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:
10:00 a.m.

DAILY MASSES:
Monday  5:30 p.m.
(Tu, W, Th & F.)  11:30 a.m.
Saturdays:  9:30 a.m.

MONDAY:
Eucharistic Adoration
5:00 p.m.—5:30 p.m.

TUESDAYS:
Exposition & Benediction:
10:30 a.m.—11:30 a.m. (1st — Tuesday) followed
by our Perpetual Help Novena & Mass
Barbara Streisand sings a song called Memories. It is a very nice song, and it reminds the listener of all of the people we have lived with who do not live with us anymore. Sometimes when we have a reunion of some sort, we get together with those we may not have seen in quite a while, and we begin to talk about the old times. Most often, the first words out of our mouths are “Do you remember when,” and then we tell all of those old stories of things we remember so long ago. These memories can be both happy and sad because we may miss people that are not with us anymore.

As Jesus leaves the Apostles, they can only be left to wonder, “Do you remember when.” Jesus leaves the Apostles, but they are not alone. They have those memories of all of the things Jesus did when he was still with them. This is why the Tradition of the Church is so important for all of us to remember. The Bible gives us small references to what Jesus said and did. Certainly, countless other stories were never written down, and the Apostles must have called to mind these stories over the rest of their lives.

Well, we have memories also of our faith life with Jesus, and we continue to spread that faith life to those around us. It is good for us to recall the many times Jesus may have spoken to us in our lives and to pass those memories on to the ones we love. I remember one time (you see how these thoughts start with that phrase) when I was praying, and I was knocked on the head by Jesus like St. Paul on his way to Damascus. All of a sudden, I felt an overwhelming presence of Jesus in my life. I have never felt this way at any other time in my life. I thought, “if this is what Heaven is like, I want to die right now.” That’s how powerful that feeling was at the time. That feeling that memory has been with me and carried me through many of the hard times of suffering I have experienced. It does help us when we have those memories, and they can take us through the hard times. I hope you have had an experience like that in your life that has carried you through your difficult times. We can then share those memories with others, and the testimony we give will inspire others to follow Jesus more profoundly. This is how faith is spread. I want the faith of Jesus and the memories of Jesus to spread throughout the world. Let us continue to pray that we may be that instrument in the hand of Jesus to do His work.

**Weekly Readings…**

**Sunday:**
- Mt 28:16-20
- *7th Sunday of Easter*: Acts 1:12-14
- Ps 27:1, 4, 7-8 [13]/1 Pt 4:13-16
- Jn 17:1-11a

**Monday:**
- Acts 19:1-8/Ps 68:2-3ab, 4-5ac, 6-7ab [33a]/Jn 16:29-33

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:**
- Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab [19a]/Jn 21:15-19

**Saturday:**
- *Morning*: Acts 28:16-20, 30-31
- Ps 11:4, 5 and 7 [cf. 7b]/Jn 21:20-25

**Sunday:**

**SAINTS AND SPECIAL OBSERVANCES**

**Sunday:**
- The Ascension of the Lord
- *7th Sunday of Easter*
- World Communications Day

**Monday:**
- St. Bede the Venerable, Priest and Doctor of the Church
- St. Gregory VII, Pope
- St. Mary Magdalene de’ Pazzi, Virgin Memorial Day

**Tuesday:**
- St. Philip Neri, Priest

**Wednesday:**
- St. Augustine of Canterbury, Bishop

**Sunday:**
- Pentecost Sunday
NOTE: Names will remain listed for 2 weeks

INTENTIONS 05/12/20
Dyle, Ayrielle
Farr, Synthia
Fite, Maudelle
Garnett, Pat
George, Roberta
Hearns, Zyesean
Perry, Kameron
Schnelle, Laverne
Serio, Jessica
Sheets, Jean
Smith, Melba
Smith, Paulette
Strong, Betty
Thomas, Nigel
Thompson, Mary Ann
Turner, Hortense
Weaver, Stephen
Vet, Alphonso

INTENTIONS 05/19/20
Bowers, Lynette
George, Darrion
Goss, Michael
Jackson, Tamica
Pickett, DaShaun
Reedy, Judy
Reedy, Sid
Bell, Gilbert
Cunningham, Rodrick
Dampier, Angel
Duncan, Kara
Duplantier, Tyrond Sr.
George, Betty
Hatchett, Sylvia
Jones, Josephine
King, Calvin
Luster, Juanita
Lyons, Sharon
Martin, Maxine
McGinnis, Theresa
Mozez, Sylvester
Parran, Rodrick
Reedy, Christian
Stamps, Arlecia
Valle, Jr., Robert (Bobby)
Watkins, Darnell (Chef D)

SICKNESS 05/12/20
Atherton, Andrew
Atherton, Vertibe
Fitzpatrick, Robert & Andrea
Fitzpatrick Family
Herron, David
Hood, Rosalind
Howard, Yvonne
LaBerta, Steve
Latham, Jean
Leong, Pam
Lund, Grace
Moore, Brenda
Rensberg, Cory Sgt.
Schneider, Jeanne

SICKNESS 05/19/20
Bowers, Lynette
George, Darrion
Goss, Michael
Jackson, Tamica
Pickett, DaShaun
Reedy, Judy
Reedy, Sid
Bell, Gilbert
Cunningham, Rodrick
Dampier, Angel
Duncan, Kara
Duplantier, Tyrond Sr.
George, Betty
Hatchett, Sylvia
Jones, Josephine
King, Calvin
Luster, Juanita
Lyons, Sharon
Martin, Maxine
McGinnis, Theresa
Mozez, Sylvester
Parran, Rodrick
Reedy, Christian
Stamps, Arlecia
Valle, Jr., Robert (Bobby)
Watkins, Darnell (Chef D)

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

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 with us in varying ways, but I am not sure that most people are aware of this at all and so consequently experience 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. The 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 Mass is celebrated in the church Mondays 5:30 p.m., Tuesday—Friday 11:30 a.m., and Saturdays at 9:30 a.m.

Eucharistic Adoration at 5:00 p.m. followed by Mass at 5:30 p.m. What a beautiful thing to be able to sit quietly with the Lord.

Mother Of Perpetual Help Devotion and Mass each Tuesday at 11:30 a.m.
The Ascension of the Lord—In most dioceses in the U. S. and Canada, the celebration of the Ascension is transferred to this Sunday. The Solemnity of the Ascension is a feast that is often misunderstood. The confusion arises if people take the story of the Ascension as an historical event that occurred precisely 40 days after Easter Sunday.

In the Christian Scriptures the Ascension is more of a theological reality than an historical date. While Luke describes the Ascension event weeks after Easter, John indicates that Christ was reunited with the Father on Easter Sunday; otherwise Christ could not have bestowed the Spirit on the Apostles on that first Easter evening. Even our Gospel today, taken from Matthew’s account, does not say that Jesus was taken up into heaven. Instead, his Gospel ends with Jesus promising: “I am with you always, until the end of the age.”

That line may be the best key to understanding the Ascension. Jesus does not leave us. The Ascension means that the risen Christ is now present in a different way but no less truly present. Christ is always with us, a presence we can depend upon and draw upon.

If this is true, then the celebration of the Eucharist does not mean that Christ suddenly comes into our midst during the eucharistic prayer, though I suspect many Catholics think that he does. Once again, he is simply present in a different way in the forms of bread and wine. But he has already been present in the assembly, in the presider, and in the word proclaimed, and he is present wherever we are every day of our lives.

So let Matthew’s Gospel guide the preaching and music and prayers today. Celebrate the continuing presence of Christ in our midst as well as his glorification with the Father. Pray for the grace to recognize his presence in every aspect of our lives. Pray for those who show us the face of Christ. Pray that we might be the face of Christ to others. Pray that we have the courage and heart to bring his love to those in need. Pray that our world will come to recognize Christ’s presence and his call to live in peace and charity. Pray for a deeper awareness of the Holy Spirit within us who makes us aware of Christ’s presence in our hearts and our lives.

(Source:www.ncronline.org)
ANNOUNCEMENTS

Wilhelmina Hardin Center...

Hello Rock Church

For those of you who are not aware, we reopened the food pantry on April 21st. We have been packing bags in the pantry and giving them to clients outside. Fr. Steve, Fr. Rodney, and Br. Steve have been a great help in hauling the bags down the steps, as you know, there is no way into the pantry that doesn’t involve steps.

Because the Coronavirus is still a threat, we will continue to operate in this fashion for the foreseeable future. Unfortunately, Fr. Steve will not be able to commit this time indefinitely, and some of my family members who have been helping will be returning to work soon. So we need volunteers. I understand if many of you are uncomfortable exposing yourself to other people. Therefore, if you would feel more comfortable packing bags that will be distributed, you could be in the pantry with one or two other people and not have contact with the clients. However, we are looking for people who are willing and able to run the steps. On rainy days, we will hand out the bags at the door.

We are wearing masks and gloves for protection, and if you could give us a few hours a week, it would be much appreciated. We are open from 10:00 a.m. – 12:00 p.m. on Tuesdays and Thursdays. Any time you could give us would be greatly appreciated. Of course, the pantry is always in need of food or monetary donations as well.

We are grateful for the support you always give us. God bless you and keep you all safe and well.

Terri Schneider

ANNOUNCEMENTS

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

7th Sunday of Easter

Jesus raised his eyes to heaven and said, “Father, the hour has come. Give glory to your son, so that your son may glorify you”

John 17:1

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.
Financial Corner...

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Stewardship Prayer…

That we learn to pray not only in bad times, but also in good times. Pray for family, friends, and those that may not treat us well.

“I am praying for them…”

*(John 17:9)*

Prayer is the foundation of our Faith and the foundation of Stewardship. Pray in good times and in bad. Prayer is always the first best option in any situation, not just the last resort. Pray for friends and family and for those that don’t treat you very well. Pray to give praise, to thank, and to ask God for help. Pray to see what God wants you to do with the gifts He has given you.


All of the Christian faithful, by virtue of their Baptism, are called by God to spread the Good News. Evangelization is not some exclusive mission that God has entrusted to a select few. Today we celebrate Christ’s Ascension to the right hand of the Father; Christ has made captive our captivity (Ephesians 4:8). He calls us to walk in the freedom of the children of God, who joyfully announce to others the salvation He has won for us. Evangelization does not have to entail mission trips to foreign lands. It starts within our own minds and hearts. We can seek to learn more about our Catholic Faith and seek opportunities for catechesis and instruction. We can pray for guidance from the Holy Spirit each day. We can share the beautiful encounter we have had with the Lord with others through simple acts of charity and kindness. God is with us always!

[archstl.org/dynamic](http://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](http://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, Drenae Sanders, Eugene Sanders
Christine Slaughter, Irma Steen, Susan Colbert Threats, Ralph Tyler, Robert Joseph Valle
Juanita West, Marlene Williams, Richard Williams, Clarence Zacker

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.

COMMUNITY HELP
Wilhelmina Hardin Food Pantry
Terri Schneider, Dir. of Wilhelmina Hardin Food Pantry
(Emergency Aid) (314) 531-1040
St. Charles Lwanga Center (314) 367-7929
Community Health In Partnership Services (C.H.I.P.S.)
(314) 652-9231
Community Women Against Hardship (CWAH)
(314) 289-7523
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.