



# 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, April 8th (no study on April 01st)**

7:00pm in the Friendship Rm, on Esther

**Fellowship "Living with Loss"**(Friendship Rm)

2nd Wednesday of each month 11:00am

**KofC** (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**

April 02-07 @8:45am

**Cathedral:** Note there will be no 6pm Sunday evening Mass at the Cathedral for April 8<sup>th</sup> only.



### Offerings

**Share Lent Thanks:** The Justice Committee would like to thank all who contributed to Share Lent either through prayer, monetarily or both. The collection was well up from last year.

### SJV UPDATES

**Sunday Collection March 25, 2018**

Saint John Vianney

Envelopes: \$2,174.10 Loose: \$ 63.10

Our Lady of Lourdes

Envelopes: \$ 285.00 Loose: \$ 20.00

Sun Peaks

Envelopes: \$ 220.00 Loose: \$223.80

Day	Reading	Gospel
Monday	Acts 2.14, 22-23 Ps 16.1-2a+5, 7-8, 9-10, 11 (R.1)	Matthew 28.8-15
Tuesday	Acts 2.36-41 Ps 33.4-5, 18-19, 20+22 (R.5b)	John 20.11-18
Wednesday	Acts 3.1-10 Ps 105.1-2, 3-4, 6-7, 8-9 (R.3b)	Luke 24.13-35
Thursday	Acts 3.11-26 Ps 8.2a+5, 6-7, 8-9 (R.2ab)	Luke 24.35-48
Friday	Acts 4.1-12 Ps 118.1-2+4, 22-24, 25-27a (R.22a)	John 21.1-14
Saturday	Acts 4.13-21 Ps 118.1+14-15, 16ab-18, 19-21 (R.21a)	Mark 16.9-15



**Adoration – for Vocations Weekly Holy Hour!**

**Serra Club of Kamloops Diocese**

5:00PM 1st Wednesday of the month at OLPH,

7:00PM 2nd Thursday of the month at Holy Family,

7:00PM 3rd Wednesday of the month at St. John Vianney

8:00PM 4th Wednesday of the month at Sacred Heart Cathedral

**KofC**

**Jazz Brunch - April 15<sup>th</sup> 12:00 – 2:00 at St John**

**Vianney** Enjoy Live Jazz and deep south comfort food at a fundraiser for Alzheimer's Society. Hosted by K of C 9508 Tickets Casey 250-682-1096 Brian 778-220-3484 Gabe 250-896-5961. Also available through office, email or call to reserve your tickets: jvianney@telus.net or 250-579-8711

**CWL**

**BURSARIES- APPLY NOW - FMI see bulletin in foyer!**

**EMPLOYMENT!**

**The Pregnancy Care Centre Client Services**

**Director** part-time position 15 hours/ week, submit a resume to the Centre at 429 Tranquille Rd, or e-mail: info@mypregnancychoices.ca.

**Casual Cook & Assistant:** The Immaculate Heart of Mary Shrine to begin immediately

**Bookkeeper:** New Life Community Kamloops

**Principal:** St. Ann's Academy, July 1, 2018

**Board of Directors, Catholic Independent Schools:** Superintendent of Schools, July 01

**JOBS - See postings in foyer for FMI**

**MIKKIE'S CORNER - Health & Nutrition**

*Building stronger bones!*

Magnesium how much should you be taking: RDA's: Adult males 400-420 mg; Adult females is 310-320 mg.

A good rule of thumb is a 2:1 calcium-to-magnesium ratio. For example, if you take 500mg of calcium, you should also take 250mg of magnesium Food labels are not required to have Magnesium. DV's of 20% is considered a high source in that food which you will need to look up. Some that reach this are 1 oz almonds and 1/2 cup boiled spinach. Also see link below for other foods, as well as supplementation and that is has some limitations, but note food and water intake do not.

<https://www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Magnesium.aspx>

So to sum up this series on Building Stronger Bones here are my top 5 recommendations:

1. Meet at least RDA's for your 3 power house bone health vitamin/minerals Vit D, Calcium & Magnesium
2. Make **weight bearing** exercises a priority
3. Eat a well balanced diet and or take a multivitamin/mineral supplementation daily as there are other vitamin/minerals that play a role in bone health as well.
4. Limit caffeine/alcohol consumption & don't smoke as they all interfere with Vit D & calcium absorption. No more than 2 cups per day or max 18oz for coffee No more than 1 alcoholic drink for women & 2 for men No smoking period!
5. Know your family history as soft bones or osteoporosis may run in the family.

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

**Poor Collection:** St. Vincent de Paul is looking for someone to take over the Poor Collection in our parish, please contact: Tammy Farrer 250-318-6674

**Serra Club of Kamloops Diocese reflection question to Parish and Parishioners #4.** Do we encourage those who seek to respond to God's will to make retreats, visit seminaries or religious houses, spend time with consecrated men or women? How could we help finance such activities?



**Easter Food Blessing:**



The Polish and Ukrainian Catholic communities invite everyone for the traditional Easter Food Blessing Ceremony on Holy Saturday, March 31st at 1:00 pm at Sacred Heart Cathedral with Fr. Andrzej presiding; Reception in the Hall to follow. All are welcome.



**ANNOUNCING AN UPCOMING RETROUVAILLE WEEKEND FOR COUPLES**

**13 - 15 April 2018 Barnabas Landing, Keats Island**

*Is your marriage going down the right road . . . or is it a little off track? Life can be difficult, and*

*so can the challenges you face in marriage.* Does the distance between you seem wide? Are you already separated? Looking for a better way? Retrouvaille can help and offers hope for a better relationship. Retrouvaille is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy and heal, just as they have done in their own marriages. Retrouvaille is Christian-based, and Catholic in origin, but welcomes couples of all faiths as well as non-religious couples. Retrouvaille can help get your relationship back on track. For more information about an upcoming Retrouvaille Weekend program for couples, contact registration team: Marc & Candice at telephone 604-530-6710 or visit our websites: [www.retrouvaillevancouver.com](http://www.retrouvaillevancouver.com) and [www.retrouvaille.org](http://www.retrouvaille.org)

**Diocesan Youth Retreat:** Friday April 27 – Sunday April 29 at St. John Vianney in Kamloops. Registration available online at [www.rcdk.org](http://www.rcdk.org)

**Pilgrimage to the Holy Land Oct 29 to Nov 9, 2018:** Very good price of \$4,398 CAD departing from Vancouver. You are invited to join Fr. Dennis Flores (St. Joseph in Richmond), and follow in "The Footsteps of Jesus". We will experience scripture from the Old and New Testament come alive from the shores of the Sea of Galilee to Nazareth, Jerusalem, Bethlehem, the Jordan River and other significant places. This first class all inclusive pilgrimage will be escorted by Liz Shachtay; who has been bringing pilgrims to the Holy Land for more than 28 years. FMI or a brochure, call Liz at 1-604-277-5303.