

## THE PASTOR'S REFLECTIONS...

### Actions speak louder than words

Today we thank God for the wonderful gift of the Eucharist. This is the Solemnity of the Most Holy Body and Blood of Christ (also known as Corpus Christi.) What a wonderful blessing we have as we gather to praise and worship God; we also are able to receive His most sacred Body and Blood in the Blessed Sacrament. It is an amazing love that causes our God to become the very food we eat and drink. It is the perfect time to ask ourselves what we believe and how we act toward the Eucharist.

The Eucharist is such a powerful part of our lives. We find this act of worship and union to be nourishment for our souls and a sign of our love for Jesus. It is important that we know what we are doing and that we act accordingly. Let us first consider the heart of our faith, and then our response to that faith.

As Catholics, we believe that the Body and Blood of Jesus are actually present when we receive the Eucharist. It is NOT simply a symbol of Jesus, or a "spiritual Presence" of God the way He is present everywhere. The Eucharist is the Body and Blood of Jesus in the form of bread and wine. While it may taste, smell, and feel like bread and wine, it is truly His Body and Blood we consume. The Lord is not only spiritually present for us; He is offering the substance of His Body and Blood to the Father as a sacrifice, and to us as our opportunity to be One with Him. This is the reason we cannot throw away the consecrated bread and wine left over after the Mass, because it has been forever transformed into His Body and Blood.

So how will we act if we believe that all this is true? We have to let our actions show that we believe what we profess. If you look on page 3 of our bulletin, you will find an interesting article that I saw in a Catholic liturgical magazine. It is

called "Getting the Least". It tells us the 20 ways that we can "get the least out of going to Mass". I thought that it was quite interesting that many of the things we struggle with are true for worshippers in many places. I would challenge each of us to go through the list and see how many items apply to us. It may help some to understand why they may not be getting everything that they can out of Sunday worship.

There is an old saying, "Actions speak louder than words." The Bible also teaches us that, "faith without works is dead." If we really believe that the Eucharist is the Body and Blood of Jesus, we will act in a way that shows our faith to be true. If Jesus just showed up one day and walked into our church, would we pay attention to Him? If the Lord appeared in a vision and hovered over the altar, would He have our attention? If we really believe that the Eucharist is Jesus, doesn't that mean that we should focus on Him during the Mass and give Him our full attention?

It is easy to take good things for granted when we don't have to work for them. The Lord offers us the Blessed Sacrament as a gift. That is a great blessing, but also a temptation to take Him for granted. If the Eucharist is really Jesus, and Jesus is the center of our lives, shouldn't the Mass be the greatest time of our day? I hope that it truly is for us all!

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



*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...



June 06, 2010 - June 13, 2010

### Sunday:

Gn 14:18-20 Ps 110:1-4  
1 Cor 11:23-26 Lk 9:11b-17

### Monday:

1 Kgs 17:1-6 Ps 121:1b-8 Mt 5:1-12

### Tuesday:

1 Kgs 17:7-16 Ps 4:2-5,7b-8  
Mt 5:13-16

### Wednesday:

1 Kgs 18:20-39 Ps 16:1-2ab,4-5ab,8,11  
Mt 5:17-19

### Thursday:

1 Kgs 18:41-46 Ps 65:10-13  
Mt 5:20-26

### Friday:

Ez 34:11-16 Ps 23:1-6 Rom 5:5b-11  
Lk 15:3-7

### Saturday:

1 Kgs 19:19-21 Ps 16:1b-2a,5,7-10  
Lk 2:41-51 Is 61:9-11

### Sunday:

2 Sm 12:7-10,13 Ps 32:1-2,5,7,11  
Gal 2:16,19-21 Lk 7:36-8:3

## SCHEDULE OF LITURGICAL MINISTRIES

## PRAYER CORNER

SUNDAY, JUNE 6<sup>th</sup>ALTAR SERVERS

8:15 Tony Conte  
Robert Caldwell

PASTORAL AIDES

8:15 Mark Kamp

EUCCHARISTIC MIN.

8:15 Jean Latham  
Jean Nashville  
Brenda Moore  
Angela Mullen  
Pat Quain  
Melba Smith

Host: Linda Kamp

Host: Helene LaBerta

ELDERS

8:15: Andrew Atherton  
11:00: Edna Whitfield

INCENSE BEARER

8:15 Linda Crymes  
11:00 Kristin Parran

USHERS - Group 2

8:15 Linda Kamp  
11:00 Lisa Bowie-Perry

SUNDAY, JUNE 13<sup>th</sup>ALTAR SERVERS

8:15 Anastasia Wright  
John Wright

PASTORAL AIDES

8:15 Robert Caldwell

EUCCHARISTIC MIN.

8:15 Johnny Taylor  
Ann Conte  
Jacquie Crawford  
Martha Darris  
Michael Ellermann  
Maudelle Fite

Host: Norman Williams

Host: Andrew Atherton

ELDERS

8:15 Nina Hughes  
11:00 Anita Banks

INCENSE BEARERS

8:15 Jocelyn Woodson-Reed  
11:00 Janis McSpadden

USHERS

8:15 Youth  
11:00 Youth

ALTAR SERVERS

11:00 Combs, Temani  
Pou, Emma  
Pou, Jessica

PASTORAL AIDES

11:00: Derrion George

EUCCHARISTIC MIN

11:00 Blondell Lucas  
Karen Madison  
Mary Middleton  
Pat Pou  
Nikki Taylor  
Jean Anthony  
Dorothy Brack  
Henrene Brown

Host: Barbara Richter

Host: Angela Thames

Host: Edna Whitfield

Host: Anita Banks

LECTORS /COMMENTATOR

8:15 Angela Mullen  
Jacquie Crawford  
11:00 John Whitfield  
Richard Buckley

ALTER SERVERS

11:00 Caleb Camp  
David Camp

PASTORAL AIDES

11:00 Alexis Hicks

EUCCHARISTIC MIN.

11:00 Sharon Cooney-Smith  
Deborah Grant  
Pamela Leong  
Karen Madison  
Mary Middleton  
Jean Anthony  
Anita Banks  
Dorothy Brack

Host: Blondell Lucas

Host: Pat Pou

Host: Nikki Taylor

Host: Edna Whitfield

LECTORS /COMMENTATOR

8:15 Shira Truitt  
Carol Henderson-Powell  
11:00 Patricia Bowens  
Bonita Cornute

***“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.— 4:00 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 05/26/10

Fisher, Bill\*  
Gant, Lucille  
Patin, Larry\*  
Williams, Martey

INTENTIONS 06/02/10

Jackson, Eulalia\*  
Ortwerth, Maria\*

INTENTIONS 05/26/10

George, Roberta\*  
McDaniels, James

HOSPITAL 05/26/10

Holt, Christine\*  
Turner, Thelma

INTENTIONS

Alexandre, Rosemary S.\*  
Allen-Smith, Queen\*  
Bell, Gilbert\*  
Brown, Eric\*  
Buckley, Darrell\*  
Cloyd Jr., Harvey Carroll\*  
Collins, Amy\*  
George, Roberta\*  
Latham, Darby Lashar\*  
Davis, Denise\*  
Glenn, Lesley\*  
Glenn, Rae\*  
Grant, Bernice\*  
Hatchett, Ann\*  
Howard, Yvonne\*  
Hughes, Goyia\*  
Hughes, Irene\*  
Jones, Harriett\*  
Kemp, Joanne\*  
King, Michael\*  
Latham, Darrian\*  
Martin, Linda\*  
McGinnis, Kathy  
Mitchell-Robinson, Geri\*

INTENTIONS CON

Mosby, Marvin\*  
Norflect (Rhodes), Marsha  
& Family\*  
Parran, Lauren\*  
Perkins, Ivory J.\*  
Raiford, Cheryl TSgt\*  
Smith, Queen\*  
Smith, Amos  
Vaughn, Harvey\*  
Weekly, Ollie & Family\*

SICKNESS

Anderson, Daryl\*  
Barry, Jack\*  
Coleman, Ken\*  
Crider, Joanne\*  
Crowley, Tammy\*  
Davenport, Jean\*  
Ervin, Keith\*  
Fitzsimmons, Karen\*  
George, Betty\*  
Hatten, Pam\*  
Hardin, Wilhelmina\*  
Howard, Yvonne\*  
Hudson, Edward\*  
Jackson, Eulalia\*  
Jones, Harriett\*  
Locke, Wilma\*  
Luster, Juanita\*  
McCoy, Steven\*  
McSpadden, Phillip\*  
Perkins, Belinda\*  
Perkins, Charles Sr.\*  
Rankins, Gloria\*  
Reedy, Judith\*  
Reedy, Sidney\*  
Reichert, Mary Ellen SR\*  
Reichert, Matthew\*  
Reimberg, Corey Sgt.\*  
Scott, Mauri\*  
Thomas, Webster\*  
Vardiman, Katie\*  
Wallace, Eugene\*  
Washington, Yvette\*  
Weekly, Willie\*

Williams, Ethel\*  
Wilson, Earl\*  
Worth, Shirley\*  
Zacher, Clarence\*  
Zikovic, Katrina\*

SHUT-IN

Anderson, Hortense  
Buckley, June  
Camp, Cynthia  
Carson, Donetta  
Chopin, Dave & Ann  
Clay, Irvin & Evelyn  
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  
Turner, Thelma

HOSPITAL

Albright, Winston\*  
Crenshaw, Roscoe\*  
Gales, Mary Ann\*  
Rodgers, Pearl



## LITURGY NOTES

## GETTING THE LEAST

Paul Turner

If you'd like to get the least out of going to Mass on Sundays, here are some strategies you can try:

- ✦ Eat a large meal just before going to church.
- ✦ Arrive for Mass late.
- ✦ Sit in the back of the church.
- ✦ Read the bulletin during the service.
- ✦ Don't sing any songs.
- ✦ Don't make the responses.
- ✦ Keep your cell phone turned on and handy to hear your ring tones and send texts.
- ✦ Chew gum.
- ✦ Mentally criticize the appearances of people you see.
- ✦ Be angry about something. It really doesn't matter what.
- ✦ Think constantly about where you are going when Mass is over.
- ✦ Whenever there is time for silent prayer, look at your watch.
- ✦ Let your mind wander throughout the service, but especially during the readings, the homily, and the Eucharistic prayer.
- ✦ Never offer to assist as a greeter, usher, lector, communion minister, server, or cantor.
- ✦ Don't contribute to the collection, or if you do, use coins.
- ✦ Avoid eye contact during sign of peace.
- ✦ Never drink the Blood of Christ at communion.
- ✦ Leave Mass early. After you receive communion, head for the door. Do not return to your seat. You may want to put your keys in one hand while you receive communion with the other.
- ✦ Drive away as quickly as possible. If others who are trying to get the least are in your way, honk the horn at them.
- ✦ Don't pray at home during the following week, unless an emergency comes up.

This bulletin insert originally appeared in *Ministry & Liturgy*, a pastoral planning resource used by the worship leaders in your parish as an aid for better liturgy. Copyright © 2010 Resource Publications, 160 E. Virginia St. #290, San Jose, CA 95112, (408) 286-8505. Paul Turner, pastor of St. Munchin Parish in Cameron, MO., holds a doctorate in sacramental theology from Sant' Anselmo University in Rome. Clip art by Kathi Scarpace.

## LIFE-CHANGING

**"The Lord Jesus on the night in which He was betrayed took bread, and after He had given thanks, broke it and said, 'This is My body, which is for you.' "** —1 Corinthians 11:23-24

On this solemn feast day of the Body and Blood of Christ, we rejoice that Jesus did and does change bread into His body and wine into His blood (1 Cor 11:24-25). At the Eucharist, Jesus takes our insignificant lives and multiplies them to change the world, as He multiplied the loaves and fish to feed the masses (Lk 9:16-17). At Mass, bread, wine, our lives, and our world are changed. Everything can be changed because after the Last Supper Jesus changed hate into love, sin into salvation, and death into life by His death and resurrection.

Because of Jesus' broken body and shed blood on Calvary, all can have their human nature changed and thereby conquer sin, slavery, self, Satan, and death. The Eucharist is the constant sign that Jesus has changed life. He remains present to love us into accepting Him by faith and accepting a life changed by Him.



(2010) *One Bread, One Body Winter into Lent*. Volume 26, No. 4.

Presentation Ministries, Inc. Cincinnati, OH Retrieved from website: <http://www.presentationministries.com/obob/obob.asp?>

**SAINT OF THE WEEK...**

Feast Day: June 11<sup>th</sup>

Barnabas, a Jew of Cyprus, comes as close as anyone outside the Twelve to being a full-fledged apostle. He was closely associated with St. Paul and served as a kind of mediator between the former persecutor and the still suspicious Jewish Christians. When a Christian community developed at Antioch, Barnabas was sent as the official representative of the Church of Jerusalem. He and Paul instructed in Antioch for a year.

Later, Paul and Barnabas, now clearly seen as charismatic leaders, were sent by Antioch officials to preach to the Gentiles. After a miracle at Lystra, the people wanted to offer sacrifice to them as gods—Barnabas being Zeus, and Paul, Hermes—but the two said, “We are of the same nature as you, human beings. We proclaim to you good news that you should turn from these idols to the living God”.

But all was not peaceful. They were expelled from one town, they had to go to Jerusalem to clear up the ever-recurring controversy about circumcision and even the best of friends can have differences. When Paul wanted to revisit the places they had evangelized, Barnabas wanted to take along John Mark, his cousin, but Paul insisted that, since Mark had deserted them once, he was not fit to take along now. The disagreement that followed was so sharp that Barnabas and Paul separated, Barnabas taking Mark to Cyprus, Paul taking Silas to Syria. Later, they were reconciled—Paul, Barnabas and Mark.

When Paul stood up to Peter for not eating with Gentiles for fear of his Jewish friends, we learn that “even Barnabas was carried away by their hypocrisy”



**ANNOUNCEMENTS**

We’re excited about St. Alphonsus **Vacation Bible School** to be held June 21-25, 2010. Classes for children 1st thru 6th grade begin Monday, June 21, at 9:00 am until 3:00 pm. Class size is limited. For registration information see Ms. Reola Weaver or call Roberta George, the parish secretary at 533-0304.



**Qorban Ministries**

Richard and Donna Lane wish to thank all who came to celebrate the Pentecost Revival at St. Alphonsus “Rock” Church. A special thanks to Danny DuMaine and Voices of St. Alphonsus, Simeon Layne, Malcolm Speed and Voices of Praise, Sharon Cooney-Smith, Mike Page, Carolyn Yandell and our Liturgical Leaders in Motion. A special, special thank you to Fr. Matthew.



**North Deanery Unified Choirs**

The North Deanery Unified Choirs under the direction of Simeon Layne will hold their monthly rehearsal here at Rock Church on Saturday, June 26th. The rehearsal will start at 11am in the church. All interested people are encouraged to join the choir.



**ATTENTION:**

Lector, Commentators and Incense bearers schedules can be picked up from the ushers table.

**ANNOUNCEMENTS**

**UPCOMING PARISH EVENTS**

**JUNE 11-12**  
Youth Summit

**JUNE 21-25th**  
Conquest Vacation Bible School  
Sponsored by Catholic Charities  
9am-3pm

**JUNE 22-JULY 2**  
Olin Mills

**JUNE 26**  
North Deanery Unified  
Choir Rehearsal

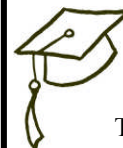
**JUNE 27<sup>th</sup>**  
Parish Gathering

**AUGUST 8**  
Jane Brown Retirement Mass 3pm

**SEPTEMBER 12**  
St. Peter Claver Day Celebration  
Archbishop Carlson, celebrant  
8:15am

**NOVEMBER 25**  
Thanksgiving Mass  
One Mass  
10am

**“ROCK” 2010 GRADUATES**



Che Andrews  
12th, Nenrix Hall

Theodore Branch, III  
Vatterott College

Martilla Davis  
12th, Cardinal Ritter

Darrion R. George  
12th, Mehlville

Deron Gipson  
Pre-School, Lexington

Harold “Tre” Hardin  
12th, Cardinal Ritter

Evan King  
5th, Drummond Elementary

Jessica Lambert  
8th, Annunziata

Victoria Lambert  
12th, McCluer Nirth

Darien Middleton  
8th, Nipher Middle School

## Financial Corner...

### Offerings and Tithes

MAY 2010	
Date	Amount
2	\$10,155.79
9	\$ 8,643.88
16	\$ 7,905.68
23	\$ 6,685.00
30	\$ 8,890.70
<b>Total</b>	<b>\$42,281.05</b>
<b>Wkly Avg.</b>	<b>\$ 8,456.21</b>

ACA REPORT	
Challenge Goal:	\$22,911
Challenge New Donor Goal:	49
Parish Progress Report May 18 <sup>th</sup>	\$25,090
New Donors:	76

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

### STEWARDSHIP PRAYER

That the abundant baskets of leftover loaves and fishes may remind us that God can work wondrous deeds when we are willing to share even our smallest gifts.

*"They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets."* LUKE 9:17

The story of the Loaves and Fishes shows us that when we share what we have - even if it doesn't seem like that much - miracles can happen. God blesses the gifts we offer and makes them wondrous.



E-Scrip card YTD	\$ 680.71
April, 2010	\$ 59.93

**Is Now Available!**  
[www.stalphonsusrock.org](http://www.stalphonsusrock.org)

electronic **offertory**

## ANNOUNCEMENTS...

### Carnival at the Rock Family Gathering

Due to the type of fun planned we will need more volunteers to help with the various events, games, prizes, etc. Our own Father Matthew volunteered for the dunking booth. Tickets go on sale soon!!

#### TASKS:

- Manning a game booth (basketball, ring toss, dunking booth)
- Manning a prize booth
- Manning ticket sales
- Servers for food
- Clean-up crew
- Set-up table and chairs
- Cover tables with plastic
- Cooks to barbeque
- Coordinator for potluck dishes
- Music

### 2010 CHURCH PICTORIAL DIRECTORY

**Sign-Up deadline is drawing to a close. Please contact Roberta, parish secretary in order to schedule an appointment if you have not done so.**

Parish Commissions we are especially looking for your participation. Again, every family who participates will receive a free 8X10 portrait and a free church pictorial directory. Olan Mills Studio will be here in the gym June 22<sup>nd</sup> - June 26<sup>th</sup>, June 29<sup>th</sup> and 30<sup>th</sup> and July 1<sup>st</sup> - July 2<sup>nd</sup>, times vary. Please call the office to schedule an appointment time. Olan Mills posters depict the dates and times of the sittings. The posters are located at the Grand and North-side entrances

## PARISH INFORMATION

### 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

### MUSIC MINISTRY

8: 15—Malcolm Speed

11:00—Danny Dumaine

### COMMUNITY HELP

M.A.T. Social Ministry Center

Wilhelmina Hardin, Dir of M.A.T.

(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

Birthright (Crisis pregnancy) 314-962-5300

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

St. Alphonsus Liguori "Rock"

Catholic Church

1118 North Grand Blvd.

St Louis, MO 63106

314-533-0304

314-533-4260 (fax)

www.stalphonsusrock.org

Rev. Matthew S. Bonk, C.Ss.R., Pastor

Rev. Thé Pham, C.Ss.R., Associate Pastor

Joyce Jones, Business Manager

Donna Lane, Dir. Religious Education

### REDEMPTORISTS IN RESIDENCE

Rev. Kyle Fisher, C.Ss.R.

Rev. Dave Polek, C.Ss.R.

Deacon Rick Fischer, C.Ss.R.

Athletic Office: 314 533-0304

Ext. 1002

Teen Ministry: 314 533-0304

Ext. 1002



OFFICE CLOSING

JULY 5, 2010

Independence Day



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

### ATTENTION

If your telephone number or address has changed, 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.

### 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? Inform one of the priests, and they can anoint you after Mass. Call and leave your hospital information at the office; a priest will visit you.*

### 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?