



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's 10:30am

Weekday Masses May 06 -10:

Mon Funeral Mass: OLPH@10am, Ed Poulin, father of Fr. Jeremy of Madagascar
Tues- Thur: Chapel @8:45am
Fri: The Hamlets @10am

2826 Bank Road : V2B 8E5 : 250-579-8711:

jvianney@telus.net stjohnvianneykamloops.ca :

Office hours 1:00-5:00pm (May 06-10)

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



vancouverbc@retrouvaille.org or call Marc/Candice 604-530-6710 & leave a message. All inquiries are confidential.

WEEKLY/MONTHLY MEETINGS/EVENTS:

Fellowship Committee: (Friendship Rm) TBA

Justice Group: (Friendship Rm/Rm 8) Come join us for a "Justice On Tap" Social-**Wednesday, May 22, 6-7:30 pm**. Please bring a snack to share & your choice of beverage. Coffee & Tea will be provided.

"Today we celebrate 40 years in St. John Vianney Parish with Mass and BBQ to follow. Welcome everyone, especially those who have come from afar!"

40TH anniversary

SJV UPDATES

Sunday Collection April 28, 2019:

Saint John Vianney

Envelopes: \$ 2,347.00 Loose: \$ 46.00

PAD Program: \$ 1,763.00 for month of April

Our Lady of Lourdes

Envelopes: \$ 270.00 Loose: \$ 140.00

Serra Club of Kamloops Diocese

Adoration – for Vocations Weekly Holy Hour!



5PM 1st Wed each month-OLPH

7PM 2 Wed this month- Holy Family

7PM 3rd Wed each month - SJV

8PM 4th Wed each month- Sacred Heart

Benefits of Eucharistic Adoration!

St. Vincent de Paul would make a Holy Hour asking the Lord blessings on important business transactions and, afterwards, returned to thank the Lord. (St. Vincent de Paul)



Words from our secondary patron, St. John Vianney:

"Do not be like the proud who always want to assert their own opinion....I have known people with whom this had become a daily habit." – *On Mortifying Self-Will*.

"FREE ceramic nativity scene with creche. Individual statues are about 8" each and the creche is about 20" tall. Please call Maureen at 778 471-4118."

KofC & CWL Information/News

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

CWL monthly meetings (Friendship Rm) 2nd Tues - each month @7pm

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

EMPLOYMENT!

Sacred Heart, Williams Lake:

Kindergarten Grade 1-7 0.1 FTE

Our Lady of Perpetual Help (OLPH), Kamloops

PE specialist & classroom instruction: BC certified teacher, 1.0 full time position to begin Sept.

St. Ann's Academy Kamloops

International Education Coordinator: Part-Time, 0.4 FTE

Advancement Officer: Part-time, 0.4 FTE

Elementary Teacher: 0.6 FTE Grades 2 & 5

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

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

MIKKIE'S CORNER - Health & Nutrition

Wacky diets - This week is on restrictive low carb diets like Keto which is particularly common right now. It has been getting a lot of backup by doctors because it has had some great results. But if sedentary anything you change you will have positive results but for how long. The problem is it hasn't been tested long enough to know long term outcomes. Also the "no or low fat diet" was backed many years ago and as you can see from last week's "corner" there are some very unpleasant effects. Here are just a few things that can happen if you suddenly and drastically cut carbs:

- Headache
- Bad breath
- Weakness
- Muscle cramps
- Fatigue
- Skin rash
- Constipation or diarrhea

In addition, some things that are known for sure in the long term are vitamin or mineral deficiencies, bone loss and gastrointestinal disturbances. Again It's not clear what kind of possible long-term health risks a low-carb diet may pose because most research studies have lasted less than a year. Also research has shown eating large amounts of fat and protein from animal sources, increases risk of heart disease or certain cancers and increase risks of various chronic diseases. To be continued next week...

As we take care of our bodies it is also important to take care of the very Earth we live on to be healthy. Each week there will also be an **Environmental tip!**

"I'm the lorax who speaks for the trees which you seem to be chopping as fast as you please. But I'm also in charge of the Brown Bar-ba-loots who played in the shade in thar Bar-ba-loot suites and happily lived, eating Truffula Fruits. "

Dr. Suess

"Holy Walkers! Kamloops" rivers trail Westsyde by Centennial Park walk, meet SJV gym - 8am.

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

Our Lady of Guadalupe



The image of Our Lady of Guadalupe shows Mary as pregnant with Jesus. This image proclaims the Gospel that "God is with us". You are invited to join in a special Novena for all those participating in an upcoming Rachel's Vineyard Retreat. These retreats are for emotional and spiritual healing after abortion.

You are invited to an exciting pro-life evening:

Under the patronage of Most Reverend Bishop Joseph Nguyen, featuring chef J.P.'s famous cooking. Our guest speaker, Mike Schouten serves as the director of the political action group, *We Need A Law* and will be speaking on: "how the acceptance of abortion is leading to the erosion of democracy in our country." The event will be held on Wed, May 15th at St. James Parish Centre located at 2700 - 28th Ave. in Vernon. Mass at 5:00 pm at St. James Church will be followed by dinner at 6:15 pm at the Parish Centre. The dinner is by donation. Please confirm your attendance by sending an e-mail to prolifevernon@gmail.com or a message at 250-545-5520

Vocation Weekend at the Carmel:

Are you discerning God's call to a religious vocation? You may be interested in spending a weekend of Prayer and Discernment at the Carmel of St. Joseph May 17th -19th. RSVP 1-250-546-8801 ww.carmelspall.org

2nd Annual Vocation's Dinner!



Wednesday, May 22, 2019

Ticket: \$50 per person

5:30 pm Reception/Cocktails

6:30 pm Dinner

Colombo Lodge (Semi Formal)

Tickets Available from SJV, CWL & KofC, Parish office or Serra Club Kamloops Members or Chancery

For the Love of God: Wellspring of our Existence for 175



Years: We, the Franciscan Sisters of the Immaculate Conception of the Holy Mother of God (SFIC) with joyous hearts and a unified sense of gratitude and of celebration for the blessings received during the 175 years since the founding of our

Congregation would like to invite you to join us in celebration on **June 24, 2019** at the Sacred Heart Cathedral with Mass at 5:30 pm followed by a Pot Luck Dinner. Because you have shared in our lives by your friendship and love we request that you join us in this anniversary celebration of our congregation. "For the love of God" will move us forward in simplicity, submission, love and penance in our participation in the mission of Christ, in our passion to heed the cry of the poor and in care for our common home, in our respective lands. "For the love of God" will empower us with a humble courage to a life of prophetic witness by the testimony of our lives that God is the Beginning and End of all love. As streams of living water, Love will flow on.

Live Christ, Share Christ Movement out of Scarborough Ontario was discussed at the priest's meeting after the Chrism Mass. The LCSC movement is a lay movement for evangelization and renewal to bring Catholics into a vibrant relationship with Jesus Christ and to bring them back to an active life in the parish. Following the initial program is a monthly prayer assembly for mutual support and encouragement, continuing formation and helping Catholics to become evangelizers. Anyone who is interested in bringing LCSC to their parish can find more information by emailing Raul Lanting at lantingraul@yahoo.com or call him at (778)968-3550, or go to the website www.livechristsharechrist.net