

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)

or Like us on Facebook at St Alphonsus "Rock" Liguori Catholic Church

Rev. Rodney Olive, C.Ss.R., Parochial Administrator



Mission

“To Joyfully Preach, Teach, and Live the Word of God”

Theme

“God is alive, and He will keep us revived in 2025!”



PASTORAL STAFF

Sharon Cooney-Smith, Dir. Religious Education
Alicia McClendon, Secretary
Deborah Grant, Clerical Support
Angela Harris, Bulletin Editor
Denise Phillips, Business Manager

SUPPORT STAFF

Bro. Eugene Patin, Pastoral Staff
Terrance Gipson, Maintenance
Terri Schneider, Dir. Hardin Food Pantry

MUSIC MINISTRY

Malcolm Speed
Danny duMaine

REDEMPTORISTS IN RESIDENCE

Rev. Tom Donaldson, C.Ss.R.

SACRAMENT OF RECONCILIATION
(Call for Appointment)

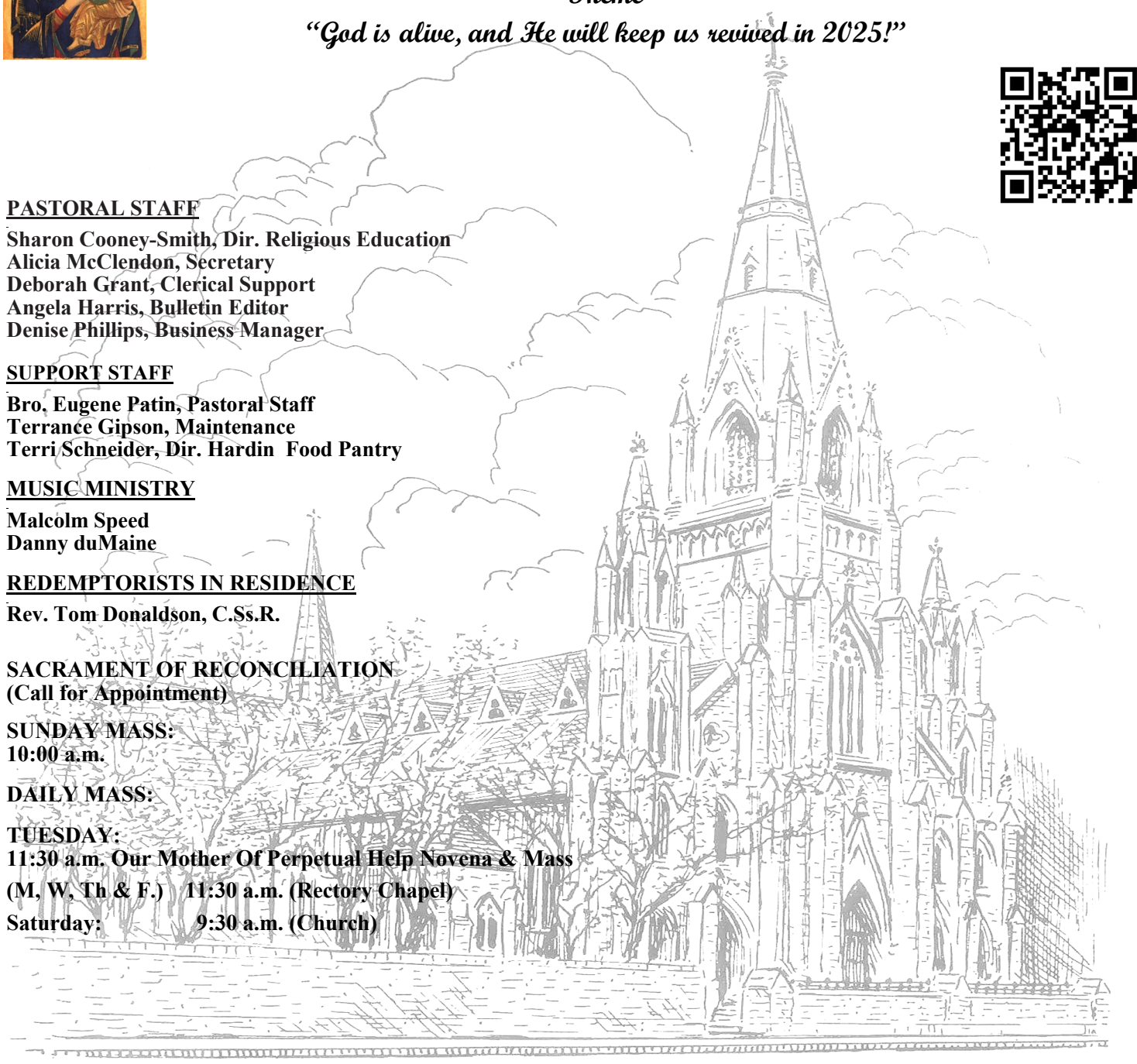
SUNDAY MASS:
10:00 a.m.

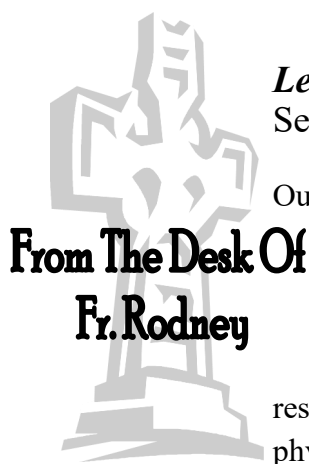
DAILY MASS:

TUESDAY:
11:30 a.m. Our Mother Of Perpetual Help Novena & Mass

(M, W, Th & F.) 11:30 a.m. (Rectory Chapel)

Saturday: 9:30 a.m. (Church)





Lent, A Journey to Well Being
Second Sunday in Lent c

Our journey through Lent, this week, calls us to renew our physical and spiritual wellbeing with ourselves and God. As you and I live our daily lives, we are sensitive to maintaining our health, both physically and mentally. We also need to be sensitive and responsible for maintaining our wellbeing with God, both physically and spiritually.

Abraham provides us with a witness to renewing ourselves with our God. He doubted the incredible blessings God was bestowing on him and his descendants. You and I are very much like Abraham as we engage our God on this life journey. God makes a divine promise to us, just as he made to Abraham, which reassures us of our ongoing relationship of mutual love with God.

As Paul tells us, our mutual love relationship with God helps us realize that we are bound to heaven and united together through Jesus. Jesus is our model par excellence, but witnessing is also our responsibility because we are Christ's followers. As Christians, there should be no distinction between our convictions and our activity. Our true citizenship is heaven, as we have embraced the saving power of Jesus Christ in our lives. Salvation has a physical as well as a spiritual connotation, for it involves both the interior and exterior spiritual health of a person.

Jesus sets forth the conditions for following him in the apostolic mission of salvation to everyone. His identity is revealed in prayer, as seen in the Transfiguration. Prayer is thus the experiential setting for the quest and discovery of our Lord and Savior. We renew ourselves by our willingness to embrace the cross as Jesus did. The cross entails the departure of Jesus which, like the apostles, we must understand and accept. We are being renewed to continue this great apostolic mission, on our way to heaven.

Parochial Administrator

WEEKLY READINGS...

Sunday:

Gn 15:5-12, 17-18/Ps 27:1, 7-8
8-9, 13-14/Phil 3:17—4:1 or
3:20—4:1/Lk 9:28b-36

Monday:

Dn 9:4b-10/Ps 79:8, 9, 11 and 13
Lk 6:36-38

Tuesday:

Is 1:10, 16-20/Ps 50:8-9, 16bc-17
21 and 23/Mt 23:1-12

Wednesday:

2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3
4-5, 27 and 29/Rom 4:13, 16-18, 22
Mt 1:16, 18-21, 24a or Lk 2:41-51a

Thursday:

Jer 17:5-10/Ps 1:1-2, 3, 4 and 6
Lk 16:19-31

Friday:

Gn 37:3-4, 12-13a, 17b-28a
Ps 105:16-17, 18-19, 20-21
Mt 21:33-43, 45-46

Saturday:

Mi 7:14-15, 18-20/Ps 103:1-2, 3-4
9-10, 11-12/Lk 15:1-3, 11-32

Sunday:

Ex 3:1-8a, 13-15/Ps 103:1-2, 3-4
6-7, 8, 11 (8a)/1 Cor 10:1-6, 10-12
Lk 13:1-9
Scrutiny: Ex 17:3-7/Ps 95:1-2, 6-7
8-9 (8)/Rom 5:1-2, 5-8/Jn 4:5-42 or
4:5-15, 19b-26, 39a, 40-42

**SAINTS AND SPECIAL
OBSERVANCES**

Sunday:

2nd Sunday of Lent

Monday:

St. Patrick, Bishop [OM]
St. Patrick's Day

Tuesday:

St. Cyril of Jerusalem, Bishop and
Doctor of the Church

Wednesday:

St. Joseph, Spouse of the Blessed
Virgin Mary

Sunday:

3rd Sunday of Lent



REMEMBER
in your prayers

INTENTIONS 03/11/25

Carr, Jeff
Diaz, Evie
Duclerne, Joseph
Duncan, Kara
Eaves, Douglas
Enberg, Carol
Golden, Sherrill A.
Golden, James L.
Golden, Patricia
Guiu, Dumitru
Guiu, Viorica
Hatchett, Sharon
Hinton, Gary
Johnson, Billie Ms.
Johnson, Markiea
Martin, Michael
Meeks, Kim
Meeks, Taniyah
Merritt, Tamala
Miller Jr., Antonio
Monroe, Sam
Monroe, Tanya
Pinard, Viviana
Radley, Bryan
Ransome, Gregory
Sammons, Bernie
Scott, Devon
Scott, Dorothea
Sher, Lois
Smith, Paulette
Sullivan, Noah
Walker, Deneen
Walker, Jasmine
Williams, Linda
Williams, Norman

SICKNESS 03/11/25

Barnett, Jewel
Baumstack, Liza
Blake, Maria
Brown, Joyce
Brownlee, Ethel
Buckley, Darrell
Busy, Brittny
Carter, Alfred
Cole, Barbara
Conner, Jack
Cox, Jonathan Jr.
DeClue, Rosalynn
Delaney, J.
Dye, Margaret
George, Betty
George, Christine
Gilliand, John
Gurley, Earline
Jones, Keiarra
Harris, Latanya
Leong, Desmond
Lewis, Joi
Locke, Wilma
Harris, Tobey
Harris, Willie
Hart, Edgar
Hayes, Regina
Hollins, Albert Rev.
Jammer-Webb, Jallah
Latham, Jean
Lehmkuhl, Karen
Littleton, Ginny
Magnus, Sonette
Moore, Wilbert
O'Brien, Nancy
Officer, Marion E. Jr.

Oldani, Shirley
Payne, Lonnie
Piphus, Michelle
Pointer, Nelson
Polek, Dave Fr.
Remsberg, Cory Sgt.
Roberts, Nounita
Robinson, William, Jr.
Rodgers, Erby Lee
Salter, Debi
Sheppard, Joyce
Simpson, Ronald
Smith, Paulette
Sonnenschein, Joseph
Sparkman, Judah
Stayton, Michael
Strong, Betty
Townsend, Bob
Venverloh, Karen
Williams, Kioko

SHUT-IN

Atherton, Andrew
Brack Dorothy
Cloyd, Selena
Darris, Martha
Farr, Synthia
Hughes, Irene
Kilgore, Yetta
Lee, Hazel
McCoy, Carolyn
McGinnis, Kathy
Moore, Brenda
Reedy, Sid
Skinner, Joanna
Smith, Melba
Whitfield, Edna

Prayer For Renewed Strength

O Lord, my God, Please give those listed above the grace to maintain their hope in You.
Through all of life's changes and to taste and see
Your goodness.
Amen

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

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 @ scooneysmith@stalphonsusrock.org.

LITURGY NOTES

Go Forth, He Is Sent

Throughout salvation history, the fidelity of God is made known through both suffering and glory. In the gospel reading, the Lord's passion has already been predicted, and so the transfiguration of Jesus is a means of comfort and strength to Peter, John, and James.

For us, the Mass is something of the same experience. When we enter a church, we are not asked to leave behind that which is sinful, chaotic, or unrepresentable in our lives. We come bringing everything that we are to the altar of God so that it might be made holy by his divine presence. The word of God inspires us and the Eucharist feeds us, strengthening us with the very life of Christ. It can be easy to desire-like Peter-to stay and rest in this experience of heavenly communion. And yet, like the transfiguration, the Mass is meant to strengthen us for the work yet to be accomplished. We are gathered in order to be sent.

The transfiguration also reinforces that the cross and the resurrection-suffering and glory-are always mysteriously bound together and consistently inseparable. As we leave the heavenly vision that is both comforting and familiar, we take with us into the world of suffering and brokenness a foretaste of what we have heard, what we have seen with our eyes, what we have looked upon and touched with our hands. We share with the world the Word of life. And it will, at times, be challenging, uncomfortable, and painful.

The glory of God, however, is shown in the depth of Christ's *compassion*, a word that literally means "to suffer with." Christ our King does not stay seated on the throne. He walks with us through the streets, speaking and blessing his people with the lasting gifts that only he can give. He suffers with us on our way to resurrection glory. The passion has no real significance without the resurrection. Similarly, Christ's resurrection does not take place without his suffering and death. Sharing in Jesus's glory means sharing in his suffering. But we do not suffer alone.

PROMPTS FOR FAITH-SHARING

- In the biblical imagination, mountains are often privileged places of encounter with God. Where do you find God more accessible? Where do you go when you need to be reminded of God's presence?
- The transfiguration reveals something about Jesus, but it also leaves the disciples bewildered and frightened. What is an area of your life that feels confusing or dark? How would you like God to shine divine light there?
- The disciples fall silent after what they witness on the mountain; there are times to proclaim what we have seen of Jesus, and there are times to take it in and let it shape us. -- How do you discern when to proclaim and when to be silent?

(Source: litpress.org/LivingLiturgy)

ANNOUNCEMENTS

ST ALPHONSUS "ROCK" PRESENTS

FISH FRY

FUNDRAISER

EACH FRIDAY THROUGH APRIL 11TH, 2025
SOUL FOOD FRIDAY MARCH 21ST AND APRIL 4TH, 2025

MENU
CATFISH FILLET, JACK (WHOLE),
AND COD DINNER \$17 (INCLUDES SPAGHETTI,
COLE SLAW, AND SMALL DESSERT)
SANDWICHES \$12 (EXTRA FISH \$5) SIDES \$3
DESSERTS \$3 BEVERAGE \$1 (WATER AND SODA VARIETY)



LOCATION
1118 N GRAND BLVD
ST. LOUIS, MO 63106

Time:
11^{am} to 5^{pm}

CALL IN ORDERS BEFORE 3PM THURSDAY PHONE 314-533-0304

In Loving Memory of Glenn Miller, Roberta George, and Alonzo Green



Jessica Pou

St. Alphonsus Liguori "Rock" Catholic Church, praise God, as we celebrate our sister, Jessica Pou. Jessica has been selected as the 2025 first recipient of the Leon Henderson Young Adult Award, by the St. Charles Lwanga Center.

Our "Rock" Church family congratulates our sister, Jessica, for her faith and service to God.

Fr. Rodney Olive, CSSR

The St. Charles Lwanga Center has moved!

Sat, Mar 29 | St. Charles Lwanga Center

8240 Washington STREET

St Louis, MO 63114

Join us for a Prayer Service & New Site Blessing.

The Center promotes Catholic teaching, Catholic spiritual formation and leadership development, including advocacy for justice and racial equity concerns within the Black Catholic Community and for all who collaborate with them, in accord with the Gospel of Jesus Christ and in the tradition of the Roman Catholic Church.

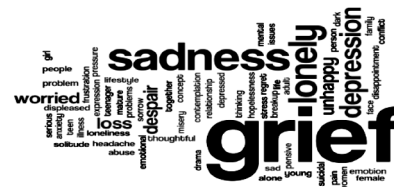
The St. Alphonsus 'Rock' Church Men's Ministry is restarting and we welcome your perspective and fellowship.

Our mission is to "Revitalize the Ministry" and to be of service to the parish and the family.

We would like to offer fellowship in large-group or small-group settings where "iron sharpens iron." Our goal is to be more visibly active throughout the church in such ways as Men's Day Mass, community out-reach like feeding the unhoused, and church fellowship events such as Donut Sundays, Corpus Christi celebration, or Ninja Warrior events.

Theo Branch, Courtney Hinton and Eric Thurman are the Points of Contact for the group.

We look forward to coming together and actively doing God's work.



Feeling sad, alone, overwhelmed, or isolated?
Do you need a new outlet or experience to help you cope with grief?

We are holding two Grief Retreats to give participants an opportunity to relax, recharge, and reconnect. The sessions will provide a safe place where you can gain new coping tools and prioritize your own self-care. You can feel less isolated and more connected as you learn to navigate your journey. We hope participants leave the retreats feeling centered, refreshed, and more able to process grief in new and healthy ways.

There is hope after all kinds of loss -- loss of children, grandchildren, parents, siblings, and friends, suicide loss, and non-death losses such as divorce, children with addictions, loss of health, loss of relationships with children, and other devastating losses. The purpose of the retreat is to give hope that, although life can never be the same after loss, life can be rich, fulfilling, and meaningful again.

We will also provide information on End-of-life planning and having an advance directive.

Retreat Dates

March 25, 2025 - following the OMPH Devotions

April 1, 2025 - following the OMPH Devotions
12:15pm until 2:00pm

Fr. Tom Donaldson, Retreat Leader
Josh Noah, Certified Chaplain, Presenter

Both sessions will be held in the Gym, lunch will be provided.
Please register on the sign-up sheet on the Ushers table or call the office.

General Fund Actual Contributions Received		
FEBRUARY / MARCH	02 nd	09 th
Envelopes	\$ 8,434.00	\$11,237.00
Electronic Offering	\$ 3,513.00	\$ 1,309.00
Loose Offering	\$ 160.00	\$ 257.00
Total Offering	\$12,107.00	\$12,803.00
Weekly Target Amount	\$12,500.00	\$12,500.00
Under/Over Weekly Target	\$(- 393.00)	\$(- 303.00)

Stewardship Prayer...

That we invest in our heavenly home as we do in our earthly home.

“I am the Lord who brought you from Ur of the Chaldeans to give you this land as a possession.”

GENESIS 15:7

Just as the Lord gave Abraham, Moses, and the Israelites a land to possess, He has also given each of us a home. Whether your home is grand or humble, it is a gift from God. Abraham prepared a great sacrifice to the Lord in gratitude for the home God gave him. How do you show your gratitude to God for the home He has given you? Do you make a sacrifice of any kind? Do you return any of your finances to God, investing in your eternal home just as you invest in your earthly home?

Missionary Discipleship – Start with the End in Mind

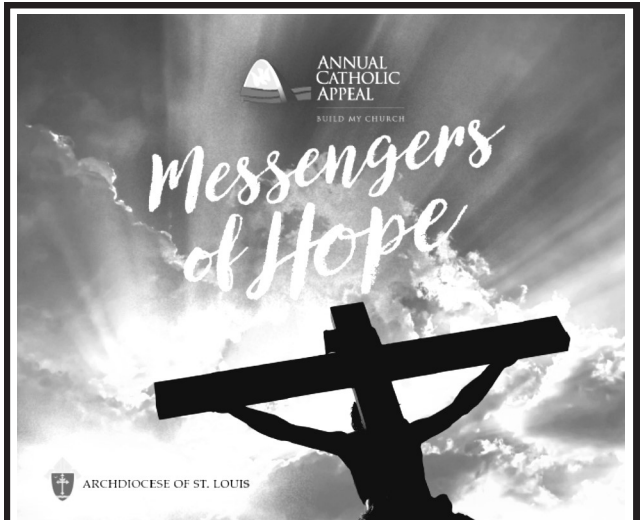
St. Paul reminds us today that “our minds are occupied on earthly things. But our citizenship is in heaven.” Before we start a project, we usually visualize the end result and make the proper preparations to achieve the desired result. Successful companies do this all the time. They plan, prepare, adjust and allocate resources to achieve the goal. Dr. Stephen Covey says “starting with the end in mind” is one of the habits of highly effective people. Maybe we should apply this concept to our relationship with the Holy Trinity. Too many of us set our sights too low, we don’t reach for heaven! Starting with the end in mind doesn’t make things any easier, but it does keep us focused on the end goal – heaven. God has given each of us a plan. Be open to what God is calling you to do and invite others to do the same.



Dynamic Catholic started with a dream: to help ordinary people discover the genius of Catholicism.

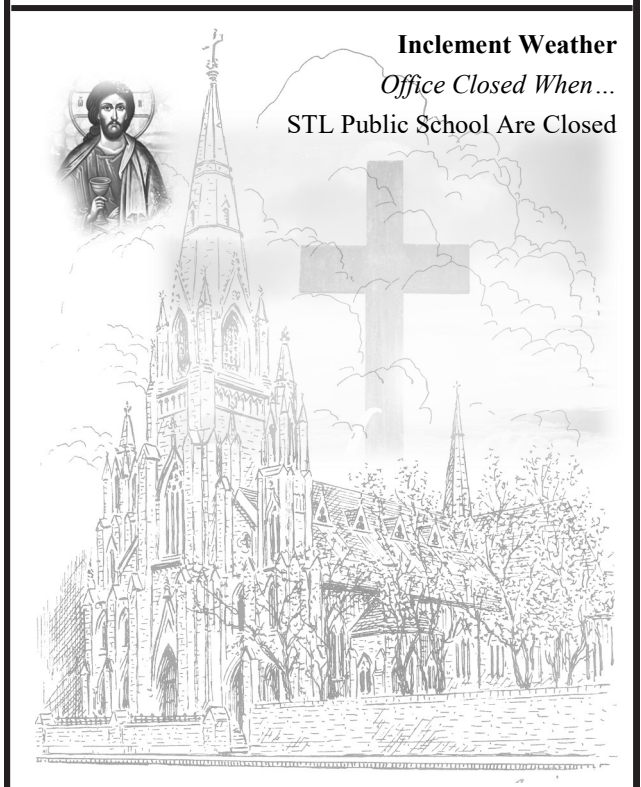
This is an organization where you can go to find many resources for free.

Visit archstl.org/dynamic to view all the resources available to you!



We need volunteers to work the Annual ACA, a Stewardship Committee project. This is the Archdiocese fundraising campaign to fund the many organizations in our diocese that provide all kinds of help to so many. Looking forward to your email response to parish130@archstl.org, the ROCK Church email, with your name, email address and phone number.

PRAY FOR OUR COMMUNITY



OUR LADY OF PERPETUAL HELP PRAYER MEMORIALS

Continuous prayer for the “Rock” Saints who have transitioned from labor to reward during the past five years

Larry Ambus, Garvin Anderson, Hortense Anderson, Anita Louise Banks, Lillian Barnes, Loretta Beasley
 Jean Irene Becker, Herron Beckley, Ida J. Bohannon, Roderick Bolden, James R. Boykin, James Buford
 Irving Clay, Willie Cunningham, Judith Dickson-Durham, Kevina A. Doss, Sallie duMaine, Sr. Carolyn Emerson
 Fr. Kyle Fisher, C.Ss.R., Alice Gathright, Roberta George, Terrance Gipson, Sr., Jermaine Gordon, Alonzo Green
 Catherine Gregory, Georgette Gregory, Walter T. Gregory, Willie “Clarence” Griffin, Donna Hall, Barbara Harris
 David Robert Herron, MaryAnn Hinton, Cassandra Hollins, Rosalind Hood, Jamar Huffmon, Willie Huffmon, Barbara Hudson
 Jones, Nadine Jones, Fr. Anthony “Tony” Judge, C.Ss.R., Robin Kyles, Stephen LaBerta, Rosemary Lee, Mary Ann Lewis
 Joan Lowe, Juanita Luster, Anice Mahone, Isis Aaliyah Mahr, Kyle Martin, Bernice McCoy, Michael P. McCoy Sr.
 Eric L. McKinnie, Louis T. McKinnie, Glenn Miller, Roy Miller, Paul J. Naugles, James Joseph O’Brien, Bernice O’Neal
 Anne Ortwerth, Thelma Paul, Mae Peters, Alton Pritchard, Christian Reedy Judith Reedy, Wendell M. Sams, Pearlie Savoy
 Catherine Sherman, Robert Smith, Jr. Lorraine Fite Stewart, Shontea Stricklin, Gloria Taylor, Oswald Lee Thomas
 Mary Ann Thompson, Robert “Bobby” J. Valle, Jr., Sandra Wallace, Ralph Watkins Jr., Ruby Wicks, Jessica Williams
 Alvin Leon Wilson, Vernie Woolfork, Clarence Zacher

SACRAMENTAL PREPARATION

Sharon Cooney-Smith, DRE
314-533-0304

RCIA/RCIC

Children’s Liturgy of the Word
Baptism
First Reconciliation
First Communion
Confirmation
Matrimony

COMMISSIONS & CHAIRS

Christian Formation	TBD
Christian Service	Hilda Phillips
Finance & Adm.	Monica Huddleston
Liturgy	Richard Buckley
Peace & Justice	Kathy McGinnis
Social Life	Rose Graham
Youth & Young Adults	Ronda Smith Branch

COMMUNITY HELP

Wilhelmina Hardin Food Pantry
 Terri Schneider, Dir. of Wilhelmina Hardin Food Pantry
 (Emergency Aid) (314) 944-2909
 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

PARISH PASTORAL COUNCIL

Robert Caldwell President	Ronda Smith Branch Vice President	Hilda Phillips Secretary
Theodore Branch	Richard Buckley	David Martin
Audrey Ellermann	Gregory Hood	Jessica Pou
Teresa Hudson	Jocelyn Woodson-Reed	

ATTENTION

If your telephone number, home address or email address has changed, please contact the office at 533-0304 or email office@stalphonusrock.org.

Bulletin announcements must be in the office for review and approval by 12 noon Tuesdays.

Please fax items to 314 533-4260 or e-mail to parish130@archstl.org