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 purchased a book recently called *Do Something Beautiful for God*. It is a book that has quotes in it from St. Mother Teresa for every day of the year. In the August 9 quote, she talks about love, peace, and anger. She reminds us that love and peace in our lives, and in the world, has got to far outdistance anger if the world is going to be a nice place to live. However, we know that anger is very much a part of our world, and maybe even of our lives. Most people are angry. This anger can be more of a passing thing, but many have much deeper anger inside that cannot be gotten rid of very easily. In fact, most people would say they are not angry, but I beg to differ. Whenever we are confronted with something that does not go our way, we can become angry. Depending upon how much we want what we do not have, may determine the amount of anger that develops. We may have hopes and dreams deep within us that will never be fulfilled, and this may cause much anger and resentment with ourselves, the world, and even God. If we have been deeply hurt with abuse, physical, emotional, sexual, or have not had our basic love needs met in life, this can cause us much pain and suffering that can color our mood all our lives.

The anger can be more of a day to day thing. For instance, I have been angry lately whenever I drive around my neighborhood. I am sick and tired of people who drive with no regard for other drivers. Some drive through stop signs and stoplights like they own the world and care not for anyone but themselves. I am tired of this and want to confront a driver like that. I have to check myself constantly because I know this attitude will do nothing but escalate the situation. The other driver is angry also. It may not be immediate anger, but they are angry about slow traffic, all the lights on Grand Blvd, or the feeling they have of not being loved, but if I confront them, it will not turn out well for anyone. It is at this moment that I must listen to the voice of St. Mother Teresa and look to Jesus for a loving response. In the long run, I cannot afford to let my core values dominate me in a particular situation. I want to be a person of peace, and I must try to do this in every situation, even when my blood might be boiling at a particular moment. It is through conquering these emotions each time and putting on the Lord Jesus Christ that I can rid myself of these dangerous passions. I ask God’s assistance and love in my life, but I also pray for you because I know you have anger within you too. We all do. It may not be anger at the other drivers, but you are angry about something, maybe many things. If you are honest and insightful, you can begin to see this anger.

We may even have a right to be angry, but Jesus is the only one who can bring us peace. May he do that for us today.
**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 Sign of the Cross permeates a Catholic’s prayer life, from the public prayer of the Mass to private prayer around the dining room table. The priest opens Mass by leading the congregation in the Sign of the Cross. At the end of the Mass, he blesses the people “in the name of the Father, and of the Son, and of the Holy Spirit,” and they cross themselves as he blesses them. At home, when Catholics pray before meals, they usually open and close the prayer by making the sign of the cross. In Catholic schools, the prayers the school prays in common usually begin and end with the sign of the cross.

The sign of the cross often introduces and closes other prayers, but it is a prayer in itself and can also be prayed on its own. Sometimes Catholics make the sign of the cross, with or without words, at other times as well. Many Catholics will cross themselves when they pass by a Catholic church or chapel where the Eucharist is present. Some may make the sign as they drive past a cemetery as a quick prayer for the dead who are buried there. Sometimes Catholics may make a quick Sign of the Cross when receiving bad news, or when sirens pass, as a way of praying for those involved.

Praying the sign of the cross is so common that we often rush through it without thinking much about it. But the sign of the cross is an ancient tradition with deep theological meaning.

The first “sign of the cross” that early Christians made was tracing a small cross on their foreheads. Around the year 200, Tertullian, an early Christian theologian, wrote about this sign: “In all our travels and movements, in all our coming in and going out, in putting on our shoes, at the bath, at the table, in lighting our candles, in lying down, in sitting down, whatever employment occupies us, we mark our forehead with the sign of the cross.” By the fifth century, other Christian writers reveal that the sign of the cross was also being made on the lips and on the chest. Over time, Christians began making large crosses over their bodies as Catholics do today. It is unknown exactly when and how that developed, but the sign of the cross as we know it today is probably about 1000 years old.

The sign of the cross, in words and in action, reminds us of the two central realities of our faith: who God is (the Trinity) and what God has done for us (the Cross). These are the core of why Catholics do the sign of the cross.

(Source: www.aboutcatholics.com)

RELIGIOUS EDUCATION...

BA K T I SM 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.
Then Jesus said to her in reply, “O woman, great is your faith! Let it be done for you as you wish.” Matthew 15:28

Thank you for your participation! It is time to sign up for or renew your membership.

Club Rules:
- Annual entrance donation is $100 per person/married couple
- Non-parishioners, family, and friends may join
- Your membership enters you into a monthly raffle through August 2021
- There is no limit to the number of times a person can win.

The first drawing for the new year will be on September 13th and each second Sunday of the month thru August, 2021

Mail your donation to the parish office:

ATTN: Roberta George
St. Alphonsus Rock Church
1118 N. Grand Blvd
St. Louis, MO 63106

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...

General Fund Actual Contributions Received

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Stewardship Prayer...

That we may show our gratitude for God's great gifts through our active participation in the ministry of God's Church.

“For the gifts and the call of God are irrevocable.” Romans 11:29

God has a special mission in mind for each of us. He has given us the gifts we need to accomplish that mission. We are called to be good stewards by using those gifts to do the work that He has planned for each of us. If we deny our gifts or fail to use them as God calls us to use them, then some part of His work will be left undone.

Dynamic Catholic, Alive! – Perseverance in Prayer

I have always found this passage in Scripture challenging because Jesus does not seem just or kind to this woman who has such great faith in His power as God. However, I think that His purpose in acting and speaking the way He did was to show the woman how necessary it is to remain persistent and dedicated in prayer. He shows us the truth that our prayers often seem ignored or neglected. The truth is that God rewards us when we continue to ask for what we need in prayer. When we most want to give up on prayer and neglect our spiritual life, we must find the energy and strength to remain steadfast in it. 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 AUGUST 2020 Winner is
Sylvester & Karen Mozee

Jean Anthony
Elizabeth Boykin
Ruby Brown
Virginia Brown
Richard Buckley
Susan Buford
James Butler
Cheryl Carr
Anne Marie Clarke
Damon Clay
Anita Clarke
Weedon Cunningham
Esther Darris
Jackie Day
Janice Englander
Kurt Englebard
Maudelle Fite
Paul & Shirley Foster
Wanda Garner
Gregory Gore
Alonzo Green
Gayla Harris
Carl Harris
Kathy 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

Pray for Our Community

Faith is not measured, it is lived.
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

SACRAMENTAL PREPARATION

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

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

COMMUNITY HELP

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.