



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

SJV UPDATES

Sunday Collection March 1, 2019:
Saint John Vianney
Envelopes: \$1,726.00 Loose: \$79.75
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: \$375.00 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. **March 10**
- 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 56. We are not called to great penances...but a Holy Hour is a Sacrifice in union with Christ.

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

Day	Reading	Gospel
Monday	Daniel 9.3,4b-10++ Ps 79.8,9,11+13 (R. 102.10a)	Luke 6.36-38
Tuesday	Isaiah 1.10,16-20,27-28,31++ Ps 50.8-9,16bc-17,21,23 (R.23b)	Matthew 23.1-12
Wednesday	Jeremiah 18.18-20 Ps 31.4-5,13,14-15 (R.16b)	Matthew 20.17-28
Thursday	Jeremiah 17.5-10 Ps 1.1-2,3,4+6 (R. 40.5a)	Luke 16.19-31
Friday	Genesis 37.3-4,12-13a,17b-28 Ps 105.16-17,18-19,20-21 (R.5a)	Matthew 21.33-43,45-46
Saturday	Micah 7.14-15,18-20 Ps 103.1-2,3-4,9-10,11-12 (R. 8a)	Luke 15.1-3,11-32

Weekly Environmental - A Quote to think about!

"If you really think the environment is less important than the economy try holding your breathe while you count your money." - **Unknown**



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

KofC & CWL Information/News



We are looking for any ladies from the Parish who would be interested in joining a team to present luncheons after funerals. If we have 12 to 15 people we can take turns and minimize the work and enjoy our time together. Please email Carole at cstricker@hotmail.com or Tammy at tammyfarrer1@gmail.com if you would like to be part of the team.

"UNPLANNED, The Movie. OLPH CWL will be showing the movie *Unplanned* on Sunday, March 8th at 1:00 pm in the Parish Centre. All are welcome, but please be advised that this movie has adult content. Cost is by donation with the proceeds going to the Kamloops Pro-Life Society."



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

Good Shepherd Training Opportunity

We were hoping to have the catechist training for the Level 1 Part 1 of this beautiful program this coming spring, however, due to circumstances beyond our control, we will be moving this training to August 29-September 3, 2020. We will be sending out a new brochure through the Tuesday newsletter with the updated information and registration will be ongoing.



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...

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

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 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 **March 15, 2020** to: Roman Catholic Diocese of Kamloops via email: finance@rcdk.org Subject: Office Assistant



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

89 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 Thank you for your gracious consideration.

MIKKIE'S CORNER - Health & Nutrition

UNDERSTANDING FAT AND THE TYPES!

Last week I introduced MUFA's monounsaturated Fatty Acids, in dark chocolate and this week I want to explain more on all fat's benefits and risks. Lipids or fats, are substances that do not dissolve in water, and are necessary for survival. We need fat for things like the maintenance of cellular membranes and to help us absorb fat-soluble vitamins. In addition, they are a high-density energy source, give taste, consistency, and stability to foods and make us feel full after eating. Internally lipids cushion organs and insulate the body. Finally, they provide raw materials for vitamin D and hormones.

Trans Fats

The most dangerous of the group! They cause heart attacks by way of clogged arteries as low-density lipoprotein (LDL), or "bad," cholesterol rises in the blood while high-density lipoprotein (HDL), or "good," cholesterol lowers. Beware and look at your food labels. First make sure the label states 0g (grams) trans fats. Secondly read your label of ingredients as many trans fats are called different names; hydrogenation, partially hydrogenated and to a degree mono-diglycerides in the way it is manufactured. These are artificial trans fats and have been officially banned from Canada's food supply, with a grace period for manufactures. That means there are still many products out there containing trans fats as; baked goods (donuts, pastries...), certain popcorns, fries and other packaged goods in order to extend shelf life. Some foods have natural trans fats to them like beef and most people are aware of the risks associated with eating too much of them.

More Next week.... Follow [DEEM Health](https://www.facebook.com/DEEMHealth) on Facebook, or contact info@deemhealth.ca

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