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
Today we celebrate the feast of St. Alphonsus, the founder of the Congregation of the Most Holy Redeemer, or Redemptorists. It is good that we take the time to remember St. Alphonsus and what he did as a priest and Redemptorist. He lived a long life, 91 years that were filled with much energy. Besides giving hundreds of missions, he was the Superior of the Redemptorists at the time, he wrote 110 books, and he was the Bishop of St. Agatha of the Goths for about fifteen years. One word seems to describe his energy; ZEAL. During his lifetime, he vowed never to waste a moment, which he seemed to live out quite literally. He was a true Apostle of the Lord Jesus Christ, and I am grateful to have become a Redemptorist myself. I hope we can appreciate the effort the Redemptorists have provided over the last 153 years to the “Rock.” There have been hundreds of men, both priests, and brothers, who have touched countless thousands on the corner of Cook and Grand. I hope we, as Redemptorists, have been instrumental in your lives, as we continue to carry on the mission today.

When I was in the 7th grade, I started seriously thinking about the priesthood. It just so happened that my cousin, who was three years older than me, was in the Redemptorist minor seminary in Wisconsin. I didn’t know any better and so followed in his footsteps and was ordained fifteen years later. The most important step in my life was my entrance into the order as a professed member. Every Redemptorist that has ever ministered in the name of the Lord, has been professed, including those ministering at the “Rock” today. This year we are fortunate to have a member, Fr. Pete Schavitz, who is celebrating 50 years of profession. This milestone is usually celebrated with great vigor, but because of COVID, we are not able to give it its proper attention. When you see Fr. Pete, though, be sure to wish him a happy 50th.

Because of the COVID pandemic, we have not been able to have any social gatherings at the church. Unfortunately, this will continue indefinitely. No one is sure when the crisis will be over. Here at the “Rock,” we have been in the habit of gathering in November for the Card Party. Again, we will not be able to do this in person, but we hope to have something set up virtually on that date so that people will have something to do. The Card Party committee has been working hard trying to get a ZOOM Bingo game for that weekend. Although this cannot replace what usually happens, we are hoping the parish will want to participate to try and have some fun together. We still have several months to prepare, and more info will be coming out, but I wanted you to be aware of what was happening and to plan for it accordingly. Have a blessed week.

SAINTS AND SPECIAL OBSERVANCES

**Sunday:**
18th Sunday in Ordinary Time

**Tuesday:**
St. John Vianney, Priest

**Wednesday:**
The Dedication of the Basilica of St. Mary Major

**Thursday:**
The Transfiguration of the Lord

**Friday:**
St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan, Priest

**Saturday:**
St. Dominic, Priest

**Sunday:**
19th 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.
August 1 – is the Memorial of St. Alphonsus Liguori, bishop and Doctor of the Church. He was born in 1696 to an ancient Neapolitan family; his father was an officer in the royal navy. He was a child prodigy and at the young age of 16, St. Alphonsus received his doctorate in both canon and civil law from the University of Naples. St. Alphonsus would never go to court without first attending Mass. He practiced for nearly 10 years until he realized that one of the legal cases he was defending was not based on justice but on political scheme. He then gave up his career as a lawyer to serve God.

Declining an arranged married, he was ordained a priest in 1726. St. Alphonsus joined a group of secular priests dedicated to missionary activities. He would give missions, organize workers, and he even had a part in founding an order of contemplative nuns. He is remembered for his gentle understanding in the Confessional and his direct, clear style of preaching.

In 1732, St. Alphonsus Liguori founded the Congregation of the Most Holy Redeemer (the Redemptorists) in Scala, Italy. It was a congregation of priests and brothers. The congregation worked among country people, most in Italy, who lacked the opportunity for missions and religious instruction. While his first companions deserted him, many vocations came and the congregation rapidly grew.

In 1749, the Redemptorists were officially approved by Pope Benedict XIV and Alphonsus was elected as the superior general of the congregation. St. Alphonsus continued to work for Christ when he was made bishop of Sant' Agata dei Got in 1762 by Pope Clement XIII. As bishop, he reformed seminaries, restored churches, and promoted missions. His charity was especially noted during the famine of 1763-64. In 1768 he resigned as bishop because he was greatly sickened by rheumatism.

St. Alphonsus Liguori died on August 1, 1787. He was beatified in 1816, canonized in 1839 by Pope Gregory XVI, and declared a Doctor of the Church in 1871. He was named the patron of confessors and moral theologians by Pope Pius XII on 26 April 1950. Today he is the patron saint of arthritics.

(Source: www.acatholiclife.com)
**ANNOUNCEMENTS**

*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?**

Medicaid helps people nearing retirement who have lost their insurance, those with chronic medical conditions, and all Missourians who earn less than 138 percent of the federal poverty level (that’s less than $18,000 for an individual or $30,000 for a family of three).

**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

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**Blessing**

He said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds.

They all ate and were satisfied

Matthew 14:19-20

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**ANNOUNCEMENTS**

**Rock Church ACA Progress Report**

| 2020 Published Goal (revised) | $12,000 |
| Total to Date                  | $12,361 |
| Returned to Date               | 72      |
| # New Donors                   | 24      |
| Pledges Percent                | 7%      |
| Prior Year Pledges Percent     | 12%     |
| Matching Gift Cards            | 1       |
| Matching Gift Total            | $720    |

The Annual Catholic Appeal is the opportunity for Catholic St. Louisans to share their treasures and help fund numerous vital ministries throughout the Archdiocese of St. Louis.

We strongly encourage all Rock Church parishioners to participate in the ACA by making a pledge/donation that works for your financial situation.

We acknowledge that we are one Body in Christ, that we make sacrifices for others, not because they are Catholic, but because *We Are Catholic*.

You can donate by completing the pledge form you received from the Archdiocese and returning it in the envelope.

You can contribute online at www.archstl.org/annual-catholic-appeal-office or on the parish website at www.stalphonsusrock.org

Information on the services provided and the organizations supported by your donation is available on the Archdiocese website.

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**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 Jesus is our first option and not our last resort when faced with difficult circumstances.

“Jesus said to them, ‘There is no need for them to go away; give them some food yourselves.’”

(Matthew 14:16)

This is what Jesus said right before he fed the five thousand men. How often do we really place our trust in Jesus when the situation looks grim? With Jesus, no gift is too small or insignificant when offered with love. But, we have to do our part. We should trust that Jesus will provide all that we need. We need to believe that Jesus has a better plan in store for us.

Dynamic Catholic, Alive! – No Gift is too Small

The feeding of the five thousand is a reminder of two important ideas in being good stewards of the gifts that God has given us. First, when problems arise, God calls on us to be part of the solution. We should absolutely ask the Holy Spirit for guidance, but we must also be willing to act, even if that means being put in an uncomfortable position or doing something that others may not understand at first. Second, no gift is too small or insignificant in God’s plan. Too many times we use the excuse of “I don’t know how to do that,” “I don’t have enough time” or “I don’t have enough money” when invited to participate in the mission and ministry of the Church. Know that God is calling each of us in the present moment and in our current circumstances into a loving relationship with Him. Your generosity at that specific moment may be the answer to someone else’s prayer.

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

EIGHTEENTH SUNDAY IN ORDINARY TIME AUGUST 02 2020

PARISH PASTORAL COUNCIL
Kurt Englander Angela Thames Linda Kamp
President Vice President Secretary
Linda Brown Reed Ben Phillips
Wanda Caldwell Travis Threats
Joy Camp Eric Thurman
Mike Coffman Kevin Triggs
Rhonda Graham

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

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

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.