



# 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 26  
**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) 4th Wed - each month at 7 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** "Love is the distinctive mark of those who belong to God, as the mark of those who reject him is hatred."

**Sunday Brunch February 23**  
The Justice group invites everyone to stay for brunch. (An early Shrove Tuesday)



### SJV UPDATES

Sunday Collection Feb 16, 2019:  
**Saint John Vianney**  
Envelopes: \$1,969.00 Loose: \$16.30  
PAD Program: \$ 1,943.00 for month  
(Pre authorized debit - Program) Anyone can apply to do this - FMI contact the office.  
**Our Lady of Lourdes**  
Envelopes: \$255.00 Loose: \$60.00



**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**



**Stations of the Cross: Fridays during lent at 7 pm**

**Ash Wednesday Masses:**  
**OLL 5:00 pm & SJV 7 pm**



**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



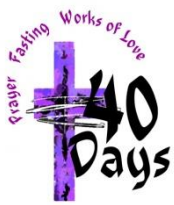
**Benefits of Eucharistic Adoration 54.**  
**Devotion to the Eucharist is the most noble, because it has God as it's object. It is the most profitable for salvation, because it gives us the Author of Grace. (St. Pope Pius XI)**

Day	Reading	Gospel
Monday	James 3.03-18 Ps 19.7,8,9,14 (R.8a)	Mark 9.14-29
Tuesday	James 4.1-10 Ps 55.6-7,8-9a,9b-10,22 (R.22a)	Mark 9.30-37
Wednesday	Joel 2.12-18 Ps 51.1-2,3-4a,10-11,12+15 (R.1a+4a) 2nd Reading 2 Corinth 5.20-6.2	Matthew 6.1-6,16-18
Thursday	Deut 30.15-20 Ps 1.1-2,3,4-6 (R. 40.5a)	Luke 9.22-25
Friday	Isaiah 58.1-9a Ps 51.1-2,3-4a,16-17(R.17b)	Matthew 9.14-15
Saturday	Isaiah 58.9b-14 Ps 86.1-2ab,2c-4,5-6 (R.11a)	Luke 5.27-32

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

"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another". — Chris Maser

## The Meaning of Lent



The English word 'Lent' comes from the Anglo-Saxon word Lencten, meaning 'Spring'. In other languages the word comes from the Latin, *Quadragesima* – a period of 40 days. In the Christian tradition the forty days is understood to refer to a

time of intense prayer and preparation; we remember the biblical stories of Noah and the flood of 40 days, the forty years the Israelites spent wandering in the wilderness and Christ's forty day fast in the desert in preparation for his earthly ministry.

### 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.

### 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. 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.

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

96 days

### Kamloops Pro-life -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

#### Happy Belated Valentine's Day

I hope your sweetheart loves you whole heartily and gifted you with some Dark Chocolate. You may think what yuck, dark chocolate is so bitter! Granted it is bitter but there are many ways to wean one's self away from milk chocolate to liking dark chocolate. Let's look at the benefits first then some ideas on how to flavour it up.

At first glance compared to milk chocolate, dark chocolate may look a bit worse as it is higher in calories and fat and lower in calcium. So what are the benefits of Dark chocolate? When looking purely at calories it is hard to get a good read on any food product as far as the quality and nutrient density goes. First of all chocolate comes from cacao, a plant with high levels of minerals and antioxidants called flavonoids. Dark chocolate has large derivatives from this plant whereas milk chocolate contains little. Dark chocolate also has 4x the fiber, less carbohydrates, 1/2 the sugar, 1/4 more iron and the fats it does contain are healthy monounsaturated fatty acids or MUFAs. Monounsaturated fats are healthy fats also found in olive oil, avocados and certain nuts. Evidence and several studies on different chronic conditions show that MUFA's have a number of health benefits. They can help with weight loss, reduce the risk of heart disease, decrease inflammation, reduce LDL cholesterol and also increase "good" HDL cholesterol. An encouraging study in regards to breast cancer, consisted of 642 women and the women with the highest amounts of oleic acid, a type of MUFA found in olive oil, in their fat tissue had the lowest rates of breast cancer.

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