



# 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 Feb 17-21  
**NO SAT MORNING MASSES FOR MONTH OF FEBRUARY**  
**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) Wednesday, in Friendship Rm **FEB 19 at 6 pm**

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  
Next meeting **FEB 24**

**Words from our secondary patron, St. John Vianney** "Humility is to the various virtues what the chain is to the Rosary; take away the chain and the beads are scattered, remove Humility and all virtues vanish."

 **The Justice Committee - will be hosting Brunch next Sunday, February 23, after mass in the Gym. Please come join us!!**

**SJV UPDATES**

Sunday Collection Feb 9, 2019:  
**Saint John Vianney**  
Envelopes: \$1,969.00 Loose: \$16.30  
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: \$225.00 Loose: \$70.00



**Faith in Action (FIA) Campaign 29.**  
**Thank you** all who have participated so far! We have reached our Goals!

SJV Goal - \$21,928.00 OLL Goal - \$2,473.00  
Total to date - \$22,128.00 Total to date - \$4,060.00  
**Over \$200.00 Over - \$1,157.00**

**Sun Peaks** - 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  
**Feb 19**  
8PM 4th Wed each month-Sacred Heart



**Benefits of Eucharistic Adoration 53.**  
**Christians should make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a "Holy Hour". (Pope Pius XI)**

Day	Reading	Gospel
Monday	James 1.1-11 Ps 119.67-68,71-72,75-76 (R.77a)	Mark 8.11-13
Tuesday	James 1.12-18 Ps 94.12-13a,14-15,18-19 (R.12a)	Mark 8.14-21
Wednesday	James 1.19-27 Ps 15.2-3ab,3cd-4ab,5 (R.2a+1b)	Mark 8.22-26
Thursday	James 2.1-2 Ps 34.1-2,3-4,5-6 (R.6)	Mark 8.27-33
Friday	James 2.14-24,26 Ps 112.1-2,3-4,5-6 (R.1b)	Mark 8.34-38-9.1
Saturday	1 Peter 5.1-4 Ps 23.1-3a, 3b-4,5,6 (R.1)	Mark 16.13-19

**Weekly Environmental - A Quote to think about!**

"Nature is painting for us, day after day, pictures of infinite beauty" - John Ruskin



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

**FAMILY/FAITH DAY BLAZERS HOCKEY GAME -Feb 17:**

Come join us for an exciting day with the family. The Rising Stars will be singing the national anthem! Fr. Fred will be dropping the puck. Post game skate- all the students are welcome.



## CPPS Mission Tanzania Water projects 2020 Fundraising Dinner

Unfortunately has been cancelled due to low ticket sales.

Refunds will be issued for any tickets already purchased.

Anna and Lloyd Babcock

## Knights of Columbus Council 1614 at Sacred Heart Cathedral are hosting "LOBSTERMANIA 2020"

On June 20, 2020 at the OLPH Parish Centre. Join us for a funfilled night of succulent Nova Scotian Lobster and dinner buffet. FEATURING LIVE DINNER MUSIC by JERRY DESOUZA AND DANCE THE NIGHT AWAY WITH MUSIC by "COD GONE WILD" Get a group of relatives, friends, or coworkers together and enjoy an East Coast Lobster evening. Tickets are \$65.00 each and available from Ed Barker 250-319-3331, Anthony Muzzillo 250-851-1111, Garry Mayhew 778-471-6100 and John Giddens 250-682-4600. Get your tickets early!!!



## Kindergarten Registration for 2020-2021 at OLPH

We are now accepting registration for Kindergarten for September 2020. For those interested in registering your child for our Kindergarten program please contact the school office at 250-376-2343 for more information.

## EMPLOYMENT - See all postings in foyer for FMI

### DIOCESE OF KAMLOOPS



#### Career Opportunity- The Roman Catholic

Diocese of Kamloops has a great opportunity for a full-time Accountant. The candidate will bring extensive accounting experience along with a professional approach to the Finance and Accounting Department in the Chancery Office. Interested applicants are invited to submit a cover letter and resume by **February 28, 2020** to: Roman Catholic Diocese of Kamloops via email: [finance@rcdk.org](mailto:finance@rcdk.org) Subject: Accountant



#### Office Assistant

The Roman Catholic Diocese of Kamloops currently has a great opportunity for an experienced and qualified Office Assistant. You will welcome and provide a pleasant service experience to visitors, coordinate front-desk activities, offer administrative support across the organization and contribute to an efficient workflow in a busy work environment. As a member of the office support team, you will provide polite and professional assistance via phone, mail and e-mail, re-direct phone calls, distribute correspondence, and always be prepared to handle the daily priorities timely and efficiently. Reporting to the Office Manager, this position best fits a candidate who is helpful, maintains a positive presence in the workplace and demonstrates a genuine desire to respond to the needs of others. Interested applicants are invited to submit a cover letter and resume by **February 28, 2020** to: Roman Catholic Diocese of Kamloops via email: [finance@rcdk.org](mailto:finance@rcdk.org) Subject: Office Assistant

**We thank all applicants in advance, only those short listed will be contacted. For more information, please see the job posting on the bulletin board in foyer.**

### 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



## 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](mailto:dibarker@telus.net), or contact your parish/mission contact person. The banquet are \$50 each and Lesley has 11 tickets left to sell for St. John Vianney. They will be available to purchase after mass on Feb. 2.

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

103 days

### Kamloops Prolife -Grade 12 Scholarship

**Opportunity:** we are offering a \$1000 scholarship which includes an essay contest, with a due date of April 1st. An additional requirement is involvement in pro-life and/or life-affirming activities. To apply, please email us at...[kamloopsprolife@gmail.com](mailto:kamloopsprolife@gmail.com)...

Kamloops Pro-life AGM ...Wednesday, Feb. 19 , 6:30 registration, 7:00 meeting. OLPH Parish Centre, 635 Tranquille Rd. Please attend with your questions and ideas. Refreshments to follow.

### Lenten Reflection at Sacred Heart Cathedral.

Please join us on Saturday February 29<sup>th</sup> for a Reflection/dialogue by Fr Derrick. The theme is "Going into the Desert". **Everyone is welcome!** The schedule is as follows: 7:50am to 8:50am - Adoration/Exposition, 9am – Mass, 9:45am – 10:15am - Continental Breakfast (downstairs), 10:15am – 12 Noon – Reflection/dialogue "Going into the Desert" by Fr. Derrick. **LUNCH IS NOT INCLUDED**

### MIKKIE'S CORNER - Health & Nutrition

Ways you can extend your longevity by curbing the sitting phenomenon plaguing us these days, by simply getting up. Right now the numbers vary on how much is enough but a guideline that came out of a study from some Australian and Danish doctors is that 71 minutes a day of simply getting out of your chair could make a difference long term. Here are some ways to achieve this:

1. Set an alarm every 30 minutes – move for 30 seconds (whether at home or at work) during an 8 hour work day = 8 minutes
  - a. Stretch - touch toes – reach to the ceiling....
  - b. March on the spot
  - c. Do chair squats
  - d. Go to coffee station and get some water or coffee
  - e. Desk push-ups
2. Go for a 30 minute walk either on your lunch break, before starting your day or at end of your day.
3. While watching TV get up at commercials or at a pause or lull in movie or program. If watching for 2 hours you could get 2 minutes here.
4. Do chores, stand while folding laundry, and almost all cleaning like sweeping, dusting...requires you to move and not sit you could get 10 minutes or more. Also when preparing dinner and cleaning up afterwards you will most likely be standing for 30 minutes at least or more (loading dishwasher or doing dishes, cooking....

So if you total all these minutes in red = you are easily over 71 minutes. These may differ and you may be prepping dinner longer so you are standing/moving more than 30 minutes but you are not doing other activities as sweeping or dusting.

The main important point is:

Do not sit for prolonged periods of time, to help ensure your longevity!

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