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
The Gospel we have before us today comes at the end of Luke. It is a famous Gospel because Jesus walks with these disciples, but they do not know it is him. Before the crucifixion, they were his regular companions, and yet, like Mary Magdalene, they do not recognize him. Something about him is different. He asks what they are talking about and so they share the story of Jesus. When they get to the house, they invite him to where he breaks the bread and opens the scriptures for them. The thing about this Gospel that catches my ear is that he then vanishes, but suddenly one of the disciples says, “Were not our hearts burning within us as he opened the scriptures for us?”

I like that phrase, and it should say something to us. I think that every time we hear the Word of God, particularly the Gospels, our hearts should be burning within us. I believe the scriptures are so powerful that the Lord can open our hearts to a deeper level of understanding every time we hear them. But the scriptures cannot burn our hearts if we are not listening. It takes active listening and then a pondering of the scriptures for the message to sink into us and nourish us. The great saints spent countless hours praying over the scriptures. Before being converted, this needs to happen also for us.

Consequently, I would like to offer people the opportunity to deepen their understanding and faith. Starting Wednesday, April 29th and Friday, May 1st we will be having Zoom Bible study at 10:00 a.m. The Zoom link will be going out to those who call into the office with their email address. Hopefully, the word will spread around the parish. I hope all of this makes sense. Like most things, it may take a little while to get it up and to run, and so the first time we may not do a whole lot of studying. It may take at least one time to make sure people can get online. However, be prepared anyway. Please read chapters 1-4 of the Acts of the Apostles and be prepared to share this Wednesday at 10:00 a.m.

I hope all is well with our ROCK members during this pandemic. I have not heard of anyone from the parish being sick, but please let us know if someone is sick. I want to remind people that the church is open every weekday afternoon from 1-3 p.m. Fr. Rodney is there at these times. I want you to know that during our time in church, we are thinking and praying for you as we visit with Jesus in the Blessed Sacrament. You are loved. Have a nice week.
THE SPIRITUAL LIFE

The term The Spiritual Life is a phrase that calls to mind our relationship with God. Most people I know are not aware that God is inviting them into a deeper and more profound sense of who He is every day. God is trying to communicate to us in varying ways, but I am not sure that most people are aware of this at all and so consequently make little or no growth in Spirit.

Many can rattle off statistics about countless things or about what this or that person said about whatever topic, but so few can talk about their faith in any depth. Weekly attendance at Sunday mass is about all they are willing to do to enhance their spiritual life; this is unfortunate because all of us are called to a deeper relationship with God, this is not going to happen on its own. Like anything else worth pursuing, we have to take ownership of it.

I am not sure how people are spending their days now that we are asked to stay home. Because there isn’t as much activity in most of our lives, it offers us an opportunity to delve deeper into our relationship with the Lord. St. Alphonsus developed a process called meditation, where a person sits in God’s presence. That person offers themselves over to God for a few minutes. That person then will read a story from scripture. It could be the daily mass readings, and meditate and ponder what you have read. After a few minutes, he invites the person to focus on one area of their life they would like God to help them make a change, being more patient, for instance. A person is then called to offer God some petitions for whatever they want God to do for them. I person is then called to make a resolution as to how they are going to better follow God in the future. Finally, they make a profession of faith hope and charity to God. This whole process, at least at the beginning, would take 15 minutes. After you become accustomed to it, it might be half an hour; this is an excellent way to make daily progress on your spiritual journey. This practice, along with the rosary, spiritual reading, the Divine Mercy chaplet, can make a difference in our spiritual life.

Just a reminder that the church is open every day during the week from 1:00 p.m. – 3:00 p.m. Not very many are taking advantage of this; you can not get the virus by coming to church and sitting for a few minutes.

Take this to heart – what an opportunity God is giving us. When is the church going to be so available to us again?

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
The Easter Season

The Easter season is the longest of the special liturgical seasons of the Church. It extends all the way to Pentecost Sunday, the 50th day after Easter, and encompasses such major feasts as Divine Mercy Sunday and Ascension. In fact, Easter sends ripples throughout the liturgical calendar even after the Easter season ends. Trinity Sunday and the feast of Corpus Christi, which both fall after Pentecost, are "moveable feasts," which means that their date in any given year depends on the date of Easter.

The fifty days from the Sunday of the Resurrection to Pentecost Sunday are celebrated in joy and exultation as one feast day, indeed as one "great Sunday." These are the days above all others in which the Alleluia is sung. The Sundays of this time of year are considered to be Sundays of Easter and are called, after Easter Sunday itself, the Second, Third, Fourth, Fifth, Sixth, and Seventh Sundays of Easter. This sacred period of fifty days concludes with Pentecost Sunday.

On the fortieth day after Easter the Ascension of the Lord is celebrated, except where, not being observed as a Holyday of Obligation, it has been assigned to the Seventh Sunday of Easter. The weekdays from the Ascension up to and including the Saturday before Pentecost prepare for the coming of the Holy Spirit, the Paraclete. The liturgical color for Easter is white.

So during these Holy days, continue to wish your friends and loved ones a “Happy and Blessed Easter!”
ANNOUNCEMENTS

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.

Pope Francis tells us, “Jesus is a specialist at turning our deaths into life, our mourning into dancing (cf. Ps 30:11). With Him, we too can experience a Pasch, that is, a Passover from desolation to consolation, from fear to confidence.

Let us not keep our faces bowed to the ground in fear, but raise our eyes to the risen Jesus. His gaze fills us with hope, for it tells us that we are loved unfaillingly... His love remains unchanged.”

ANNUONCEMENTS

Click the link(s) below to donate:

**General Offertory**

General Offertory is used for the day-to-day operation of the parish. You may set up a one-time or recurring donation to our parish.

**Harden Food Pantry**

Thank you for your generosity with assisting the poor. We are grateful for your willingness to share your gifts.

**Benevolence**

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.

3rd Sunday of Easter

They set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!”

Lk 24:33-34

Lk 24:33-34
Financial Corner...

<table>
<thead>
<tr>
<th>General Fund Actual Contributions Received</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>Envelopes</td>
</tr>
<tr>
<td>Loose Donations</td>
</tr>
<tr>
<td>Total Contributions</td>
</tr>
<tr>
<td>Weekly Target Amount</td>
</tr>
<tr>
<td>Under/Over Weekly Target</td>
</tr>
</tbody>
</table>

Stewardship Prayer…
That we take time in silence, every day, to ask God what he wants us to do.

“Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?”
(Luke 24:32)

How often do we take the time to discern what Jesus wants from us? Are our prayers always petitions, asking Jesus to do things for us? If so, that’s a one-sided relationship. Living our faith means developing a personal relationship with Jesus. Just like any friendship, there is give and take, each side listening to each other and helping each other out. Take time in silence to listen to what Jesus is asking of you.

Dynamic Catholic, Alive! – Spiritual Heartburn and Typology

The disciples recounted how their hearts were burning within them when Jesus opened the Scriptures to them. One of the many beautiful elements of the Faith is Biblical typology, the fulfillment of elements of the Old Testament in the New Testament. Common examples are Noah’s ark prefiguring the Church. The Flood, prefiguring Baptism, and Moses prefiguring Jesus Christ. As we rejoice throughout this blessed Easter Season, let us pray with the Old Testament and see how Christ fulfills what is found in it. St. Augustine wrote, “In the Old Testament, the New Testament is concealed; in the New Testament, the Old Testament is revealed.” Through typology, we can experience spiritual heartburn, the best kind, and more fully appreciate God’s plan in salvation history.

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
Rosemary Lee, Eldwyn Lewis, Anice Mahone, Barbara McCalebb, Leon Zack McClendon, Marshall Mosley
Anne Ortwerth, Lucille Palmer, Kathy Lin Cheers Parran, Alton Pritchard, Drena 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
President
Angela Thames
Vice President
Linda Kamp
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.