



# 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)  
No meetings for the months of July & August

**KofC** (Friendship Rm)  
No meetings for the months July & August

**CWL** (Friendship Rm)  
No meetings for the months July & August

**Bridge Club**  
Every Friday in Friendship Room 1-4:30pm  
No Bridge for the months of July & August

### MASSES

Weekday Masses in the Chapel  
No weekday masses until July

### SJV UPDATES

Sunday Collection June 03, 2018

Saint John Vianney

Envelopes: \$2,886.00 Loose: \$ 67.00

Our Lady of Lourdes

Envelopes: \$ 160.00 Loose: \$ 98.60

Day	Reading	Gospel
Monday	Acts 11.21b-26; 13.1-3 Ps 98.1, 2-3ab, 3c-4, 5-6 (R.2b)	Matthew 10.7-13
Tuesday	1 Kings 17.7-16 Ps 4.1-2, 3-4, 6-7 (R.6b)	Matthew 5.13-16
Wednesday	1 Kings 18.20-39 Ps 16.1-2a, 4, 5-8, 11 (R.1)	Matthew 5.17-19
Thursday	1 Kings 18.41-46 Ps 65.9abcd, 9e-10, 11-12 (R.1a)	Matthew 5.20-26
Friday	1 Kings 19.9a, 11-16 Ps 27.7-8a, 8b-9abc, 13-14 (R.8b)	Matthew 5.27-32
Saturday	1 Kings 19.16b, 10-21 Ps 16.1-2a+5, 7-8, 9-10 (R. see 5a)	Matthew 5.33-37

### Adoration – for Vocations Weekly Holy Hour!

#### Serra Club of Kamloops Diocese

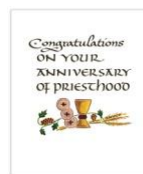
5:00PM 1st Wednesday of the month at OLPH,  
7:00PM 2nd Thursday of the month at Holy Family,  
7:00PM 3rd Wednesday of the month at St. John Vianney (June 20)

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



### Reflection question to Parents: #1.

"Am I willing to allow God to act in the inner life of my children, leading them to ordained ministry or consecrated life if it be His will?"



Prayerful wishes to Fr. Dale Normandeau who celebrated his 26<sup>th</sup> anniversary of priesthood on June 6<sup>th</sup>!

### 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.

## 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

#### Strawberry Tea Social:

Tuesday June 12/18 - 7:00 pm We hope to see you all and a guest to our CWL June for food, fun and friends!

RSVP - Lesley Boettger - 250-579-8969

### EMPLOYMENT!

**The Pregnancy Care Centre:** Client Services Director. The successful candidate will be responsible to supervise our volunteers, oversee the support programs, record keeping, and offer options counsel. 15 hours per week, complete training is provided. Submit resume to 429 Tranquille Road, or e-mail to: info@mypregnancychoices.ca.

**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

*Figuring out your daily intake to lose or gain 1lb*

Last week I talked about taking out or adding 3500 calories from your diet a week to lose or gain a pound of fat each week. I listed some foods with their calorie counts and how to easily adjust food to reflect that 1lb. But where to start? It's easy to add or eliminate, but only if you know your current daily intake. It's best to start out, by not changing anything and start logging a food diary for a day or 2. Make sure to write down everything you eat or drink, basically anything you ingest. As mentioned last week there are many apps you can download that will automatically calculate your calories for you once you enter in your food and quantities. Also very important is your portion sizes, no matter how big or small add it in. Example you may think to just bypass the amount of salad dressing or oil you used to cook with because it was only a little bit. Well you may be surprised to know some salads can have more calories than say a burger you order in a restaurant. Everything counts, and again don't forget to add in what you are drinking or putting in your beverages, pop, juice, sugar or cream in your tea or coffee are all important little calorie accumulators you may not realize. Once you have done that, then you can see how much you are eating in a day and it's easy to see from the examples I gave last week or even from your journal, where you can easily eliminate roughly 450 calories per day to achieve the 1 pound loss or gain per week.

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

### Dessert Party - "Being a Christian Voice At the United Nations"

Saturday Sept. 29, 2018 from 1:00 - 4:00pm  
Our Lady of Perpetual Help Centre  
Tickets \$10.00/each call: Nancy Simms 250-573-1255 or Doreen Gowans 250-376-3919  
All proceeds donated to Catholic Women's Leadership Foundation, denominations welcome. See poster in foyer on CWL bulletin board.

### Pilgrimage trip to Italy and Greece - October 7 -16, 2018

From \$4995... now is \$4795  
Inclusions:  
-round trip airfare  
-5 nights in 4 star hotels  
-Pope's Audience  
-Visit of the 4 Papal Basilicas  
-Tours of Rome, Vatican and Athens  
-Visit to the House of Virgin Mary in Asia Minor  
-3 nights on cruise  
-Cruise with visit to Mykonos, Patmos, Crete and Santorini  
-8 buffet breakfasts  
-3 open buffet lunches  
-8 dinners  
See Mariden Christian Tours poster in foyer.

### 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/>

