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
Here in America, as much as anywhere in the world, we are taught to be independent. In 1776, the people in America fought a war with the British to establish our independence. Over the decades, we have prided ourselves on this independence, so much so, that some have taken the attitude of “this is America where we have freedom, and you can’t tell me what to do.” We have seen this recently in some when they have been asked to wear a face mask. No matter how much we might try to reason with them, having a free expression of choice is more important to them than their health. As a matter of fact, their freedom of speech/choice is more important to them than America's collective health. To me, this seems to be a very selfish attitude. As long as their needs are being met, they are happy even if they are infecting countless others. Being a Christian means putting aside our desires sometimes and thinking about the needs of others.

One of the other things that can happen with an independent attitude is that we can forget about God. We may become so independent that we feel no need or desire to establish a relationship with God. Or we may come to God only when it meets our agenda, and not regularly. But even with this attitude, God still does not give up on us. In Paul’s letter today, he reminds us that, in reality, everything starts with God. Since I have been here at the “Rock,” I have heard the phrase TO GOD GIVE THE GLORY many times. I like to hear that phrase and need to constantly hear it when I think I am in control. St. Paul says that God is continuously calling us into a relationship with Him. If you feel connected to God today, thank Him for that because it only means you have heard His voice.

I have had, on many occasions, as a priest, someone come up to me and want to go to confession. Sometimes the person has been away from the Church for some time and has not been to confession in a while. I might ask them, “what is bringing you to the sacrament today?” I ask them this because I want to know if something has changed in their life. Why, after so many years, are they coming to confession today. Sometimes they have a clear reason as to why they come, but sometimes they say, “It was just time.” I take this occasion to remind them that they are just then answering the call of God. I believe God is calling us into relationship all the time. Anything we do in life starts with God. He is the inspiration and source of everything we do in life, and so I have to say again TO GOD GIVE THE GLORY. God is the source of everything in life, and we need to thank Him for this. As Christians, we need to set aside our independent attitude and listen to the prompting of Jesus' Spirit. 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 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...

Liturgy as God’s work

The word “liturgy” means “work” or public service. The essence of the liturgy is the actual work or deed done by God’s grace in Christ, not the humanly invented ceremonies that carry it. It is not merely something we do, but something God does. And what God does is redeem us, save us from sin and make us holy.

“Liturgy” is not the ceremonies, liturgy is the work done by them. “It is in the liturgy, especially in the divine sacrifice of the Eucharist, that ‘the work of our redemption is accomplished. It is “accomplished” – it is really done, not just symbolized. A sacrament actually effects what it signifies. “Through the liturgy Christ, our redeemer and high priest, continues the work of our redemption. In all the sacraments Christ is really present and acting on our souls, saving and sanctifying them through the material signs. In fact, all three Persons of the Trinity are present: the Father becomes “God with-us” (“Emmanuel”) in his Son, and the Son becomes present to us in the Holy Spirit. In addition to being a work of God, liturgy is also a work of man – not an addition to God’s work, but a participation in God’s work.

We offer an opportunity to come together in a group to learn more about the Catholic Faith. Sessions focus on the teachings and experience of the Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist. There are separate sessions for children and youth. You are welcome to participate in the process with your questions, insights and your faith story in a warm accepting setting.

For information on requesting any of the above Sacraments and/or to register for classes, please contact the Director of Religious Education, Sharon Cooney-Smith at 314-533-0304 ext. 1001, or via e-mail @ scooneysmith@stalphonsusrock.org.

BAPTISM GUIDELINES:

Newborn – 6 years old.  A parent or legal guardian and godparent(s) must attend a Baptism preparation class, instruction materials are provided.

Ages 7 – 10:  The child must attend special Baptism preparation classes and the parent(s) or legal guardian and godparent(s) must attend a Baptism preparation session prior to the ceremony.

Ages 11 – 17:  The young person must enroll in the Rite of Christian Initiation for Children (RCIC) program.

Age 18 and Older:  The Candidate must enroll in the Rite of Christian Initiation for Adults (RCIA) program.

MATRIMONY – Engaged couples, seeking to be married at the Rock Church, must meet with the Pastor before setting a date.

RCIA/RCIC – ARE YOU SOMEONE OR DO YOU KNOW SOMEONE WHO…

• Has expressed an interest in becoming Catholic?

• Has a child over the age of seven who has not been baptized?

• Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?

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RELIGIOUS EDUCATION...
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?**
- If Medicaid expansion passes, the federal government provides 90% of the cost of insuring new Medicaid enrollees. This means more than $1 billion annually in Missouri taxpayer dollars will return to our state.

**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.

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**Announcements**

**Announcements**

**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...

General Fund Actual Contributions Received

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Stewardship Prayer…

That we learn to put our trust in God in everything we do.

“We know that all things work for good for those who love God, who are called according to his purpose.” (Romans 8:28)

Do you really trust God? Do you really believe that God will provide all that you need? Faith is a challenge for everyone at times. Putting our trust in God, in everything we do, in good times and in bad, means that God’s plan for our lives may be quite different than what we planned. When one door closes, another one opens. Trust in God, His plan is always better.

Dynamic Catholic, Alive! – The Kingdom of Heaven

Jesus Christ applies beautiful parables to describe the Kingdom of Heaven to His disciples and emphasizes the truth that nothing is as precious as our heavenly homeland. Nothing is too important not to let go of on earth in order that we attain eternal beatitude with God. Heaven is the pearl of greatest price on which we must fix our eyes as we journey through this vale of tears. We experience many distractions, especially in our culture today, such as an inordinate appreciation of wealth, prestige, honor, fame, and status. How often we care too much about sports, our grades, our jobs, or the latest technology. Simplify. Simplify. Simplify. There is only one thing that matters. Are we willing to seek above all else the Kingdom of Heaven (Matthew 6:33)?

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 JULY 2020 Winner is

Theola Woolfork

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
Kalyn 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

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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, 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.