



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 Aug 06-Aug10
Tues -Sat Chapel @8:45am
Rest of week and following weeks TBA

2826 Bank Road : V2B 8E5 : 250-579-8711:
jvianney@telus.net stjohnvianneykamloops.ca :
Office hours 8:00pm - 12:00pm (Aug 06 & Aug 8-9)
1:00pm - 5:00pm (Aug 07)

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) 4th Wed - each month @6:30-7:30pm



A very happy 99th birthday to one of our very own and original parishioners today - Claire Ternier!

SJV UPDATES

Sunday Collection July 28, 2019:

Saint John Vianney

Envelopes: \$ 1,653.55 Loose: \$ 83.00

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

(Pre authorized debit - Program) anyone can apply to do this - FMI contact the office.

Our Lady of Lourdes

Envelopes: \$ 300.00 Loose: \$ 145.00

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! #25. A Holy Hour brings Heavens choicest blessings on those who are faithful to their Hour. (Pope Paul VI)

Day	Reading	Gospel
Monday	Numbers 11.4b-15 Ps 81.11-12, 13-14, 15-16 (R.1a)	Matthew 14.13-21
Tuesday	Daniel 7.9-10, 13-14 Ps 97.1-2, 5-6, 9+11 (R.1a and 9a)	Luke 9.28b-36
Wednesday	Numbers 13.1-2, 25-33; 14.1-2b, 26-29, 34-35++ Ps 106.67-7, 13-14, 21-22, 23 (R.4a)	Matthew 15.21-28
Thursday	Numbers 20.1-13 Ps 95.1-2, 6-7ab, 7c-9 (R.8)	Matthew 16.13-23
Friday	Deuteronomy 4.32-40 Ps 77.11-12, 13-14, 15-20 (R.11)	Matthew 16.24-28
Saturday	2 Corinthians 9.6-10 Ps 112.1-2, 5-6, 7-8, 9 (R.5a)	John 12.24-26

Countdown to the
of our diocese

75th celebration weekend
Saturday May 30, 2020



Mass Intentions Welcome!

We have a number of openings for Mass Intentions both for the living and deceased. To schedule a Mass intention, come to the office during office hours.

KofC & CWL Information/News

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

KofC post secondary bursary: Applications are now available from Lloyd Babcock 250 579 8888

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

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 CATHOLIC SCHOOLS

OLPH - Kamloops

- 0.33FTE CEA & 0.36FTE ECE - Support Worker
-.5 and .2 FTE Shared Classroom Teacher positions
FMI Christopher Yuen 250-376-2343 or christopher.yuen@olphschool.ca

St. Ann's Academy Kamloops

-0.4 FTE Advancement Officer
-.8 FTE Elementary Learning Resource Coordinator
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:

Home Stay Families for NET Team!

The goal of this team is to challenge young people to love Christ and embrace life of the Church by providing a foundation for youth ministry in parishes, schools and the whole community. Team members would stay with host families for 2 weeks at a time. Both families and team members will benefit from their time together. Host families are asked to provide breakfast, lunch and supper. Please contact SJV office if you are interested.

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

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.devp.org/en/education/fall2018/walk>

Grit & Grace Men's Retreat

Sept. 20-22 A retreat for every man searching for deeper relationships with God and a fuller understanding of what it means to live as a Son of the Father, see poster in foyer.

Next Issue of Diocesan News

Reminder that the content submission deadline for the October issues of Diocesan News is August 28th. Please send all submissions to info@rcdk.org

Choose Life Kamloops (40 days for Life Vigil)

Will you be the voice of those who cannot speak for themselves? Please join us from September 25 to November 3 at Sacred Heart Cathedral from 4:00pm to 6:00pm to pray and be a witness that all life is precious from conception to natural death. Opening prayer vigil will be held Tuesday September 24th at 6:30pm. **Every Life is a Gift (Pope Francis)**

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.

Weekly Environmental Tip - recap check!

1. Reuse old water - use in plants, pet bowls
2. Thermostat down in the winter - up in the summer
2. Hang Laundry instead of drying
3. DIY project - reuse old towels, t-shirts for papertowel
4. Buy Local
5. Homemade cleaning products
6. Borrow, trade or buy second hand
7. Cut down on Gas - walk, bike, carpool, transit
8. Save the Bees!
9. Water Consideration- don't run water, shower vs bath
10. Recycle-Reuse- Save \$!

MIKKIE'S CORNER - Health & Nutrition

Vegetarianism (not wacky but can be, if done incorrectly).

If you noticed from last week's corner a Vit-B12 deficiency can cause anemia and is not the only thing that can cause that. A deficiency in iron can also do the same as it transport oxygen throughout the body (VitB12 make red blood cells and hemoglobin a component of iron carries the oxygen). Many vegetarians argue the point that there are lots of plant based foods concentrated with iron. This is true, but there are 2 types of iron heme and non-heme. Heme iron is very absorbable and mainly in animal based foods.

Non-heme iron is in plant based foods and does not absorb well.

If you are vegetarian especially vegan it is important to know how to unbind iron in plant based foods so that it is absorbable. **Just add some VitC!** See below:

Plant Based foods High in non-heme iron

- Whole wheat breads, cereals, pastas, quinoa & oatmeal
- Avocado
- Cooked spinach & cooked mushrooms
- Baked potato
- Legumes, soybeans, tofu & Lentils

Pair with VitC foods - to make absorbable

- Citrus fruits & juices
- Chard
- Broccoli
- Red or green bell peppers
- Kiwi, strawberries, tomatoes, cantaloupe & papaya

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