

Words from our secondary patron, St. John Vianney: "OH! how easily we could win Heaven day by day just by doing what we have to do – but by *doing it for God!*"

Christmas Flowers - We are looking for donations for flowers to make our worship space beautiful for Christmas. Donations can be made in honour of living or deceased one's. Their names will be put into a basket in front of the Alter. So that they will be remembered in prayer throughout the Christmas Octave. Donation envelopes can be collected from the foyer of the church. Thank you for your generosity.



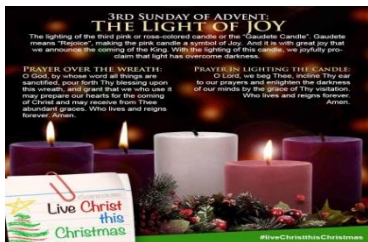
Canada Post Christmas Stamps – Please be sure to purchase the "Christmas - The Magi" Permanent Domestic Stamp from Canada Post this year for your Christmas cards and parcels!



How to Make This Christmas the Best One Yet Advent is a time to prepare our hearts for Christmas, but we often get distracted and busy. So sign up for BEST ADVENT EVER! It's a free, daily email program that will help you slow down and focus on what matters most in the midst of the holiday bustle. Are you ready to have an Advent—and a Christmas—you'll never forget? Sign up as per link below:

<https://dynamiccatholic.com/best-advent-ever>

THIRD WEEK OF ADVENT: The third candle is pink and symbolizes joy. It is called the "Shepherd's Candle," and is pink because rose is a liturgical color for joy. The third Sunday of Advent is Gaudete Sunday and is meant to remind us of the joy that the world experienced at the birth of Jesus, as well as the joy that the faithful have reached the midpoint of Advent.



SJV Friday night sports! -There will be no Sports night on Dec 20. FMI: Tammy Farrer tammyfarrer1@gmail.com

NEW Great Little Coupon Book: Food, Fun and Services for only \$10. Come to St. Joseph's Christian Book, Gift and Church Supplies 778-471-6100, or call Linda 250-851-8605. Fundraiser for Kamloops Pro Life Society! Great Stocking Stuffer too!!

Diocese of Kamloops 75th Anniversary: MAY 30, 2020



At Thompson Rivers University Grand Hall. Mass at 1 pm; reception at 6 pm; and Gala Banquet at 7 pm, Banquet tickets (\$50 each) can now be purchased from: St. Joseph's Christian Book and Gift Store 778-471-6100, or Bianca Cinel - 250-374-7004.

EMPLOYMENT - See all postings in foyer for FMI 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, and if interested, submit electronically to Ms H. Paluk, superintendent@ciskd.ca or 250-376-3351

Mass Intentions Welcome!

Mass cards are available for the living and deceased and provide opportunities for prayerful remembrance of anniversaries, birthdays, and other special intentions.



Those wishing to honor a loved one during the celebration of Mass may pick up Mass cards at the parish office. For more information about scheduling a Mass Intention, please contact the office.

PAD PAYMENTS EFFECTIVE January 2020, Parish PAD's will be processed on 7th of every month, instead of the first (1st) Thursday of the month. If it should land on the weekend it will be processed on the Monday following. Should you have any question or concerns please contact the parish as soon as possible.

Tax Receipt 2019 reminder for parishioners: Faith in Action donations must be received by Tuesday, December 31 (before the banks close/or parish office closes). Donations may be mailed to the parish post marked no later than December 31 to be eligible for 2019 tax receipt. **All donations received after the noon on Tuesday, December 31, or are post marked later than December 31, will go toward 2020 Tax Receipt.**



RECEIVE THE SACRAMENT OF RECONCILIATION BEFORE CHRISTMAS

There are still opportunities to attend Penitential Services in the city. Several priests will be available at:

- Holy Family Parish on Tuesday, December 17th at 7:00 pm.;
- Sacred Heart Cathedral on Thursday, December 19th at 7:00pm; and
- **St. John Vianney Parish on Friday, December 20th at 7:00 pm.**

Please take advantage of these Penitential Services and don't leave going to Confession before Christmas to the last minute.

Weekly Environmental - A Quote to think about!

"The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations."— **Pope John Paul II**

MIKKIE'S CORNER - Health & Nutrition

As Christmas and New Years comes upon us, tis the season for feasting, whether we intend it to be or not. Did you know the average person will drink 4000 calories through Christmas parties leading up to Christmas. In a nutshell that would look somewhat like this: 30 glasses of wine or 22 pints of beer and if you are drinking other drinks that involve eggnog or pop be prepared to add in an extra 1000 calories or more during this festive season for drinks alone. Remember this is not including food, just drinks and to give you an idea how long that would take to burn off, it would be about 7-8 hours of jogging. It's no wonder the average Canadian will gain around 1-5 pounds over the holiday season. On Christmas Day alone, a person could eat and drink about 6,000 calories! Almost 3x more than the daily average

As mentioned in past corners remember it takes 3500 calories for you to either gain or lose a pound. So by looking at the above and your normal eating habits outside of the Christmas season, you can see how easy it is to gain weight.

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