

THE PASTOR'S REFLECTIONS...

THE STILL SMALL VOICE

Have you noticed, beloved Rock family, how much noisier our world has gotten? We have noise around us all the time. We talk on cell phones. We have our TV's on. We may be texting or chatting online. We fill our heads with sounds, thoughts and conversations. It seems that we cannot pass time without some noise or activity in our minds. Please don't misunderstand, I am not against technology or the conveniences of our time, but I wonder if it has all made us deaf to the "tiny whispering sound" of the Lord's voice.

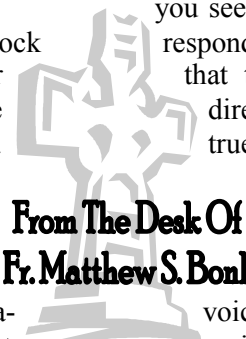
I remember a few years ago I went on an eight day silent retreat. We met with a retreat director for 30 minutes each day, and we celebrated Mass together. Otherwise we were not allowed to talk all day. I can remember how difficult the first few days were. It is not because I wanted to talk, but because I couldn't keep my mind from wandering from thought to thought. For the first three days, I just couldn't get quiet, in my head. I was worrying about various problems. I was thinking of what I was missing in the news or with my friends. I even was distracted by my frustration that I was distracted. Just when I thought that this was going to be a wasted retreat, my heart and mind began to embrace the quiet. I found myself able to pray, reflect, and wait upon the Lord. It took me three days to clear out all the clutter, but I was finally starting to focus and listen. In my retreat I finally got still and had a powerful time with the Lord.

It reminds me of the story of the monk that couldn't pray because he was distracted. His spiritual director took him out to the well. He asked him to look down into the water. "What do you see?", he asked. "I see my reflection", the monk answered. Then the director

threw a stone into the water. "What do you see now?", he asked. The monk responded, "I can't see anything now that the water is troubled." The director responded, "The same is true with your prayers. You will not see Jesus clearly until your heart and mind are still and untroubled." We will never really hear the Lord's voice until we get rid of all the noise and wait for Jesus in the quiet.

In our first reading this weekend, the prophet Elijah meets with God out in the wilderness. First there was wind, earthquake and fire, but Elijah found God not in the noise, but in the soft whispering voice. He had to quietly listen to really hear the Word of the Lord. It was not in the spectacular events or powerful manifestations that Elijah could clearly hear God, but rather in the stillness and quiet.

I think this a reminder for us that we need to turn off the noise sometimes. I love to listen to music or read the newspaper, but it does fill my head with so many thoughts. I like to chat with friends or watch a ballgame. The danger is that we don't take time to listen for the Lord's voice. We have to actually schedule time to wait on the Lord. If we want Jesus to speak to us, to give us encouragement or direction, we have to embrace the quiet. Whether it is a retreat, or just quiet time at home, we need to set aside time for real quiet so that our hearts can be still. If we want an intimate relationship with Jesus, we have to take time for soft, intimate and quiet times together. Oh, and if we really want to hear His voice, we also have to stop doing all the talking.



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

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

Mass Schedule...

SATURDAY MASS:
5:00 p.m.

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. & F.) 5:30 p.m.
Tuesdays: 7:00 & 10:30 a.m.
Thursdays: 9:00 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...



SUNDAY:
1 Kgs 19:9a,11-13a Ps 85:9-14 Rom 9:1-5
Mt 14:22-33

MONDAY:
Ez 1:2-5,24-28c Ps 148:1-2,11-14
Mt 17:22-27

TUESDAY:
Ez 2:8-3:4 Ps 119:14,24,72,103,111,131
Mt 18:1-5,10,12-14

WEDNESDAY:
Ez 9:1-7;10:18-22 Ps 113:1-6 Mt 18:15-20

THURSDAY:
Ez 12:1-12 Ps 78:56-59,61-62 Mt 18:21-19:1

FRIDAY:
Rv 11:19a;12:1-6a,10ab Ps 45:10-12,16
1 Cor 15:20-27 Lk 1:39-56

SATURDAY:
Ez 18:1-10,13b,30-32 Ps 51:12-15,18-19
Mt 19:13-15

SUNDAY:
Is 56:1,6-7 Ps 67:2-3,5-6,8 Rom 11:13-15,29-32 Mt 15:21-28

SCHEDULE OF LITURGICAL MINISTRIES

PRAYER CORNER

SUNDAY, AUGUST 10TH

ALTAR SERVERS

8:15: R. Tyler
11:00: S. Williamson
V. Williamson
K. Tyler

EUCCHARISTIC MIN.

8:15: A. Conte
J. Crawford
M. Davis
M. Dillehay
A. Ellermann
M. Ellermann
Host: A. Atherton
Host: B. Bentley

ELDERS

8:15: Melba Smith
11:00: Marvin Mosby

EUCCHARISTIC MIN.

11:00: J. Anthony
A. Banks
D. Brack
H. Brown
R. Buckley
S. Cooney-Smith

Host: N. Britts
Host: J. Camp

INCENSE BEARERS

8:15: J. Woodson-Reed
11:00: A. Jordan

LECTORS /COMMENTATOR

8:15: B. McCaleb-L
C. Henderson-Powell-C

11:00: T. Brown-L
B. Cornute-C

PASTORAL AIDES

8:15: L. Davis
11:00: R. Tyler

USHERS—Group 2

8:15: Loretta Beasley-Leader
11:00: Lillian Cooney- Leader

SUNDAY, AUGUST 17TH

ALTAR SERVERS

8:15: J. Dillehay
C. Moore
11:00: S. Cooney
M. Robinson
M. Robinson
R. Clayton

EUCCHARISTIC MIN.

11:00: D. Grant
P. Harris
Y. Kilgore
R. Lane
B. Lucas
K. Madison

Host: D. Lane
Host: P. Leong

EUCCHARISTIC MIN.

8:15: L. Kamp
H. LaBerta
S. LaBerta
J. Latham
S. Lyons
J. Nashville
Host: M. Fite
Host: L. Greer

INCENSE BEARERS

8:15: L. Crymes
11:00: J. McSpadden

LECTORS /COMMENTATOR

8:15: A. Mullen -L
J. Thompson-C
11:00: B. Cox-L
S. Cooney-Smith-C

PASTORAL AIDES

8:15: J. Wright
11:00: A. Dew

USHERS-Group 3

8:15: Paulette Mosby-Leader
11:00: Faye Combs-Leader



“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

Armstead, Samuel
Barnes, John
Barnett, Carla
Beard, Delbert
Beard, Judith
Beasley, Loretta
Bell, Gilbert
Benson, Valerie
Bernard, Patrick
Brame, Reginald
Bragg, Nellie
Brent, Cinda
Burns, Charles
Burns, Luther
Cheaney, Laura
Clayton, Rhianna
Cohn, Brenda L.
Collins, Amy
Collins, John
Davey, Martha
Dougherty, Herbert
Dumaine, William
Fieree, Patricia
Foster, Ossie
Givens, Keith
George, Betty
Henderson, Kim
Henderson, Maurice
Hollie, Cameron
Huff, Virginia
Irving, Delphine
Johnson, Ida
Johnson, Les (Deacon)
Keene, JoAnn
Keller, Helene
Laberta, Steve
Lebaube, Mike
Lemelle, Cecelia
Latchinson, Ruth
Luster, Juanita
Martin, Sharon
McCoy, Bernice
McGraugh, Judy
McKenzie, Carolyn
Moses, Edith
Burt-Mosley, Anthony
Ringo, Maggie
Rockett, Donte
Robinson, Angel
Scott, Mauri

Shaw, Vanorian
Smith, Jessie
Smith, Steve
Sodon, Wanda
Strong, Nancee
Talbert, Savannah
Taylor, Gloria
Watkins, Nellie
Weekly, Ollie
Weekly, Rashawn
Weekly, Willie
Wheelington, Wade
Williams, Cynthia
Willis, Harriett
Wright, William

HOSPITAL

Buckley, June
Farr, Cynthia
Frazier, Dorothy
Gibson, Clarence
Harris, Maxime
Jackson, James
Johnson, Dorothy
Johnson, Dorothea
Johnson, Michael
Jones, Orzo
Jones, Ruth
Mitchell, Gail
Reedy, Judith
Valle, Robert
Williams, Norman

INTENTIONS

Alexandre, Rosemary
Ambus, Ruby
Anderson, Meredith
Ballard-LaMell, Tonya
Barrett, Albertine
Beavers, Lillie & Family
Bennett, Dorothy
Blackwell, Joann & Traci
Brack, Dorothy
Brown, Janae
Collins, Amy
Collins, Gene
Cooney, Geoffrey
Cunningham, Willie
Davis, Denise
Edwards, Gabrielle
Ellis, Willie Bishop
Fritsch, Mary

Gales, MaryAnn
Gardner, Tamara
George, Roberta & Family
Grant, Breon
Grigsby, Sandra
Harris, Jerome
Hardin, Wilhelmina
Hardway, Norman & Family
Holt, Christine & Family
Howard, Yvonne & Family
Hughes, Irene
Jackson, Michael
Jackson, Pat
James, Jade
Jenkins, Nicholas
Jones, Chris
Kerr, Raymond
Kilgore, Yetta
Kirtsey, Jasmine
LaMell, Stephen & Helen
Lalsandu, Gianas & Family
Lee, Marcia
Lucas, Blondell
Mahr-Douglas, Brenda
McCaleb, Barbara
McKenzie, Carolyn
Melvin, Tamara
Mills, Minnie
Mitchell, Elizabeth
Mitchell, Rachel
Moore, LaTasha & Family
Moore, Trisha
Mosby, Paulette
Parran, Herb
Patrick, Antionette
Reed, Delores
Reedy, Cara
Sanders, Sandra
Smith, Christopher
Smith, Rosiland
Smith, Queen Allen
Taylor, Gloria
Taylor, Jeffrey
Thompson, Mary Ann
Ward-LaMell, Tiffany
Watkins, Nellie
Webb, Paulette & Family
Willis, Theresa
Wilson, Barbara

Parish Announcements...

YOUTH CORNER

Dear Church family,

The youth are in the process of planning their events for next year. We will be holding several events to help offset the costs of participation.

Some events that I would like to share with you right away are the August bake sales.

We will host bake sales after both masses for the next two Sundays, August 17 and August 24, in the Parish Hall. We will have whole cakes, brownies, cookies, donuts, cupcakes, bagels and cream cheese, coffee, juice boxes and bottled water. Perhaps there will be a few more items as the baking goes.

Proceeds from the bake sales will be used to help with the costs of Kujenga. This worship-filled weekend will be held at the Our Lady of Snows Shrine in Belleville, Friday, September 26 – September 28th, 2008. The cost this year is \$130. Room and board are included. Any teen that is interested in attending should contact me at 314-368-6128 or e-mail me at athames@stalphonesusrock.org.

I would like to again remind you that several of our youth are almost packed and ready to go off to college. Please keep them in your prayers. Cover them from head to toe and let no area be uncovered. Surround them with love, and send them off suited with the armor of Jesus.

We are all called to be leaders. I came across this chart of Love and Leadership. It has been said that leadership is built upon authority, which is built upon service and sacrifice, which is built upon love. When we lead with authority, we will, by definition, be called upon to extend ourselves, love, serve, and even sacrifice for others.

Love and Leadership:

Patience—Showing Self-control

Kindness—Giving attention, appreciation, and encouragement

Humility—Being authentic, and without pretense or arrogance

Respectfulness—Treating others as important people

Selflessness—Meeting the needs of others

Forgiveness—Giving up resentment when wronged

Honesty—Being Free from deception

Commitment—Sticking to your choices

Results:

Service and Sacrifice Setting aside your own wants and needs; seeking the greatest good for others

We all fall short at times, but the bottom line is it isn't about us. It is about others.

Please continue to send me your good news. Our youth are doing good and great things.

*Angela Thames, Youth Ministry Coordinator.
314-533-0304 ext, 1002. fax 314-533-4260.*

PUBLIC SCHOOL ANNOUNCEMENT

Calling All Fathers...

The first day of classes for St. Louis Public School students is Monday, August 18. This year, we are asking all fathers who have children enrolled in the district to accompany their children to school on the first day! We all know that parent involvement is critical in helping young people become successful learners. If you have children or grandchildren in SLPS, we desire your presence, commitment and assistance in helping all of our students get off to a great start!

Church Etiquette

“EVEN IF IT LOOKS LIKE A GYM, WE MUST TREAT IT LIKE OUR CHURCH”

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**

Parish Announcements...

CATHOLIC MISSION NETWORK'S PURE FASHION

The St. Charles Lwanga Center is recruiting female high school students from the North Deanery who are 14-18 years of age to participate in PURE FASHION that is sponsored by the Catholic Mission Network. It is a faith-based program that guides young ladies to become confident and competent leaders who live the virtues of modesty and purity in their schools and community. The sessions meet once a month from September through April. The program includes sessions on public speaking, social graces, hair & make-up, an outreach project, weekend retreat and concludes with a citywide fashion show. The fashion show will feature clothing that is pretty but not provocative and is also tastefully trendy.

This is second year in St. Louis for PURE FASHION and we would like to make it a more culturally diverse experience. The deadline to register is September 1, 2008. To register or get more information please contact Corliss Cox at the Lwanga Center at 314-367-7929.

CHILDREN'S BIBLE CLASS

Children's bible class will begin it's 20th season at Rock Church, bringing God's word to our children. We invite those who are 18 years or older to join us in this precious ministry. You must be an active, participating Catholic and attend Protecting God's Children workshop. Children's bible class meets every Sunday in the parish hall/bible class rooms at 10:30am. For more information you may contact Christine @535-4746.

REMINDER

*Have you moved?
Has your phone number changed?
Are you receiving your offertory envelopes?*

If any of the above information has changed please call the Parish Office at 314-533-0304 Ext. 1216.

CENTRAL CATHOLIC

**WE HAVE COME A LONG WAY BY FAITH
AND HARD WORK**

**CCSN – A SCHOOL AND AN ACADEMY
SECOND TO NONE!**

Do you want to share the blessings of our school improvements? Are you grateful for our school becoming a College Prep Academy? God is blessing us with many more educational legacies, like our enhanced math/science program that continues to be an amazing grace.

Invite families to come and see us. Share with them the great blessing God has given to us

- We offer tuition assistance, as needed, for children of all ages.
- We have a new Early Head Start Program at our Lucas and 18th Street Campus.
- We have new playground equipment and new tile in the classrooms at our Jefferson Campus.
- We are expanding our sports and arts programs.
- We are upgrading our math and science to be announced at Sigma Aldrich on 9/11.
- We are entering our third year with our 3-semester, extended Middle Grade Academy.
- We have Graduate Support through High School.

Our opening day is August 25!

It's coming quickly. We have an enrollment team in place. You can come yourself or send others to take a tour.

You can earn \$50 if you bring someone or if they mention your name. This gift is from ACCESS Academies who will affirm your investment in our school the day the new student begins.

We are open throughout the summer from 9 AM to 3 PM. Call Sr. Gail and set a time to visit.

*Fr. John Phelps, C.Ss.R. – President
Sr. Gail Trippett, CSJ – Principal*

THE VILLAGE ACADEMY

A life-shaping early education center for children and their families is now hiring teachers and a cook. Visit our website at thevillageacademy.org for additional information and an application.

Parish Announcements...

Religious Education Corner

BECOMING A CATHOLIC



The process for becoming Catholic starts with your wanting to know more about the Catholic faith. This process is called THE RITE of CHRISTIAN INITIATION of ADULTS or RCIA – and of children (ages 10-16) RCIC. Classes begin in September and conclude with full acceptance into the Catholic Church at the Easter Vigil on Holy Saturday.

If you are considering “Becoming a Catholic” or wish to know more about your Catholic Faith – please contact Donna L. Lane, D.R.E., to register for classes starting on September 21, 2008 at 314.533.0304.

KALAHARI RESORT AND SPA TRIP

Come and join the Scout Troup 307 from Central Catholic Academy!

The cost of the trip is \$400.00 for 4 person accommodations. Five or more people is \$60.00 extra per person. For more information contact Maureen Dorris @314-496-7411 or 314-231-6254.

The payment schedule is as follows: Sept. 15, 2008—\$50 Deposit; Oct. 30, 2008—\$50; Nov. 15, 2008—\$50; Jan. 15, 2009—\$50; Feb. 26, 2009—\$50; Mar. 15, 2009—\$50; Mar. 31, 2009—\$50

YOU'RE INVITED...

to a celebration of Parish, Family, and Friends to welcome our new Pastor, Fr. Paul de Porres Whittington, O.P.

Where: St. Benedict the African-West Catholic Church
1818 West 71st Street, Chicago, IL 60636

When: Saturday, Aug. 30 Cook-Out at Church @ 1:00 P.M.

Sunday, Aug. 31 Mass @ 9:00 A.M.
(Ice Cream Social to follow Mass)

RSVP to Fr. Paul if you will attend the cook-out
Cell:# (312) 513-3922, e-mail: paulieop@hotmail.com.

VOLUNTEERS NEEDED

Employment Connection is one of the largest job readiness and placement service agencies in the region. We help young adults, TANF recipients, ex-offenders, substance abusers, New Americans and survivors of domestic violence and others find and maintain good paying jobs. We need volunteers for the following:

- GED Coaches
- English as a Second Language (ESL) Tutors
- Remedial Reading Tutors
- Data Entry/Clerical Workers
- Accounting Assistants
- Resume and Interview Coaches
- Fundraising and Special Events Interns
- Union-Certified Carpenters
- Landscapers/Gardeners

SKILLS REQUIRED: Creative & Sociable, Desire to help others, Organized, Self-Starter.

We are located at 2838 Market St.—Downtown St. Louis. Call or e-mail us at (314)333-5645, thabitisterling@employmentstl.org.

FRIENDSHIP CLUB

The Friendship Club will meet **TODAY** August 10th after the 11:00 a.m. Mass at Talayna's Restaurant located at 310 DeBaliviere Ave. Everyone is welcome.

PARISH SPONSORED PARENT ADMINISTERED PROGRAM

Parent, as you lay the foundation in education, morality and spirituality for your child, why not solidify it with their religious education? Administered (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 with grade level materials dealing with their Catholic education. God exists in the very foundation in which we raise our children; let's learn all we can about Him. To register, please call Donna L. Lane at 314-533-0304. All Children who will be registered to receive any sacraments must attend a catholic school of religion or PSPA.

PARISH INFORMATION

PASTORAL TEAM

Rev. Matthew S. Bonk, C.Ss.R., Pastor
 Joyce Jones, Business Mgr./Office Mgr.
 Helen A. LaMell, Administrative Assistant
 (TBD), Dir. of Liturgy
 Donna L. Lane, D.R.E.
 (Dir. of Religious Education)
 Angela Thames, Youth Minister Coord.
 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: Truenessia Combs
 Secretary: Lois Scott
 Assist. Secretary: Rosalind Hood
 Member-at-Large I: April Harris
 Member-at-Large II: Eugene Wallace
 Finance Liaison: Jeffrey McDonald

COMMISSIONS & CHAIRS

Christian Formation -Jean Anthony
 Christian Service - Barbara McCaleb
 Family Life Comm. - Patricia Pou
 Finance & Adm. - John Wright
 Liturgy - Richard Buckley
 Social Life - Hilliard Phillips

REDEMPTORISTS IN RESIDENCE

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

OFFERING AND TITHES

This is what the Lord has commanded "From what you have, take an offering for the Lord..."
 Our offering and tithes to God for the support of our Church and ministries for August 3, 2008.

Total: \$13,173.18

"DIVINE LOVE THROUGH ME BLESSES AND MULTIPLIES THIS OFFERING. IT BLESSES THE RECEIVER AND RETURNS TO THE GIVER BLESSED AND MULTIPLIED!"

May God richly bless you for your generous stewardship of your church! We are asking each member to please prayerfully consider making a decision to tithe. Pray over Malachi 3:10. We remind you to please use your envelopes.

PLEASE NOTE: \$14,000 is needed weekly for Annual Budget.

Please Remember Your Parish in Your Estate Plan, and Charitable Giving!!!

Make your gift and devises to: Redemptorists of Denver Province

For St. Alphonsus "Rock" Catholic Church In St. Louis, Missouri

*Thank you,
 "Rock" Legal Ministry*

CHRISTIAN FORMATION

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

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

Bible Study/Prayer Group every Tuesday: 6:30 pm.

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 (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 and Abortion Recovery Help: 877-HOPE-4-ME.

HOLY SPIRIT FIRE PRAYER HOUR

*Come and join the Friday Night prayer time in the back of church. Pray and sing together using the Bible with other brothers and sisters. **Need a lift, have special intentions, need healing ? Come and join. Pray together for the Church family. Where two or three are gathered together, Jesus is in the midst of them.***

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 some members there to pray with you and for you. Feel a heavy burden? Need a healing? Have a thankful heart? Worried?

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.***

FRIENDLY REMINDER:

Please remember to contact the Church Office when you change your address or phone number. Thank you.