St. Alphonsus Liguori “Rock” Catholic Church

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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
Every year we celebrate the feast of the Most Holy Trinity the Sunday after Pentecost. The Trinity—God as Father, Son, and Holy Spirit is not something we can fully understand but is an article of our faith that has been handed down to us from Jesus Christ Himself. Maybe one way to understand it would be to use the analogy of water. Water can take the form of a mist or fog, it can be solidified and turned into ice, or it can appear as running water in a stream. All these things are water, but they are different forms of water. The three persons in the Trinity are all God but comprise different aspects of this same God. Again, this is not easy to understand, but we try. God is good.

Trying to understand the Trinity can be confusing for us, but many things in our world are confusing to us. Living during this time of the pandemic is certainly confusing. Our lives have been disrupted in a profound way. People are sick, people are out of work, people are wondering if they should go out and socialize some. I hope we continue to be prudent about what we are doing. It is still very important for us to remember the virus is still out there, and we must be careful about how we go about our business.

These can also be confusing times in terms of what has been happening around the country in terms of social protesting. The act of brutality and subsequent death of George Floyd is very disturbing for us, but so is the way many have chosen to deal with his death. Social protest is one thing, but the looting and burning of buildings make no sense at all. Things certainly must change regarding equality in our country, but how is burning and looting helping in any way? If you and I are confused, can we imagine what Jesus, the Son of God, might be saying.

Several weeks ago, we celebrated the death and resurrection of Jesus, and then two weeks ago, I spoke about Jesus rising to heaven to be with His Father once again. I mentioned that the Father wrapped His arms around His Son and said, “Welcome home Son, a job well done.’ And yet there still seems to be so much to do. Was Jesus’ death and resurrection all in vain? Why do people, after just celebrating Jesus rising from the dead, continue to act in ways that make His rising seem to be so pointless? I guess all we can do is our part to bring love into this wounded world. Each of us is going to have to stand before the judgment seat of God and have God look into our eyes and answer the question, “Were you part of the problem or the solution? Did you bring about life or death?” We must choose life and peace in Jesus Christ, Our Lord, and Savior. Amen.
**INTENTIONS 05/26/20**
- Dyle, Ayrielle
- Fite, Maudelle
- Garnett, Pat
- George, Roberta
- Hearns, Zeysean
- Perry, Cameron

**INTENTIONS 06/02/20**
- Britts, Sam, Pam & Family
- Goss, Michael
- Jackson, Tamica
- Pickett, DaShaun
- Reedy, Judy
- Reedy, Sid

**SICKNESS 05/26/20**
- Atherton, Andrew
- Atherton, Vertibe
- Caprese, Brittany
- Chapman, Bonnie
- Fitzpatrick, Robert & Andrea
- Hart, Edgar
- Hood, Rosalind
- Howard, Yvonne
- LaBerta, Steve
- Lane, Joan
- Latham, Jean
- Moore, Brenda
- Pointer, Patti
- Remsberg, Cory Sgt.
- Schnelle, Laverne
- Smith, Donald
- Smith, Melba
- Smith, Paulette

**SICKNESS 06/02/20**
- Bell, Gilbert
- Cunningham, Rodrick
- Dampier, Angel
- Duncan, Kara
- Duplantier, Tyrdon Sr.
- George, Betty
- Haine, William (Bill)
- Hatchett, Sylvia
- Jones, Josephine
- King, Calvin
- Luster, Juanita
- Lyons, Sharon
- Martin, Maxine
- McGinnis, Theresa
- Mozee, Sylvester
- Parran, Rodrick
- Reedy, Christian
- Stamps, Arlecia
- Valle, Jr., Robert (Bobby)
- Voss, Greg
- Watkins, Darnell (Chef D)
- Whitfield, Edna (Mother)

**SHUT-IN’S**
- Atherton, Andrew
- Bohannon, Ida
- Brack, Dorothy
- Clay, Irving
- McCoy, Bernice

**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

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**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 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.
LITURGY NOTES...

Is a moveable feast celebrated a week after Pentecost Sunday. Also known as Holy Trinity Sunday, Trinity Sunday honors the most fundamental of Christian beliefs—belief in the Holy Trinity. The human mind can never fully understand the mystery of the Trinity, but we can sum it up in the following formula: God is three Persons in one Nature. There is only one God, and the three Persons of God—the Father, the Son, and the Holy Spirit are all equally God, and They cannot be divided.

As Fr. John Hardon points out in his Modern Catholic Dictionary, the origins of the celebration of Trinity Sunday go all the way back to the Arian heresy of the fourth century. Arius, a Catholic priest, believed that Jesus Christ was a created being rather than God. In denying the divinity of Christ, Arius denied that there are three Persons in God. Arius' chief opponent, Athanasius, upheld the orthodox doctrine that there are three Persons in one God, and the orthodox view prevailed at the Council of Nicaea, from which we get the Nicene Creed, recited in most Christian churches every Sunday. (The Council of Nicaea also gives us a wonderful example of how a real bishop deals with a heretic: Confronted with Arius' blasphemous views, Saint Nicholas of Myra—the man best known today as Santa Claus—marched across the council floor and slapped Arius across the face.

To stress the doctrine of the Trinity, other Fathers of the Church, such as St. Ephrem the Syrian, composed prayers and hymns that were recited in the Church's liturgies and on Sundays as part of the Divine Office, the official prayer of the Church. Eventually, a special version of this office began to be celebrated on the Sunday after Pentecost, and the Church in England, at the request of St. Thomas à Becket (1118-70), was granted permission to celebrate Trinity Sunday. The celebration of Trinity Sunday was extended to the entire Church by Pope John XXII (1316-34).

For many centuries, the Athanasian Creed, traditionally ascribed to Saint Athanasius, was recited at Mass on Trinity Sunday. While seldom read today, this beautiful and theologically rich exposition of the doctrine of the Holy Trinity can be read privately or recited with your family on Trinity Sunday to revive this ancient tradition.

(Source: Richert, Scott P. "What Is Trinity Sunday?" Learn Religions, Feb. 11, 2020, learnreligions.com/what-is-trinity-sunday-542485.)
We look forward to returning to a more normal schedule of activities and sacramental celebrations, you are invited once again to participate in the Annual Catholic Appeal by making a gift.

If your circumstance permit and your family is blessed with good health and employment, please consider increasing your gift to make up for those who are unable to make a gift at this time.

More information can be found at aca.archstl.org. Your gift will help many who have been impacted by the Covid-19 outbreak in our archdiocese.

From Amazon.com...
St Alphonsus Liguori Catholic Church has been issued a $27.64 donation from the AmazonSmile Foundation as a result of the AmazonSmile program activity between January 1, 2020 and March 31, 2020.

Donations can increase for our church if supporters go to Smile.Amazon.com to do their Amazon shopping.

The next major shopping holiday is Father’s Day, June 21st.

from the Peace and Justice Committee
On August 4th, the issue of Medicaid Expansion will be on the ballot.
The Peace and Justice Committee in conjunction with Catholic Charities of St. Louis, is offering information on the Sundays’ leading up to the election.

DID YOU KNOW?
The median average in the United States for state funding for public health is $33.50/resident.
Missouri spends $6.00 per resident.

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

The Most Holy Trinity
ETERNAL
God so loved the world that he gave his only Son
John 3:16

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 THE MOST HOLY TRINITY
JUNE 07, 2020

Financial Corner...

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Stewardship Prayer…
That we give our love unconditionally, especially to those who are closest to us.

“For God so loved the world that He gave His only Son…”
(John 3:16)

Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money, and possessions? If you give someone something, do you expect something in return? Do you give your time freely or do you “fit it in” when it’s convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

Dynamic Catholic, Alive! – Most Holy Trinity- The Triune God
I have often heard priests tell me that this solemnity is one of the most difficult days in the liturgical year on which to preach a good homily. It is difficult to preach a homily on such a central mystery of our faith like the Trinity. What is essential to remember for all Catholics is to simply listen to the readings and each of the prayers today for the Mass. Within these texts we can find spiritual insights about the Trinity. For example, the preface for the Mass today provides a great summary of the Church’s teaching on the mystery of the Trinity: “For what you have revealed to us of your glory we believe equally of your Son and of the Holy Spirit, so that, in the confessing of the true and eternal Godhead, you might be adored in what is proper to each Person, their unity in substance, and their equality in majesty.” One God in three Persons is always there for us. 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!

ROCK Church
Winners Club
Current Members
New Season
September 2019—August 2020

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 Engleander
Kurt Engleander
Maudelle Fite
Paul & Shirley Foster
Wanda Garner
Gregory Gore
Alonzo Green
Angela Harris
Carl Harris
Kalyan 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
Brenda Mahr
Laurel Martin
Charles Martin
Brenda McDonnell
Deborah Miller
Sylvester & Karen Moze
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

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PRAY FOR OUR COMMUNITY

True Peace Comes From Knowing That God Is In Control
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 Zacker