



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
NO MASS FEB 3 - FUNERAL MASS 10:30am Mary Lou Routley

NO SAT MORNING MASSES FOR MONTH OF FEBRUARY

Sacrament of Reconciliation: By Appointment

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. **FEB 4**
- CWL monthly meetings (Friendship Rm) 2nd Tues - each month at 7pm. **FEB 11**
- Children's Liturgy - Sundays during homily!
- Faith Formation Monday at 6:30pm in Friendship Rm
 Next meeting **FEB 10**

Words from our secondary patron, St. John Vianney: "See, my children, the first virtue is Humility, the second Humility, and the third Humility... The saints thought themselves nothing... and God gave them all they asked."

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: stjohnevianneykamloops.ca

SJV UPDATES

Sunday Collection Jan 26, 2019:
Saint John Vianney
 Envelopes: \$1,134.00 Loose: \$17.30
 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: \$270.00. Loose: \$20.00



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 - \$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
 8PM 4th Wed each month-Sacred Heart



Benefits of Eucharistic Adoration 51. *In the course of the day the faithful should not omit to visit the Blessed Sacrament! (Pope Paul VI)*

| Day | Reading | Gospel |
|-----------|-----------------------------------------------------------------|--------------|
| Monday | 2 Samuel 15.13-14,30;16.5-13a Ps 3.1-2,3-4,5-6 (R.6) | Mark 5.1-20 |
| Tuesday | 2 Samuel 18.9-10,14b,24-26a,30-19.3++ Ps 86.1-2,3-4,5-6 (R.1a) | Mark 5.21-43 |
| Wednesday | 2 Samuel 24.2,9-17 Ps 32.1-2,5,6,7 (R.see 5c) | Mark 6.1-6 |
| Thursday | 1 Kings 2.1-4,10-12 RC 1 Chron 29.10,11ab,11d-12a,12bcd (R.12b) | Mark 6.7-13 |
| Friday | Sirach 47.2-11 Ps 18.30,46+49,50 (R.46) | Mark 6.14-29 |
| Saturday | 1 Kings 3.4-13 Ps 119.9-10,11-12,13-14(R. 12) | Mark 6.30-34 |

Weekly Environmental - A Quote to think about!

"If we're destroying our trees and destroying our environment and hurting animals and hurting one another and all that stuff, there's got to be a very powerful energy to fight that. I think we need more love in the world. We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that". *Ellen DeGeneres*

Society of Saint Vincent de Paul: 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

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!!!

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.

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

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 14, 2020 to: Roman Catholic Diocese of Kamloops via email: finance@rcdk.org
Subject: Accountant

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, and if interested, submit electronically to Ms H. Paluk, superintendent@ciskd.ca or 250-376-3351



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

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

117 days

75TH ANNIVERSARY OF THE DIOCESE OF KAMLOOPS CALL OUT FOR SINGERS/MUSICIANS



Please consider being a part of this fantastic celebration by expressing your interest in being a part of our "Anniversary Mass Choir". We are looking for male and female singers in all ranges of voice, and for Guitar, bass, keyboard and drum players. It is expected that instrumentalists are proficient on their instrument. The Mass takes place on the afternoon of May 30th. I will send out digital copies of the music that will be performed in both, written and audio forms, by the middle of February for you to learn/get familiar with. There will be a few scheduled rehearsals, prior to the event, but those who are out of town are NOT expected to attend all the rehearsals, on the premise that you have learned your parts well before hand. If you would like to be a part of this exciting celebration, please email by February 10th to tonycuzz@telus.net

MIKKIE'S CORNER - Health & Nutrition

Sitting is the new smoking part 2

According to "getcanadastanding.org" 70% of sedentary behaviour takes place at work. By Employers taking action there is a correlation with cost savings to the business as productivity increases, absenteeism is reduced, engagement increases and staffs well-being are improved. People feel better after a combination of sitting and standing and it has been shown that those who sit for 1 or 2 hours at a time without moving have a higher risk of early death than their peers who sit just as long but are getting up for short bouts of movement. Here are a few interesting stats below to support this:
People are: 87% more comfortable
76% more energized
75% healthier
62% happier
10-30% more productive
Burning an extra 50 calories more than when sitting per hour.

There are many ways employers can make the workspace more sit free, by providing sit stand desks, desk mounts or risers, sit stand chairs or stool, balance boards, treadmill desk,There are also many less expensive ways by setting your computer on a box/recycling bin to rise it or set an alarm every half hour and just get up and stand/move for 30 seconds.

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. Next week I will explain how to get this easily into your day.

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