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
Welcome to Holy Week! As you know, today is Palm Sunday, the beginning of the holiest week of the year. Unfortunately, today, and the rest of the week is not going to play out the way we are all used to. I remember last year on Good Friday seeing the Living Stations; although it was not the bigger version that many were used to from years ago, I still enjoyed it very much. It helped me to see it enacted, and therefore better enter into what Jesus went through as he suffered and died for us. This year, we are going to try and do Holy Week even without anyone else in the church. I hope we can get it filmed so that at least someone might enjoy it.

I hope all are doing OK. I have been feeling poorly of late. Last week I developed a fever with aches and chills and a bit of a cough. I went outside to do some walking and became winded very quickly. I don't know if I have the coronavirus, but I have all the symptoms. I do know of others who have had symptoms far worse, and mine is considered a mild case. However, I have quarantined myself in my room ever since.

I don’t know if you were able to see it last week when the Pope reflected on the virus and how it has impacted people and how we need to keep a positive outlook and pray for those who are sick. I thought he did an excellent job with it. Of course, he talked about the suffering of Christ and how people who suffer can identify more with Our Savior. It is something to keep in mind when everything is so out of sorts, and there seems to be no end to it all. The Lord is right here, walking with us every step of the way.

I want to remind you once again if you can, please continue to send in your donations. The parish was already in a tough situation financially and is now even more so. We may not have enough money to pay the bills in April, that's how bad it is. We will survive and then thrive, but we need your help now, so we do not dig too much of a hole for ourselves.

Remember to KEEP CALM and CARRY ON. It may still be some time before we are gathering together around the Table of the Lord, but I am looking forward to that day with the greatest pleasure. Have a great week.

SAINTS AND SPECIAL OBSERVANCES

**Sunday:**  
Palm Sunday of the Passion of the Lord

**Wednesday:**  
Administrative Professionals’ Day

**Thursday:**  
Holy Thursday

**Friday:**  
Good Friday

**Saturday:**  
Holy Saturday

**Sunday:**  
Easter Sunday
**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.

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**INTENTIONS 03/24/20**
Cummings, Alice
Farr,Synthia
Fite,Maudelle
Garnett,Pat
George, Roberta
Hearns,Zeсяean
Jones, Lawanda & Family
Miller, Jr., Antonio
Peterson,Gregory
Ransom,Asha
Schneider,Terri

**INTENTIONS 03/31/20**
Bowers,Lynette
Cloyd,Cori
Cloyd,Kalonda
George, Darrion
Henry,Aliyah
Jackson,Tamica
Perry,Kameron
Pickett, DaShaun
Reedy,Judy
Reedy,Sid

**SICKNESS 03/24/20**
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

**INTENTIONS 03/31/20**
Bowes, Lynam
Cloyd, Cora
Cloyd, Kalonda
George, Darrion
Henry, Aliyah
Jackson, Tamica
Perry, Kameron
Pickett, DaShaun
Reedy, Judy
Reedy, Sid

**SICKNESS 03/31/20**
Bell, Gilbert
Collins, Tamika
Duplantier, Tyrold Sr.
Fisher, Kyle Fr.
George, Betty
Greer, Lois
Hatchett, Sylvia
Luster, Juanita
Lyons, Sharon
Martin, Maxine
McGinnis, Theresa
Mozee, Sylvestor
Parran, Rodrick
Reedy, Christian
Stamps, Arlecia
Valle, Jr., Robert (Bobby)
Watkins, Darnell (Chef D)

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

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

**Prayer For Renewed Strength**
O Lord, my God,
Please give those listed above the grace to maintain their hope in You
Through all of life’s changes and to taste and see Your goodness.
Amen
A Joyful Aramaic exclamation of praise, apparently specific to the major Jewish religious festivals (especially Passover and Tabernacles) in which the Egyptian Hallel (Psalms 113-118) was recited. Originally an appeal for deliverance (Heb. hosia na, Please save Psalm 118:25), it came in liturgical usage to serve as an expression of joy and praise for deliverance granted or anticipated. When Jesus came to Jerusalem for his final presentation of himself to Israel, the expression came readily to the lips of the Passover crowds.

In the Bible the expression occurs only in accounts of that event. Matthew, Mark, and John all transliterate it. According to Matthew, the crowd that accompanied Jesus that day shouted "Hosanna to the Son of David!" (21:9), as did the children later in the temple (v. 15). Mark (11:9) and John (12:13) do not have "to the Son of David," but all three follow the opening cry with, "Blessed is he who comes in the name of the Lord!" (from Psalm 118:26). Matthew and Mark conclude the people's cries with "Hosanna in the highest" (apparently an echo of Psalm 148:1), which John omits. But Mark inserts "Blessed is the coming kingdom of our father David" (11:10), and John adds, "Blessed is the King of Israel" (12:13). These appear to be interpretations of "he who comes in the name of the Lord." And they agree essentially with Luke's formulation of the people's words taken from Psalm 118:26, "Blessed is the king who comes in the name of the Lord" (19:38).

Those from whose lips "Hosanna" rose that day seem to have looked on Jesus as God's anointed one from the house of David of whom the prophets had spoken and through whom they hoped that all their messianic expectations would be fulfilled. However misguided their particular expectations may have been, their actions underscore the theme of the Gospels that Jesus is indeed the promised son of David through whom the redemption announced by God's prophets has come. In him the age-old cry, "Lord, save us," has become the glad doxology, "Hosanna, which equals: "Praise God and his Messiah, we are saved."

(Source:www.biblestudytools.com)
ANNOU N C E M E N T S

Upcoming Bulletin Announcement Deadlines
All items must be in the office, faxed or emailed no later than 12 noon on the dates listed below:

(314) 533-4260 (fax)
parish130@archstl.org

Deadline Bulletin Publication
April 3rd April 12th issue

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."

Listening to Catholic radio in your car or your home will help smooth out any rough edges in your day and keep you on the right path during this season of Lent.

Tune in to AM 1080 WRYT or 92.7 FM, download the free Covenant Network App or listen on OurCatholicRadio.org.

ANNOUNCEMENTS

Join us for the Rock Church Spring Parish Mission/Revival
“Return! Renew! Revive!”
Sunday, April 26, 2020
4pm
Monday, April 27, 2020
6pm
Tuesday, April 28, 2020
6pm
Preachers:
Rev. Tom Donaldson
Rev. Steve Benden
Rev. Rodney Olive
Reception following service each evening in the Church Gym.

PARISH EVENTS

NOVENA PRAYER TO OUR MOTHER OF PERPETUAL HELP
ADAPTED TO BE PRAYED IN RESPONSE TO THE COVID-19 SITUATION

Mother of Perpetual Help, with the greatest confidence we come before your holy picture to beseech your intercession.

We think of you, Mother, at the foot of the Cross. Your heart must have bled to see your Son in agony. But your joy was great when He rose from the dead, victorious over the powers of evil.

Mother of Sorrows, pray for us in this time of trial. Help us not to lose heart. Intercede for your people who are afflicted with Coronavirus. Comfort your people who are vulnerable and anxious. Protect healthcare workers who put their lives at risk. Inspire our leaders to make good decisions. Change our hearts so that we may act responsibly.

Teach us to trust in God’s love and mercy and to share with you the joy of having courageously faced up to all the challenges of Life. Amen.

A More Radical Lent

It is ironic that during our season of Lent we find ourselves in quarantine from this virus – no sports, social gatherings, concerts, or conferences, just to name a few of the cancellations. But in fact, this somber silencing of social gathering was actually the norm during the classical Catholic Lent until just 200 years ago.

Now we have an opportunity, albeit not of our choosing, to live a more radical Lent. Not only us Catholics, but it seems that the whole world has been invited to live a more austere Lent. What is the meaning of this? Is there a prophetic sign that we should discern? Does Heaven want the world to practice a more perfect Lenten observance, so to speak? If so, the purpose behind such a more serious Lenten observance would be found in the meaning of Lent itself.

Tim Grey, of Augustine Institute
Financial Corner...

Is Available!
www.stalphonsususrock.org

Stewardship Prayer…
That we learn to put other’s needs before our own and help our neighbor “carry his cross.”

“As they were marching out, they came upon a man of Cyrene, Simon by name; this man they pressed into service to carry his cross.”

(Matthew 27:32)

The Lord calls us to love God and to love our neighbor. Every day we are presented with opportunities to love our neighbor and help him “carry his cross.” These opportunities aren’t usually big events, they are usually ordinary occurrences like helping someone carry their groceries or holding the door open for them. The key is putting the other person’s needs before our own and not expecting anything in return.

Dynamic Catholic, Alive! – Palm Sunday of the Lord’s Passion:
Humility

While Jesus was experiencing crucifixion, suffering the death of one who was a criminal, people reviled Him saying, “You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, [and] come down from the cross!” St. Thomas Aquinas once wrote that the cross exemplifies every virtue. Humility was certainly among those virtues. Just as Jesus experienced a most humble birth in a manger surrounded by animals, He also suffered a most humble death. The King of Kings and Lord of Lords is judged by a governor and suffers the death of a criminal. He could have come down from the cross and freed Himself of the pain. Instead, He humbled Himself and died for you, for me, for all people. One of the best responses we can have as we gaze upon the Crucified One is silence and contemplation. We adore You, O Christ, and we praise You, because, by Your holy cross, You have redeemed the world. 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!
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, Anice Mahone, Barbara McCalebb, Leon Zack McClendon, Marshall Mosley
Anne Ortwerth, Lucille Palmer, Kathy Lin Cheers Parran, Alton Pritchard, Drenea Sanders, Eugene Sanders
Christine Slaughter, Irma Steen, Susan Colbert Threats, Ralph Tyler, Robert Joseph Valle
Juanita West, Marlene Williams, Richard Williams, Clarence Zacher

PARISH PASTORAL COUNCIL
Kurt Englander  Angelia Thomas  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.