

Third Sunday of Easter, April 30, 2017



ST. JOHN VIANNEY CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

Pastor: Jesus Christ

Assistant Pastor: Monsignor Jerry Desmond

Service Department: Deacon Eddie Lavoie

Office hours Tuesday - Friday 9:30-1:30 • **Sunday Mass 10:30 (Our Lady of Lourdes 8:30am 573 Todd Mtn. Rd.)**
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WEEKDAY MASSES IN THE CHAPEL

May 1-5

Monday - Friday 8:45 am (Chapel)

SUNDAY COLLECTION- April 23, 2017

Saint John Vianney

Envelopes: \$ 2,389.00

Loose: \$ 181.25

Our Lady of Lourdes

Envelopes: \$ 380.00

Loose: \$ 56.15

SJV PARISH MISSION - "Back to Basics":

Thank you to all who volunteered to call, bake, bring snacks, make coffee, set/clean up, the list goes on...But these things couldn't happen or come together as nicely as they do without your generous help. Also thank you to all that attended the Mission. Glenn and Linda Harmon so graciously left a CD box set to "borrowed out" for anyone who could not attend or would like to re-listen too. Please contact the office to sign out CD's for a specified time period.

OLPH PARISH MISSION "Easter Joy Divine Mercy Mission"

May 1-3, 7:00-8:15 PM

Mission Topics

- 1) Divine Mercy in My Life
- 2) Trusting the Father
- 3) Reconciliation and Adoration

For more info. OLPH @ 250-376-5541

OTHER SCHEDULED MASSES

Funeral Masses:

Jean Marie Nadeau: TBA

| Day | Reading | Gospel |
|---|---------------------------------|--|
| Mon. | Acts 6.8-15 | John 6.22-29 |
| <i>Stephen spoke with the wisdom of the Spirit, which others could not withstand.</i> | | <i>Do not work for the food that perishes, but for the food that endures for eternal life.</i> |
| Psalm: Ps 119.23-24, 26-27, 29-30 (R.1b) | | |
| R. Happy are they who follow the law of the Lord! | | |
| Tues | Acts 7.51-8.1a | John 6.30-35 |
| <i>Lord Jesus, receive my spirit</i> | | <i>It was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven</i> |
| Psalm: Ps 31.2cd-3, 5ab+6b+7a, 16+20ab (R.5a) | | |
| R. Into your hands, O Lord, I entrust my spirit | | |
| Wed | 1 Corinthians 15.1-8 | John 14.6-14 |
| <i>Christ appeared to James, and then to all the apostles.</i> | | <i>Have I been with you all this time, and you still do not know me?</i> |
| Psalm: Ps 19.1-2.3-4ab (R.5a) | | |
| R. Their message goes out through all the earth. | | |
| Thur | Acts 8.26-40 | John 6.44-51 |
| <i>"Look, here is water! What is to prevent me from being baptized?" "If you believe with all your heart, you may."</i> | | <i>I am the living bread that came down from heaven; and the bread that I will give for the life of the world is my flesh.</i> |
| Psalm: Ps 66.8-9, 16-17, 20 (R.1) | | |
| R. Let all the earth cry out to God with joy. | | |
| Fri. | Acts 9.1-20 | John 6.52-59 |
| <i>Go, for Saul is an instrument whom I have chosen to bring my name before Gentiles.</i> | | <i>My flesh is true food and my blood is true drink.</i> |
| Psalm: Ps 117.1, 2 (R. Mk 16.15) | | |
| R. Go out to all the world and tell the good news. | | |
| Sat. | 2 Timothy 1.13-14; 2.1-3 | John 10.11-16 |
| <i>Entrusted as you have been with a precious gift, guard it with the help of the indwelling Spirit.</i> | | <i>The good shepherd is ready to give up life itself for the flock.</i> |
| Psalm: Ps 96.1-2a, 2b-3, 7-8a, 10 (R.3) | | |
| R. Proclaim God's marvellous deeds to all the nations. | | |

CATHOLIC WOMEN'S LEAGUE NEWS

Pregnancy Care Centre:

The Pregnancy Care Centre is distributing empty Baby Bottles for you to fill during Lent. As we got a late start this year we will continue until Mother's Day. Donations raised from the bottles enables the people at the Pregnancy Care Centre assist young women and teens who find themselves facing an unplanned pregnancy. Bottles can be return any time between now and May 7th. to the Church

Team Leader needed:

Needed to help with Funeral Tea's at our parish contact: Carole Stricker at 250-554-3245 : cstricker@hotmail.com

CWL General Meetings:

held on the 2nd Tuesday of every month, please come out and support your CWL

Homebound or in Hospital:

Please let us know of anyone in our parish. Please advise Colleen Stallard of the CWL [250-573-6004](tel:250-573-6004)

The National Council of the Catholic Women's League of Canada has pledged itself to actively promoting and supporting the Palliative Care in Canada holding an annual day on **May 4th** for 12 hours prayer and awareness raising events. Therefore Sacred Heart Cathedral Council of the Catholic Women' League has taken up the challenge and invites all to join us. Attend all 12 hours or drop in anytime See poster in Church.

KNIGHTS OF COLUMBUS NEWS

LOBSTERMANIA-Nova Scotian Lobster & Roast Beef Dinner Buffet!

May 27th, St. Ann's Academy. Get a group of friends and relatives for a East Coast Lobster evening, with music by Stan Bailey.

Tickets: \$50.00 ea. contact Ed Barker 250-319-3331, Anthony Muzzillo 250-851-1111 or John Giddens 250-682-4600.

FELLOWSHIP COMITTEE - Invite

Please stay after mass next Sunday May 7th for hot dogs (with the trimmings), coffee and cake. It will be a time to visit with our fellow parishioners, enjoy a free lunch and maybe buy a plant. Yes, there will be a plant sale with all the money for the plants going to the Marjorie Willoughby Snowden Hospice Home.

Walk For Alzheimer's - May 7th "Make

Memories Matter.": To still register to join the team - "Marilyn's Memories", or to make a Donation contact: Casey 250-682-1096 casey@tricitycanada.ca : walkforalzheimers.ca

BURSARIES - Reminder - Extended- Hurry

Molly Boucher Bursary = \$500.00 Must be a member of CWL at least for 2 years a letter from applicant and letter of reference

Life Members Art and Culture Award = \$500.00. Applicant's mother must be a member in good standing with CWL or the applicant is a member herself. Must submit Grade 11 & 12 academic records, 2 letters of reference and a personal letter

Bursary deadlines for April 30th:

Grade 7 student = 1 month tuition for St. Ann's

Is a member of St. John Vianney parish and entering the Academy the following September.

Grade 12 student = \$500.00

Is a member of St. John Vianney and going to on to College or University

Contact: Kelly Nystoruk knystoruk@gmail.com

Mikkie's Corner - Health & Nutrition

Reading Nutritional Breakdowns - This, like last week's topic "Reading Labels" can be quite tricky as well. Breakdowns will be in % or grams and total calories. To understand it a bit better, the most prominent macronutrient will be the one that is highest. This week focus on carbs (sugar) Ex.

2% plain greek yogurt (Liberte - brand) 175g serv.

P. 16 g, Carbs: 6 (sugar 6g) g, Fat: 3.5g

This would be considered primarily a protein food even though it does contain purely sugar for its carbohydrate content, it is still low enough for its range between that and protein (ideally look for 10g sugar and under)

Vs

2.8 % Olympic Peach flavored yogurt 175g serv.

Protein 6g, Carbs 25g (sugar 23g), Fat 5g

This yogurt is primarily a simple carbohydrate food and primarily sugar again as the range between Protein/Fat and Carbs (sugar) is vast. So beware if you're not 2 years old with a metabolism like a rabbit, this product, if not used up fast enough through energy (exercise), it will be stored as fat, as when "ready energy" isn't used up right away that is how the body processes it.