



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 09-Aug13
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 8:00am - 12:00pm (Aug 12 & 14-16)

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

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



PAD Pre-Authorized Debit Program:
Forms will be available again next Sunday August 18th, to sign into program if interested. Your Sunday donations can be taken out

automatically so no worry of trying to find your envelopes each Sunday or be comforted in the fact if you go away you can still contribute. The program will deduct out of your account Once Per Month on the first Thursday of each month and it's your Total Monthly Contribution - Not Weekly.

SJV UPDATES

Sunday Collection Aug 04, 2019:

Saint John Vianney

Envelopes: \$ 1,159.00 Loose: \$ 67.00

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

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

Our Lady of Lourdes

Envelopes: \$ 285.00 Loose: \$ 37.00

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! #26

This is not merely a passing devotional practice. It revealed truths. (Pope Pius XII)

Day	Reading	Gospel
Monday	Judges 2.11-19 Ps 106.4+5b, 6+35, 36-37, 39-40, 43-44 (R.4a)++	Matthew 19.16-22
Tuesday	Judges 6.11-24a Ps 85.8, 10-11, 12-13 (R.8b)	Matthew 19.23-30
Wednesday	Judges 9.6-15 Ps 21.1-2, 3-4, 5-6 (R.1a)	Matthew 20.1-16a
Thursday	Judges 11.29-39a Ps 40.4, 6-7a, 7b-8,9 (R. see 7a and 9a)	Matthew 22.1-14
Friday	Ruth 1.1-2ab, 3-6, 14b-16, 22++ Ps 146.5-6, 7, 8-9a, 9bc-10 (R.1b)	Matthew 22.34-40
Saturday	Revelation 21.9b-14 Ps 145.10-11, 12-13ab, 17-18 (R. see 12)	John 1.45-51

Countdown to the
of our diocese
292 days to go!



75th celebration weekend
Saturday May 30, 2020 -



MASS INTENTIONS

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.

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

Immaculate Heart of Mary Shrine

KofC & CWL Information/News

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

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)



Pregnancy Care Centre thanks St. John Vianney for Raising **\$519.82** through the Baby Bottle Campaign

EMPLOYMENT - See all postings in foyer for FMI

Diocese of Kamloops

-Administrative Assistant to Roman Catholic Bishop of Kamloops, preferred 3 years administrative experience

-Diocese Financial Officer, CPA designation required

For above positions submit cover letter and resume to amuzzillo@smithgm.com

Sacred Heart, Williams Lake:

-Early Childhood Educator or Assistant for After School Care Program 2.5 hours/day 2:45-5:15pm
FMI Mrs. Shirley Giroux 250-398-7770
principal@sacredheartwl.com or call
Complete application forms then go to Careers tab on 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

All Ministries: Consider being involved in 1 or more of our ministries. Readers, Greeters, Coffee Makers, Children's Liturgy....Signup sheets will be available soon so all ministries can be updated and ready for October schedules. Call or email office to get your name on early!

Holy Walkers! Kamloops' DEADLINE AUG 31!

Let's show how amazing our Kamloops team is! Please continue or start to record your walks in klms 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>

The Immaculate Heart of Mary Shrine and Centre in Cache creek is open to receiving individuals, groups and families to their centre. They have a beautiful chapel for those quiet moments that are needed in our lives. What better way to enhance our relationship with God. They welcome all to come and spend a quiet time away. For more information please call Joel at 25-457-9930 or email ihmcentre@telus.net

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.

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 paper towel
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).
See table below for recommended amounts of iron. Non-Vegetarian vs Vegetarian. Amounts differ as explained in last week's Corner because of the difference in absorbability in heme and non-heme (in plants) iron. The blank areas would be same as for Non-Vegetarian but there is no data associated as strict vegetarian is unlikely at these ages because of essential nutrients needed for growth (ex breast milk 6-12mos)

Recommended Dietary Allowances (RDAs) for Iron

Age	Non Vegetarian		Vegetarian	
	Male	Female	Male	Female
Birth to 6 months	0.27 mg*	0.27 mg*		
7-12 months	11 mg	11 mg		
1-3 years	7 mg	7 mg		
4-8 years	10 mg	10 mg		
9-13 years	8 mg	8 mg		
14-18 years	11 mg	15 mg	20mg	27mg
19-50 years	8 mg	18 mg	14mg	33mg
51+ years	8 mg	8 mg	14mg	14mg

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