

THE PASTOR'S REFLECTIONS...

Remembering where we came from

I greet and welcome you to another Sunday of worship and praise, church family and our visitors. This is the First Sunday in the holy season of Lent. We were marked by ashes last Wednesday, and we continue our journey of conversion and repentance. This holy season is our time to focus our lives on spiritual growth and holiness. I hope that your Lent has already begun with anticipation for real revival and spiritual renewal. It is our time for holy preparation for the Victory of Easter and His Resurrection!

In our first reading, from Deuteronomy, Moses reminds us to give thanks for what the Lord has brought us through. The people are asked to bring thanksgiving offerings to God, and to proclaim the works of God that set them free. The first part of the declaration is to remind the people of Abraham and the life of slavery in Egypt. The second part is a celebration of the goodness that God shows the people in the Promised Land. It is a very simple ritual, but it is rich with meaning and power.

It is a good thing to remember our testimony. We give the Lord glory when we recall the miracles that He has worked in our lives. If we remember where we came from, it is easier to deal with our problems now. Sometimes our problems can seem so big, until we remember that Jesus has brought us through much worse situations. If the people remember their slavery, then they will be grateful as free-men, even if times get tough. It is easy to be grateful when we realize how much worse it could be.

Memories can do so much good, but they can also be a burden. Sometimes we carry old grudges so long that they become a chain around our necks.



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

Thoughts of vengeance and “payback” can trap some people into living in the past. Also, the “glory days” of the past can also keep people from moving forward. I knew a man that was a star football player in high school, but he never really was very successful in the rest of his life. I found that he often spoke of the “good ol’ days”, but spent very little time looking forward figuring out how he could be great to-day. The past can be a wonderful testimony, but we must never get stuck in the past. We have to live in the now and look forward.

The Lord called the people to be “people of memory”. He wanted them to recall the victories of the past, so that they could have hope for the future. He wanted them to share their testimonies, so that others could know and serve the Living God. He wanted them to be grateful, because the past was so full of suffering. The Lord wants us to see that He has brought us out of darkness into light; we were lost, but now we are found.

As we begin our Lenten journey, it is sometimes easy to start thinking of the things we have to give up. The suffering of Lent should never lead us to feel sorry for ourselves. The purpose of our penance is to deepen our relationship with the Risen Christ. It should be a joy for us to grow in our spiritual lives, even if there are growing pains. We look forward with great anticipation that our Lent will lead us to a better Easter. If we die with Him, then we will rise with Him. God has brought us so far by faith. Thank you Jesus for where you brought me from, and even more for where this journey will end!!

Fr. Matthew S. Bonk
C. S. 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:
(M.W. Th & F.) 5:30 p.m.
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

**Weekly
Readings...**



February 21 - February 28, 2010

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

Monday:
1 Pt 5:1-4 Ps 23:1-3a,4-6 Mt 16:13-19

Tuesday:
Is 55:10-11 Ps 34:4-7,16-19 Mt 6:7-15

Wednesday:
Jon 3:1-10 Ps 51:3-4,12-13,18-19
Lk 11:29-32

Thursday:
Est C:12,14-16,23-25 Ps 138:1-3,7c-8
Mt 7:7-12

Friday:
Ez 18:21-28 Ps 130:1-8 Mt 5:20-26

Saturday:
Dt 26:16-19 Ps 119:1-2,4-5,7-8
Mt 5:43-48

Sunday:
Gn 15:5-12,17-18 Ps 27:1,7-9,13-14
Phil 3:17-4:1 Lk 9:28b-36

SCHEDULE OF LITURGICAL MINISTRIES

SUNDAY, FEBRUARY 21st

ALTAR SERVERS

8:15 Tony Conte
Robert Caldwell

ALTER SERVERS

11:00 Daedra Wallace
Desiree Wallace

PASTORAL AIDES

8:15 Mark Kamp

PASTORAL AIDES

11:00 David Wallace

EUCCHARISTIC MIN.

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

EUCCHARISTIC MIN.

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

Host: Pat Quain
Host: Melba Smith

Host: Donna Lane
Host: Blondell Lucas
Host: Mary Middleton
Host: Pat Pou
Host: Nikki Taylor
Host: Angela Thames
Host: Edna Whitfield

ELDERS

8:15 Ruth Jones
11:00 Willie Goss

USHERS - Group 3

8:15 Beverly Thompson
11:00 Faye Combs

LECTORS /COMMENTATOR

8:15 Elizabeth Boykin-Moore
Jason Thompson
11:00 Bobby Cox
Richard Lane

SUNDAY, FEBRUARY 28st

ALTAR SERVERS

8:15 Anastasia Wright
John Wright

ALTAR SERVERS

11:00 Sidne Williams
Desiree Wallace

PASTORAL AIDES

8:15 Tony Conte

PASTORAL AIDES

11:00: Sandra Branch

EUCCHARISTIC MIN.

8:15 Johnny Taylor
Norman Williams
Andrew Atherton
Ann Conte
Michael Ellermann
Maudelle Fite

EUCCHARISTIC MIN

11:00 Dorothy Brack
Pearlina Harris
Richard Lane
Pamela Leong
Blondell Lucas
Karen Madison
Mary Middleton
Pat Pou

Host: Jacquie Crawford
Host: Martha Darris

Host: Henrene Brown
Host: Richard Buckley
Host: Joy Camp
Host: Cynthia Clayton

ELDERS

8:15: Ernest Nashville
11:00: Ann Ortweith

LECTORS /COMMENTATOR

8:15 Mike Ellermann
Yvonne Ward

USHERS - Group 4

8:15 Carol Henderson-Powell
11:00 Lisa McClendon

11:00 Deborah Grant
Sharon Cooney-Smith

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.

SICKNESS 02/17/10

Barry, Jack*
Crider, Joanne*
Gregory, Georgette

SICKNESS

Anderson, 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*
Rensberg, Corey Sgt.*
Worth, Shirley*
Zikovic, Katrina*

SHUT-IN

Anderson, 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

INTENTIONS 02/10/10

Buckley Darrell*
Farrahn, Wendy & Family
Moore, Carolyn
Moore, Donald
Pickett, Gerald & Family
Wilson, Earl*

INTENTIONS 02/17/10

Conrad-Woolen, Joseph
Foster, Ossie
Kemp, Joanne*
Scott, Devon

INTENTIONS

Alexandre, 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*



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.

Community Women Against Hardship invites you to participate in their celebration of Jazz in Black History month, today, February 21st 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.

“A Question of Faith”

If you have questions regarding your faith you would like answered, please submit them to the office in a sealed envelope. You can mail them in or place them in the multi-purpose lock box located on the usher table. Questions and answers will periodically appear in our bulletin.

LITURGY NOTES

Lent at Home

Lent means spring. This is a season for a new awakening. It means cleaning out the dust and grime of a long, dark winter. It means the melting of ice and snow and the first, cautious appearance of things sprouting. So it is also in our hearts during this season. Our spirit is invited to a thorough spring house-cleaning. We are given the rags and dust mops and brooms of that spiritual refreshment in the tools called prayer, fasting, and almsgiving. We pray for the good of our souls. We fast for the good of our bodies. We give alms for the good of our sisters and brothers. Notice that these tools are always “for the *good of*” something.

Sloppy habits in our prayer life leave us feeling out of kilter with God in our deepest selves—disconnected and at odds. Get yourself a different translation of the Book of Psalms and wake up your inner ear to a bright, sparkling sound that rattles out a dull language of habit and routine. Memorize your favorite psalm in this new translation and allow it to take root in your soul.

Fast for the good of your body. That may mean eating with awareness and appreciation rather than nibbling and grazing all day long. It may mean eating meals as a shared experience with family and/or friends. It may mean changing your unhealthy eating habits by changing your diet. It may mean doing without some compulsion you harbor or without a food you take for granted, so that your body feels a difference and appreciates again, in the days of Easter, that which it missed during Lent. And all the cuts of meat you did without, the desserts, the beers, the movies, the sweets, the cigarettes—these can be graphically translated into alms for those who are hungry and would love a bowl of rice, a thick soup, a needed medicine. Fasting wakes up the mind and sharpens our awareness of others and more readily fixes our attention beyond what is merely selfish.



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SAINT OF THE WEEK...

St. Peter
Feast Day February 22

Simon Peter or Cephas, the first pope, Prince of the Apostles, and founder, with St. Paul, of the see of Rome.

Peter worked as a fisherman. [Christ](#) called Peter to become a disciple. [Jesus](#) also gave Simon a new name: Cephas, or the rock. Peter was always listed as the first of the [Apostles](#) in all of the [New Testament](#) accounts. He is recorded more than any other disciple. In the [time](#) immediately after the Ascension, Peter stood as the unquestionable head of the Apostles, his position made evident in the Acts. At the Council of [Jerusalem](#) he gave his support to preaching to Gentiles, thereby permitting the new Church to become universal. Imprisoned by King [Herod](#) Agrippa, he was aided in an escape by an angel. He then resumed his apostolate in [Jerusalem](#) and his missionary efforts included travels to such cities of the [pagan](#) world as Antioch, Corinth, and eventually Rome. According to rich tradition, Peter was crucified on the Vatican Hill upside down because he declared himself unworthy to die in the same manner as the Lord. He was then buried on Vatican Hill, and excavations under St. Peter's [Basilica](#) have unearthed his probable tomb, and his [relics](#) are now enshrined under the [high altar](#) of St. Peter's. From the earliest days of the Church, Peter was recognized as the first Supreme Pontiff; his see, Rome, has thus enjoyed the position of [primacy](#) over the entire [Catholic](#) Church. Peter's chief [feast day](#) is June 29, but he is also honored on February 22 and November 18.

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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The Lwanga Center will host its 27th Annual Awards Testimonial Dinner on Sunday, March 21, 2010. It will be held at the St. Louis Airport Marriott Hotel. Silent Auction opens at 2:30 p.m. Program begins at 4 p.m. in the main Ballroom. This year's theme is *"On the Way of Duty I walk, Along the Path of Justice."*

Congratulations to:
 Monica Huddleston our adult honoree and Anthony Conte our youth honoree.

Special Honorees:

Fr. Rich Creason, Pastor, Most Holy Trinity Parish will be honored with the Fr. Ed. Feuerbacher Lifetime Achievement Award

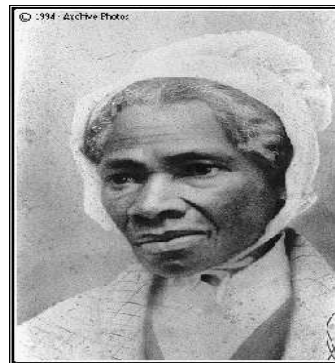
Sr. Pat Bober, CSJ Sts T & B Parish Youth Ministry, Trailblazer

Mrs. Carrie Brown, St. Elizabeth, Mother of John the Baptist Church, Trailblazer

Mr. Eric Clark, Principal, Loyola Academy, Trailblazer

AFRICAN AMERICAN HERITAGE

African American Women



Sojourner Truth

Sojourner Truth was born as Isabella, and changed her name in 1843 when she felt "reborn" to speak out against slavery and for women's suffrage. She was an intelligent, dramatic speaker who had once run away to her own freedom. Living up to her name, she traveled from state to state speaking to thousands of people, both African American and white. A deeply religious person, she felt she was a "Pilgrim of God" whose mission was to free blacks from slavery. Her strong, daring personality helped her to lead the way for women's rights.

APRIL 1

Charles Drew, developer of blood plasma, died 1950

APRIL 7

Frank Robinson named Cleveland Indians manager-1975

APRIL 9

Congress overrode presidential veto of Civil Rights Bill-1866

APRIL 20

Fisk University opened its doors-1866

APRIL 24

First African American student attended University of North Carolina-1950

Financial Corner...

Offerings and Tithes

FEBRUARY 2010	
Date	Amount
7	\$10,012.32
14	\$ 6,278.99
21	\$
28	\$
Total	\$ 16,291.31
Wkly Avg.	\$ 8,145.66

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 joyfully bring our first fruits to the Lord, sharing our time, talent and treasure out of gratitude for all the blessing

"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." - Deuteronomy 26:10

This simple line from the Old Testament presents us with two challenges. First, do we bring God our first fruits—the best that we have to offer? Second, do we remember that everything we have has been given to us by God? We brought nothing into this world and we can take nothing from it. So why not share what we have while we are here?

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.

electronic  offertory

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www.stalphonsusrock.org

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

April 2nd, Good Friday

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?