



# 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:

**Light of God Charismatic Prayer Group:** Join us Thursday evenings at 7 pm at St. John Vianney Church. FMI call Frans at 250-851-5751

**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**

Jun 04 - Jun 9 @8:45am

### SJV UPDATES

**Sunday Collection May 27, 2018**

Saint John Vianney

Envelopes: \$2,387.00 Loose: \$ 57.45

Our Lady of Lourdes

Envelopes: \$ 270.00 Loose: \$ 70.00

Day	Reading	Gospel
Monday	2 Peter 1.1-7 Ps 91.1-2, 14-15ab, 15c-16 (R. see 2b)	Mark 12.1-12
Tuesday	2 Peter 3.12-15a, 17-18 Ps 90.1-2, 3-4, 10, 14+16 (R.1)	Mark 12.13-17
Wednesday	2 Timothy 1.1-3, 6-12 Ps 123.1-2a, 2bcd (R.1)	Mark 12.18-27
Thursday	2 Timothy 2.8-15 Ps 25.4bc-5ab, 8-9, 10+14 (R.4)	Mark 12.28-34
Friday	Hosea 11.1-4, 8ac-9++ Canticle: Isaiah 12.2-3, 4bcd, 5-6 (R.3)	John 19.31-37
2nd Reading	Ephesians 3.8-12, 14-19	
Saturday	Isaiah 61.9-11 (R. see 1a) Canticle: 1 Samuel 2.1, 4-5, 6-7, 8absd (R. se 1a)	Lk. 2.41-51

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

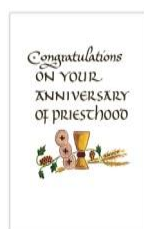
**Serra Club of Kamloops Diocese**

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 (June 20)  
8:00PM 4th Wednesday of the month at Sacred Heart Cathedral



### Reflection question to Parish and

**Parishioners: #10.** "What more can I do to help create a Vocations Culture in my Parish, and in the Diocese of Kamloops?"



Many prayerful wishes to Most Rev. Bishop Joseph Nguyen who celebrated his 26<sup>th</sup> anniversary of priesthood on May 30<sup>th</sup>, to Fr. Fred Weisbeck who celebrated his 32<sup>nd</sup> anniversary of priesthood on May 31<sup>st</sup>, and to Fr. Peter Nguyen who celebrated his 27<sup>th</sup> anniversary of priesthood on June 1<sup>st</sup>!

**Evangelization Meeting:** Thursday June 7th, 7:00pm  
St. John Vianney Parish (classroom or Friendship room) new members welcome if interested in joining.

## KofC & CWL INFORMATION/NEWS

### KofC

**LeJeune Manor:** 289 Maple Street, behind OLPH, is accepting applications from potential tenants. This is a 55 years+ building that provides, secure, independent & affordable living. If interested please contact the manor office at 250-376-3653

### CWL

### EMPLOYMENT!

**Learning Resource Center Coordinator:** St. Ann's Academy, Kamloops, High School 0.72 - 1.0 FTE.

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

**Learning Resource Teacher:** St. Ann's School in Quesnel

**Child Center Manager:** Full time 1.0 FTE Our Lady Of Perpetual Help (OLPH) School

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

### MIKKIE'S CORNER - Health & Nutrition

*An Inspirational story...your never to old to start exercising*

Did you know it takes 3500 calories to gain or lose a pound of fat. Because of its vagueness, tracking calories is not ideal. It allows any type of food with no guidelines leading many to eat "empty" (non-nutrient dense) calories which cause a host of problems on their own, such as diabetes, heart disease, cancer....But it is for some, a good place to start as it's fairly easy to implement. To take off a pound of fat per week, minus 3500 calories from your diet, not all in one day of course, but with each main meal and throughout the week. Taking out 150 calories from each of your main meals and one small 50 calorie snack or drink is 500 calories per day x 7 = 3500 calories. You could also exercise to burn the extra 500 calories per day which will bring many positive outcomes as well. If you combined the 2 you would then drop 2 pounds per week. There are many apps, gadgets (like a fitbit) and websites that track or have calculators to monitor your day.

Sometimes we have more than 1 of the below in a day so by simply taking out 1 of each of these, you would more than meet that extra 500 cal.

1 egg = 78 cal  
1 slice of bacon = 43 cal  
1 piece of bread instead of 2 = 53 cal  
1 ounce cheese = 114 cal  
1/2 cup rice = 103 cal  
1/2 breast chicken = 141 cal  
Grand total = 532 cal

Also a tip to remember, drinking calories can add up quick so make sure to track what you drink as well. 1 cup orange juice = 45 calories and almost equal sugar content. Or 1 glass wine = 83 calories, along with cutting your fat metabolism ability by 72%, by the body creating acetate and trying to use it as energy but it can't and until that leaves the body you are not burning overall calories efficiently!

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

### Significant Anniversaries

If you would like an anniversary certificate from Bishop Joseph P. Nguyen please submit your name, date and place of marriage to your parish secretary. A certificate will be given to those couples who are validly married in the Catholic Church. This information will be forwarded to the Chancery from your parish office.



### Celebrating the Courage of Blessed Pope Paul VI and the Antidote to the Sexual Chaos of Today.

July 25, 2018, marks 50 years since Pope Paul VI shocked the world when he issued his encyclical letter *Humanae Vitae* (Of Human Life) reaffirming the traditional Christian teaching against contraception. Although he was mocked and scorned globally – both from outside and, sadly, from within the Church – his words were prescient. He warned that a contracepting world becomes a world of rampant infidelity; a world where women and childbearing are degraded; a world in which governments trample on the rights and needs of the family; and a world in which human beings believe they can manipulate their bodies at will (see HV 17). Please visit <http://corproject.com/hv50/>

### Religious statues for the garden:

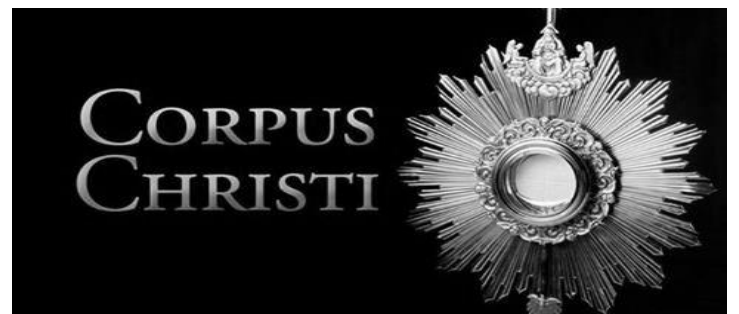


A beautiful addition to any Catholic home. Religious gardens are not only lovely, but also serve as a great encouragement to live a life full of faith and love, and add a peaceful area for prayer and meditation in the

fresh air. Add a blessing to your garden with St. Joseph's remarkable collection of religious statues of our Blessed Mother, Jesus, St. Francis of Assisi, angels and cherubim, or your favorite saint. Whatever your gardening style, you will find a religious garden statue that will look great in your Catholic garden. Call 778-471-6100 or stop in at 256 Nicola Street (across from the Cathedral).

### Rose Prince Lejac Annual Pilgrimage:

The Diocese of Prince George is hosting its on July 6 - 8, 2018 at Lejac, BC. see poster in foyer or visit <http://www.pgdiocese.bc.ca/ecwmv-event/rose-prince-pilgrimage/>



Corpus Christi is a festival that has been celebrated by many Christians, particularly the Catholic Church, in honor of the Eucharist since 1246. The name "Corpus Christi" is a Latin phrase that refers to the body of Christ. This event commemorates the Last Supper on the day before Jesus' crucifixion, as described in the Bible. Corpus Christi is primarily celebrated by the Roman Catholic Church but it is also included in the calendar of some Anglican churches.