

THE PASTOR'S REFLECTIONS...

Trust in God

May the love and mercy of God fill our fellowship and worship together!! Greetings in the Holy Spirit, "Rock" Church family and visitors! Many of us are still catching our breath from the exciting Super Bowl. We are also wondering when the snow will end and warm weather will return. Through it all, we continue to gather for praise and prayer together. God is with us in our celebrations, and even in our trials and struggles. I hope you find the encouragement and support that you need in our community.

Our First Reading this Sunday could strike us as very pessimistic or negative. The Prophet Jeremiah begins with, "Cursed is the one who trusts in human beings . . ." He compares such a person to a "barren bush in the desert" or a "lava waste". This may seem awfully harsh to those of us that have people we trust in our lives. Most of us have friends, family or neighbors that we feel that we can trust. It is a good thing when we find someone that we can actually depend on. We try to find doctors, teachers, mechanics, and other professionals that we can trust. How can the Lord (through the prophet) be telling us that this is not good?

When taken in its context, this reading is not really speaking about relationships but rather it asks us where we find our hope. To "trust in human beings" is not simply to have some person that we find reliable, but it means that we look to people for the hope that really only comes from God. So many people in our society look to leaders, friends, and sweethearts (yes, I know that it is Valentine's Day!) to meet their deepest longings for love, justice, hope and happiness. While we can find these things in other people, only the Lord can satisfy these longings at the depth and strength that we need.



**From The Desk Of
Fr. Matthew S. Bonk**

I actually feel sorry for people when others put too much expectation on them. Some examples may include: the President will bring world peace; my family will make sure that I am okay; my husband will meet all my emotional needs; my children will make the family proud; my friends will make me happy; this new government will fix the economy; or even the New Orleans Saints' championship will help the restoration of the city. While people can certainly have an impact in these areas, most of these expectations are too big to put on another person's shoulders.

Our God is the only one big enough to bear the weight of all these great needs. We can try to make a difference, but only in our own small way. I can bring you some happiness, but I cannot satisfy the deepest needs of your heart. The President can make some positive changes in the world, but only Jesus is the Prince of Peace. A spouse can bring great joy to our lives, but only God can fully satisfy. It is indeed a curse to trust in people to do the things that only God can do. It is also a curse to have these expectations laid upon our shoulders; we simply cannot bear them.

Today the prophet calls us to trust in God. It is a blessing to have friends and family, but only Jesus can make us complete. As the great theologian, Saint Augustine, said, "Our hearts are restless, oh Lord, until they rest in You!"

Fr. Matthew S. Bonk
C. S. R.

Mass Schedule...

SUNDAY MASSES:

8:15 & 11:00 a.m.

SACRAMENT OF CONFESSION

(before each Mass)

7:30-8:00 a.m. and 10:15-10:45 a.m.

DAILY MASSES: (JAN 18-22)

Tuesdays: 7:00 & 10:30 a.m.

Saturdays: 9:30 a.m.

TUESDAYS:

Exposition & Benediction: 9:30 am-10:30 am (1st Tuesday) followed by our Perpetual Help Novena & Mass

ASH WEDNESDAY:

12 noon & 7 p.m.

Weekly Readings...



February 14 - February 21, 2010

Sunday:

Jer 17:5-8 Ps 1:1-4,6 1 Cor 15:12,16-20
Lk 6:17,20-26

Monday:

Jas 1:1-11 Ps 119:67-68,71-72,75-76 Mk 8:11-13

Tuesday:

Jas 1:12-18 Ps 94:12-13a,14-15,18-19
Mk 8:14-21

Wednesday:

Jl 2:12-18 Ps 51:3-6b,12-14,17 2 Cor 5:20-6:2 Mt 6:1-6,16-18

Thursday:

Dt 30:15-20 Ps 1:1-4,6 Lk 9:22-25

Friday:

Is 58:1-9a Ps 51:3-6b,18-19 Mt 9:14-15

Saturday:

Is 58:9b-14 Ps 86:1-6 Lk 5:27-32

Sunday:

Dt 26:4-10 Ps 91:1-2,10-15 Rom 10:8-13
Lk 4:1-13

SCHEDULE OF LITURGICAL MINISTRIES

SUNDAY, FEBRUARY 14thALTAR SERVERS

8:15 Robert Caldwell

PASTORAL AIDES

8:15 Tony Conte

EUCCHARISTIC MIN.8:15 Andrew Atherton
Ann Conte
Jacquie Crawford
Martha Darris
Michael Ellermann
Maudelle Fite

Host: Johnny Taylor

Host: Norman Williams

ELDERS

8:15: Nina Hughes

11:00: Dorothy Bennett

INCENSE BEARERS

8:15: Angela Mullen

11:00: Cathy Burt

USHERS - Group 2

8:15 Pat Quain

11:00 Lillian Cooney

SUNDAY, FEBRUARY 21stALTAR SERVERS8:15 Tony Conte
Robert CaldwellPASTORAL AIDES

8:15 Mark Kamp

EUCCHARISTIC MIN.8:15 Linda Kamp
Helene Laberta
Jean Latham
Brenda Moore
Angela Mullen

Host: Pat Quain

Host: Melba Smith

ELDERS

8:15 Ruth Jones

11:00 Willie Goss

USHERS - Group 3

8:15 Beverly Thompson

11:00 Faye Combs

ALTAR SERVERS11:00 Caleb Camp
David CampPASTORAL AIDES

11:00: Alexis Hicks

EUCCHARISTIC MIN11:00 Jean Anthony
Anita Banks
Dorothy Brack
Henrene Brown
Joy Camp
Cynthia Clayton
Deborah Grant
Pearlina Harris

Host: Nikki Taylor

Host: Angela Thames

Host: Edna Whitfield

Host: Richard Buckley

LECTORS /COMMENTATOR

8:15 Shira Truitt

Carol Henderson-Powell

11:00 Patricia Bowens

Bonita Cornute

ALTER SERVERS11:00 Daedra Wallace
Desiree WallacePASTORAL AIDES

11:00 David Wallace

EUCCHARISTIC MIN.11:00 Sharon Cooney-Smith
Pamela Leong
Karen Madison
Jean Anthony
Anita Banks

Host: Donna Lane

Host: Blondell Lucas

Host: Mary Middleton

Host: Pat Pou

Host: Nikki Taylor

Host: Angela Thames

Host: Edna Whitfield

LECTORS /COMMENTATOR8:15 Elizabeth Boykin-Moore
Jason Thompson

11:00 Bobby Cox

Richard Lane

PRAYER CORNER

**“FOR THOSE STANDING IN THE
NEED OF PRAYER”**

“O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies look with compassion upon us and all who turn to you for help; for you are gracious, O lover of our souls and to you we give glory, Father, Son, and Holy Spirit.” To include someone in our Prayer Corner, please call the office Monday through Tuesday 9:00 a.m.—7:00 p.m.

(We are saying Special Prayers for persons and families living with HIV/AIDS.)

NOTE: Names will remain listed for 2 weeks unless the office is notified.

INTENTIONS 02/03/10Foster, Ossie
Mark & Stephanie
McCullough, Lori
Scott, DevonSICKNESS 02/03/10Anderson, Duane
Marco, JoanINTENTIONS 02/10/10Buckley Darrell*
Farrahn, Wendy & Family
Moore, Carolyn
Moore, Donald
Pickett, Gerald & Family
Wilson, Earl*INTENTIONSAlexandre, Rosemary S.*
Allen-Smith, Queen*
Bell, Gilbert*
Brown, Eric*
Cloyd Jr., Harvey Carroll*
Collins, Amy*
Davis, Denise*
George, Roberta & Family*
Glenn, Lesley*
Glenn, Rae*
Grant, Bernice*
Hatchett, Ann*
Howard, Yvonne*
Hughes, Goyia*
Hughes, Irene*
Jones, Harriett*
Latham, Darrian*
Martin, Linda*
Mosby, Marvin*
Norflect (Rhodes), Marsha & Family*
Parran, Lauren*
Raiford, Cheryl TSgt*
Smith, Amos W.*
Washington, Yvette*
Williams, Ethel*
Zacher, Clarence*SICKNESSAnderson, Daryl*
Coleman, Ken*
Crowley, Tammy*
George, Betty*
Hatten, Pam*
Hudson, Edward*
Jones, Harriet*
Luster, Juanita*
McCoy, Steven*
McSpadden, Phillip*
Perkins, Belinda*
Perkins, Charles Sr.*
Rankins, Gloria*
Reedy, Judith*
Reedy, Sidney*
Remsberg, Corey Sgt.*
Worth, Shirley*
Zikovic, Katrina*HOSPITALAlbright, Winston*
Collins, Lizell*SHUT-INAnderson, Hortense
Brown, Lannie
Buckley, June
Camp, Cynthia
Carson, Donetta
Chopin, Dave & Ann
Clay, Irvin & Evelyn
Collins, Lizell
DuMaine, William
Fowler, Queen
Goodlow, Elizabeth
Jackson, Margaret
Johnson, Deacon Les
Joiner, Ruby
Jones, Mother Julia
Kulhman, Ann
McCoy, Carolyn
Riley, Jerry
Rinderer, Barbara
Ringo, Maggie
Roberts, Juanita
Robinson, Vernita
Stevenson, Mary
Turner, Thelma

YOUTH CORNER

CALLING ALL PARENTS:



First Reconciliation and First Eucharist classes will begin on January 30, 2010

Children must be 7 years old and in the 2nd grade. They must attend Catholic School or be enrolled in a PSA (Parish Sponsored Religion) program or our Religious Education Program. Please contact—Donna Lane @ 314-533-0304.

ATTENTION USHERS AND SECURITY

Ushers and Security are needed for Ash Wednesday Services on February 17. There will be a noon Mass and a 7 p.m. Mass. Ushers, if you are able to serve, please sign the usher sign-up sheet located on the usher table. Security, if you are able to serve, please contact security leader Herb Parran.

Community Women Against Hardship invites you to participate in their celebration of Jazz in Black History month, Sunday, February 21, 2010 at Jazz at the Bistro. The brunch begins at 2 pm, and the concert starts at 3 pm with the Jerome "Scrooge" Harris trio—Jerome on drums, Jeff Anderson on bass and featuring from Kansas City, MO, Hall of Famer, Luqman Hamza on piano and vocals along with St. Louis Favorites Anita Jackson and Willie Aikins on saxophone. Call CWAH at 314-289-7523 for more information or visit their website at www.cwah.org. Proceeds benefit the CWAH Family Support Center.

LITURGY NOTES

"IN GOD WE TRUST"

"Blessed is the man who trusts in the Lord, whose hope is the Lord. He is like a tree planted beside the waters." —Jeremiah 17:7-8

Happiness is not trusting in human beings, even in ourselves, but trusting in the Lord (Jer 17:5, 7). Trusting in the Lord is not just a state of mind but is expressed in very practical decisions. For example, trusting in the Lord can mean choosing poverty, persecution (Lk 6:20, 22), and a radically different lifestyle of simplicity and self-sacrifice rather than of pleasure-seeking and selfishness.

Trusting in the Lord is the only reasonable thing to do but is beyond human reason. We are commanded in God's word: "Trust in the Lord with all your heart, on your own intelligence rely not; in all your ways be mindful of Him" (Prv 3:5-6). Trusting in the Lord means trusting in the Lord alone and trusting in Him at all times (Ps 62:6-9). If we don't trust Him always, we don't trust Him as He wants to be trusted.

Trusting in the Lord is a way of life or it is nothing. Jesus said: "Fear is useless; what is needed is trust" (Lk 8:50). "Commit to the Lord your way; trust in Him, and He will act. He will make justice dawn for you like the light; bright as the noonday shall be your vindication" (Ps 37:5-7).

Prayer: Jesus, I put my trust in You.

Promise: "Christ is now raised from the dead, the first fruits of those who have fallen asleep." — 1 Cor 15:20

Praise: Praise Jesus, Who trusted in God the Father through His crucifixion to His resurrection. Alleluia!

(2010) *One Bread, One Body Winter into Lent*. Volume 26, No. 2. Presentation Ministries, Inc. Cincinnati, OH Retrieved from website: <http://www.presentationministries.com/obob/obob.asp?d=2/7/2010>

SAINT OF THE WEEK...

St. Valentine
 Feast Day: February 14th

The origin of St. Valentine, remains a mystery. One opinion is that he was a Roman martyred for refusing to give up his Christian faith. Other historians hold that St. Valentine was a temple priest jailed for defiance during the reign of Claudius. In 496 AD Pope Gelasius marked February 14th as a celebration in honor of his martyrdom.

The first representation of Saint Valentine appeared in 1493. Alongside a woodcut portrait of him, text states that Valentinus was a Roman priest martyred during the reign of Claudius the Goth. Since he was caught marrying Christian couples and aiding any Christians who were being persecuted under Emperor Claudius in Rome, Valentinus was arrested and imprisoned. Claudius took a liking to this prisoner -- until Valentinus tried to convert the Emperor -- whereupon the priest was condemned to death. He was beaten with clubs and stoned; when that didn't do it, he was beheaded. One legend says, while awaiting his execution, Valentinus restored the sight of his jailer's blind daughter. Another legend says, on the eve of his death, he penned a farewell note to the jailer's daughter, signing it, "From your Valentine." St. Valentine was a priest, martyred in 269. He is the Patron Saint of affianced couples, bee keepers, engaged couples, epilepsy, fainting, greetings, happy marriages, love, lovers, plague, travelers, young people. He is represented in pictures with birds and roses.

ANNOUNCEMENTS...

Any **Catholic** family wishing to apply for tuition assistance through the Archdiocese for the 2010-2011 school year must obtain a "FACTS" application from the church office. Students must attend a Parochial Elementary School or an Archdiocesan, Regional or Parochial High School to be eligible. The due date for the application is **April 1, 2010** and **must** include a copy of your **2009** Income Tax Return.

Grants for the 2010-2011 school year are made possible through the generosity of the Annual Catholic Appeal. The Catholic Education Office appreciates the support of the ACA and all of its donors.



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Ladies! We are invited to show our support of the first Annual

Women of Faith Conference

on Saturday, February 20, 2010. It will be held at the America's Center downtown St. Louis. The doors will open at 7 a.m. and the conference will begin at 7:30 a.m. and end after Mass at 5:30 p.m. Registration fee: \$40 per attendee until February 10th. After February 10th it will be \$45. More specific details can be obtained at: www.catholicwomenforchrist.org

AFRICAN AMERICAN HERITAGE

LITERATURE



W.E.B. Du Bois

W.E.B. Du Bois was a 20th century leader in history, sociology and political science. He was also a great leader in fighting racial discrimination. One of the founders of the NAACP, and an editor for the organizations "Crisis Magazine," Du Bois was an intellect who stood above his contemporaries. He died in August of 1963, leaving behind more than 2,000 documents credited to his name, including poetry, plays, books and articles. His love of learning still inspires young African Americans dedicated to teaching.

MARCH 6

The Dred Scott Decision-1857

MARCH 13

The Confederate Army allowed slaves to be soldiers-1865

MARCH 22

Civil Rights March from Selma to Montgomery-1965

MARCH 29

Napoleon abolished slave trade-1815

MARCH 30

Augusta Institute, later Morehouse College, opened in Atlanta-1867

Financial Corner...

Offerings and Tithes

FEBRUARY 2010	
Date	Amount
7	\$10,012.32
14	\$
21	\$
28	\$
Total	\$ 10,012.32
Wkly Avg.	\$ 10,012.32

BRICKS SOLD	
GOAL	1000
SOLD	168
REMAINING	832

We have to sell 400 bricks before we can start the MOPH Garden

Amount needed each week to meet budget: \$12,000

STEWARDSHIP PRAYER

That we may open our hearts to the poor and lovingly share our blessings with all of God's children.

"Woe to you who are rich, for you have received your consolation."
- Luke 6:24

Jesus' words to the crowd can seem harsh to all of us who enjoy the many blessings of living in one of the richest countries of the world. Yet, in reality the sin is not in being rich. The sin is in failing to share our blessings. When was the last time you looked at your income and determined what percentage you were giving to those who has less than you? Remember the Bible teaches us to give 10%. How close are you to that level of giving?

Thank you for your support of the *Faith for the Future* campaign. The campaign is officially closed.

Our total pledged as of February 1, 2010 was
\$16,507.00

Fr. Matthew & Benk
C.S.S.R.

FASTING

In 1966 Pope Paul VI reorganized the Church's practice of public penance in his "Apostolic Constitution on Penance" (Poenitemini). The 1983 revision of the Code of Canon Law incorporated the changes made by Pope Paul. Not long after that, the U.S. bishops applied the canonical requirements to the practice of public penance in our country.

To sum up those requirements, Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening- depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Please note:

ASH WEDNESDAY MASSES ARE SCHEDULED FOR 12 NOON AND 7 P.M.



PARISH INFORMATION

PASTORAL TEAM

Rev. Matthew S. Bonk, C.Ss.R., Pastor
 Rev. Thé Joseph Phạm, C.Ss.R., Assoc. Pastor
 Joyce Jones, Business Manager
 Donna L. Lane
 (Dir. of Religious Education/Youth Ministry)
 Wilhelmina Hardin, Dir. of M.A.T.
 Social Min.

PASTORAL STAFF

Roberta George, Secretary

SUPPORT STAFF

Bro. Terry Burke, C.Ss.R., Manager
 Terrance Gipson, Maintenance

PARISH COUNCIL

Chair: Angela Mullen
 Vice Chair: Michael Page
 Secretary: Rosalind Hood
 Assist. Secretary: Alice Cummings
 Member-at-Large I: Eugene Wallace
 Finance Liaison: Jeffrey McDonald
 Lois Scott
 Brenda Moore-Jones
 Christine Bluett
 Garnetta Thames
 Jerilyn M. Bell



COMMISSIONS & CHAIRS

Christian Formation—TBD
 Christian Service - TBD
 Family Life Comm. - TBD
 Finance & Adm. - John Wright
 Liturgy - Richard Buckley
 Social Life - Hilliard Phillips

REDEMPTORISTS IN

RESIDENCE

Rev. Kyle Fisher, C.Ss.R.
 Rev. Dave Polek, C.Ss.R.
 Deacon Rick Fischer, C.Ss.R.

MUSIC MINISTRY

8: 15—Malcolm Speed
 11:00—Danny Dumaine

Athletic Office: 314 533-0304

Ext. 1002

Teen Ministry: 314 533-0304

Ext. 1002

Church Etiquette

Before entering Church:

- Please turn all cell phones , electronic toys and pagers off
- Please, no eating or chewing gum in church
- Please do not stand in the aisles around the walls
- Please refrain from moving during the consecration
- Please do not litter the church, church yard, parking lot or the street

OFFICE CLOSING

February 15, Presidents Day

During inclement weather, if the St. Louis Public Schools are closed, the office will be closed.

COMMUNITY HELP

M.A.T. Social Ministry Center
 (Emergency Aid) (314) 531-1040

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

Birthingright (Crisis pregnancy) 314-962-5300 and
 Abortion Recovery Help: 877-HOPE-4-ME.

CHRISTIAN FORMATION

Religious Ed.: 314- 533-0304 Ext. 1311

Children's Bible Class
 every Sunday: 10:30 - 11:45 am.

Central Catholic/St. Nicholas
 School - (314) 231-6254

Baptismal Preparation (314) 533-0304
 (ask for Donna Lane)

St. Charles Lwanga Center
 (314) 367-7929

ATTENTION

If your telephone number or address has changed since January 2008, please contact the office at 533-0304. 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 Tuesday's. Please fax items to 314 533-4260 or e-mail to parish130@archstl.org

STANDING IN THE NEED OF PRAYER????

St. Alphonsus Rock has prayer ministry after each Mass every Sunday.

Go to the choir area after Mass, and there will be members there to pray with you and for you. Feel a heavy burden? Need a healing? Have a thankful heart? Worried?