



ST. JOHN VIANNEY CATHOLIC CHURCH



OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Todd Mtn. Rd

A Christian Community in the Roman Catholic Tradition

Pastor: Jesus Christ, Assistant Pastor: Monsignor Jerry Desmond, Service Department: Deacon Eddie Lavoie

Sunday Mass 10:30

2826 Bank Road : V2B 8E5 : 250-579-8711: jvianney@telus.net
stjohnvianneykamloops.ca : Office hours Tue-Fri 9:30-1:30

COMMITTEES-MINISTRIES-CONTACTS

If interested in any of the ministries, please contact person listed or call/email office!

Discipleship: Lesley Boettger 250-579-8969

Evangelization: Therese Gobeil 250-579-2240

Fellowship: Marguerite Leblanc: 250-579-9495

Justice: Lloyd Babcock 250-579-8888

Lay Eucharistic Worship: Carey Hackman
250-579-5210

Service CWL/KofC: Lesley Boettger
250-579-8969 & Bill Pernistky 250-554-1532

Children's Liturgy: Kyley Drach 250-299-3286

Coffee Makers: Clara & Ben Fouillard
250-376-6112

Choir: Pat Stodola 250-579-9560:
senorfroggy@shaw.ca

For the following ministries contact the office:

Eucharistic Minister/Greeter/Gift

Bearer/Liturgy (readers)

250-579-8711: jvianney@telus.net

stjohnvianneykamloops.ca

or other ministries: Deacon Eddie
eglavoie@gmail.com

ASCEND Online - Catholic home school online
FMI or to enrol: admin@ascendonline.ca | 1-
250-376-5118

HELPLINES

The Compassionate Community (CCC):

1-855-675-8749 is a national service for people who are seeking advice, help & support regarding euthanasia & assisted suicide prevention, &/or end-of-life treatment issues or concerns

St. Vincent De Paul:

250-554-0098 - Feeding, clothing, housing and healing individuals/families in our community who have nowhere else to turn for help.

Retrouvaille - A lifeline for trouble marriages

vancouverbc@retrouvaille.org or call Marc/Candice 604-530-6710 & leave a message. All inquiries are confidential.



MONTHLY MEETINGS/EVENTS:

Bible study Mon, Feb 19th! 7:00pm in the Friendship Rm. Study will be on Caleb.

Fellowship "Living with Loss"(Friendship Rm) 2nd Wednesday of each month 11:00am . Next mtg. is March 14.

KoC (Friendship Rm)
First Tuesday of each month 7:00pm

CWL (Friendship Rm) 7:00pm
Second Tuesday of each month

Bridge Club

Every Friday in Friendship Room 1-4:30pm

MASSES

Weekday Masses in the Chapel

Feb 19-23 @8:45am

Sun Peaks Masses ; Mass will run every Saturday @ 4 PM. until Easter Sunday.

SJV UPDATES

Sunday Collection Feb 11, 2018

Saint John Vianney

Envelopes: \$2,394.00 Loose: \$ 54.35

Our Lady of Lourdes

Envelopes: \$ 130.00 Loose: \$ 42.50

SunPeaks

Envelopes: \$1,060.00 Loose: \$ 132.00

The following Committees are requested to lead the Stations of the Cross, on Fridays during Lent at 7:00pm:

Feb 16 - Justice/Development & Peace

Feb 23 - KofC

Mar 02 - CWL

Mar 09 - Worship/Extraordinary Ministry

Mar 16 - Fellowship

Mar 23 - Evangelization/Discipleship

Faith in Action (FIA) Campaign 27

SJV: 74 pledges = \$24,126.00

OLL: 14 pledges = \$3,220.00

Saturday mornings during Lent: 9:00 to 10:15 am.

Msgr. Jerry will lead in a "Biblical Walk through the Mass".

All, both young and old are welcome and encouraged to participate. Coffee and muffins will be served.

Day	Reading	Gospel
Monday	Leviticus 19.1-2, 11-18 Ps 19.7, 8, 9, 14 (R. Jn 6.63b)	Matthew 25.31-46
Tuesday	Isaiah 55.10-11 Ps 34.3-4, 5-6, 15-16, 17-18 (R.17b)	Matthew 6.7-15
Wednesday	Jonah 3.1-10 Ps 51.1-2, 10-11, 16-17 (R.17b)	Luke 11.29-32
Thursday	1 Peter 5.1-4 Ps 23.1-3a, 3b-4, 5, 6 (R.1)	Matthew 16.13-19
Friday	Ezekiel 18.21-28 Ps 130.1-2, 3-4, 5-6 (R. 3)	Matthew 5.20-26
Saturday	Deuteronomy 26.16-19 Ps 119.1-2, 4-5, 7-8 (R. see 1)	Matthew 5.43-48

The Meaning of Lent



The English word 'Lent' comes from the Anglo-Saxon word Lencten, meaning 'Spring'. In other languages the word comes from the Latin, *Quadragesima* – a period of 40 days.

In the Christian tradition the forty days is understood to refer to a time of intense prayer and preparation; we remember the biblical stories of Noah and the flood of 40 days, the forty years the Israelites spent wandering in the wilderness and Christ's forty day fast in the desert in preparation for his earthly ministry.

KoC & CWL INFORMATION/NEWS

KofC

Pancake Breakfast after Mass Feb 25:

All are invited to a pancake breakfast in the gym on Sunday February 25.

CWL

BURSARIES- APPLY NOW!

Bursary deadlines for March 31st = \$500.00

Molly Boucher Bursary

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

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

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

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

Gr 12 student = \$500.00

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

Please see CWL bulletin board in church foyer for further information on Bursary's or Contact:

Kelly Nystoruk 778-586-0554 : knystoruk@gmail.com **or**

Msgr Jerry Desmond : desmondj@telus.net

The Pregnancy Care Centre - Baby Bottles

Baby Bottles once again will be available for you to fill and return anytime during Lent. Donations raised from the bottles enables the people at the Pregnancy Care Centre to assist young women and teens who find themselves facing an unplanned pregnancy.

EMPLOYMENT!

Board of Directors, Catholic Independent

Schools: Superintendent of Schools

Sacred Heart Catholic School, Williams Lake

0.4 FTE music teacher (K-7) position.

St. Ann's Academy, Kamloops: High School

Full-Time, Term Position – Maternity

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Fast for faith and health!

During this Lenten season it is natural to *fast* or limit ourselves to some point. Embrace this time and think of fueling the body for health and function rather than just feeding it. Even though we should be eating this way 80% of the time, for many this will feel like a fast.

1. Eat within 1 hour of waking: Best foods groups to start the day are healthy fats and protein with a small carb ex (1 or 2 eggs with half avocado on 1 piece whole grain bread or 1 fruit, instead of bread)

2. Fast 3-4 hours between meals and/or snacks: Think "healthy fats for snacks "(Plain nuts, seeds -hemp-chia-flax-sesame-sunflower, dark chocolate 72% or higher, natural peanut or almond butter, avocado...)

3. Keep carbohydrates to daytime: Make dinner consist of a lean protein and lots of fibrous veggies not starchy ones (potatoes all kinds, rice, parsnips, peas are all examples of starches).

Your day may consist of only 3 main meals plus 1-3 snacks, depending on how long your day is. Last meal/snack should be 2 hours before bed.

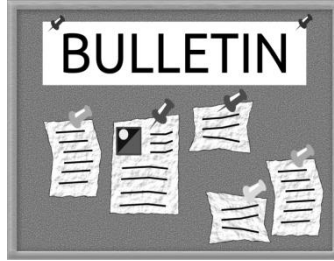
Mikkie Nettles, CHN/PT (Certified Holistic Nutritionist/Personal Trainer)

Income Tax Receipts



Income tax receipts are available at back of the church. Please try to pick up after Mass this Sunday or during the week until February 21st.

New bulletin changes starting Feb. 25th



Bulletin notices that are far into the future will run for 2 weeks then will be taken out of bulletin and posted on information board in foyer. A "repost of these events or information will be put in bulletin an additional time 1 week prior to cutoff date or urgency.

RETREATS - FEB & APR 2018

Men's Retreat

The Average Joe's Guide to Family Priesthood March 16 and 17 at Immaculate Heart of Mary Shrine in Cache Creek. Cost is \$90. Register online at www.rcdk.org

Charismatic Conference – United in Your Love – Phil.2:1-2

Featuring Father Dave Pivonka, TOR, The Catholic evangelist who has created the internationals known and appreciated Wild Goose ministries. You are invited to this wonderful event without charge. Please come and invite others to come for healing prayer and renewal of your faith. Friday April 27, and Saturday April 28, 2018. Our Lady of Lourdes Church, West Kelowna, BC. Pre-registration is not required. Event flyers and information can be found at www.holyspiritbaptizer.com .

Diocesan Youth Retreat

Friday April 27 – Sunday April 29 at St. John Vianney in Kamloops. Registration available online at www.rcdk.org



Grief to Grace is a 4-5 day psychological and spiritual journey providing safety and support for anyone who has suffered degradation or violation through physical, emotional, or

sexual abuse or neglect. It is appropriate for those who have endured rape, incest, or other forms or traumatic violation in childhood, adolescences, or as an adult. It is also suitable for those who have suffered abuse by a member of the clergy. This model of care provides therapy for the soul. The program is designed to help you experience the love and support of the suffering body of Christ as you journey through the Pascal mystery of your own life. This effective healing process combines Living Scripture with journaling, group activity and discussion, therapeutic facilitation, cognitive restructuring and grief work. It is a pilgrimage to discover the love, tenderness, belonging, safety, joy and peace that are often missing from the stories of abuse victims. Our next program will be held on April 19-22, 2018, at Seton House of Prayer.

To register or FMI: Phone: 250-878-7603 email:

g2gkelowna@shaw.ca Website: www.GrietoGrace.org

