



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 OCD

Service Department: Deacon Eddie Lavoie

Mass Schedule: Sunday's 10:30am
Weekday Masses: Chapel at 8:45am
Sacrament of Reconciliation: By Appointment

Office hours 9:00am - 1:00pm Tues to Fri
Visit: 2826 Bank Road V2B 8E5 or Call: 250-579-8711
Email: jvianney@telus.net
Website: stjohnvianneykamloops.ca

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 250-376-9429
 - 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: Denise Upshaw & Hannah Donovan
 - 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:
 vancouverbc@retrouvaille.org or call Marc/Candice 604-530-6710 & leave a message. All inquiries are confidential.

WEEKLY/MONTHLY MEETINGS/EVENTS:

- Justice Group: (Friendship Rm/Rm 8) at 6:30-7:30pm
- KofC monthly meetings (Friendship Rm) 1st Tues - each month at 7pm.
- CWL monthly meetings (Friendship Rm) 2nd Tues- each month at 7pm. **Jan 14**
- Children's Liturgy - Sundays during homily!
- Faith Formation Monday, **Jan 13** at 6:30pm in Friendship Rm

Words from our secondary patron, St. John Vianney: "After thanking our guardian angel who has remained by our side during our sleep, we should ask him for his protection during the day."

SJV UPDATES

Sunday Collection Jan 5, 2019:
Saint John Vianney
Envelopes: \$2,149.00 Loose: \$20.50
FIA contributions to date: \$20,615.00
PAD Program: \$ 1,763.00 for month (Pre authorized debit - Program) Anyone can apply to do this - FMI contact the office.

Our Lady of Lourdes
Envelopes: \$205.00. Loose: \$9.10
FIA contributions to date: \$4,060.00 Goal Reached!!
Thank you!



Faith in Action (FIA) Campaign 29.

Thank you all who have participated so far! Help us reach our Goal!
SJV Goal - \$21,928.00 OLL Goal - 2,473.00

Sun Peaks - Volunteers needed for driving! We are in need of drivers for the month of February. *If you can help out please Call or email office or signup in foyer. Thank you!* Mass will run every Saturday evening from Dec 7, 2019 until April 4, 2020 at 4pm.



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 - St. John Vianney **Jan 15**
8PM 4th Wed each month-Sacred Heart



Benefits of Eucharistic Adoration 48. *We should build the whole edifice of our spiritual life around Adoration. We should not hesitate to ask Him to work miracles, now, as He did in Palestine. (Fr. John Hardon)*

Day	Reading	Gospel
Monday	1 Samuel 1.1-8 Ps 116.12-13,14+17,18-19 (R.17)	Mark 1.14-20
Tuesday	1 Samuel 1.9-20 Canticle: 1 Samuel 2.1,4-5,6-7,8abcd (R.1)	Mark 1.21-28
Wednesday	1 Samuel 3.1-10, 19-20 Ps 40.1+4,6-7a,7b-8,9 (R.7-8)	Mark 6.45-52
Thursday	1 Samuel 4.1c-11 Ps 44.9-10,13-14,23-24 (R.26)	Mark 1.40-45
Friday	1 Samuel 8.4-7, 10-22a Ps 89.15-16,17-18 (R.1)	Mark 2.1-12
Saturday	1 Samuel 9.1-4,17-19;10.1a Ps 21.1-2,3-4,5-6 (R.1)	Mark 2.13-17

Weekly Environmental - A Quote to think about!

"Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean". *John Muir*



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

CPPS Mission Tanzania Water projects 2020

Fundraising Dinner Saturday February 29 2020

Colombo Lodge, dinner, dancing and silent auction

Tickets are \$80/ea with a \$35 tax receipt

For tickets contact Anna or Lloyd Babcock 250-579-8888



Thank you to the generous people of St John

Vianney we collected 1 pair of boots 1 pair of slippers, 1 teddy bear, 10 gloves 2 sets of matching gloves/hats, 17 winter hats, 14 scarves, 57 pairs of socks, 3 sweatshirts and 10 winter coats for the Collection for Out of the Cold. This was all dropped off at St Vincent de Paul on December 18th.

GOOD SHEPHERD TRAINING OPPORTUNITY

Catechesis of the Good Shepherd Formation Leaders, Debi Zeni and Caroline-Marie Petch, will be coming to Kamloops this **March 16-21, 2020** to provide training for the Level 1 for adults working with the 3-6 year old child in a parish or school setting. **For More Information Contact** Susan Berdusco 250-299-4539 susankberdusco@gmail.com

Calling All Singers For Messiah April 2020 !!

Vivace Chorale Choir and Brandenburg Orchestra will be presenting the complete Handel's Messiah in Kamloops on Saturday, April 25, 2020.

Vivace is inviting experienced choir singers (soprano, alto, tenor, bass) with music reading skills and a dedication to attending rehearsals, to apply to join the Messiah choir. This will be a special opportunity to sing this Easter masterpiece with a large choir and orchestra! Rehearsals at Kamloops United Church every Wednesday evening from 6:30 to 8:30 pm starting Jan. 8, 2020. Choir fees will apply. Please contact Cvetoazar Vutev (cvutev@gmail.com) or Joe Alcock (pwalcock@gmail.com) for further information.

SJV Friday night sports! -Will be returning with Badminton!! - FMI: Tammy Farrer tammyfarrer1@gmail.com



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

- St. Ann's Academy, Kamloops is seeking a qualified and experienced Secretary to support administration and staff with clerical and bookkeeping duties. This is a 0.6 – 0.8 FTE position with a flexible start date.
- St. Ann's Academy, Kamloops is seeking a full-time bus driver to commence immediately. While school is in session, this is generally a weekday position involving shift work, physical labour and the operation of a school bus. Some weekend work may be involved, on occasion.
- St. James Catholic School, Vernon is seeking multiple qualified candidates to join their team for the 2019/2020 school year as Education Assistants, with opportunities for casual hire. This career opportunity is an on-call position.
- St. James Catholic School, Vernon is seeking multiple qualified Teacher candidates to join their team as casual Teachers on Call, with opportunities for hire.
- St. James Catholic School is seeking a qualified Teacher candidate to join our team commencing January 20, 2020 until June 30, 2020. This is a 0.6 FTE position covering a Maternity Leave that is currently anticipated to end January, 2021, though may be extended.



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.

Countdown to the 75th celebration weekend of our diocese Sat. May 30, 2020

138 days



Please Remember - Do not use last year's collection envelopes in 2020. Your number may have changed. Also, **if you have moved or changed your address, please contact the office to update your information.** Thank you!

MIKKIE'S CORNER - Health & Nutrition

Happy New Year! The time of resolutions and the newest fitness crazes and diets. Unfortunately, this is where many people fail by going in too hard too fast and placing unrealistic goals upon themselves. The best advice is to start with something that you can realistically stick too. Break your goal down into achievable pieces. Many resolutions are to lose weight, which is a big goal. Fortunately there are many components attached to it that can be achieved 1 at a time. There are 4 main components (D.E.E.M) Diet, Exercise, Education and Mindset in no particular order.

1. Diet - setting up a balanced nutritious food plan designed for you and not the next big diet fad or product or what someone else is doing that is the polar opposite of you.
2. Exercise - starting with something that is achievable within your means and limitations. Many will go for the gold immediately causing injury and or defeat, then just quit all together.
3. Education - researching or talking to a professional in certain fields to understand your limits and what is realistic for your body and lifestyle. Be open, trust and be willing to accept the information provided.
4. Mindset - envisioning your success. This can actually be the most important component as when you meditate in a way as seeing yourself succeeding you will achieve what you set out to do, as long as it is realistic.

A big thing to keep in mind is that changing your life to be healthier does not have to be expensive, fancy, overdone or too hard to do. When it comes to general health, do what is within your means, you don't need the most expensive fitness gear or clothing to do a workout, you can go for a walk, jog or bike ride in almost anything you are comfortable exercising in. You don't have to join a gym, maybe it's a local fitness class or a home workout plan. You don't have to spend too much time if you don't have it; 30 minutes a day is all you need whether spread out in 5 - 10 minutes blocks or all at once. You don't have to start with exercise you can start with cleaning up your diet, maybe it's changing out a couple of coffees, juices or pops for water or cutting out sweets during the weekdays. All of these are small easy changes that can be slowly added together to reach an overall goal.

No matter where you start, just start! Once you achieve that first little thing no matter how small, you will have the willpower to do the next little thing and sooner or later all those little things turn into a really big thing and you have success in something you can sustain and be proud of, even if it takes a little longer.

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