



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 **Jan 22**
- KofC monthly meetings (Friendship Rm) 1st Tues - each month at 7pm.
- CWL monthly meetings (Friendship Rm) 2nd Tues - each month at 7pm.
- Children's Liturgy - Sundays during homily!
- Faith Formation Monday at 6:30pm in Friendship Rm

Words from our secondary patron, St. John Vianney: "All that we do without offering it to God is wasted."



We Need your help please!! If you have moved or changed your address in the past year, please contact the office to update your information. Thank you!

SJV UPDATES

Sunday Collection Jan 12, 2019:
Saint John Vianney
Envelopes: \$905.00 Loose: \$29.60
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: \$140.00. Loose: \$25.00



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
Total to date - \$21,615.00 Total to date - \$4,060.00
Left to go \$313.00 Over Assessment - **\$1,157.00**

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
8PM 4th Wed each month-Sacred Heart



Benefits of Eucharistic Adoration 49. *For Jesus to 'work miracles' is available in our day on one condition. That we come to him in Adoration and confidently beg him to give us the graces that we so desperately need! (Fr. Hardon)*

Day	Reading	Gospel
Monday	1 Samuel 15.06-23 Ps 50.8-9,16bc-17,21+23 (R.23)	Mark 2.18-22
Tuesday	1 Samuel 16.1-13 Ps 89.19,20-21,26-27 (R.20)	Mark 2.23-28
Wednesday	1 Samuel 17.32-33,37,40-51 Ps 144.1-2,9-10 (R.1)	Mark 3.1-6
Thursday	1 Samuel 18.6-9;19.1-7 Ps 56.1-2,8-9ab,9c-11,12-13 (R.4)	Mark 3.7-12
Friday	1 Samuel 24.2-21 Ps 57.1,2-3,5+10 (R.1)	Mark 3.13-19
Saturday	Acts 22.3-16 or 9.1-22 Ps 117.1,2(R.MK 16.5)	Mark 16.15-18

Weekly Environmental - A Quote to think about!

"I only feel angry when I see waste. When I see people throwing away things we could use."—Mother Teresa



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

Society of Saint Vincent de Paul: We will be having our regular monthly meeting on Monday, January 20th at 1 p.m. Come join us -we need more members for planning, decision making, visitation, help office. We also need volunteers for Wednesday breakfasts. You will be blessed. Phone Theresa for details 250.314.6779. Also, we are very much in need of long johns or sweatpants - anything that could be used as a layer under jeans - for men or women. Also, we need winter boots - mostly for men. Thank you for your ongoing generosity.

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

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. Rehearsals at Kamloops United Church every Wed. evening from 6:30 to 8:30 pm starting Jan. 8, 2020. Choir fees will apply. Please contact Cvetoza Vutev (cvutev@gmail.com) or Joe Alcock (pwalcock@gmail.com) for further information.

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, **Ticket presales at St. Joseph's Bookstore have concluded. Additional tickets may be available after April 1st.** To place your name on a wait list, please contact Dianne Barker at 250-819-2875 or email dibarker@telus.net, or contact your parish/mission contact person.

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



MIKKIE'S CORNER - Health & Nutrition

With this extreme cold snap I thought a reminder on taking precautions when exerting yourself in the cold was important. I touched on this before Christmas about people suffering from heart attacks, particularly when shovelling snow because of a drop in temperature concentrates blood flow in the body's core, which increases blood pressure - placing more strain on the heart. But there are also other problems that could arise, frost bite and breathing problems.

In -15 C with no windchill the risk of frostbite is less than 5% but add windchill and the risk goes up. Frostbite in windchills near -25 C can occur in 15 minutes or less. Make sure to cover up head, hands, feet and face properly as these are the areas most likely to be affected by frostbite. These might seem obvious but sometimes overseen. Another area to take precaution is your mouth and neck, which should be covered loosely with a scarf, especially in the area of your mouth. If you breathe in cold air vigorously or for a period of time it can cause the airways to spasm which will lead to some unpleasant symptoms such as shortness of breath, chest tightness and even exercise induced asthma, even if you don't normally suffer from asthma.

Take extra measures in the extreme cold. Being prepared and dressing in layers if you do have to go outside should look as follows:

Your inner layer should be a material like polyester, spandex, wool... that can wick sweat away moisture from the body. Moisture is the enemy on a cold day whether from rain, snow or perspiration. Evaporation is a cooling process and if you are wet and not dressed properly that cooling process is happening right on your skin.

Your second layer should be insulating, like sweaters, fleece, and sweatshirts. They can be snug but not too tight, this will keep you warm as a thin area of air between you and the material, will allow your body heat to warm up that space.

Your last layer should be water and wind-proof, if those are the elements happening outside. They are usually made from synthetic materials that repel water and wind indicated on the label. If there is rain, snow or wind it is very important to protect your insulating layer.

With gloves and shoes, think the same way. Consider wearing footwear that is a half size larger to be able to wear thicker insulated socks.

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