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
I want to bring up a subject today that is unfamiliar to most people. Those familiar with the topic are certainly not familiar with the application of it in their lives. Let me start by saying that we are created in the image of God, a certainty we are familiar with. We have been created good and are called to be in relationship with God. I believe many are aware of this but are not sure about what to do about it.

You see, there is a thing called SPIRITUAL LIFE. I am not sure you have heard that term before, but SPIRITUAL LIFE is the most important thing in our lives. Unfortunately, most of us get so caught up in the PHYSICAL LIFE we have no idea that there is a SPIRITUAL LIFE. But when we talk about being created in God's image, this is what it means more than anything else. It means we can converse with God. No other animal can do that. We are the only ones who have a SPIRITUAL relationship with God. Now the thing is, we have to apply this to our lives.

When we talk about having a SPIRITUAL relationship with God, it means something more than just our physical life; we spend 99% of our day doing things other than placing ourselves in God's presence. SPIRITUAL LIFE calls us to change those percentages. The SPIRITUAL LIFE calls us to a 99% awareness of God in our lives.

It means we try to apply God's way in everything we do. It means a constant awareness of God's call to be virtuous and vigilant. We have heard a lot about social change lately, but really, the change must 1st occur within our hearts. If we are not fully committed to God in our lives and are willing to die for him, the social changes are only window dressing. They will not last.

In the 1st reading today, Elijah, the greatest of the Old Testament prophets, has a profound experience of God. He is on the mountain and has just had a confrontation with Baal's prophets, a pagan god, and he is fleeing for his life. God has brought him to this moment to try and teach him something. He is trying to draw Elijah into a deeper relationship with him. He asks Elijah to go to the entrance of the cave. There, Elijah encounters the noise of the world. Elijah sees a strong wind, an earthquake, and a huge fire. God is not in any of these things. This noise Elijah encounters is just like the noise we encounter in life, but they are not essential. They are not of God. Elijah then hears a tiny whispering sound. This is where God resides; the quiet things of the world where God can touch our hearts.

SPIRITUAL LIFE is a very real thing. It is the most important thing. I have reminded us before to seek God every day. The best thing you could do on any given day to seek God is to come to daily mass; this is the SPIRITUAL LIFE God calls us to. You can do no greater thing on any given day than to go to church and pray. God reveals himself here, and until we learn that, we are just limping along and wondering what life is all about. Amen

**Weekly Readings...**

**Monday:**
2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9 [5]/Jn 12:24-26

**Tuesday:**
Ez 2:8—3:4/Ps 119:14, 24, 72, 103, 111, 131 [103a]/Mt 18:1-5, 10,12-14

**Wednesday:**
Ez 9:1-7; 10:18-22/Ps 113:1-2, 3-4, 5-6 [4b]/Mt 18:15-20

**Thursday:**
Ez 12:1-12/Ps 78:56-57, 58-59, 61-62 [cf. 7b]/Mt 18:21—19:1

**Friday:**
Ez 16:1-15, 60, 63 or 16:59-63
Is 12:2-3, 4bced, 5-6 [4b]/Mt 19:3-12

**Saturday:**
Vigil: 1 Chr 15:3-4, 15-16; 16:1-2
Ps 132:6-7, 9-10, 13-14 [8]
1Cor 15:54b-57/Lk 11:27-28.
Day: Rv 11:19a; 12:1-2a, 10ab
Ps 45:10, 11, 12, 16 [10bc]
1 Cor 15:20-27/Lk 1:39-56

**Sunday:**
Is 56:1, 6-7/Ps 67:2-3, 5, 6, 8 [4]

**SAINTS AND SPECIAL OBSERVANCES**

**Monday:**
St. Lawrence, Deacon and Martyr

**Tuesday:**
St. Clare, Virgin

**Wednesday:**
St. Jane Frances de Chantal, Religious

**Thursday:**
Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs

**Friday:**
St. Maximilian Kolbe
Priest and Martyr

**Saturday:**
The Assumption of the Blessed Virgin Mary

**Sunday:**
20th Sunday in Ordinary Time
**INTENTIONS 07/28/20**
George, Darrion  
Goss, Michael  
Jackson, Tamica  
Pickett, DaShaun  
Reedy, Judy  
Reedy, Sid

**INTENTIONS 08/04/20**
George, Roberta  
Lyons, Sharon  
White, Evan

**SICKNESS 07/28/20**
Collins, Tamika  
Collins, Tony  
Dye, Margaret  
George, Betty  
Jones, Greg  
Jones, Josephine  
Luster, Juanita  
Lyons, Sharon  
Moze, Sylvester  
Parran, Rodrick  
Reedy, Christian  
Simmons, Michelle  
Stamps, Arlecia  
Valle, Jr., Robert (Bobby)  
Voss, Greg  
Watkins, Darnell (Chef D)  
Whittfield, Edna (Mother)

**SICKNESS 08/04/20**
Atherton, Andrew  
Atherton, Vertibe  
Baby Pruitt  
Caprese, Brittany  
Chapman, Bonnie  
Corbette, Dan  
Haine, William (Bill)  
Hart, Edgar  
Hood, Rosalind  
Howard, Yvonne  
Hutchinson, Terrence  
LaBerta, Steve  
Latham, Jean  
Moore, Brenda  
Remsberg, Cory Sgt.  
Schnelle, Laverne  
Serio, Carmen  
Serio, Jessica  
Smith, Melba  
Smith, Paulette  
Stewart, Michael  
Strong, Betty  
Thompson, Mary Ann  
Weaver, Stephen  
Woolfork, Vernie  
Vet, Alphonso  
Voss, Greg

**HOSPITAL 07/28/20**
Green, Alonzo

**SHUT-IN’s**
Atherton, Andrew  
Bohannon, Ida  
Brack, Dorothy  
Clay, Irving  
McCoy, Bernice  
McCoy, Carolyn  
Peters, Mae  
Thomas, Bernice  
Turner, Hortense

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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 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...**

The word “Amen” is not a strange word for any Catholic, because it is used as a concluding response to all the prayers we recite. It is also used during the Holy Mass as people’s response to the prayers offered by the priest as the presider of the assembly. What does this word mean? What is its significance?

Etymologically, the word “Amen” is a Hebrew term meaning “so be it”. It signifies trustworthiness and faithfulness. The term amen meaning “so be it” as found in the early scriptures of the Bible is a word of Hebrew origin. It originated in the Hebrew Scriptures, as a reply of confirmation, and is found in Deuteronomy as an affirmative response made by the people.

When we say “Amen”, in response to a prayer, it affirms the content of the prayer as an expression of faith that God will hear and act on the prayer.

The Catechism of the Catholic Church teaches: “after the prayer is over you say ‘Amen’, which means ‘So be it’, thus ratifying with our ‘Amen’ what is contained in the prayer....”

When we receive Holy Communion, our response to the statement “The Body of Christ” implies God’s faithfulness towards us and our trust in Him. Thus, it is an act of our faith in God’s trustworthiness and our trust in His love. The word “Amen” precisely means that we believe in the reality of the real presence of Christ in the Eucharist.

When we say amen at the end of a prayer, do we really know why we say it or what it means? Let our Amen always spring from a heart of faith.

(Source: MyCatholicFaith; Ibi Emmanuel)

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**RELIGIOUS EDUCATION...**

**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?

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 at scooneysmith@stalphonsusrock.org.*
**Job Opportunity**

School Sisters of Notre Dame
Sancta Maria In Ripa
401 E. Ripa Ave
St. Louis, MO 63125

Job Title
Coordinator of Government and Medical Programs

The Coordinator of Government and Medical Programs serves as advocate for our Sisters with medical providers and governmental agencies which provide benefits for our Sisters.

This includes coordinating the enrollment of Sisters in appropriate government programs; working with the Social Security Administration on behalf of the Sisters; and assist in the processing and payment of Sisters’ medical bills.

**Benefits Include:** Health, Dental & Vision Insurance, Life Insurance, Short-term & Long-term Disability Benefits, 403(b) Retirement Benefits & Generous Paid-time-off Benefits

If you are interested in applying for this position please visit our website and submit an application:
https://www.ssndcentralpacific.org/employment-opportunities

If you have any questions about the position you may contact Lindsey Van Beck, HR at 262-7871024.

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**Water**

Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.”

Matthew 11:10

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**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.

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**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.

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**Rock Church ACA Progress Report**

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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.
Financial Corner...

<table>
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<th>General Fund Actual Contributions Received</th>
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<td><strong>JULY / AUGUST</strong></td>
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Stewardship Prayer...
That we respond obediently to God's call and have the confidence to walk on water.

“He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus.”

(Matthew 14:29)

When you hear Jesus calling, do you respond immediately and trust that He knows what He’s doing? If so, you are walking on water! When we say “yes” to Jesus, we feel the power of His presence in our lives. We can feel the freedom it gives us! Listen to how Jesus is calling you to live the extraordinary life He has intended for you.

Dynamic Catholic, Alive! – Faith

How strong is our faith in the Risen Christ? According to the Catechism of the Catholic Church, “faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself” (CCC 1814). As missionary disciples of Christ, we must not only keep the faith and live rooted in it, we must also profess it, bear witness to it, and spread it to others. Peter took a leap of faith by walking to Jesus on the water, but he lost his faith when he saw how dangerous the sea looked to him. Similarly, we too often lose faith quickly when the storms of life toss us around to places where we do not like to go. We must pray for Christ to strengthen the gift of faith He has given to us in Baptism so that we might be bolder witnesses to the world. 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, 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  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

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

ANOEING 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.