



# 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 Monday or Saturday masses for Month of March**  
**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

### SJV UPDATES

Sunday Collection March 8, 2019:  
**Saint John Vianney**  
Envelopes: \$3519.00 Loose: \$25.90  
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: \$170.00 Loose:



### 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 - \$4,510.00  
**Over \$200.00 Over - \$2,037.00**

**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  
**March 18**  
8PM 4th Wed each month-Sacred Heart



### HELPLINES

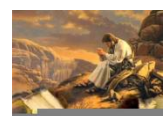
The Compassionate Community (CCC):  
1-855-675-8749 a national service for people who are seeking advice, help & support regarding euthanasia & assisted suicide prevention, &/or end-of-life treatment

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 **March 23**



### From the Desert: Entering into Holy Week at Sacred Heart Cathedral.

Saturday, **April 4**. Join us for: 7:50 - 8:50 Exposition of the Blessed Sacrament; 9 am Mass; 9:45-10:15 continental breakfast; 10:15 - noon reflection/discussion. (No lunch). Everyone is welcome. Fr. Derrick is giving this reflection to help us prepare for Holy Week.

**Benefits of Eucharistic Adoration 57. A Holy Hour of Eucharistic Adoration helps to bring everlasting peace to earth. (St. Mother Theresa of Calcutta)**

**For more information about the Serra Club of Canada please visit the website at <http://serracanada.com/>**

Day	Reading	Gospel
Monday	Daniel 2 Kings 5.1-15a Ps 42.1-2,3;43.3,4 (R. 42.2)	Luke 4.24-30
Tuesday	Daniel 3.25,34-43 Ps 25.4-5a,6-7,8-9 (R.6a)	Matthew 18.21-35
Wednesday	Deut 4.1,5-9 Ps 147.12-13,15-16,19-20 (R.12a)	Matthew 5.17-19
Thursday	2 Sam 7.4-5a,12-14a,16 89.1-2,3-4,26+28 (R. 36) 2nd Romans 4.13,16-18,22	Matthew 1.16,18-21,24a or Luke 2.41-51a
Friday	Hosea 14.1-9 Ps 81.5c-7a,7bc-8,9-10ab,13+16 (R.10+8a)	Mark 12.28b-34
Saturday	Hosea 5.15b-6.6++ Ps 51.1-2,16-17,18-19ab (R. Hos 6.6)	Luke 18.9-14

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

*"Progress is impossible without change, and those who cannot change their minds cannot change anything."*  
**-George Bernard Shaw**

## KofC & CWL Information/News

### PARISH EASTER BAKE SALE. MARCH

**29** after mass. Breads, buns, cookies, cakes, candy, any baking greatly appreciated. Thank you. Contact Joan @ 250 579 5818 or any CWL member for more information.



**FUNERAL LUNCHEONS** - We are looking for any ladies from the Parish who would be interested in joining a group in presenting funeral luncheons which is no longer being handled by the CWL. If we have 12-15 people we can minimize the work load and enjoy our time together. Please contact Carole Stricker at 250-554-3245 email [cstricker@hotmail.com](mailto:cstricker@hotmail.com) or Tammy Farrer at [tammyfarrer1@gmail.com](mailto:tammyfarrer1@gmail.com)



**Stations of the Cross: Fridays during lent at 7 pm. Feb 28** – Justice Committee; **Mar 6** – Volunteers; **Mar 13** - CWL; **Mar 20** –Worship/Extraordinary Ministers; **Mar 27** – Evangelization/Discipleship; **April 3** - Knights of Columbus

### 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.



**SCAM EMAIL** - Please be advised that there is another round of scam emails being circulated using the priests names. These emails ask for a favor and to contact them. If you receive such an email please disregard and report it to the office. Thank you.



**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](http://www.ciskd.ca), and if interested, submit electronically to Ms H. Paluk, [superintendent@ciskd.ca](mailto:superintendent@ciskd.ca) or 250-376-3351



**Career Opportunities for: St John Vianney Parish**  
**Part-Time Secretary/Bookkeeper**  
St John Vianney Parish is seeking to hire a part-time secretary/bookkeeper. Hours will be Tuesday to Friday from

9:30am to 1:30pm. (16 hours per week). Applicant will work jointly with the pastor to meet the administration needs of the church as well as the general bookkeeping. Knowledge of Sage (Simply Accounting), Word and Excel are beneficial. Interested applicants may send resume and cover letter to [jvianney@telus.net](mailto:jvianney@telus.net) with subject: Parish Secretary or drop it off at the parish office. Please see job description in foyer.

### DIOCESE OF KAMLOOPS

**Career Opportunity-** The Roman Catholic Diocese of Kamloops has a great opportunity for a **full-time Accountant**. Interested applicants are invited to submit a cover letter and resume by **March 15, 2020** to: Roman Catholic Diocese of Kamloops via email: [finance@rcdk.org](mailto:finance@rcdk.org) Subject: Accountant



**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

**82 days**

### 75TH ANNIVERSARY OF THE DIOCESE OF KAMLOOPS

#### Presentation of Flowers to Our Lady

Dear Parents / Guardians: The Organizing Committee of the 75th Anniversary of the Diocese of Kamloops would like to extend a heartfelt invitation to your child/children to be part of the celebration of the Holy Eucharist on Saturday, May 30, 2020 at 1:00 pm in the Campus Activity Center at Thompson Rivers University. We would like children to dress in national clothing of their heritage (examples: kilt or sari or kimono) to be in procession and then place flowers to honour Our Blessed Mother in Christ, Mary, who, as the Immaculate Heart, is the Patroness of Our Diocese. Of course, we will rehearse that action beforehand, so information will come in due course. For the time being, we would like to gather children for this particular event. If you and your children are interested to be part of honouring our Blessed Mother, kindly fill out the attached form, scan it, and email it to [jannicch@gmail.com](mailto:jannicch@gmail.com) Thank you for your gracious consideration. Forms are in the foyer.

### MIKKIE'S CORNER - Health & Nutrition

#### UNDERSTANDING FAT AND THE TYPES!

Continued from last week...

#### Polyunsaturated Fatty Acids (PUFA)

##### Best Choices for Omega 3 Essential Fatty acids (Linolenic Acid)

Cold water high fat fish, esp. wild salmon, sardines, anchovies, mackerel, shad, herring and trout  
Flaxseed oil (flaxseed oil has the highest linolenic content of any plant food), flaxseeds, flaxseed meal, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds  
Avocado  
Certain dark green leafy vegetables, including kale, spinach, purslane, mustard greens, collards, etc

##### Best Choices for Omega-6 Essential Fatty Acids (Linoleic Acid):

Flaxseed oil, flaxseeds, flaxseed meal, hempseed oil, hempseeds, grapeseed oil, pumpkin seeds, Pignolia (pine) nuts, pistachio nuts, raw sunflower seeds (raw), borage oil, evening primrose oil, black currant seed oil  
Acai  
Corn, safflower, sunflower, soybean, and cottonseed oils are also sources of linoleic acid, but are refined and may be deficient in nutrients

Continued next week...Follow DEEM Health on Facebook, or contact [info@deemhealth.ca](mailto:info@deemhealth.ca)

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