

2020 LENTEN FISH FRY
Please join us from 11:00 a.m. to 6 p.m.
in the Parish Gym. March 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.

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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."

JOIN US FOR THE 4TH ANNUAL LEON HENDERSON GOSPEL CONCERT
BENEFITING CARDINAL RITTER COLLEGE PREP
SATURDAY
MARCH 28
2020
3pm-5pm
FEATURING:
CRCP Alumni Choir
CRCP Jazz Ensemble
CRCP Gospel Ensemble
Characters
With CRCP Alumni Director John Reed
Tickets $10
Purchase Online At Cardinalritterprep.org
St. Alphonsus Rock Church
1118 N. GRAND BLVD, ST. LOUIS, MO 63106

PARISH EVENTS

Inclement Weather
Office Closed When...
STL Public School Is Closed
March 19, 2020
Sweet Hour of Prayer
6:00 p.m.—7:00 p.m.
March 20, 2020
Lenten Fish Fry
11:30 a.m.—6:00 p.m.
Stations of the Cross
5:00 p.m.

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.

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...

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<th>General Fund Actual Contributions Received</th>
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<tr>
<td>MARCH</td>
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Stewardship Prayer…
That we become more “God-centered” and less “self-centered” in our daily actions and decisions.

“Everyone who drinks this water will be thirsty again.” (John 4:13)

Jesus reminds us that material things, even something as basic as water, can never satisfy us for long. When we build our lives around material possessions, we always want more. True Joy and Peace only come when we follow Jesus; when we become more “God-centered” and less “self-centered.”

Dynamic Catholic, Alive! – Thirsting for God
Perhaps there is no better example for the universal human thirst for God than the Samaritan woman at the well. The Samaritan woman has been living a sinful life and has struggled to live the virtue of chastity. Her reaction is typical and resembles most individuals’ reactions to the truth of Christianity today, namely, rejection and anger. Over time, though, she realizes that Jesus is genuinely seeking her salvation and He longs to satisfy the desires of her heart. Just as Jesus sought the eternal salvation of the Samaritan woman, he seeks us out as well. He continually reaches out to us and desires our eternal salvation. Paragraph 27 of the Catechism provides us with a beautiful summary of the Gospel today: “The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for.” Will we allow God to draw us to Him?

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!

ATTENTION:

MEN OF ST. ALPHONSO 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, 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

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<tr>
<th>SACRAMENTAL PREPARATION</th>
<th>PARISH PASTORAL COUNCIL</th>
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<tbody>
<tr>
<td>Sharon Cooney-Smith, DRE</td>
<td>Kurt Englander</td>
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<tr>
<td>314-533-0304 ext. 1001</td>
<td>Angela Thames</td>
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<td>President</td>
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<td>Linda Brown Reed</td>
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<td>Vice President</td>
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<td>Wanda Caldwell</td>
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<td>Ben Phillips</td>
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<td>Joy Camp</td>
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<td>Kevin Triggs</td>
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<th>COMMUNITY HELP</th>
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<tr>
<td>Wilhelmina Hardin Food Pantry</td>
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<td>Terri Schneider, Dir. of Wilhelmina Hardin Food Pantry</td>
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<tr>
<td>(Emergency Aid) (314) 531-1040</td>
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<td>St. Charles Lwanga Center (314) 367-7929</td>
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<td>Community Health In Partnership Services (C.H.I.P.S.)</td>
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<td>(314) 652-9231</td>
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<tr>
<td>Community Women Against Hardship (CWAH)</td>
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<td>(314) 289-7523</td>
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<td>HIV/AIDS: 314 531-0304 Ext. 1502</td>
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<td>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.</td>
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<th>ANOINTING OF THE SICK &amp; VISITS</th>
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<td>&quot;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.&quot; (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.</td>
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