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
When I was growing up, my family would spend a week in the summer-time at Montauk State Park here in Missouri. It was a trout fishing park, and all six of us kids learned to fish. I could spend twelve hours a day fishing; I liked it that much. The park had a lot of nature to observe with wild animals everywhere. You could just get absorbed in the whole experience. I don’t think my Mom and Dad cared about catching fish as much as just getting away for a week and being at peace. It was easy to be at peace with the world and with yourself in a place like this.

In the Gospel today, Jesus appears to the disciples. The events of the Passion have just taken place, and the disciples were confused and afraid. They did not know what to do or who to trust. Suddenly, Jesus appears before them. They cannot believe their eyes, is it him? I am sure his visit brought up mixed emotions in them. I am sure they were happy, but maybe also feeling ashamed of themselves for having run away when he needed them most. Jesus must have known their feelings because the first thing he says is, “Peace be with you.” They needed to hear that. With those four words, they knew they were forgiven, loved, and had a sense of purpose in their lives again.

Peace is an important element in our lives. Every since Cain killed Abel, the world has been a difficult place. We try to carve out peace in our own hectic lives, but are reminded every day that this peace can be so elusive. Even within our own families, the peace we so desire may be a dream we hope will one day come to us. It is at times like these that we need to hear those four words that Jesus speaks “Peace be with you,” for ourselves.

It is at times like the ones we are going through right now in our world that we need to step back, evaluate our lives and to be at peace. Right now, just like the disciples in the Gospel, people are confused and afraid. None of us are sure where this virus is headed. If we listen to the doctors, it seems like it will still be some time before things quiet down. We can’t wait until the virus is gone to establish peace in our lives. It’s time to slow down, take a breath, and ask God in all His goodness, to enter your heart. Ask God to breathe His Spirit onto you as He did with the disciples. This same Spirit that came at Pentecost 2000 years ago is still present today. This same Spirit can be with us and comfort us and give us peace. We may not be able to have a peaceful heart on our own, but with the grace of God, this peace can come to us and quiet our minds. God’s peace be with you.
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 Alphonsian 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.
Happy birthday to you, who are the body of the Church! We’re all familiar with our own birthdays, and we celebrate them because they mark the day of the year in which we entered into this life.

But did you know you have a second birthday? Because you are part of the body of the Church, Pentecost is the Church’s birthday, and yours as well. And like any birthday, it’s a cause for celebration. The word Pentecost is Greek and it means "50th day." Fifty days after Easter Sunday, we celebrate the coming of the Holy Spirit upon the Apostles and their followers, and the beginning of their Earthly ministry to make disciples of all nations.

The Jewish feast of Pentecost (Shavuot) was primarily a thanksgiving for the first-fruits of the wheat harvest, but it was later associated with a remembrance of the Law given by God to Moses on Mount Sinai. The church’s transformation of the Jewish feast to a Christian festival was thus related to the belief that the gift of the Holy Spirit to the followers of Jesus was the first-fruits of a new dispensation that fulfilled and succeeded the old dispensation of the Law.

When the festival was first celebrated in the Christian church is not known, but it was mentioned in a work from the Eastern church, the Epistola Apostolorum, in the 2nd century. In the 3rd century it was mentioned by Origen, theologian and head of the catechetical school in Alexandria, and by Tertullian, Christian priest and writer of Carthage.

In the early church, Christians often referred to the entire 50-day period beginning with Easter as Pentecost. Baptism was administered both at the beginning (Easter) and end (the day of Pentecost) of the Paschal season. Eventually, Pentecost became a more popular time for baptism than Easter in northern Europe, and in England the feast was commonly called White Sunday (Whitsunday) for the special white garments worn by the newly baptized.

The symbols of Pentecost are the flame, wind, and the dove, which represents the Holy Spirit. The color of Pentecost is red and the priest wears red vestments on this day. Parishioners are also invited to wear red.
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

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

Pentecost Sunday

PEACE

Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you”

John 20:21

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.
SOLEMNITY OF PENTECOST SUNDAY
MAY 31, 2020

Financial Corner...

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Stewardship Prayer...
That through gratitude and generosity, we learn to open our heart and invite the Holy Spirit into our life!

“To each is given the manifestation of the Spirit for the common good.”

(1 Corinthians 12:7)

To receive the gift of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words, and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more “God-centered” and less “self-centered” and our lives truly reflect God’s light, love, and mercy.

Dynamic Catholic, Alive! – Pentecost- Gifts of the Holy Spirit

What an extraordinary event the first Pentecost was! Fortunately, it continues today as we experience the continued action of the Holy Spirit in prayer and the moments of daily life. We often refer to Pentecost as the birthday of the Church because it is the first moment when the Apostles formed a community of believers and, led by the Holy Spirit, began to invite others to become followers of Jesus Christ. How often we forget the power of the Sacrament of Confirmation that we have received. The Lord sends the gifts of the Holy Spirit into our hearts, giving us wisdom, knowledge, understanding, counsel, fortitude, piety, and fear of the Lord. These gifts are necessary for our salvation as they strengthen our virtues and facilitate our cooperation with the grace of God in our lives amid the trials we face daily. Saint John Paul II prayed daily for a greater outpouring of the gifts of the Holy Spirit.

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!

Congratulations! Our May 2020 Winner is
Elizabeth Boykin

Jean Anthony
Elizabeth Boykin
Ruby Brown
Virginia Brown
Richard Buckley
Susan Buford
James Butler
Cheryl Carr
Anne Marie Clarke
Damon Clay
Mike & Cherina Coffman
Anne Conte
Willie & Bessie Cunningham
Esther Darris
Jackie Day
Janice Englander
Kurt Englander
Maudelle Fite
Paul & Shirley Foster
Wanda Garner
Gregory Glore
Alonzo Green
Angela Harris
Carl Harris
Kelyn Harris
Sharon Hawthorne
LaMarr Huddleston
Monica Huddleston
Pat Jackson
Donald and Joyce Jones
Mark & Linda Kamp
Yetta Kilgore
Helene Laberta
C.C. Lee
Pamela Leong
Sharon Lyons
Brenda Mahr
Laurel Martin
Charles Martin
Brenda McDonnell
Deborah Miller
Sylvester & Karen Mozee
Ernest Nashville
Jean Nashville
Leo & Linda Peoples
Ben & Denise Phillips
Linda Brown Reed
Betty Sullivan
Adlean Thomas
Kim Thomas
Monica Tyler
Eugene Wallace
Janis Weaver McSpadden
Jocelyn Woodson-Reed

PRAY FOR OUR COMMUNITY
Receive the Holy Spirit

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**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, Drene 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.