



# 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 Sept 02-Sept 07**  
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 (Sept 02-07)

### 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**

**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

stjohnnvianneykamloops.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

**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 Aug 25, 2019:

Saint John Vianney

Envelopes: \$ 2,417.00 Loose: \$ 23.30

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: \$ 265.00 Loose: \$ 70.10

### 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! #29.** Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer. (St. Alphonsus Ligouri)

Day	Reading	Gospel
Monday	1 Thessalonians 4.13-18 Ps 96.1+3, 4-5, 11-12, 13 (R.13b)	Luke 4.16-30
Tuesday	1 Thessalonians 5.1-6, 9-11 Ps 27.1, 4, 13-14 (R.13)	Luke 4.31-37
Wednesday	Colossians 1.1-8 Ps 52.8, 9 (R. 8b)	Luke 4.38-44
Thursday	Colossians 1.9-14 Ps 98.2-3ab, 3cd-4, 5-6 (R. 2a)	Luke 5.1-11
Friday	Colossians 1.15-20 Ps 100.1-2, 3, 4, 5 (R. 2c)	Luke 5.33-39
Saturday	Colossians 1.21-23 Ps 54.1-2, 4+6 (R. The Lord God is my help)	Luke 6.1-5

Countdown to the  
of our diocese  
**271** days to go!



**75<sup>th</sup> 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.



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

## **KofC & CWL Information/News**

### **Choose Life Kamloops ( 40 days for Life Vigil)**

Sep 25 to Nov 03, Sacred Heart Cathedral, 4-6pm.  
Opening prayer vigil, Tues Sept 24th, 6:30pm

### **Kamloops Pro-life Society:**

**1-hour silent prayer vigil** - 1st Friday - each month (Sept 6th start), Columbia St. west of the hospital, 10:30-11:30am. Prayers to end abortion, euthanasia, assisted suicide and on protection for those who are vulnerable. 'Voices4Life'. FMI: 778-220-5584

**Cans for Cash** - Donate your returns to Pro-Life Society at Camosun Crescent or Fortune depots

### **Kamloops Hospice Association-At your own pace:**

Wed's 9:30-10:30am, Sept 4 - Oct 3. A walk where you can share your story or walk in silence. FMI:250-372-1336 marina@kamloopshospice.com

### **Vocation Retreat - Thinking of the Sisterhood?**

Sept 27-30 - Toronto ages 18-34 FMI  
<http://daughtersofstpaul.ca/> set up interview at - srhelenaburn@gmail.com

### **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](mailto:amuzzillo@smithgm.com)

### **Catholic Schools**

There are a number of positions available throughout our dioceses from Janitorial, Office Assistants, CEA's, TOC's, teachers.... Please go to the Careers tab on CISKD website [www-ciskd.ca](http://www-ciskd.ca), and if interested, submit electronically to Ms H. Paluk, [superintendent@ciskd.ca](mailto:superintendent@ciskd.ca) or 250-376-3351

### **ECE or ECE Assistant - SJV Daycare (The Growing Tree Early Learning Centre)**

8:30am-5:00pm & 1:00-5:00pm wage \$14-17/hour depending on education/experience. Medical/dental benefits and RRSP plan send resumes to [Growinglec@yahoo.com](mailto:Growinglec@yahoo.com)

### **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.

**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!

### **WARNING! TEXT SCAM ALERT!**

We have received news of another wave of fraudulent **TEXTS** using priests' personal names. Please do not respond to the text messages and inform your parish priest or the Diocese of the occurrence. Thank you

### **Pilgrimage Announcement:**

Fr. Paul Simms of the will be leading a once-in-a-lifetime pilgrimage to the Holy Land with the Global Pilgrim, J.P. Sonnen of the B.C. Catholic (Jan 19-30, 2020). All meals included. Special dates have been selected to avoid the summer heat and crowds. \$200 early bird discount. Limited seating. FMI, call John or Natalie: 1-800-675-9088 / [info@oc-travel.com](mailto:info@oc-travel.com) / <https://oc-travel.com/holy-land-jan-2020/>

### **Kobzaring in the New World:**

Are you interested in the traditional Ukrainian torban, kobza and bandura? The Most Holy Trinity Ukrainian Catholic Church is very proud to be hosting Mr Jurij Fedynskyj, talented player, teacher and Ukrainian instrument maker, originally from US, now residing in Ukraine. Jurij's cross Canada tour will be taking place during the months of Sept & Oct, and on Wed, Sept. 11th, 6:30 p.m., Jurij will be at Holy Trinity Parish, 109 Tranquille Road, Kamloops. Attendees will be treated to a concert as well as lecture presentation by the artist, a chance to meet Jurij over coffee afterwards. Learn more about Ukraine's culture, history and to listen to ancient music performed firsthand! Cost: By donation. FMI: <http://kobzarskiytibir.bravesites.com/>

### **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.

**Weekly Environmental Tip** - last week's column will be continued but important Workshop below to know of:

#### **Amazon on fire! - How you can help from afar:**

Learn about Development and Peace's campaign "For Our Common Home." A future for the Amazon, a future for all. You will delve into the issues that are threatening the Amazon and its people, and learn how you can take concrete actions to show your solidarity with those defending the Amazon and our common home on Sun Sept 22, 9am-2pm, Holy Family Parish. Mass @10:30 am. Contact : 604 683-0281, ext. 50748 or [jlaurie@devp.org](mailto:jlaurie@devp.org).

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

*Vegetarianism (not wacky but can be, if done incorrectly).*  
Will continue on Vegetarianism next week but as school is around the corner I wanted to stress the importance of breakfast. We all have heard this is the most important meal, but why? After a night of fasting the brain, especially, needs to be re-fed. The brain needs glucose to function. Foods turn into glucose in the body through various chemical/cellular processes. I am not talking about high sugar either, but rather a balanced breakfast. Parents especially need to ensure their kids are getting in this meal as growing children/adolescents brains use 50% of their body's energy. Studies have shown kids who eat a balanced breakfast have higher test scores, focus, concentration and vitamin intake especially Vit, B, D and iron.

#### **A good balanced breakfast may look like:**

**Overnight oatmeal** (great if in a rush-made night before)  
1/2 cup dry oatmeal,  
2 tbps hemp or chia seeds or a combination,  
1 & 1/4 cups liquid milk or fortified nut milk  
1 tsp cinnamon  
1/4 cup raisins or craisins (optional)

**Or something as simple as:**

#### **PB & Toast**

1 or 2 pieces of whole grain bread with natural peanut or other nut butter and as much banana cut up to put on top over the piece(s)  
Plus a glass of milk or fortified nut milk.

#### **Eggs on toast**

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