



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.

WEEKLY/MONTHLY MEETINGS/EVENTS:

Bible Study w/Deacon Eddie Mondays! Oct 15 @7pm (Friendship Rm) on Isaiah "The Charismatic Visionary"

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

Fellowship "Living with Loss"(Friendship Rm) TBA

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

CWL (Friendship Rm)2nd Tues of each month7pm

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 15-20 @8:45am

SJV UPDATES

Sunday Collection Oct 07, 2018:

Saint John Vianney

Envelopes: \$2,034.00 Loose: \$ 87.85

FIA \$8,000.00 Participation - 19 families

Our Lady of Lourdes

Envelopes: \$ 300.00 Loose: \$ 108.90

FIA \$1,650.00 Participation - 5 families

FIA (Faith in Action) Campaign 28!

https://youtu.be/_6ZUPRRdd2I

Day	Reading	Gospel
Monday	Galatians 4.22-24, 26-27, 31 - 5.1 Ps 113.1-2, 3-4, 5a+6-7 (R. see 2)	Luke 11.29-32
Tuesday	Galatians 5.1-6 Ps 119.41+43, 44-45, 47-48 (R.41a)	Luke 11.37-41
Wednesday	Galatians 5.18-25 Ps 1.1-2, 3, 4+6 (R. see Jn 8.12)	Luke 11.42-46
Thursday	2 Timothy 4.9-17a Ps 145.10-11, 12-13ab, 17-18 (R. see 12)	Luke 10.1-9
Friday	Ephesians 1.11-14 Ps 33.1-2, 4-5, 12-13 (R. 12b)	Luke 12.1-7
Saturday	Ephesians 1.15-23 Ps 8.1-2a, 3-4, 5-6 (R.6)	Luke 12.8-12

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: #4.

How do I tithe my time regarding vocations, make choices in time given to vocations in general and certain vocations in particular?

Annual Blessing of the Graves at Hillside Cemetery in Kamloops will be held on Sun, Nov 4 @2pm.

Annual Mass for deceased Bishops, clergy, and consecrated men and women will be held at Sacred Heart Cathedral on Tues, Nov 6 @11am. All parishioners are welcome to attend this special liturgy concelebrated by the priests of the Diocese. Remember kindly in your prayers during the month of Nov those who have laboured for the Church in Kamloops and pray that the Lord will send more dedicated men and women to continue their work in his vineyard of this Diocese.

KofC & CWL Information/News

NEW 2018 Great Little Coupon Book - Supports Pro Life Society:

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.

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.

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.

EMPLOYMENT!

Nothing at this time

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Top 10 reasons to Exercise - Dissected!

2. Sharpens your memory

Like last week physical exercise plays an important role in neuroplasticity by boosting growth factors and stimulating new neuronal connections. This helps your brain stay sharp by enhancing the effects of helpful brain chemicals as well as reducing stress hormones. Exercise changes the brain in ways that protect memory and thinking skills, it increases oxygen to your brain and reduces the risk for disorders that lead to memory loss. . This finding comes at a critical time. Researchers say 1 new case of dementia is detected every 4 seconds globally. They estimate that by the year 2050, more than 115 million people will have dementia worldwide. Many studies have suggested that the parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) have greater volume in people who exercise vs people who don't. A very fascinating finding (1) , is that participating in a program of regular exercise with moderate intensity over 6 months or 1 year is associated with an increase in the volume of selected brain regions.

A few examples of how different exercises help your brain.

Yoga and Meditation - helps focus, quiets your mind & reduces stress, enabling the brain to function better.

Walking - improves different areas of the brain to communicate with each other.

Jogging or Running - boosts serotonin (a brain neurotransmitter) that can instantly boost your mood.

Group Classes - creates an active brain by constantly adjusting to a new workout routine, it has to keep up with the changes.

(1) Dr. Scott McGinnis (a neurologist at Brigham and Women's Hospital and an instructor in neurology at Harvard Medical School

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

Weekly/Monthly Meetings/Events front of bulletin!

Please remember to refer to this area of bulletin to see updated information on weekly or monthly events as Bible Study or Living with Loss. Deacon Eddie's Bible study is updated weekly on which person in the Bible he will be discussing . This upcoming Mon Oct. 15th is on Isaiah "The Charismatic Visionary"

STARTING THIS WEEK - Don't forget to Register!

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

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 RSVP Holy Family Parish holyfamilychurch@shaw.ca : 250-372-0205

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

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.