



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 & 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

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



Next program is weekend of **April 5-7**,
vancouverbc@retrouvaille.org or call
Marc/Candice 604-530-6710 & leave a
message. All inquiries are confidential.

WEEKLY/MONTHLY MEETINGS/EVENTS:

Fellowship "Living with Loss"(Friendship Rm) TBA

KofC (Friendship Rm) Next meeting will be **Tuesday January 15th 7pm**

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

Other CWL 2019 Events Mark your Calendars:

- Diocesan - April 26-28 - OLPH
- Provincial - Nanaimo - June 14-16 (Bus Available)
- National - Calgary - Aug 15-18 (Bus Available)

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

Faith Formation: Wed 6:45pm biweekly from Jan 09,

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

MASSES

Weekday Masses in the Chapel
Jan 14-16 & 18th @8:45am
Thurs Jan 17 @6:30pm

SJV UPDATES

Sunday Collection Jan 06, 2019:

Saint John Vianney

Envelopes: \$ 2,423.00 Loose: \$ 27.00
Initial Offering: \$535.00 New Years Day: \$1,144.00
FIA \$23,892.00 Participation - 65 pledges

Our Lady of Lourdes

Envelopes: \$ 355.00 Loose: \$ 134.55
Initial Offering: \$ 60.00 New Years Day: \$ 130.00
FIA \$ 4,550.00 Participation - 14 pledges

FIA (Faith in Action) Campaign 28!

https://youtu.be/_6ZUPRRdd2I

Serra Club of Kamloops Diocese

Adoration – for Vocations Weekly Holy Hour!



5PM 1st Wed each month-OLPH
7PM 2nd Thur each month- Holy Family
7PM Jan 16th - SJV
8PM 4th Wed each month- Sacred Heart



Benefits of Eucharistic Adoration!

#6. Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you. (St. Josemaria Escriva)

Day	Reading	Gospel
Monday	Hebrews 1.1-6 Ps 97.1-2, 6-7ac, 8bc-9 (R.7b)	Mark 1.14-20
Tuesday	Hebrews 2.5-12 Ps 8.1-2, 3-4, 5-6ab, 6c-8 (R.6c)++	Mark 1.21-28
Wednesday	Hebrews 2.14-18 Ps 105.1-2, 3-4, 6-7, 8-9 (R.8)	Mark 1.29-39
Thursday	Hebrews 3.7-14 Ps 95.6-7, 8-9, 10-11 (R.7b-8a)	Mark 1.40-45
Friday	Hebrews 4.1-5, 11 Ps 78.3+4bc, 6c7, 8 (R.7b)	Mark 2.1-12
Saturday	Hebrews 4.12-16 Ps 19.7, 8, 9, 14 (R. Jn 6.63c)	Mark 2.13-17



- Deacon Paul would like to extend his thanks for all who attended his Mission here during the Advent Season. He also wants to thank everyone for their generosity. \$500.00 was raised and donated to the Upper Room Mission in Vernon.

KofC & CWL Information/News

KofC

Father LeJeune Assembly 0033 will be holding its next meeting at the OLPH PARISH CENTRE on Jan 17th, 2019 @7pm. This will be our first meeting at the new site, a site that provides much more room for parking.

CWL

Walking With Purpose Bible Study: Everyone invited to attend our newest *Fearless and Free, based on the Book of Ephesians*. Starting Thur. Jan 31 from 7-8pm OLPH Parish, for 6 weeks; although it has been encouraged to run this program for 8 weeks. To register or FMI: Domenica Spina at 250-320-8319 or Jeanette Melnychuk at 778-257-3421. www.walkingwithpurpose.com

EMPLOYMENT!

CEA positions: Our Lady of Perpetual Help (OLPH), Kamloops: part-time asap. **FMI:** Christopher Yuen principal, christopher.yuen@olpshschool.ca

Learning Assistance/SPED Teacher, St. James - Vernon: 0.6 FTE K-7 starting Jan 01, **Music teacher - Vernon:** 0.4 FTE K-7 **Vernon positions FMI:** Paul Rossetti 250-542-4081 : mrrrossettie@stjamesvernon.com locate form on CISKD website www-ciskd.ca, submit electronically to Ms H. Paluk, superintendent@ciskd.ca

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

New Year's Resolution continued!

Trying to make that New Year a little healthier in the Kitchen, but strapped for time is a very realistic thing. I am going to post a few recipes that are fast and full of nutrition to help you to a healthier New Years. Let's start with breakfast, all these have high fiber:

Fat Free version if use (0% Cottage Cheese)

- 16 egg whites or 500ml carton
- 500 ml Cottage cheese (1-2%)
- 3 1/2 cups dry oatmeal

Optional ingredients (not required):

- 1/4 tsp vanilla
- Dash of cinnamon and nutmeg

- Mix the above all together in a bowl
- Blend all in good blender a bit at a time, then cook.
- Top with fat free plain yogurt peaches or berries (makes about 24)



Balanced carbs, fat, protein version:

- 2 ripe bananas
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup quick-cook oats (70 g)
- 1 teaspoon cinnamon

- Mash bananas in a large bowl until smooth.
- Mix in eggs and vanilla until well combined, then mix in oats and cinnamon. Cook - 1/3 batter yields 6



Higher Fat keto style version:

- 1 cup almond meal
- 2 large eggs
- 1/4 cup pumpkin puree
- 1/4 cup sour cream
- 2 tablespoons butter
- 1 teaspoon pumpkin pie spice
- 1 teaspoon baking powder

Mix the eggs, pumpkin puree, sour cream and butter together

Mix the almond meal, pumpkin pie spice, baking powder and salt together. Slowly add wet ingredients to dry ingredients to get a smoothish consistency.

Cook = 8 pancakes

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



Society of Saint Vincent de Paul:

Our next monthly meeting will be on Mon, Jan 21st @1pm at our 168 Briar Avenue location. All are welcome - come and see

SJV Friday night sports!



Beginning on Jan 25 @7 pm we are going to hold Friday night recreational sports starting with volleyball. The CWL has graciously offered to fund some equipment to get us going! Night. All adults and older youth are encouraged to attend and have fun. Dress lightly and bring water as the gym tends to be warm! Suitable for everyone who wants to be a little bit more active and meet with other parish members. You do not need previous experience to come and play. FMI: Tammy Farrer tammyfarrer1@gmail.com

St. Ann's High School's, Dry Grad Paint Nite:



Mark your calendars for our students of St. Ann's High School's, Dry Grad, Paint Nite Fundraiser event. **Tuesday, Feb 05 @7pm,** Halston Pub 1271 Salish Road. In order for this event to be successful they need to sell at least 25 tickets by Jan22! FMI or to reserve your tickets, click on or go to following link: <https://www.paintnite.com/events/bridge-under-the-cherry-blossoms-at-halston-pub-10122390>

Windmills, Wells & Water 2019

The 17th annual fundraising dinner for the Missionaries of the Precious Blood (USC-CPPS), in support of their missionary work in Tanzania, East Africa, will take place on **Saturday, March 2, 2019 at Colombo Lodge**. Tickets are \$80 per person with tax receipt issued for \$45 per ticket. There will be dinner, dancing, silent auction and lots of giveaways. To purchase tickets, please contact Lloyd/Anna Babcock 250-579-8888; Frank/Kelly Tries 250-314-1429; or Margaret/Kevin Langevin 250-682-5768.

St. John Vianney Parish 40th Parish Reunion



May 5th 2019. This will be an opportunity for all past and present parishioners to come together to renew old friendships. The day will start with mass @10:30am, meet & greet @noon and a BBQ to follow. If you are in touch with people who have moved away we would love to get their address as we want to bring as many people back as possible. Also if you have any pictures of our parish and its activities over the years we would love to borrow them so please put your name on the back and we will get them back to you.

Envelopes & Monthly Pre-Authorized Debit Program (PAD)



There are still some envelopes to pick up in foyer and PAD program forms if you choose to use this service. Still take your envelope boxes as this auto debit does Not Include Special Donations. The program will deduct out of your account Once Per Month on the first Thursday of each month. When filling out your forms remember that it would be your Total Monthly Contribution - Not Weekly. Program will start March 07th and all forms need to be in Sun Feb 17th, if you want to start in March.