



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 22 @7pm (Friendship Rm) on James "Growing up with Jesus"

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 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 22-27 @8:45am

SJV UPDATES

Sunday Collection Oct 14, 2018:

Saint John Vianney

Envelopes: \$2,094.00 Loose: \$ 29.90

FIA \$9,370.00 Participation - 25 families

Our Lady of Lourdes

Envelopes: \$ 255.00 Loose: \$ 35.90

FIA \$1,650.00 Participation - 5 families

FIA (Faith in Action) Campaign 28!

https://youtu.be/_6ZUPRRdd2I

Day	Reading	Gospel
Monday	Ephesians 2.1-10 Ps 100.1-2, 3, 4, 5 (R.3b)	Luke 12.13-21
Tuesday	Ephesians 2.12-22 Ps 85.8ab-9, 10-11, 12-13 (R.8b)	Luke 12.35-38
Wednesday	Ephesians 3.1-12++ Canticle: Isaiah 12.2, 4bcd, 5-6 (R.3)	Luke 12.39-48
Thursday	Ephesians 3.13-21++ Ps 33.1-2, 4-5, 11-12, 18-19 (R.5)	Luke 12.49-53
Friday	Ephesians 4.1-6 Ps 24.1-2, 3-4ab, 5-6 (R.6)	Luke 12.54-59
Saturday	Ephesians 4.7-16 Ps 122.1-2, 3-4a, 4b-5 (R.see 1)	Luke 13.1-9

Adoration – for Vocations Weekly Holy Hour!

Serra Club of Kamloops Diocese

5PM 1st Wed each month-OLPH

7PM 2nd Thur each month- Holy Family

7PM 3rd Wed each month-SJV

8PM 4th Wed each month-Sacred Heart

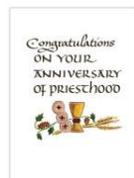
Reflection question for Educators: #5.

As a Catholic educator, do I see myself as a "catechist"? How do I seek out resources and training for catechetical instruction?



Annual Blessing of the Graves at Hillside Cemetery

in Kamloops will be held on Sun, Nov 4 @2pm.



Prayerful wishes to Fr. George LaGrange, OMI who celebrated his 50th Anniversary of Priestly Ordination on Oct 19th!

Annual Mass for deceased Bishops, clergy, and consecrated men & women:

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 & women to continue their work in his vineyard of this Diocese.

KofC & CWL Information/News

KofC

ATTENTION KofC Members & Spouses!

Our Insurance Representative Blaine Anhel will be at our meeting Nov 06 from 7-7:30pm in the Friendship Room. Write down your questions in advance. All are welcome. FMI: John Wiens 250-554-8012

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.

Perogie Bee: An invitation to the ladies of the parish to make perogies on Sat Nov 3 @ 9 am in the parish kitchen. Kelly Nystoruk has ingredients and the recipe. Please call her at: 778-586-0554

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.

EMPLOYMENT!

Nothing at this time

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Top 10 reasons to Exercise - Dissected!

3 & 5. From Sept 30 bulletin More muscle = more fat being burned

Muscle is roughly 3x more metabolically active at rest than fat ie. 10 pounds of muscle burns 50 calories in a day spent at rest vs 10 pounds of fat burns 20 calories. Post workout from moderate bouts of heavy weightlifting shows a significantly higher calorie burn than cardio following the next 24-72 hours, however it's all relative to the type of exercise you are doing. You usually burn more calories with aerobic (cardio) exercise at the time of doing it and less post prolonged affect (after-burn). But if you only do a light weight workout you may be burning calories longer but not as many as a intense cardio workout in one time. The point is to use the weight training as an added benefit of having that prolonged burn and for the more beneficial reasons like building stronger bones. Not only do weight bearing exercises make our bones more dense and ward off osteoporosis but they also allow us to have stronger soft tissue as tendons and ligaments which in turn help prevent injury and help our joints. Tendons connect muscle to bone enabling us to move and ligaments connect bone to bone stabilizing joints they surround. Below are a few examples of how a calorie burn and after burn can happen:

Stationary bike: 498-738 calories/hour (up to 14 hour after-burn).

To get to the 738 end of calories/hour make sure to do intermittent sprints, 10seconds 50 sec rest x 3 sets then do the same with 15 seconds with 45 sec rest and finally 20 sec sprint 40 sec rest then repeat all till you get to desired time.

Strength training: 341-504 calories/hour (up to a 48 hour after-burn)

To get to the 504 calories/hour work your muscles to exhaustion each set instead of stopping at an set rep range like 10 or 12. Focus on compound movements that employ more muscle groups over more joints like squat kettle bell swing, sit-up shoulder press, lunges with bicep curls....

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

WORLD MISSION DAY Oct 21! 2nd collection



Instituted by Pope Pius XI in 1926, the annual day encourages prayers, cooperation and help for missions as well as reminds Christians about the fundamental missionary character of the Church and of every baptized person.

The theme of this year's observance, "Together with young people, let us bring the Gospel to all," echoes the upcoming synod of bishops, scheduled from October 3-28 in the Vatican, whose theme is "Young People, the Faith and Vocational Discernment."

Pope Francis' message for this Year's World Mission Sunday, says, "every man and woman is a mission." To be attracted and to be sent are two movements of the heart that "hold out promise for our future and give direction to our lives." The heart of the Church's mission, the Pope continues, is the infectiousness of love, where joy and enthusiasm become the expression of a newfound meaning and fulfilment in life.

Catholics everywhere are called to support the work being done by Christ's representatives around the world. Building schools and hospitals, bringing instruction to those thirsting for faith, building and staffing institutions to train and support the growing number of catechists, seminarians and novices are signs of our faith in action. But to maintain these good works requires our financial support.

STARTING THIS WEEK - Don't forget to Register! Christian Worship Concert

Benefitting The Pregnancy Care Centre of Kamloops on October 26th, 2018, come join local worship leaders from across the city as we rise in worship and rise in love. Tickets are \$15 for adults, free for children 12 and under. FMI see poster in foyer on how to purchase tickets.

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

NOVEMBER EVENTS - Mark your calendars!

We Are Family: Where Faith Meets Life

You are invited to a presentation of transforming your family's faith life in a modern world. The speakers' presentation will take place, at 7pm on Nov 15th at Our Lady of Perpetual Help Parish Centre. FMI poster in foyer or Adele at 250-376-3351: info@rcdk.org

Angels Among Us Christmas Gala



Please join OLPH School for our 1st Annual Angels Among Us Christmas Gala on Sat, Nov 24th. This event replaces our historical Spaghetti Dinner and will be sure to be a show stopper! Bring your

friends and come join us for an evening you'll never forget! More details will be coming soon!



Thank you from Wanda Jean Ruckle for all the prayers offered, kind words, and donations to the gofundme page. She has had her cancer surgery following the weeks of radiation and is now home recovering. Please keep her in your prayers <https://www.gofundme.com/support-wanda-jean-on-her-journey>