

THE PASTOR'S REFLECTIONS...

The Discipline of God

Greetings in our Lord Jesus Christ, beloved "Rock" family, and welcome to our guests. It is another blessed Sunday when we get to gather in worship and praise. When the week lays upon us many burdens and difficulties, we know that we can come to be refreshed and restored by our worship together on Sunday. Many of you tell me that this time of celebration together is what helps us to get through the trials that we face the rest of the time. Come to the table of the Lord and be healed and renewed!

How many of us have seen children that are out of control? Some parents let their children run wild without any discipline or consequences. Our second reading this Sunday (from the Letter to the Hebrews) tells us that to discipline a child is to show them love. A child never matures or learns responsibility if there is no discipline. When those without discipline grow older, they find that they cannot deal with the expectations of a workplace, or maybe even struggle to stay out of trouble with the police. I had a close friend in ministry that considered parents who refuse to discipline their children guilty of child abuse. The Bible tells us that to love a child is to help them to mature and be holy.

The Letter to the Hebrews tells us that God will be a loving Father to us, including the discipline that we need. The reading says, "all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness." When God reproves or corrects us, it is for our benefit. Like a good parent, our Father in heaven rewards us when we are close to Him, and punishes us when we are disobedient. As His children, He longs for us to be mature and solid in our spiritual life. Sometimes that means we don't get what we want, but instead what we need. The Scriptures are trying to encourage us

to stay faithful even when it seems that the Lord is working against our plans. It may be that the Lord is disciplining us, as His own dear sons and daughters.

**From The Desk Of
Fr. Matthew**



The Lord may seem harsh or even absent at times in our lives. It can be a terrible feeling to suspect that God has left us, or is working against us. It is like a child that is trying to keep out of the bathtub, while a loving parent is putting them in. To the child it seems like mommy or daddy is mean or cruel, but we know that it is actually the parent trying to help and care for the child. Sometimes we don't understand what God is doing in our lives. It may even feel like God is not good or loving. The Scriptures try to help us to have faith, even in these "battles" with God. "For whom the Lord loves, He disciplines." It is a simple message, but a tough pill to swallow at the time.

I have had my own share of struggles with God. There are times that I feel that He is not doing what is best for me. I call out to Him for help, and there seems to be no answer. It is in these moments that we could be tempted to doubt His love for us. The Bible reminds us that sometimes His love does not feel like love. Even though His love is amazing, at times it can be puzzling. We have to take courage that if we are experiencing His correction or discipline it is indeed because He loves us. It shows that we are His children, even if it shows that we are His disobedient children. The Father's love for us is so great, He is even willing to risk us rejecting Him as He does what is best for us.

*Fr. Matthew J. Bank
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...



August 22, 2010 - August 29, 2010

Sunday:
Is 66:18-21 Ps 117:1-2
Heb 12:5-7,11-13 Lk 13:22-30

Monday:
2 Thes 1:1-5,11-12 Ps 96:1-5
Mt 23:13-22

Tuesday:
Rv 21:9b-14 Ps 145:10-13, 17-18 Jn 1:45-51

Wednesday:
2 Thes 3:6-10,16-18 Ps 128:1-2,4-5
Mt 23:27-32

Thursday:
1 Cor 1:1-9 Ps 145:2-7 Mt 24:42-51

Friday:
1 Cor 1:17-25 Ps 33:1-2,4-5,10-77 Mt 25:1-13

Saturday:
1 Cor 1:26-31 Ps 33:12-13,18-21 Mt 25:14-30

Sunday:
Sir 3:17-18,20,28-29 Ps 68:4-7,10-11 Heb 12:18-19,22-24a Lk 14:1,7-14

The Discipline of God

SCHEDULE OF LITURGICAL MINISTRIES
SUNDAY, AUGUST 22nd

ALTAR SERVERS

8:15 Tony Conte
 Robert Caldwell

PASTORAL AIDES

8:15 TBA

EUCCHARISTIC MIN.

8:15 Johnny Taylor
 Norman Williams
 Andrew Atherton
 Ann Conte
 Jacquie Crawford
 Martha Darris

Host: Pat Quain
 Host: Melba Smith

ELDERS

8:15 Ruth Jones
 11:00 Willie Goss

INCENSE BEARER

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

SUNDAY, AUGUST 29th

ALTAR SERVERS

8:15 TBA

PASTORAL AIDES

8:15 Tone Conte

EUCCHARISTIC MIN.

8:15 Michael Ellermann
 Maudelle Fite
 Jean Latham
 Jean Nashville
 Brenda Moore
 Angela Mullen

Host: Linda Kamp
 Host: Helene Laberta

ELDERS

8:15 Ernest Nashville
 11:00 Ann Ortwerth

INCENSE BEARER

8:15 Linda Crymes
 11:00 Kristin Parran

ALTAR SERVERS

11:00 Daedra Wallace
 Desiree Wallace

PASTORAL AIDES

11:00: David Wallace

EUCCHARISTIC MIN

11:00 Barbara Richter
 Jean Anthony
 Dorothy Brack
 Henrene Brown
 Richard Buckley
 Joy Camp

Host: Nikki Taylor
 Host: Angela Thames
 Host: Edna Whitfield
 Host: Anita Banks

LECTORS /COMMENTATOR

8:15 Greg Hood
 Yvonne Ward
 11:00 Patricia Bowers
 Sharon Cooney-Smith

USHERS - Group 4

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

ALTAR SERVERS

11:00 Sidne Williams
 Von Williams
 Jacqueline Bryan

PASTORAL AIDES

11:00: Sandra Branch

EUCCHARISTIC MIN

11:00 Sharon Cooney Smith
 Carla Gregory
 Richard Lane
 Blondell Lucas
 Mary Middleton
 Pat Pou

Host: Deborah Grant
 Host: Pearlina Harris
 Host: Donna Lane
 Host: Barbara Richter

LECTORS /COMMENTATOR

8:15 Anastasia Wright
 John Wright
 11:00 Sheonna Cooney
 Dorothy Butler

USHERS - Group

8:15 TBA
 11:00 TBA

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 08/11/10

DeMaggio, Shawn
 Williams, Linda

INTENTIONS 08/17/10

Foster, Ossie
 McCoy, Bernice*
 Surrissis, Michael & Family
 Wingate, Noelle *

SICKNESS 08/11/10

Davenport, Jean
 Ervin, Keith
 George, John
 Logan, Mildred
 Williams, Linda

INTENTIONS

Alexandre, Rosemary S.*
 Allen-Smith, Queen*
 Bell, Gilbert*
 Brown, Eric*
 Buckley, Darrell*
 Clay, Delores*
 Cloyd Jr., Harvey Carroll*
 Collins, Amy*
 Cunningham, Willie*
 George, Roberta*
 Latham, Darby Lashar*
 Davis, Denise*
 George, Roberta*
 Glenn, Lesley*
 Glenn, Rae*
 Grant, Bernice*
 Hatchett, Ann*
 Howard, Yvonne*
 Hughes, Goyia*
 Hughes, Irene*
 Jackson, Eulalia*
 Jones, Harriett*
 Kemp, Joanne*
 King, Michael*
 Kirksey, Dana*
 Latham, Darrin*
 Martin, Linda*
 McGinnis, Kathy
 Mosby, Marvin*

INTENTIONS CON'T

Ortwerth, Maria*
 Parran, Lauren*
 Perkins, Ivory J.*
 Raiford, Cheryl TSgt*
 Smith, Queen*
 Weekly, Ollie & Family*
 Williams, Anita

SICKNESS

Anderson, Daryl*
 Barry, Jack*
 Burke, Leon*
 Cherry, Glenda*
 Coleman, Ken*
 Crider, Joanne*
 Crowley, Tammy*
 Davenport, Jean*
 Ervin, Keith*
 Fisher, Bill*
 Fitzsimmons, Karen*
 Gardner, Charles*
 George, Betty*
 Hatten, Pam*
 Hardin, Wilhelmina*
 Howard, Yvonne*
 Hudson, Edward*
 Jackson, Eulalia*
 Locke, Wilma*
 Luster, Juanita*
 McCoy, Steven*
 McSpadden, Phillip*
 Miller, Charlotte*
 Patin, Larry*
 Perkins, Belinda*
 Perkins, Charles Sr.*
 Peuperbanugh, Gary*
 Rankins, Gloria*
 Reedy, Judith*
 Reedy, Sidney*
 Reichert, Mary Ellen SR*
 Reichert, Matthew*
 Rensberg, Corey Sgt.*
 Scott, Mauri*
 Shockley, Larry*
 Thomas, Webster*
 Vardiman, Katie*
 Wallace, Eugene*

SICKNESS CON'T

Washington, Yvette*
 Weekly, Willie*
 Williams, Ethel*
 Wilson, Earl*
 Worth, Shirley*
 Yarbrough, Peggy*
 Zacher, Clarence*
 Zikovic, Katrina*

SHUT-IN

Anderson, Hortense
 Bentley, Barbara
 Buckley, June
 Camp, Cynthia
 Carson, Donetta
 Chopin, Dave & Ann
 Clay, Irvin & Evelyn
 Cooney, Helen
 DuMaine, William
 Fowler, Queen
 Goodlow, Elizabeth
 Jackson, Margaret
 Johnson, Deacon Les
 Joiner, Ruby
 Jones, Mother Julia
 Logan, Mildred
 Kullman, Ann
 McCoy, Carolyn
 Riley, Jerry
 Rinderer, Barbara
 Ringo, Maggie
 Roberts, Juanita
 Robinson, Vernita

HOSPITAL

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



RELIGIOUS EDUCATION

Registration for 2010—2011 Religious Education Classes:

Parish Sponsored Parent Administered Religious Education Program (PSPA) Parents, as you lay the foundation in education, morality and spirituality for your child, keep in mind their religious education. The PSPA Religious Education Program is for the education of our children who do not attend Catholic schools. This program is home based, meaning the parent and child spend one on one time together with grade level materials dealing with their Catholic education. All children are expected to be involved in a PSR, Catholic school or our PSPA program on a continued basis. Religious education classes are required before Sacramental preparation. God exists in the very foundation in which we raise our children; lets learn all we can about Him. To register, please call Donna L. Lane at (314) 533-0304.

Youth Baptism Our Lord said: “Unless a man is reborn in water and the Holy Spirit, he cannot enter the Kingdom of God.” (Jn 3:5) The Church always understood these words to mean that children should not be deprived of Baptism, because they are baptized in the faith of the Church. This faith is proclaimed for them by their parents and godparents who represent both the local Church and the whole society of saints and believers. (The Rite of the Catholic Church)

Baptism Classes for children (7-10 years old) will begin on October 30, 2010. Older children (11-16 years old) will be enrolled in the Rite of Christian Initiation for Children (RCIC) beginning September 26, 2010. Please contact Donna L. Lane at (314) 533-0304 to register.

Youth Confirmation there will be **NO** Confirmation classes this year.

First Reconciliation and First Eucharist Children ages 7-10 years old **and** in the 2nd grade who are enrolled in a Religious Education program since 1st grade are eligible for the reception of these Sacraments. Classes will begin on February 12, 2011. Call Donna L. Lane at (314) 533-0304 to register.

DO YOU WANT TO BECOME A CATHOLIC?

The Rite of Christian Initiation (RCIA) is the process to assist prospective Catholics in their journey to become active members into the Roman Catholic Church. They hear the preaching of the mystery of Christ, the Holy Spirit opens their hearts, and they freely and knowingly seek the living God and enter the path of faith and conversion. The Sacraments of Christian Initiation are: *Baptism, Confirmation, and the Eucharist.* The faithful are born anew by Baptism, strengthened by the Sacrament of Confirmation, and receive the Eucharist, the food of eternal life. They thus receive in increasing measure the treasures of the divine life and advance towards the perfection of charity. To enroll in the 2010 RCIA classes, please call Donna L. Lane at 533-0304. Classes will begin September 26, 2010. Classes for Youth 11-16 years old (RCIC) who wish to become Catholic will start at the same time.

LITURGICAL MINISTRY

We offer vibrant celebrations of the Liturgy at St. Alphonsus ‘Rock’ Church, which can only happen through the participation of a wide range of gifted liturgical ministers. We welcome your participation in liturgical ministries at the Rock - in fact, we depend upon it!

To help enrich our celebrations and develop your ministry skills, we offer a variety of training workshops, mentoring and ministry development opportunities.

EUCCHARISTIC MINISTERS

Lay ministers help with the distribution of Holy Communion at Mass – Body and Blood. We need Eucharistic Ministers for the 8:15 and 11:00 Liturgy.

You must be an adult, at least 21 years old, confirmed and an active practicing Catholic and registered member of the parish to serve in this honored role. We are especially seeking young adults 21-35 to join this ministry.

PASTORAL AIDES/SERVERS

We need Pastoral Aides and Servers to assist the presider, bearing candles and the cross in the procession, setting the altar/table for Communion, and fulfilling other roles during the liturgy.

Youth who have made their 1st Holy Communion whose parents are registered members of the parish and adult males and/or females who are practicing Catholics and registered members of the parish are encouraged to sign-up for this important ministry.

USHERS/GREETERS

Ushers/Greeters welcome the congregation to the Rock, hand out the parish bulletins and worship aides, assist with the collection and presentation of the gifts and guide the congregation during the Communion procession.

We need Ushers/Greeters for both Liturgies – 8:15 and 11:00. Youth who have made their 1st Holy Communion whose parents are registered members of the parish and adult males and/or females who are practicing Catholics and registered members of the parish are encouraged to sign-up for this important ministry

For more information on how to get involved in any Liturgical Ministry and to sign-up, please contact:

Richard Buckley or Sharon Cooney-Smith, Co-Chairpersons of the Liturgy Commission.

“Mother Church earnestly desires that all the faithful should be led to that fully conscious, and active participation in liturgical celebrations which is demanded by the very nature of the liturgy. Such participation by the Christian people as “a chosen race, a royal priesthood, a holy nation, a redeemed people (1 Peter 2:9) is their right and duty by reason of their baptism.”

-Constitution on the Sacred Liturgy, #14.

SAINT OF THE WEEK...

St. Rose of Lima
Feastday: August 30
Patron of Latin America and Phillipines
b. 1586 d. 1617

Virgin, born at Lima, Peru 20 April, 1586; died there 30 August, 1617.

St. Rose of Lima is the patroness of Latin America and the Philippines. This South American Saint's real name was Isabel, but she was such a beautiful baby that she was called Rose, and that name remained. As she grew older, she became more and more beautiful, and one day, her mother put a wreath of flowers on her head to show off her loveliness to friends. But Rose had no desire to be admired, for her heart had been given to Jesus. So she put a long pin into that wreath and it pierced her so deeply, that she had a hard time getting the wreath off afterward. Another time she became afraid that her beauty might be a temptation to someone, since people could not take their eyes off her. Therefore, she rubbed her face with pepper until it was all red and blistered.

St. Rose worked hard to support her poor parents and she humbly obeyed them, except when they tried to get her to marry. That she would not do. Her love of Jesus was so great that when she talked about Him, her face glowed and her eyes sparkled.

Rose had many temptations from the devil, and there were also many times when she had to suffer a feeling of terrible loneliness and sadness, for God-seemed far away. Yet she cheerfully offered all these troubles to Him. In fact, in her last long, painful sickness, this heroic young woman use to pray: "Lord, increase my sufferings, and with them increase Your love in my heart."

Many miracles followed her death. She was beatified by Clement IX, in 1667, and canonized in 1671 by Clement X, the first American to be so honored. Her feast is celebrated 30 August. She is represented wearing a crown of roses.

ANNOUNCEMENTS

Our Lady of the Holy Cross
Parish Picnic

Sun., August 29th 11:00 a.m. to 6:30 p.m.
Hodak's Fried Chicken Dinners
Served from 11:00 a.m.—6:00 p.m.

Bingo, games, prizes,
games of chance and fun.
Music by a DJ from 3:00—5:00 p.m.
On Baden and Church Road
(one block from North Broadway)

A heartfelt thank you to all that gave generously to God's Love in Action. The total amount collected the last two Sunday's was \$3,063.30. Please pray for the poor and abandoned of Viet Nam and for me as I travel to do God's work.

Fr. Th 

August 29th will be the final day that Commission/Committee pictures will be taken. Please call your Commission/Committee chair to make arrangements.

My dear Brothers and Sister in Christ:

I would like to take this opportunity to extend to you my sincere thanks for your gracious hospitality in welcoming me into your faith community these past two months. All of you made me feel welcomed and loved as we celebrated our faith and love for our Lord Jesus these past Sundays. I would like to extend a special thanks to your pastor Fr. Matthew and your associate pastor Fr. Th  and the entire Redemptorist Community here at the Rock for making me feel so at home.

As I depart from you to continue my formation as a Redemptorist I humbly ask for your prayers as I continue my journey in my vocation of serving the poor and most abandoned. Please continue to pray for all Redemptorist, particularly my brothers who serve you here at the Rock. May they receive an abundance of grace to continue serving you with the great love I know they hold in their hearts for all of you. You are in my prayers.

Fr. Ted

ANNOUNCEMENTS

UPCOMING PARISH EVENTS

SEPTEMBER 11
Friendship Club Retreat

SEPTEMBER 12
St. Peter Claver Day Celebration
Archbishop Carlson, celebrant
8:15 a.m. Mass

SEPTEMBER 19
Sign Me Up Sunday

OCTOBER 5
VOSA Participates in
How Sweet the Sound Competition

OCTOBER 17
Ladies of Peter Claver
Fashion Show

NOVEMBER 14
Annual Card Party

NOVEMBER 25
10:00 a.m.
Thanksgiving Mass



Magnificat Women's Prayer Breakfast

Kathleen Beckman, Speaker,
Cardinal Rigali Center
Fleur de Lis Room
September 11, 2010
9-noon

Registration ends Friday, Sept. 3rd.
\$15 includes breakfast. Please call soon to reserve your place at 314 427-7786 or email janeguenther@archstl.org.

Kathleen Beckman serves on the Magnificat Central Service Team and has written several books, including "Rekindle Eucharistic Amazement", "Behold the Lamb", and most recently, "Only for Love: The Sacred Heart, Priesthood and Purity"

Financial Corner...

Offerings and Tithes

AUGUST 2010	
Date	Amount
1	\$ 10,869.77
8	\$ 7,867.71
15	\$ 7,067.71
22	\$
29	\$
Total	\$ 25,805.19
Wkly Avg.	\$ 8,601.73



**Memorial Brick Garden
Sale Campaign
COMING SOON....**

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

STEWARDSHIP PRAYER

That, like our Blessed Mother, we may say “Yes” to what God calls us to do, always remembering that God has done great things for us

“The Mighty One has done great things for me, and holy is His name.” - Luke 1:49

In Mary’s Magnificat prayer she reminds us of the very foundation for stewardship. The Lord has done great things for all of us. Every single thing we have is a gift from God. He has blessed us abundantly – in little ways and in great ways. So when we are called upon to share some of our gifts with the world we should remember the lesson of the Blessed Virgin. We should say, “Yes,” trusting that God is good and He will take care of us. He does great things for us!

E-Scrip card YTD	\$ 798.54
June 2010	\$ 61.97

ANNOUNCEMENTS...

Attention Rock Family

The *Card Party/Fall Festival* will be held at Cardinal Ritter November 14th 2010. Due to space limitations, we were unable to accommodate all of our needs at our parish hall. We hope this decision will help us expand the event by including more for the youth and young adults. We want to build on the Card Party making it a triumphant event, not only this year, but for future years. We hope you see this as a positive move and pray for a successful event. We thank you for your understanding and look forward to seeing you there.

Congratulations!!!

Voices of St. Alphonsus has advanced to the 2010 Verizon How Sweet the Sound Regional Show. This is truly an accomplishment.

VOSA says “Thanks” to everyone that voted and or prayed for their advancement.

The regional event will take place on October 5, 2010 at the Scottrade Center, downtown St. Louis. Please tell your family and friends to go out and support and celebrate with VOSA. More information will be given as it becomes available.



PARISH INFORMATION

PASTORAL STAFF

Joyce Jones, Business Manager
 Donna Lane, Dir. Religious Education
 Roberta George, Secretary

REDEMPTRISTS IN RESIDENCE

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

SUPPORT STAFF

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

Athletic Office: 314 533-0304 Ext. 1002

Teen Ministry: 314 533-0304 Ext. 1002

MUSIC MINISTRY

8: 15—Malcolm Speed

11:00—Danny Dumaine

PARISH COUNCIL

Rose Jno Baptiste	Helene Laberta
Annette House-Blake	Sharon Lyons
Christine Bluett	Michael Page
Alice Cummings	Patricia Pou
Ossie Foster	Kevin Triggs
Almetta Jordan	Reola Weaver

COMMISSIONS & CHAIRS

Christian Formation—TBD

Christian Service - TBD

Family Life Comm. - TBD

Finance & Adm. - John Wright

Liturgy - Richard Buckley

Social Life - Hilliard Phillips

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

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.



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

Rev. Matthew S. Bonk, C.Ss.R., Pastor
 Rev. Thử Phạm, C.Ss.R., Associate Pastor

Office Closing

September 6, 2010



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 informa-
 tion 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?