



# 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](mailto:jvianney@telus.net) [stjohnvianneykamloops.ca](http://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 & prayer line:** Carey Hackman 250-579-5210 or email office for prayer line

**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](mailto:senorfroggy@shaw.ca)

For the following Ministries contact the office:

**Eucharistic Minister/Greeter & Gift Bearer/Liturgy (readers)** 250-579-8711 : [jvianney@telus.net](mailto:jvianney@telus.net)  
[stjohnvianneykamloops.ca](http://stjohnvianneykamloops.ca)

**other ministries:** Deacon Eddie : [eglavoie@gmail.com](mailto:eglavoie@gmail.com)

**ASCEND Online - Catholic home school online**  
FMI/enrol: [admin@ascendonline.ca](mailto: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](mailto: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:** (Last one of year)  
**Tuesday Dec 18** @6pm for social (please bring a finger food to share) followed by study on Mary @7pm (Friendship Rm)

**Fellowship "Living with Loss"**(Friendship Rm)  
Wednesday **Dec 12th** @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  
Dec 3-7th @8:45am (Mon-Fri)

### Sun Peaks - Volunteers needed for driving!

*(Msgr has the car, just needs the drivers! Call/email office or sign up in foyer for Jan & Feb-Dec filled thank you)! Mass will run every Sat from Dec 1, 2018 until Mar 30, 2019 @ 4pm.*

### SJV UPDATES

Sunday Collection Nov 25, 2018:

Saint John Vianney

Envelopes: \$ 2,025.00 Loose: \$ 78.15

FIA \$16,717.00 Participation - 50 pledges

Our Lady of Lourdes

Envelopes: \$ 255.00 Loose: \$ 33.00

FIA \$ 3,420.00 Participation - 10 pledges

**FIA (Faith in Action) Campaign 28!**

[https://youtu.be/\\_6ZUPRRdd2I](https://youtu.be/_6ZUPRRdd2I)

Day	Reading	Gospel
Monday	Isaiah Ps 122.1-2, 3-4, 7-8, 9-10 (R. 1)	Matthew 8.5-11, 13++
Tuesday	Isaiah 11.1-10 Ps 72.1-2, 7-8, 12-13, 17 (R.7)	Luke 10.21-24
Wednesday	Isaiah 25.6-10a Ps 23.1-3a, 3b-4, 5, 6 (R.6cd)	Matthew 15.29-37
Thursday	Isaiah 26.1-6 Ps 118.1, 8-9, 19-21, 25-27a (R.26a)	Matthew 7.21, 24-27
Friday	Isaiah 29.17-24 Ps 27.1, 4, 13-14 (R.1a)	Matthew 9.27-31
Saturday	Genesis 3.9-15, 20 Ps 98.1, 2-3ab, 3cd-4 (R.1a)	Luke 1.26-38

### 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: #11.

*What more can I do to help create a "Vocation Culture" in my classroom? In my educational institution? In my local church?*



### Parish Mission, St. John Vianney

With Deacon Paul - **Dec 3-5th** @7pm  
Sharing God's Unconditional Love & Mercy Through Reconciliation and Forgiveness.  
With Confessions @8pm, Tue Dec 04th



**Marriage Blessings:** All couples who's marriages are in the months of Oct, Nov & Dec, and attending Mass on Dec 16th, will receive a blessing.

## KofC & CWL Information/News

### The Kamloops Pro-life Society needs your help/ideas!

**1) 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.

**2) 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.

## 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*

**10.** Helps you sleep better:

**Improves sleep quality.** Physical activity increases time spent in deep sleep for the body (REM is the other deep sleep for the mind), the most restorative sleep phases.

**Increases sleep times.** Being physically active requires you to expend energy, helps you feel more tired and ready to rest at the end of the day which increases the duration of your nightly rest.

**Reduces stress and relieves anxiety.** Both these things can relate to sleep problems. The good news is a regular exercise routine can help you fall asleep easier and sleep more restfully during the night. Just 5 minutes of exercise can trigger anti-anxiety responses.

### **Helps with insomnia and other sleep disorders.**

A big area of interest and studies right now. There have been some interest findings, with aerobic exercise being particularly effective in reducing symptoms. Also importantly is that the benefits of exercise kick in over time, rather than immediately. Studies have also found that exercise can help lower the severity of sleep disordered breathing and may help to reduce the severity of obstructive sleep apnea.

### **Q&A**

#### **How much exercise is right?**

The already 150 minutes of exercise a week for healthy adults/30 minutes a day, five days a week is a great start along with consistency. Best exercise is doing the recommended amount at minimum and doing something you enjoy. Be careful to how vigorous your exercise is though, as over exercising will do the reverse and actually cause insomnia.

#### **When is the best time of day to exercise?**

There is no one right time of day to exercise. If you want to sleep more soundly, try a morning jog. as exercise at this time gives a particular boost to deep sleep. Conversely a late-in-the-day workout can help suppress your appetite and make it easier to avoid over-eating in the evening, as a big meal can cause sleep disruptions.

So get up and exercise, and get your sleep on!

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



**The USC lay associates of the Precious Blood Missionaries,** would like to invite everyone to come and share praying the Rosary during Advent on Dec 4, 11 @6:30pm & Dec 18 @5:30pm in the chapel.

## The Fellowship Committee Christmas Tree/Cards



For the month of December you can bring socks, gloves, toques, scarves...to hang on or place under the tree to be donated to St. Vincent De Paul. As well as bring in Christmas cards to donate for Deacon Eddie to take to the prisoners to send to their families. There is a box in the foyer to put cards in.

## How to Make This Christmas the Best One Yet



Advent is here, which means Christmas is almost here! Advent is a time to prepare our hearts for Christmas, but we often get distracted and busy. So sign up for BEST ADVENT EVER! It's a free, daily email program that will help you slow down and focus on what matters most in the midst of the holiday bustle. You'll experience Advent in a way you've never experienced it before, leading to the best Christmas of your life! Are you ready to have an Advent—and a Christmas—you'll never forget? Sign up as per link below:  
<https://dynamiccatholic.com/best-advent-ever>

## Catholic Christian Outreach, ages 18-35

Annual Christmas/New Year's conference in Calgary Alberta from Dec 28 – Jan 1 called *Rise Up!* Rise Up is a conference for young adults to motivate and inspire leaders for the renewal of the world. It's not about what happens at Rise Up, but rather what happens the other 360 days of the year in the lives of participants once they have been built up in the faith and are equipped to share it with others. Are you ready for an experience that could change your life? To register visit: <https://cco.ca/rise-up/>

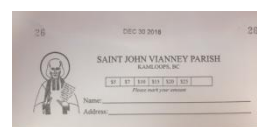
## Do you know other young adults here or in a different parish? Start gathering a team and let's have a Kamloops presence there!

### NOTE: Tax Receipts for 2018:



Faith in Action donations **must be received by Friday, December 28** (before the banks close/or parish office closes).

Donations may be mailed to the parish post marked no later than December 28 to be eligible for 2018 tax receipt. All donations received after the banks close on Friday, December 28, or are post marked later than December 31, will go toward 2019 Tax Receipt.



**However;** If you have Sunday collection in on December 29/30 Masses it will be receiptable in 2018.

## Canada Post Christmas Stamps!



Please be sure to purchase the "Away in a Manger" Permanent Domestic Stamp from Canada Post this year for your Christmas cards and parcels!

In a departure from past Christmas issues that have reproduced Old Master paintings, this year's Christmas stamp tells the story of Christ's birth through simple, colourful imagery and rich symbolism evocative of traditional folk art.