



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! Nov 05
@7pm (Friendship Rm) on **Job** "Steadfast through suffering"

Fellowship "Living with Loss"(Friendship Rm)
Wednesday **Nov. 14th** @11am, all parishioners who have lost their spouse are encouraged to attend.

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

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

MASSES

Weekday Masses in the Chapel
Nov. Mon 05, Wed 07, Th 08 & Sat 10 @8:45am
(Nov. 06 Tue Mass for deceased clergy @11am Sacred Heart Cathedral)
(Nov. 09 Fri Mass at the Hamlets @10am)

SJV UPDATES

Sunday Collection Oct 28, 2018:

Saint John Vianney

Envelopes: \$ 3,304.30 Loose: \$ 66.00

FIA \$11,070.00 Participation - 30 pledges

Our Lady of Lourdes

Envelopes: \$ 180.00 Loose: \$ 15.00

FIA \$2,150.00 Participation - 6 pledges

FIA (Faith in Action) Campaign 28!

Along with all FIA money does as in link below, it also benefits our parish directly. Last year's campaign we were able to replace all lightening throughout SJV's complex as our old lightening was outdated and new energy efficient lightening was installed: This year's project is going towards our parking lot repairs.

https://youtu.be/_6ZUPRRdd2I

Day	Reading	Gospel
Monday	Philippians 2.1-4 Ps 131.1, 2, 3 (R. see 2)	Luke 14.12-14
Tuesday	Philippians 2.5-11 Ps 22.25b-26, 27, 28-29, 30-31 (R. see 25)	Luke 14.15-24
Wednesday	Philippians 2.12-18 Ps 27.1, 4, 13-14 (R.1)	Luke 14.25-33
Thursday	Philippians 3.3-8a++ Ps 105.2-3, 4-5, 6-7 (R.3b)	Luke 15.1-10
Friday	Ezekiel 47.1-2, 8-9, 12 Ps 46.1-2, 4-5, 7-8 (R.4)	John 2.13-22
Saturday	Philippians 1.18b-26 Ps 42.1-2, 3-4b, 4cd, 5 (R. see 2a)	Luke 14.1, 7-11

Adoration – for Vocations Weekly Holy Hour!

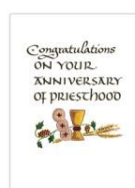
Serra Club of Kamloops Diocese

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: #7.

Do I nurture an intense life of faith and profound spiritual renewal in the educational community to which I belong, so that the young may be generous in their response to God's call?



Prayerful wishes to Fr. Derrick Cameron who celebrated his 17th Anniversary of Priestly Ordination on Thur., Nov 1st!

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

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

1) We're running very low on small toys for the children's room and need your donations. Thank you for your generosity.

2) Also note! Perogy bee on Sat. Nov 3 has been cancelled

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

EMPLOYMENT!

CEA OLPH Kamloops-part time asap:

FMI: Christopher Yuen principal, christopher.yuen@olphschool.ca

CEA positions St. Ann's Academy- Kamloops:

1. In the High School Learning Resource Center
2. On-call

3. For Elementary and High School

FMI: Mr. Niwa (principal): pniwa@st-anns.ca or apply @ <http://ciskd.ca/employment> or

For both schools you can also contact Holly Paluck superintendent@ciskd.ca

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

Top 10 reasons to Exercise - Dissected! From Sept 30th bulletin

6. You get sick less often

Exercise obviously has multiple benefits, but this is one of my favorites as no one wants to be or feel sick. Exercise is one of the best preventative prescriptions given as we all know when we start exercising, we just feel better! Here is some of the reasons studies have found why we feel better and have less sick days with Exercise:

1) It may help flush bacteria out of the lungs and airways, reducing your chance of getting a cold, flu, or other illness. Brief rise in body temperature during and right after exercise may prevent bacteria from growing. This rise may help the body fight infection better, like when you have a fever.

2) It causes changes in antibodies and white blood cells (WBC), which are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before.

3) It lowers levels of the inflammatory cytokines that cause the 'inflamm-ageing' that is thought to play a role in conditions including cardiovascular disease; type 2 diabetes; Alzheimer's disease; osteoporosis and some cancers

Moderate exercise seems to have the best benefits, as "overdoing it" can actually cause a negative response. Overstressing the body like running a marathon can lower our NK (Natural Killer) cells and make us more susceptible to upper respiratory infections as pneumonia. Below are some great moderate exercises:

Bicycling 3x times/week 40 minutes

Walking 30 minutes/day

Weight bearing exercises every other day or 3x/week

Playing golf regularly (leave the cart-walk the course)

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

NOVEMBER EVENTS - Mark your calendars!

We Are Family: Where Faith Meets Life - Nov 15th

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 at Our Lady of Perpetual Help Parish Centre. FMI poster in foyer or Adele at 250-376-3351: info@rcdk.org



LIVE-IN Nov 16-18th, for Young Men:

The Seminary of Christ the King, Mission, BC,. For those interested in the priesthood or the life of a religious brother, and want to see what seminary life is like. The Seminary of Christ the King has students in high school (Grades 9 - 12), in college (Arts I-IV), and in theology. The LIVE-IN is open to anyone who is thinking of entering the seminary in the next few years. The LIVE-IN provides an opportunity to spend two days at the Seminary and to become acquainted with other young men who have the priestly or religious vocation in mind. Those attending should arrive any time Friday evening, preferably between 7-8pm. Bring a sleeping bag, school clothes, and some old clothes for sports, a towel, etc., and your high school transcript or your last report card. Anyone planning to come should fill in an application form, available in foyer.

"WORLD DAY OF THE POOR" Sun Nov 18

In his apostolic letter "Misericordia et Misera" in 2016 Pope Francis initiated the "World Day of the Poor" to be celebrated each year to spread awareness and to combat the indifference worldwide to the suffering of the most needy. This year it falls on Sun. Nov. 18th. The Saint Vincent de Paul Society in Canada has issued prayer cards promoting love and concern for the poor. We will be distributing these to everyone alongside our poor box collections in November. We also express our heartfelt gratitude for the ongoing support and generosity by your time, your donations, both financially and items to the thrift store. This enables us to continue serving those in need on your behalf. If you wish to join us by volunteering or as a full member, please call Theresa @ 250-314-6779 or leave a message @ the SSVp office 250-554-0050

Kamloops Pro-life Society needs your help/attendance!



1.) Attend the 40th Day of Choose Life on Sunday, Nov 4. The Candlelight Vigil will be from 4:30 - 5:30 with individual prayer and vigil starting at 3:30 in Sacred Heart Cathedral and continuing inside until 6 pm Mass. This is a wonderful way to end the 40 Days.

Whether you have been "on the line" throughout the fall, praying for us at home or are joining for the first time, the Candlelight Vigil is a beautiful ending to our Choose Life Prayer Vigil. Want to support life all 365 days a year? Consider becoming a monthly donor to Pro-Life and/or Pregnancy Care Centre.

www.mypregnancychoices.ca or www.voices4life.com

2) Attend our meeting on Thur. Nov. 8th, 7p.m Please bring your ideas on how best to foster respect for God's great gift of life from conception to natural death. First Baptist Church, 454 Columbia St. Refreshments to follow

3) Collect your receipts from Independent Store sales receipts. There is a black box on the shelf in the foyer for you to drop them in. These are tallied into \$5,000.00 per bundle then Independent Store gives Pro Life \$25.00 for each bundle.

4) Buy 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.