



# 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: Father Jaison Tellis, Service Department: Deacon Eddie Lavoie

**Mass Schedule:** Sunday's 10:30am  
**Weekday Masses July 23 - July 27:**  
Tue -Sat Chapel @8:45am

2826 Bank Road : V2B 8E5 : 250-579-8711:  
jvianney@telus.net stjohnvianneykamloops.ca :  
Office hours 8:00am -12:00pm (Jul 22-23 & 25-26)  
(M-T & Th-Fri)

### 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: TBA**

**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:**  
**Upcoming dates for next program Sept 27 - 29**  
 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) next meeting September 25 @6:30-7:30pm

**KofC monthly meetings** (Friendship Rm) 1st Tues - each month @7pm. Starting back up in September

**CWL monthly meetings** (Friendship Rm) 2nd Tues - each month @7pm. Starting back up in September

### SJV UPDATES

Sunday Collection July 14, 2019:

Saint John Vianney

Envelopes: \$ 1,444.00 Loose: \$ 26.00

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

Our Lady of Lourdes

Envelopes: \$ 285.00 Loose: \$ 126.95

### 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! 23.** *You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions. (Pope Benedict XV) During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need of His mercy. ("Letters to a Brother Priest")*

Day	Reading	Gospel
Monday	2 Corinthians 5.14-17 Ps 63.1, 2-3, 4-5, 7-8 (R.1b)	John 20.1, 11-18
Tuesday	Exodus 14.21-15, 20-21++ Ps 15.7ab-8, 9, 10+12, 17 (R.1b)	Matthew 12.46, 48-50++
Wednesday	Exodus 16.1-5, 9-15 Ps 78.18-19, 23-24, 25-26, 27-28 (R.24b)	Matthew 13.1-9
Thursday	2 Corinthians 4.7-15 Ps 126.1-2ab, 2bc-3, 4-5, 6 (R.5)	Matthew 20.20-28
Friday	Sirach 44.1, 8, 10-15 Ps 132.11, 13-14, 17-18 (R.Lk 1.32b)	Matthew 13.16-17
Saturday	Exodus 24.3-8 Ps 50.1-2, 5-6, 14-15 (R.14a)	Matthew 13.24-30

**Countdown to 75<sup>th</sup> celebration weekend of our diocese – 334 Days to go!** Saturday May 30, 2020.

### Prayer Vigil

Prolife Kamloops are holding a 1- time summer, silent prayer vigil on Columbia St., on St. Ann's corner, immediately west of the hospital on **July 19**, from **10:30 - 11:30**. Their focus will be on prayers to end abortion, euthanasia, assisted suicide and on protection for those who are vulnerable. Look for their sign/banner. Any questions call... 778-220-5584

### Mass and Celebration Day:

Our Lady of Mt. Carmel on Sunday July 21st, at 2:00 p.m. at the Monastery in Armstrong. Refreshments will follow and you are welcome to bring a dish to share. All are invited

## KofC & CWL Information/News

### **KofC post secondary bursary: Deadline is July 31/19**

Applications are available from  
Lloyd Babcock 250 579 8888

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

### **CWL 2019 Events Mark your Calendars:**

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

### **EMPLOYMENT - See all postings in foyer for FMI Kamloops Diocese Financial Officer:**

Submit resume to amuzzillo@smithgm.com no later than July 26

## CATHOLIC SCHOOLS

### **OLPH - Kamloops**

-.5 and .2 FTE Shared Classroom Teacher positions  
-.8 FTE Elementary Learning Resource Coordinator  
FMI Christopher Yuen 250-376-2343 or  
christopher.yuen@olphschool.ca

### **St. Ann's Academy Kamloops**

-0.4 FTE Advancement Officer  
FMI Patrick Niwa 250-372-5452: pniwa@st-anns.ca.

### **St. James Catholic School, Vernon B.C.**

-0.4 FTE - Music Teacher  
-Teacher On Call  
-Education Assistants On-Call  
FMI Paul Rossetti: 250-542-4081:  
mrrossetti@stjamesvernon.com

### **Sacred Heart, Williams Lake:**

-0.1 FTE Kindergarten Grade 1-7  
FMI Mrs. Shirley Giroux 250-398-7770  
principal@sacredheartwl.com or call

### **St. Ann's Catholic School, Quesnel - 2019:**

-1.0 FTE Learning Resource Teacher Sept. 1  
-1.0 FTE Intermediate Multi-grade classroom teacher Sept. 1  
-0.3 FTE Prep Relief Teacher with a background in music Sept 1  
CEA's to fill a 3 hour/day position beginning Sept 4, special needs diploma or certificate valued.  
FMI Tara Milley 250-992-6237 :  
principal.stanns@shawcable.com

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

## **SJV VOLUNTEER POSITIONS:**

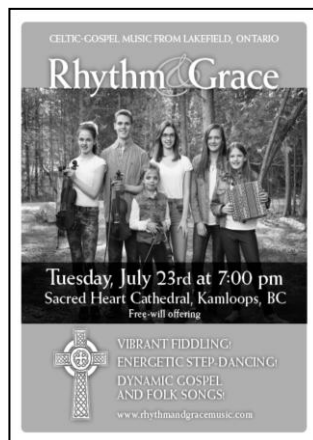
**Children's Liturgy** - Coordinator needed. Please email office or call if interested. Call Kyley FMI on this role 250-299-3286

**ALERT:** Please note that there is an email scam circulating throughout our Diocese. THESE EMAILS ARE NOT FROM BISHOP JOSEPH, OUR PRIESTS OR SECRETARIES. This is an email scam that has been circulating in various forms for quite some time. This email should be disregarded and immediately deleted. DO NOT GIVE MONEY OR PURCHASE ANY GIFT CARDS. DO NOT REPLY TO THE EMAIL. If you have any doubt, please phone the person who the email appears to be from. In one of the scams, the scammer requests you purchase gift cards and contact them afterward. Once you contact them, they will ask for the PIN number on the card and this gives them access to the funds on the gift card. PLEASE DELETE THIS EMAIL - IT IS A HOAX

*Holy Walkers! Kamloops' Please continue to record your walks and enter them in at following link. Please scroll down and when it says "Who did you walk with" choose "Other" then type in "Holy Walkers! Kamloops" Thanks to you all.*

<https://www.devpc.org/en/education/fall2018/walk>

## Rhythm and Grace – Because He Loves Me Celtic-



**Gospel Tour:** Join us for a dynamic, musical, Faith-filled experience with Rhythm and Grace on July 23<sup>rd</sup> at 7 pm – the Duketow family is from Lakefield, Ontario, Canada. Miriam and Alex, with their 6 oldest children ages 7 to 17, will help us get our feet tapping and our hands clapping through harmonious song, energetic step-dancing, vibrant fiddling, and more. This event promises to be a life-giving experience for all ages. Free-will offering

## **Inspiration & Instruction in the Sacred Liturgy: BC Sacred Music Symposium**

August 2<sup>nd</sup> to 4<sup>th</sup>, 2019, Sts. Joachim & Ann Catholic Church, Aldergrove, BC. Keynote by Msgr. Andrew Wadsworth. Classes in Sacred Music for all levels register at [bcsaredmusicsymposium.com](http://bcsaredmusicsymposium.com)

## **Cans For Cash**

Take your empty bottles/cans to **General Grant's** at either of these depots...

- 963 Camosun Crescent ( across from TRU)
- 611 Fortune Dr.

... and inform them that you wish to donate the proceeds from your returns to the Kamloops Pro-life Society. They have registered with both of these locations. Thank you for your support.

## **Weekly Environmental Tip - When using water consider the following:**

- A dishwasher is 95% more energy-efficient by using 8.7gallons of water per load. Washing by hand for 10 minutes with water running can use 20 gallons.

- A toilet 1992 or earlier uses between 3.5-7 gallons/minute or more per flush. Newer high-efficiency toilets use less than 1.3 gallons per flush

- Older showerhead use 3 gallons/minute or more. New efficient ones use 2 gallons/minute or less (family of 4 can save about 20,000 gallons of water/year

- Running your faucet for 5 minutes uses about as much energy as a 60-watt light bulb consumes in 14 hours!

## **MIKKIE'S CORNER - Health & Nutrition**

Continuing with Vit B12 from last week. So why is Vit B12 essential? Without it our bodies wouldn't be able to make red blood cells, nerves and DNA along with other vital functions that Vit 12 is required for to be carried out. An average adult should get in about 2.4 mcg a day. A few examples for vegetarians on food amounts:

**Lacto-ovo vegetarians:** 2 eggs = 2.2 mcg

**Lacto vegetarians:** 1 cup milk 1% = 1.2mcg

**Pesco-vegetarian:** 3 oz canned tuna in water = 2.5mcg

**Vegans:** Nutritional yeasts, 100% fortified = 6.0mcg

Non vegetarians for the most part don't have to worry as they will get VB12 needs met through all the different animal food groups (meat, dairy, fish, eggs...) However as mentioned last week, people with gastrointestinal disorders and the elderly should also be aware of B12 levels as gut flora may be compromised.

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