



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

Worship: Extraordinary Ministers of Communion (EMC): Carey Hackman 250-579-5210

Service CWL/KofC: Lesley Boettger 250-579-8969 & Bill Pernitsky 250-554-1532

Children's Liturgy: Kiley 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

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) Next meeting TBA

Justice Group: (Friendship Rm/Rm 8)4th Wed - each month @6:30-7:30pm

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

CWL (Friendship Rm) 2nd Tues - 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: (Friendship Rm) Every Friday 1-4:30pm

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

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

MASSES

Weekday Masses in the Chapel

Feb 25 & 27-28 & Mar 01@8:45am

Feb 26th @6:30pm

Mar 02 @9:00am Celebrant, Bishop Joseph to kick off Confirmation Rally.

SJV UPDATES

Sunday Collection Feb 17, 2019:

Saint John Vianney

Envelopes: \$ 1,714.00 Loose: \$ 69.75

FIA \$24,392.00 Participation - 66 pledges

Our Lady of Lourdes

Envelopes: \$ 435.00 Loose: \$ 40.00

FIA \$ 4,850.00 Participation - 15 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 3rd Wed each month - SJV

8PM 4th Wed each month-Sacred Heart

Reflection question for: Serrans, Knights of Columbus,

Women's Organizations, and Other Lay Organizations.



#2. How does my organization proclaim the Gospel with conviction and passion?

Day	Reading	Gospel
Monday	Sirach 1.1-10 Ps 93.1ab, 1c-2, 4c-5 (R.1a)++	Mark 9.14-29
Tuesday	Sirach 2.1-11 Ps 37.3-4, 18-19, 27-28, 39-40 (R. see 5)	Mark 9.30-37
Wednesday	Sirach 4.1-19 Ps 119.165+168, 171- 172, 174-175 (R. 165a)	Mark 9.38-40
Thursday	Sirach 5.1-8 Ps 1.1-2, 3, 4+6 (R. 40.5a)	Mark 9.41-50
Friday	Sirach 6.5-17 Ps 119.12+16, 18+27, 34-35 (R.35a)	Mark 10.1-12
Saturday	Sirach 17.1-4, 6-8, 10-15 Ps 103.13-14, 15-16, 17- 18 (R. see 17)	Mark 10.13-16

2018 Revenue and Expenditures, statement for SJV available in foyer.

Income Tax Receipts



Today is the last Sunday to pick up Income Tax Receipts in foyer otherwise will be mailed out Tuesday Feb. 26. Some of them are tucked in envelope boxes that haven't been picked up yet.

KofC & CWL Information/News

KofC

CWL prayer line: To add prayer requisitions, contact Carey Hackman: telyhack@telus.net or 250-579-5210

ST JOHN VIANNEY CWL BURSARIES

Post Secondary - SJV practicing catholic graduating student entering a post secondary program in the fall. Bursary is for \$500 and application **deadline is April 30**. Submit to parish office.

Grade 8 SJV practicing catholic student entering into St. Ann's the following September. Bursary is for one month's tuition and application **deadline is April 30**. Submit to parish office.

BC & YUKON CWL BURSARY

BC & Yukon Provincial CWL also offers a bursary to a practicing Catholic and an active member of the CWL of Canada for a minimum of 2 years. Application **deadline is March 31**. Submit to BC & Yukon Provincial Chairperson on Education & Health

EMPLOYMENT!

Our Lady of Perpetual Help (OLPH), Kamloops.PE Specialist/Classroom Teacher - 1.0 FTE: & CEA positions:

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

St. James - Vernon, Learning Assistance/SPED Teacher, 0.6 FTE K-7 starting Jan 01 & Music teacher: 0.4 FTE K-7 Vernon positions FMI: Paul Rossetti 250-542-4081 : mrrrossettie@stjamesvernon.com_locate form on

All positions CISKD website www-ciskd.ca, submit electronically to Ms H. Paluk, superintendent@ciskd.ca or 250-376-3351

JOBS - See postings in foyer for FMI

MIKKIE'S CORNER - Health & Nutrition

What are all these new diets, Keto, DASH, Paleo...?!

Understanding our bodies first!

Last week I talked about pH and the delicate balance it has to maintain at different levels in our bodies. Our bodies key organs and buffering systems never stop working to keep our pH in line, so best to be kind to our bodies and help it out a bit. Again last week I described how blood pH is to be maintained between 7.35 and 7.45. It is so important that any slight rise above or below, that is too acidic (below 7), or too alkaline (above 7.7), would quickly result in death. Let's go over things that can slightly alter blood pH, (not to death level but that could cause problems: Let's start with Acidosis (acidic low pH), 2 types:

1.Respiratory Acidosis - occurs when too much CO2 (carbon dioxide) builds up in the body. Normally, the lungs remove CO2 while you breathe, but some conditions don't allow your body to get rid of enough.

Risk Factors:

Anything that can affect breathing could be a risk factor; asthma, obesity, sedative misuse, alcohol, chest muscle weakness, chest colds or conditions (bronchitis, pneumonia....)

Reduce your Risk Factors:

Live a healthy lifestyle, maintain weight (eat a balanced diet, exercise) stop smoking (reduces lung function, greatly increases the risk of getting bronchitis, pneumonia, cancer....) finally take sedatives as prescribed - never mix with alcohol

2. Metabolic acidosis - starts in the kidneys and occurs when they can't eliminate enough acid or they get rid of too much base. More on this next week.

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

4th Annual Diocesan Youth Retreat

May 3 – 5, at Our Lady of Perpetual Help in Kamloops. For youth, grades 7–12. FMI: www.rcdk.org

Thinkfast, sponsored by CCODP ages 13-21

Join us on Sat, Mar 9 in Whistler for the Kamloops Diocese Thinkfast! By participating in this 25-hour educational and fundraising fast you stand in solidarity with those in the Global South who need our support. Take part in fun activities to learn more global issues, and what we as Catholics can do to create a better world. This one day event will be held at Our Lady of the Mountains parish in Whistler. Those interested in attending from out of town will be offered billet families to stay with for the weekend. A solidarity pizza dinner will be provided at the end of the day. FMI: John & Liz Corrigan 604-894-3671 : liz_cor@telus.net

Special prayer event in support of persecuted Christians Feb 27, 2019, Sacred Heart

This is intended to raise awareness of the plight of Christians persecuted for their faith and to stand in prayerful solidarity with them. There are many countries where a single religion is imposed or where there is violent persecution or systematic cultural mockery of the disciples of Jesus, denying them religious freedom, which, the Pope said, is a fundamental human right that must be recognized because it reflects man's highest dignity. Pope Francis asks each of us to embrace those who are persecuted with our prayers and remember their suffering and Pope Francis reminds all Christians that although there are differences in faith or in traditions, those differences shouldn't outweigh the respect and patience we should have for one another. Prayer service begins with Mass @6:30 pm, music provided by the Men's Choir, followed by the Rosary and then Adoration of the Blessed Sacrament until 8:45pm when Evening Prayer will be offered with Benediction @9 pm.

OLPH PSG Raffle Fundraiser - until March 06th

To raise funds to help offset the costs of extra-curricular activities and programs for our schools, upgrade playground equipment, etc. Prizes are: 1st-\$3000.00 Expedia CruiseShipCenters Trip Voucher 2nd-\$1000.00 Costco Gift Card 3rd-\$500.00 worth of Gift Cards (Safeway, Esso, Cineplex & Earls). Get your Tickets here at SJV after Mass & from OLPH School office (250) 376-2343 & OLPH families, \$5.00/Ticket

Theology of the Body Conference

Banff Alberta March 8 and 9, 2019. FMI visit <https://www.catholicyyc.ca/tob.html>

Windmills, Wells & Water 2019, Sat, Mar 2 at

Colombo Lodge 17th annual fundraising dinner!

For the Missionaries of the Precious Blood (USC-CPPS), in support of their missionary work in Tanzania, East Africa. Tickets are \$80/person. Dinner, dancing, silent auction and lots of giveaways. For tickets: 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

05th. We need your help finding people!

If you know someone who used to attend SJV and changed parishes or moved out of town, please let us know by emailing or calling office with the contact information! We want to invite all past, present and future SJV parishioners! As well we are still looking for 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.



