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
Last week I went out to hit some golf balls at the driving range. It was a very hot muggy day, and I was outside for about forty minutes hitting balls. After a few minutes, I began to sweat, and I was soaking wet when I finished. During this time, I felt it a little harder to breathe. It’s amazing how a little heat and humidity can change how you feel. The air we breathe is what keeps us alive, and we can’t go longer than a couple of minutes without it. I remember, at this time, thinking about George Floyd and him screaming out that he could not breathe until his life was snuffed out. I remember thinking about the COVID pandemic going on and how over 100,000 people have died, most of them not being able to breathe. Suffocating to death does not sound like a pleasant way to go.

When a woman has a baby, one of the first things that must happen is that the baby must take a breath. Very often, this breath comes when the baby begins to cry, and so everyone in the delivery room is literally holding their breath until that baby finally takes its first breath. It is only then that everyone can breathe again.

When God created Adam and Eve, he breathed the breath of life into them. Not only did he breathe into them so that they could breathe physically, but he breathed into them his Spirit of spiritual life. Adam and Eve breathe the beautiful fresh air in the Garden of Eden, but they also breathed God’s grace into their souls. They were, at this time, so pure and holy. They were created in God’s image and were as close to him then as they would ever be again. What a beautiful thing this was.

As we know, somewhere along the line, Adam and Eve sinned, and when they sinned, they were no longer allowed in Paradise. They had cut themselves off from the Breath of God. They were now going to die physically, and they were also dying spiritually. Into the picture comes Jesus, the Son of God, The Most Holy Redeemer. Jesus, as Redeemer, has come to fulfill the Father’s plan of salvation.

The Redemptorist Congregation takes on this name of the Most Holy Redeemer. It’s a beautiful name, and it is only because of the love of Jesus that he can win our salvation. What Jesus has done is to give us our breath back. There have been many instances in my life that I have had the wind knocked out of me. All I can do when this happens is to curl up in a little ball and wait for that breath to come. It is not pleasant, but eventually, my breath comes. Because of the Love of Jesus, our spiritual life has also come back. He has knocked down the barrier of sin and breathed his life of love back into us. Thank you, Jesus.

**Weekly Readings…**

**Sunday:**
Wis 12:13, 16-19/Ps 86:5-6, 9-10, 15-16 [5a]/Rom 8:26-27/Mt 13:24-43 or 13:24-30

**Monday:**
Mi 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23 [23b]/Mt 12:38-42

**Tuesday:**
Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8 [8a]/Mt 12:46-50

**Wednesday:**
Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9 [2]/Jn 20:1-2, 11-18

**Thursday:**
Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11 [10a]/Mt 13:10-17

**Friday:**
Jer 3:14-17/Jer 31:10, 11-12abcd 13 [cf. 10d]/Mt 13:18-23

**Saturday:**
2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 [5]/Mt 20:20-28

**Sunday:**
1 Kgs 3:5, 7-12/Ps 119:57, 72, 76-77, 127-128, 129-130 [97a]
Rom 8:28-30/Mt 13:44-52 or 13:44-46

**SAINTS AND SPECIAL OBSERVANCES**

**Sunday:**
16th Sunday in Ordinary Time

**Monday:**
St. Apollinaris, Bishop and Martyr

**Tuesday:**
St. Lawrence of Brindisi, Priest and Doctor of the Church

**Wednesday:**
St. Mary Magdalene

**Thursday:**
St. Bridget, Religious

**Friday:**
St. Sharbel Makhluf, Priest

**Saturday:**
St. James, Apostle

**Sunday:**
17th Sunday in Ordinary Time
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.
The Perspective of Justice

An Inclusive Church -- Matthew is very concerned in his gospel with the unity of the Christian community. He does not envision the Church as an exclusionary organization, but rather as an inclusive community which is guided by the spirit of theparable of the weeds.

"Let them grow together until harvest" since its earliest days, the Church has preferred to tolerate different levels of commitment and holiness. Such an attitude is in line with the “wisdom” of the Hebrew Scriptures, which informs us that “those who are righteous must be kind; and you gave your children reason to hope that you would allow them to repent for their sins.” This attitude of acceptance is also in line with the revelation of God “as merciful and gracious, slow to anger, abounding in kindness.”

An inclusive Church that is kind and lenient toward its own members and toward everyone else should be an inspiration to a divided world that has a tendency to judge harshly, to be quick to anger, and to uproot weeds even at the cost of damage to the good plants.

By virtue of her mission to shed on the whole world the radiance of the gospel message, and to unify under one Spirit all men of whatever nation, race, or culture, the Church stands forth as a sign of that brotherliness which allows honest dialogue and invigorates it. Such a mission requires in the first place that we foster within the Church herself mutual esteem, reverence, and harmony, through the full recognition of lawful diversity. Vatican II, Constitution on the Church in the Modern World, 1965:92.
ANNOUNCEMENTS

ACA Progress Report Detail

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Annual Silver & Gold Wedding Jubilee Mass

Are you celebrating 25, 50, or over 50 years of marriage during 2020?

Register today! Couples registered by September 11th will have their names and wedding date printed in the Sunday, October 11, 2020 Mass Program.

Mass Celebrant: Archbishop Mitchell T. Rozanski
Cathedral Basilica of Saint Louis
4431 Lindell Blvd.
St. Louis, MO 63108

For details, or to register, visit archstl.org/jubilee or call 314.792.7598

KINGDOM

“The righteous will shine like the sun in the kingdom of their father.”

Matthew 13:43

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.

**Hardin Food Pantry**

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

from the Peace and Justice Committee

The Peace and Justice Committee in conjunction with Catholic Charities of St. Louis, is offering information on the Sundays’ leading up to the election.

**Be sure to vote on August 4th**

**DID YOU KNOW?**

- According to the Missouri Foundation for Health, expansion of Medicaid eligibility would create 16,330 jobs in Missouri between 2022 and 2026; the majority of those jobs would pay at least $15 per hour.

Ready To Work To Make A Move?

Reduce your rent, repair your credit, and save for the purchase of your own home

CWAH: Transitional First Time Home Ownership Program

Let Us prepare you to: “transition from renting to homeownership”

**Do you qualify?**

Must have been working at least two years, same job (will verify), credit score of at least 600 (will verify/can be flexible), must attend financial fitness classes and home ownership workshops to improve your credit

Should be at least 2 years since you have been through a foreclosure, or filed Chapter 7 or 13

If you meet ALL of these requirements, please call CWAH for an application or download the application at www.cwah.org and mail to: 3963 West Belle Pl. St. Louis, MO 63108, 314 289-7523.

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 may allow stewardship to blossom in our hearts and joyfully share our gifts.

“The kingdom of heaven may be likened to a man who sowed good seed in his field…He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom.”

(Matthew 13:24, 37-38)

As children of God, we are all “good seeds.” We are blessed by God with the potential to accomplish much good in the world. We fulfill God’s plan when we spend time in prayer every day, use our skills to help others, and share our financial gifts to help build God’s kingdom on earth. Through our example of gratitude and generosity we sow “good seeds” on earth and ultimately help each other get to Heaven!


The parable of the wheat and the weeds shows the greatness of divine justice. God reminds us in the parable that we are not to judge those whom we think may be the weeds in the field. God allows the good and the evil to live side by side because He respects the free will that He bestowed on all human beings. All individuals will have the chance to choose to serve God or Satan, and God will judge them at death accordingly, but not until that time. We should refrain from casting judgment upon our neighbors, for we too have neglected to serve God at times. Instead of judging others, let us seek to do the will of God and to transform the “weeds” into “wheat.” Let us share the goodness of Jesus with others and lead them to the harvest of heaven.

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
Rosemary Lee, 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

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. Liturgy: Monica Huddleston, 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, home address or email address has changed, please contact the office at 533-0304 or email parish130@archstl.org. 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.