



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 Pernitsky 250-554-1532

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

Faith Formation: Janice Inglis 250-578-7662

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

other ministries: Deacon Eddie|eglavoie@gmail.com

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

HELPLINES

The Compassionate Community (CCC):
1-855-675-8749 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: Thursday 7 pm (Chapel). FMI call Frans at 250-851-5751

Fellowship "Living with Loss"(Friendship Rm)
Meetings will start back up in October

KofC (Friendship Rm)
1st Tuesday of each month @7:00pm Friendship Rm

CWL (Friendship Rm)
2nd Tuesday of each month @7:00pm Friendship Rm

Bridge Club
Every Friday in Friendship Room 1-4:30pm

MASSES

Weekday Masses in the Chapel
Sept 17-21 @8:45am (no Mass Sept 22nd)

SJV UPDATES

Sunday Collection Sept 09, 2018:

Saint John Vianney

Envelopes: \$2,444.00 Loose: \$ 83.75

Our Lady of Lourdes

Envelopes: \$ 295.00 Loose: \$ 26.85

FIA (Faith in Action) Campaign 28!

Today a video demonstrating the importance of FIA is shown on how the campaign assists our Parish and other Diocesan programs. Letter from Bishop explaining this, also in foyer.



| Day | Reading | Gospel |
|-----------|--|-------------------|
| Monday | Isaiah 50.5-9 Ps 40.6-7a, 7b-8, 9, 16 (R. 1 Cor 11.26b) | Luke 7.1-10 |
| Tuesday | 1 Corinthians 12.12-14, 27-31a Ps 100.1-2, 3, 4, 5 (R.3c) | Luke 7.11-17 |
| Wednesday | 1 Corinthians 12.31- 13.13 Ps 33.2-3, 43-5, 12+22 (R.12b) | Luke 7.31-35 |
| Thursday | 1 Corinthians 15.1-11 Ps 118.1-2, 16ab-17, 21+28 (R.1a) | Luke 7.36-50 |
| Friday | Ephesians 4.1-7, 11-13 Ps 19.1-2, 3-4ab (R. 4a) | Matthew 9.9-13 |
| Saturday | 1 Corinthians 15.35-37, 42-50++ Ps 56.3-4, 9b-11, 12- 13 (R. see 13b) | Luke 2.33-35 |

Adoration – for Vocations Weekly Holy Hour!

Serra Club of Kamloops Diocese

5PM 1st Wed each month-OLPH

7PM 2nd Thur each month- Holy Family

8PM 4th Wed each month-Sacred Heart

St. John Vianney will continue in October

for the 3rd Wednesday of the month



Reflection question for Young Adults: #7

What more can I do to help create a "Vocation Culture" in my family? Among my friends, fellow students, and co-workers? In my local church?

Solemn Profession and Veiling of Sister Cecilia of Our Lady of the Trinity, O.C.D. (Anita Tremblay from OLPH Kamloops) on Saturday October 13 at 11am at the Carmelite Monastery in Armstrong, BC. Most Reverend Joseph Phuong Nguyen will be the principal celebrant at the Eucharistic Celebration.

First Annual Vocation's Dinner - all welcome

St. James Parish, Vernon Wed, Sept 19, @6:00pm
Reception/Cocktails-7:00pm Dinner, Semi Formal Dress|
Tickets: \$30/ person available at Chancery Office;



Faith Formation Classes:

Wed, Sept 26th - "Gala Opening Night" **Classes begin @6:45pm** and will be held every 2nd Wednesday from this date.

KofC & CWL Information/News



Oct 13th! Tickets \$50.00 each available from Casey:250-682-1096, Julian:250-579-9560 or Parish office. FMI see poster in foyer! Please help us fill "theme basket" either as an individual or group. Sign-up sheets for Baskets will be in

foyer for month of Sept. Or contact Tammy Farrer at 250-318-6674 or Mikkie at parish office.

Being a Christian Voice: Sept. 29 @OLPH, see poster in foyer, \$10/ticket contact: Nancy Simms 250-573-1255, Doreen Gowans 250-376-3919 or your CWL Parish President. CWL invites all men & women and denominations to come & hear the 2018 United Nations Spiritual Warfare, New Experiences, New Insights and New Perspectives

CWL

Annual Bazaar: Kelly Nystoruk 778-586-0554 or knystoruk@gmail.com
Sally Nastrom has extra jam jars and pint jars for those needing them for making Bazaar goodies. Call Sally at 250-579-9412. Leave a message or email sanajn@shaw.ca.

EMPLOYMENT!

Elementary Music Teacher (.24 OLPH, .55SAA)

Our Lady of Perpetual Help (OLPH) School & St. Ann's Academy (SAA), Kamloops - BC Certified teacher shared full time (1.0 FTE) Sept 24, 2018.

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Weight loss Metabolism boosting products

Note last weeks the product "vinegar" should've read **apple cider vinegar**, this week's product Raspberry Ketones: Raspberry ketone is the compound that gives raspberries their strong aroma and flavor. Although in its supplement form it is actually in synthetic form and not natural at all via industrial process. This is because exorbitant amounts of raspberries would be needed for a single dose! So here is the *skinny* on this product.

A research that took isolated fat cells from rats and made them grow in a test tube, adding raspberry ketones had 2 effects:

- 1) Increased **lipolysis** (breakdown of fat), by making the cells more sensitive to the effects of the fat burning hormone norepinephrine.
- 2) Made fat cells release more of the hormone adiponectin, which is believed to play a role in regulating metabolism and blood sugar levels.

Unfortunately, there is not a single study on just raspberry ketones supplementation in humans. From the study above the outcomes do NOT mean the same will happen in a living, breathing organism. Other rat and mice studies showed that results were with massive dosages that are unrealistic. However, there are natural ways to increase adiponectin. For example, exercise can increase adiponectin levels by **260%** in as little as 1 week. Drinking coffee is also linked to higher levels as it increases lipolysis, primarily by making the cells more sensitive to the effects of the fat burning hormone norepinephrine. Coffee however presented earlier in this series had better outcomes for fit individuals

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

Sexual Orientation and Gender Identity (SOGI)

Sept 21, 3:30- 5:00 pm, Sacred Heart Cathedral Lower Hall. How would you answer someone who asked the question, "Where does the Catholic Church stand on issues of sexual orientation and gender identity?" This presentation by Peter Nation MRE, Coordinator of Catholic Voices Canada, will cover:

- the importance of understanding this issue
- definitions of key terms
- psychological understandings to date
- history of the sexual revolution relevant Catholic principle

FMI or free registration, contact Kathy Dahl at kathysdahlhouse@gmail.com or 250-318-9698 (cell) Please share with anyone who might like to attend.

Walking with Purpose ~ Enabling Women to Know Christ Through Scripture

A Catholic Bible Study for Women that aims to bring women to a deeper personal relationship with Christ. Through personal study and small group discussions, the group helps to link our everyday challenges with solutions given to us through the teachings of Christ and the Catholic Church. We invite women of all ages to consider joining us for our Fall Program *Living in the Father's Love* this a (6-week program) and begins on **Thur, Oct 18th at OLPH Parish Centre 7:00 - 8:30 pm**, FMI or to register: Domenica Spina, 250-320-8319 or Jeanette Melnychuk at 778-257-3421 www.walkingwithpurpose.com

Choose Life Sept. 26 – Nov. 4, 2018: Mission:

To bring together the Christian community in a spirit of unity during a focused 40-day campaign of prayer and peaceful activism, to seek God's favour to turn hearts and minds from a culture of death to a culture of life. Choose Life is a peaceful and educational presence. Those who are called to stand witness send a powerful message to the community about the tragic realities of abortion and euthanasia/assisted suicide. Every day for 40 days, (rain or shine) there will be a prayer vigil from 3:30 – 6:00 pm on 3rd Ave between Nicola & Columbia Street. The Cathedral will be open for those who are unable to stand for 2 hours or who would like to enter to pray. Signs indicating CHOOSE LIFE etc. will be available. **Kick-Off Tues Sept 25th**, following 6:30 Mass we will meet at the Cathedral to listen to keynote speaker Fr. Raphael Boansi, then a social in the Hall. All encouraged to attend. FMI: Domenica Spina at domenicaspina@yahoo.ca or (250) 320-8319.



God's Squad Kickoff 2018

God's Squad is a group of youth from all parishes to develop a deeper friendship with Jesus and other Catholic youth in an informal, supervised setting. We invite all youth grade 8 and older for our first event: Sat, Sept 22nd, at Holy Family Parish from 2-6 pm. Fun and games, food, music, prayer and crazy prizes. Dinner served at 5 pm- Contact hfgodssquad@gmail.com

The month of Sept brings you - A kid's perspective, "Dear God"

