



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: Kiley 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:

Bible Study with Deacon Eddie is back Mondays!
Oct 08 @7pm, (Friendship Rm) on Hosea

Light of God Charismatic Prayer Group: Thursday 7 pm (Chapel). FMI call Frans at 250-851-5751

Fellowship "Living with Loss"(Friendship Rm)
Wednesday October 10th at 11 o'clock

KofC (Friendship Rm)1st Tues of each month 7pm

CWL (Friendship Rm)2nd Tues of each month 7pm

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

Faith Formation: Wed 6:45pm biweekly from Oct. 10

Choose Life Sept. 26–Nov. 4: Every day, 40 days, 3:30–6:00pm, 3rd Ave between Nicola & Columbia St. SJV commitment is on Saturday's

MASSES

Weekday Masses in the Chapel

Oct 08 - 11 @8:45am

Oct 12 Mass @ the Hamlets, 10:00am

No Mass Oct. 13

SJV UPDATES

Sunday Collection Sept 28, 2018:

Saint John Vianney

Envelopes: \$2,442.00 Loose: \$ 42.00

FIA \$7,150.00

Our Lady of Lourdes

Envelopes: \$ 255.00 Loose: \$ 14.30

FIA \$1,650.00

FIA (Faith in Action) Campaign 28!

Please remember to pledge in support of FIA. If you did not receive any FIA materials in the mail, please pick up a form in the foyer or contact parish office.

https://youtu.be/_6ZUPRRdd2I

Day	Reading	Gospel
Monday	Galatians 1.6-12 Ps 111.1-2, 7-8, 9+10c (R.5b)	Luke 10.25-37
Tuesday	Galatians 1.13-24 Ps 139.1-3, 13-14, 15-16a (R.24b)	Luke 10.38-42
Wednesday	Galatians 2.1-2, 7-14 Ps 117.1, 2 (R. Mk 16.15)	Luke 11.1-4
Thursday	Galatians 3.1-5 Luke 1.69-70, 71-72, 73-75 (R. see 68)	Luke 11.5-13
Friday	Galatians 3.6-14++ Ps 111.1-2, 3-4, 5-6 (R.5b)	Luke 11.15-26
Saturday	Galatians 3.22-29 Ps 105.2-3, 4-5, 6-7 (R.8a)	Luke 11.27-28

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

7PM Wed Oct. 17 SJV



Reflection question for Educators: #3.

How can I better integrate a more mature conception of vocation into my model of being a formator?

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

Seniors Christmas Dinner:

Due to circumstances, like the age of our parish, the shortage of workers and the time it takes to organize and host the Dinner, the parish apologizes that this event has been cancelled this year. Many thanks to the CWL and KofC who organized, cooked, served, and paid for this event over the years.

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! Last weekend to sign up for a basket! We would like all baskets or items in by Wednesday

Oct. 10 please deliver to office. We will even decorate the baskets if you don't have the time or means too.

CWL

Annual Bazaar & Tea: Sat. Nov.17 12-2pm

Raffle tickets on sale now. Pick up a book Sundays in the foyer or contact a CWL member. Please remember us when canning, sewing, knitting, crocheting, woodworking etc for our craft table. This is our largest fundraiser of the year! Thank you, all the help is much appreciated by the bazaar conveners.

Kelly Nystoruk 778-586-0554 knystoruk@gmail.com

Support for Senior: Live in support (optional) for 79 year old female senior (around the clock not required). Help needed for meal prep, light house work. This is in addition to support provided by Interior Health. FMI or to discuss details call Domenic 250-572-6055

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.

MIKKIE'S CORNER - Health & Nutrition

Top 10 reasons to Exercise - Dissected!

1. Improves brain performance

Our brain is no different than any other muscle in our body, either you 'use it or lose it'. We exercise using our muscles to stimulate muscle cell growth as well as cell growth within our brains. Recent research from UCLA demonstrated exercise stimulates brain plasticity = increased growth factors, making it easier for the brain to grow new neuronal connections. All exercise is great but aerobic, especially dancing as it involves a combination of more mental & physical demands, appears to have the biggest effect. As the heart rate increases more oxygen is pumped to the brain which releases a number of hormones that aid and provide a nourished environment for brain cell growth. A study by the Department of Exercise Science in the University of Georgia found even 20 minutes facilitated information, processing and memory functions. A Study from Stockholm, on running showed an antidepressant effect associated with more cell growth in the hippocampus - the area in the brain responsible for learning and memory. A similar study done in the University of British Columbia, yielded same results with aerobic exercise but not so much with resistance training, balance and muscle toning exercises, on this area of the brain.

In general different exercises will have different benefits to our brains with aerobic being the most beneficial and wide spread. So do what you love get a sweat on, and get smarter doing it!

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

NET Canada, National Evangelization teams Holy Family Parish - Kamloops

Sat, Oct 20th, 1:30 - 8:30 pm Grades 8 - 12. These vibrant young adults will be witnessing to God working in their lives. Come out for a full day of energy, enthusiasm, games, prayer, skits and sharing. Supper will be served at 5 pm.

Then Sun, Oct 21, 11:30 - 4:00 pm. Family Retreat

After 10:30 mass, families are invited to share a meal together then join in a retreat led by Net. Enjoy games, music, skits and sharing. All ages welcome

Purpose of Life Seminar:

Oct 24 & 25, 7-9pm St. James Parish Vernon, 2700 28 St. This program has been approved by 4 different Canadian Bishops including the Bishop of the Kamloops Diocese No Charge, donations will be accepted. FMI see info posted in foyer

NEW 2018 Great Little Coupon Book:

Food, Fun and Services for only \$10. Call St. Joseph's Christian Book, Gift and Church Supplies (256 Nicola Street) 778-471-6100, or Linda at 250-851-8605. Great Fundraiser for Kamloops Pro Life Society!

Choir Accompaniment/Members:

The "OLPH Choir" at Our Lady of Perpetual Help Church in Kamloops is looking for ongoing musical accompaniment and choir members for 5pm Masses (Sat), 2x monthly and for special occasion Masses, such as Easter and Christmas. Currently the Choir consists of 11 fun-loving and faithful women, with soprano, alto and descant voices. We sing acapella at present, but have enjoyed piano, organ and guitar accompaniment in the past. We are also open to other forms of accompaniment. We have a choir director, however the candidate may have an opportunity to move into that role in the future. Our practices are currently on Tues evenings from 6:30 - 7:30 pm in the church and then a 20-minute warm-up before the mass. There is no formal audition, however we would have a short trial period to determine the best fit for both the accompanist and choir. We also hope the candidate would love praiseful music and commit to attending regular practices and playing at scheduled masses when they are available, so that the Choir can depend on their presence. FMI email the Choir director, Linda DeCicco at nldecicco@gmail.com.

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