



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: Will resume in the fall

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

May 07 - 10 & May 12 @8:45am

May 11 @10:00am at the Hamlets

SJV UPDATES

Sunday Collection April 29, 2018

Saint John Vianney

Envelopes: \$2,056.40 Loose: \$ 52.05

Our Lady of Lourdes

Envelopes: \$ 195.00 Loose: \$ 100.00

Day	Reading	Gospel
Monday	Acts 16.11-15 Ps 149.1-2, 3-4, 5-6a+9b (R.4a)	John 15.26 - 16.4a
Tuesday	Acts 16.22-34 Ps 138.12a, 1-2a, 2bc-3, 7 c-8 (R. see 7c)	John 16.5-11
Wednesday	Acts 17.15, 22 - 18.1 Ps 148.1-2, 11-12, 13, 14 (R. see 13)	John 16.12-15
Thursday	Acts 18.1-8 Ps 98.1, 2-3ab, 3cd-4 (R.2)	John 16.16-20
Friday	Acts 18.9-18 Ps 47.1-2, 3-4, 5-6 (R.7)	John 16.20-23a
Saturday	Acts 18.23-28 Ps 47.1-2, 7-8, 9 (R.7)	John 16.23b-28

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 (April 18)

8:00PM 4th Wednesday of the month at

Sacred Heart Cathedral

The purpose of the Serra Club of the Kamloops

Diocese: To assist Bishop Joseph in the development of a Vocations Culture, leading to Vocations to the Priesthood, Permanent Diaconate, and Consecrated Life. As members of the Kamloops Diocese, you will hear more about vocations on a regular basis, particularly around the strategy involved to assist Bishop in his three objectives: 1.) to institute a Vocations Club in each of our Diocesan Schools, 2) to institute and grow Vocation Committees in each Parish, and 3) to have 7 men from our Diocese in the Seminary by 2022. If you have anything you wish to discuss, please contact Deacon Paul Murphy (deaconservant1@gmail.com). If you would like to be a member of the Kamloops Serra Club and participate in this most essential undertaking, please contact Deacon Paul; and please pray for us, for Vocations, for our Priests, our Religious, and our Bishop.

KofC & CWL INFORMATION/NEWS

KofC

Post secondary bursary:

Applications are now available please call Lloyd Babcock FMI: 250-579-8888

Hospice Society Fundraiser:

Plant and hot dog sale Sunday, May 6th after Mass. Please call Herman Konjolka if you are donating plants or FMI: 250-579-3316

CWL

2018 CWL BAZAAR & TEA: If you want to convene a table and share your ideas for our next bazaar then please come to Kelly Nystoruks place May 28 @ 7 pm (there will be goodies). Please phone or email for address: 778-586-0554 : knystoruk@gmail.com

Pregnancy Care Centre Annual Meeting:

Join us for a review of 2017 and a vision of how we see God leading us into 2018. Presentations by our Team and Board, refreshments served. May 8, 7:00 PM - 429 Tranquille Road FMI: Shirley@mypregnancychoices.ca www.mypregnancychoices.ca : 250-376-4646

EMPLOYMENT!

High School Vice-principal: St. Ann's Academy Kamloops

Permanent casual cook and assistant: The Immaculate Heart of Mary Shrine and Centre

Teacher - Intermediate classroom: St. Ann's School in Quesnel

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Water retention continued from last week...

20% of our water comes from food and the other 80% is from a combination of beverages we drink. Signs of dehydration are: puffiness, dark yellow and thick urine, dry mouth, dizziness, headache, dry skin, thirst, or thirst not being quenched...also another interesting one is food cravings and particularly sweet ones, as the body cannot absorb nutrients properly and the liver needs water to release energy, so the body responds by looking for a quick energy source, glucose, hence the sweet cravings. Grabbing a glass of water and having high water content foods as cucumbers, watermelon, cantelope, tomatoes and or strawberries can help, as they are 90% water and will have some electrolytes too. Overhydration has similar or same signs as dehydration; but if you know you have been hydrating yourself amply then you most likely need to slow down or spread your water out more throughout the day.

What to do?? Eat a balanced diet with 8x8, 1x1 rules (8oz x8 times spread out in a day and no more than 1ltr/hour as that is as fast and much the kidneys can excrete in that time). When exercising strenuously add 8oz every 15 minutes as sweating will draw water out of the body too. Remember adding electrolytes will help for overhydration and dehydration if you are experiencing mild symptoms. If you have more severe signs (vomiting, diaherra, fever, seizures...) in either case dehydrated or over-hydrated, you should seek medical attention.

Electrolytes what are they next week's corner.

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

Prolife Sunday: In our Diocese we celebrate this Sunday on May 06, 2018. See letter from Bishop in Foyer and lets pray for those who cannot.



“Justice on Tap round two” On May 14 at 6:00 in the friendship room, come out for some thought provoking discussions and please bring a snack and a beverage of your choice”



All young men and women (ages 19+) are cordially invited to Christian Life Program, a 3-week faith formation event for young adults who are seeking to develop a deeper relationship with the Lord. Students, young professionals, Catholics, and non-Catholics are all welcome join us on this journey! This program is hosted by CFC - Singles for Christ Vancouver, a Catholic Young Adult Ministry that focuses on growing in holiness through our lifestyles, careers, and relationships. When we live with passion and purpose, we can meet life's challenges with confidence, peace, and faith. Saturdays, 6:00pm-10:30pm (May 19, 26, June9, @ OPLH Church Basement)

Vacation Bible/Sports Camp at St. Ann's Academy



July 9 – 13. Join us for a fantastic time. Discovery Mission Catholic Vocation Bible School! What is Discovery Mission? It's a brand new Catholic VBS program that teaches children about vocations! It's filled with fun activities and meaningful content about single life, marriage, priesthood, and religious life, and then offering an optional afternoon Basketball Camp. The program is for ages 4 – 12 (VBS) and Grade 4-7 (Basketball camp). Cost is \$50 for VBS and \$75 for Basketball or \$125 for both. Registration may be made at the Cathedral website www.sacredheartkamloops.org or by calling Sr. Analisa at 250-372-5470 or the Cathedral parish office at 250-372-2581. **DEADLINE to register is June 17! We need volunteers – adults and older children. Please call Sister Analisa if you can assist in any capacity. 250-372-5470**