



# 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

**Mass Schedule:** Sunday Mass 10:30am  
Weekday Masses @8:45 in Chapel Mon, Wed-Thu  
Tues Mass is @6:30pm & Fri Mar 08 - Hamlets @10am

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:** 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

**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

**Note:** See Weekday Mass Schedule for updates each week, for location or time changes.

**LENTEN SEASON**

Mar 05 Ash Wednesday: OLL Heffley @ 5:00 pm  
St. J Vianney @ 7:00 pm.

**Stations of the Cross @7pm - Ministries:**

- Mar 08 - Volunteer Group Please???
- Mar 15 - Justice/Development & Peace
- Mar 20 - CWL
- Mar 27 - Worship/Extraordinary Ministry
- Apr 03 - Fellowship
- Apr 10 - Evangelization/Discipleship
- Apr 17 - KofC

**EASTER**

**Holy Thursday:**

Apr 18 SJV @7:00pm OLL @5:00pm

**Good Friday, Liturgy of the Lord's Passion:**

Apr 19 SJV @3:00pm OLL @5:00pm

**Easter Vigil Liturgy:**

Apr 20 SJV @8:00pm

**SJV UPDATES**

Sunday Collection Feb 24, 2019:

Saint John Vianney

Envelopes: \$ 2,179.00 Loose: \$ 35.40  
FIA \$24,392.00 Participation - 66 pledges

Our Lady of Lourdes

Envelopes: \$ 170.00 Loose: \$ 30.00  
FIA \$ 4,850.00 Participation - 15 pledges

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

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

**#3. Does my organization take leadership in promoting the universal call to holiness among its members and those it serves?**

Day	Reading	Gospel
Monday	Sirach 17.24-27, 29 Ps 32.1-2, 5, 6, 7 (R.11a)	Mark 10.17-27
Tuesday	Sirach 35.1-12 Ps 50.4-5, 7-8, 14+23 (R.23b)	Mark 10.28-31
Wednesday	Joel 2.12-18 Ps 51.1-2, 3-4a, 10-11, 12+15 (R. 1a+4a)	Matthew 6.1-6, 16-18
2nd reading 2 Corinthians 5.20-6.2		
Thursday	Deuteronomy 30.15-20 Ps 1.1-2, 3, 4-6 (R.40.5a)	Luke 9.22-25
Friday	Isaiah 58.1-9a Ps 51.1-2, 3-4a, 16-17 (R.17b)	Matthew 9.14-15
Saturday	Isaiah 58.9b-14 Ps 86.1-2ab, 2c-4, 5-6 (R.11a)	Luke 5.27-32

**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!**

**Ascend Online - Kamloops**

**SPED Admin Position:** 1.0 FTE K-12 starting July 01, FMI: Lyn Hale 1-888-599-5775 ext 6: principal@ ascendonline.ca

**St. James Catholic School - Vernon**

**Int. Teacher/Maternity Leave:** 1.0 FTE Grade 6 starting Apr 01, FMI: Paul Rossetti 250-542-4081 : mrrrossettie@stjamesvernon.com

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 outlined types of Respiratory Acidosis. This week shows a different type of Acidosis (low pH): Metabolic Acidosis - starts in the kidneys and occurs when they can't eliminate enough acid or they get rid of too much base (too alkaline). 4 conditions:

Diabetic acidosis - occurs in people with diabetes that's poorly controlled. When the body lacks insulin, ketones build up and acidifies blood.

Hyperchloremic acidosis - diarrhea and vomiting can cause a loss of sodium bicarbonate (base). which helps to keep blood neutral.

Lactic acidosis - When too much lactic acid builds up in your body caused from chronic alcohol use, heart failure, cancer, seizures, liver failure, prolonged lack of oxygen and low blood sugar. Even prolonged exercise can lead to lactic acid buildup.

Renal tubular acidosis occurs when the kidneys are unable to excrete acids into the urine. This causes the blood to become acidic.

Then there is the opposite of Acidosis - **Alkalosis (high pH, too alkaline)** with Respiratory and Metabolic conditions as well:

Respiratory alkalosis - happens when there is low carbon dioxide levels are in blood - causes due to fever, high altitude (altitude sickness), fast breathing (hyperventilate). Metabolic alkalosis is caused by too much bicarbonate in the blood Hypochloremic alkalosis is caused by an extreme lack or loss of chloride and can occur from prolonged vomiting. Hypokalemic alkalosis is caused by the kidneys' response to an extreme lack or loss of potassium, can occur from taking certain water pills (diuretics).

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



Prayerful wishes to Fr. Andrew L'Heureux who celebrated his birthday on Sat, Mar 2<sup>nd</sup>!

Please pray for the recovery of Fr. Swann's father

**IMPORTANT:** Mass time change at Blessed Sacrament in Chase. As of March 9 the new Mass times for Blessed Sacrament in Chase is 4pm on Saturdays. There will no longer be a Sunday morning Mass.

**Retirement Notice**

Father Lawrence Travis will be retiring from his service in the Diocese of Kamloops. Fr. Travis was on loan to our Diocese from the Archdiocese of Vancouver. We thank Fr. Travis for his generous service at Sacred Heart Williams Lake and attached missions. Father Raphael Boansi will be temporarily assisting Father Samuel Garcia at Sacred Heart Williams Lake and attached missions.

**4<sup>th</sup> 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

**Theology of the Body Conference**

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

**Movie: The Voice of John: one small voice will speak for millions [www.voiceofjohn.org](http://www.voiceofjohn.org)** Join other Christians



to learn more about valuing life in Western culture. **Friday, March 22, 2019 at Sacred Heart Cathedral - Two showings: 10:30am & 7pm:**

From the 1970s to the present, issues for life have gone far beyond threatening the unborn. Come learn the real truth in this documentary (103 minutes) that provides a forensic view into the issues from the perspective of those who know it best. Doctors, nurses, clergy and politicians are both responsible for the current abortion and euthanasia culture as well as those opposed to it. Dedicated to an aborted baby, born alive and left in a hospital utility room, "John" was baptised as he died in the arms of the nurse who found him. The documentary grew from her promise to "to be your voice" and "to tell the world what I saw today." FMI: Kathy at 250-318-9696 or kathysdahlhouse@gmail.com

**St. John Vianney Parish 40<sup>th</sup> 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.