



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 13 -17:
Mon & Wed-Fri: Chapel @8:45am
Tue: Chapel @6:30pm

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.

"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."

SJV UPDATES

Sunday Collection May 05, 2019:

Saint John Vianney

Envelopes: \$ 2,473.00 Loose: \$ 203.65

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

Our Lady of Lourdes

Envelopes: \$ 245.00 Loose: \$ 30.00

Serra Club of Kamloops Diocese

Adoration – for Vocations Weekly Holy Hour!



5PM 1st Wed each month-OLPH

7PM 2 Wed each month- Holy Family

7PM 3rd Wed each month - SJV

8PM 4th Wed each month-Sacred Heart

Benefits of Eucharistic Adoration!



#13. During our Holy Hour our souls are fed in two faculties of the spirit - the Mind and the Will. In the Mind we need light; in the Will we need strength. (Fr. John Hardon)



Prayerful wishes to Fr. Paul Simms who celebrated his 7th Anniversary of Priestly Ordination on May 11th and to Fr. Andrew L`Heureux who celebrates his 13th Anniversary of Priestly Ordination on May 12th!

Day	Reading	Gospel
Monday	Acts 11.1-8 Ps 42.1-2; 43.3, 4 (R.42.2a)	John 10.1-10
Tuesday	Acts 1.15-17, 20-26 Ps 113.1-2, 3-4, 5-6, 7-8 (R.7-8)	John 15.9-17
Wednesday	Acts 12.24 - 13.5a Ps 67.1-2, 3a+4, 5+7 (R. see 3a)	John 12.44-50
Thursday	Acts 13.13-25 Ps 89.2-3, 21-22, 25+27 (R.2a)	John 13.16-20
Friday	Acts 13.26-33 Ps 2.6-7, 8-9, 10-11 (R.7)	John 14.1-6
Saturday	Acts 13.44-25 Ps 98.1, 2-3ab, 3cd-4 (R.3)	John 14.7-14



If it wasn't for God, we wouldn't exist. He made us all, and there's one thing he wouldn't miss. The qualities of a mother, and all it takes to raise His children in his created place. He knew just what he was doing. Oh, yes he did. For when he made woman to care for kids He gave her strength, He gave her patience, He gave her unconditional love, oh what a special creation!

KofC & CWL Information/News

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

CWL monthly meetings (Friendship Rm) 2nd Tues - each month @7pm. Next meeting on **May 14th** with a speaker from Hospice.

Bazaar volunteers needed! Looking for a convener and a Tea Room kitchen coordinator. This is our major annual fundraiser which allows us to fund bursaries and many charitable projects, including directly contributing to parish projects. If you feel you can take on either of these positions or along with another person, please contact Lesley Boettger at jbandlb@telus.net or call her at 250 579-8969

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

CWL 2019 Events Mark your Calendars:

Provincial - Nanaimo - June 14-16

National - Calgary - Aug 15-18 (Bus Available)

EMPLOYMENT!

Sacred Heart, Williams Lake:

Kindergarten Grade 1-7 0.1 FTE

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

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

Wacky diets - Last week I touched on low carb diets and mentioned Keto - so what is Keto? This is a diet that puts your body into ketosis. This is a normal metabolic process for when the body does not have enough glucose for energy and it basically burns stored fats instead. There are many steps to this process as the body cannot directly use fat as energy, it must be converted to a sugar form = glucose; which is the main molecule for energy our bodies use and we cannot survive without it. This conversion through first gluconeogenesis then ketosis results in a build-up of acids called ketones within the body. Specifically, the body begins to break down fat stores to provide glucose from triglycerides and ketones. Ketones are acid by-products that build up in the blood and are eliminated in urine (which people will use urine test strips to indicate this). The brain takes up most of the daily glucose requirements: The daily glucose requirement for a typical adult is 160g and 120g of that alone is needed just for the brain. The amount of glucose present in body fluids is about 20 g, and a storage form of glucose, a readily available type - glycogen, is approximately 190 g = direct glucose reserves being sufficient for about a day.

....to be continued

Environmental tip!



Use the left over water don't pour down the drain. Use it to top up your pets water bowls, use to water indoor or outdoor plants and or us to dilute for cleaning products.

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

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

Pro-Life Kamloops: Fatal Flaws Documentary

We invite you to view the documentary Fatal Flaws, featuring interviews with individuals who have been directly impacted by euthanasia/assisted suicide. Attend at the Odd Fellows Hall, 423 Tranquille Rd. (across from Hatsuki Sushi), Wed. May 22, 7:00 p.m. Discussion and refreshments to follow. Free admission, donations gratefully accepted.

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