

EMPLOYMENT

The Roman Catholic Diocese of Kamloops Career Opportunities

**Catholic Independent School Kamloops Diocese
Current Job Postings can be found at
www.CISKD.ca under the CAREERS tab:
<https://ciskd.ca/current-postings/>**

- OLPH School is seeking a skilled, qualified candidate to join our team as a 0.75 FTE (30 hours/week) Canteen Manager commencing September 1, 2020, for the 2020 - 2021 school year.
- ASCEND is seeking a qualified BC certified teacher as a High School Humanities Teacher, effective September 1, 2020 through to June 30, 2021. This position is an independent contractor position.
- Sacred Heart Catholic School in Williams Lake is seeking a talented, qualified CEA to serve student needs in various grade levels and abilities, supporting students with ASD, for a 0.69 FTE position (27.5 hours per week), commencing September 1, 2020.
- St. Ann's Academy in Kamloops is seeking a dynamic, skilled and qualified candidate to join our team as a 0.5 FTE Vice-principal who will share classroom responsibilities with a 0.5 FTE Grade 2 or Grade 5 teacher. The position officially begins August 1st, 2020, for the 2020-2021 school year, with the first formal date in office as August 17, 2020.
- ASCEND is seeking a qualified BC certified teacher as a Special Education Caseload Manager and Contact Teacher effective September 1, 2020 through to June 30, 2021. This position is an independent contractor position.

Knights of Columbus: Free 1 Year On-Line Membership

From now until August 31st, the Knights of Columbus is offering 1 Year free on-line Membership to new members. The Knights of Columbus will pay your first-year membership dues. All you need to do is simply visit kofc.org/joinus and enter the code **MCGIVNEY2020** to take advantage of this special offer.



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

Weekly Environmental - A Quote to think about!

"Aim at heaven and you will get earth thrown in. Aim at earth and you get neither." - **C.S. Lewis**



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.

ST JOSEPH BOOKSTORE NEWS

St. Joseph's Bookstore welcomes back their customers! Their new hours are: Tuesday to Friday from 10 am - 2 pm. You can contact them at 778-471-6100. Check St. Joseph's for First Holy Communion, Confirmation, Baptism and Graduation gifts.

FAREWELL CARDS

Deacon Eddie and his wife Cheryl are leaving St. John Vianney and moving to Alberta at the end of August. In appreciation for his years of generous service to the parish, the Fellowship Committee is putting a memory box in the foyer to hold cards for those of you who wish to extend a personal note of thanks and good wishes. The cards will be presented at the **August 23rd mass**.

SECOND COLLECTION

Due to COVID, a number of the second collections were missed during this year. In order to give parishioners who missed the opportunity to contribute to the various needs of the Universal Church, "Special Collection Sunday" has been designated in our Dioceses for **October 18, 2020**. Parishioners who wish to contribute to: the Church in the Holy Land, the Needs of the Church in Canada, the Popes Pastoral Works, and World Mission Sunday (originally scheduled for October 25) are encouraged to bring their envelopes for these important works of the Church to the October 18 mass.

The faithful in the Diocese of Kamloops remain dispensed from the obligation to attend Sunday Mass. As of present, some of our Diocesan priests still have online Masses that they are celebrating available through social media. Please check our website at <https://www.rcdk.org/pages/covid-19-streaming-masses>

PLEASE NOTE

Please register for Sunday mass during office hours. If you've previously registered and are unable to attend, inform the office through email or phone call so that others may get a place. Thank you for your co-operation. God Bless and stay safe.

THANK YOU



Peace and every blessing! Our heart is rejoicing and grateful to the Lord our God for his love and faithfulness for our 12 years of the mission that he entrusted to us in the Kamloops Diocese. On behalf of our congregation, the Franciscan Sisters of the Immaculate Conception of the Holy Mother of God, and our co-sisters; Sisters Tarcie, Maria, Anna Dorinda, and Maria Luisa, we would

like to thank everyone for your prayers, love, support and generosity. You helped us to accomplish all the many good things that the Lord wanted us to do. Rest assured that we will continue to pray for all of you. Please also remember us in your prayers. May the Lord bless and keep you.

Sisters Ernilyn & Analisa, SFIC

MIKKIE'S CORNER- Health and Nutrition

Puffiness, bloating, edema = water retention - HYDRATION

Why does this happen? The body tries hard to keep itself in homeostasis (balance) in many ways and one of the keyways is through electrolytes (minerals).

- Too high a concentration of minerals, in cells = water being let into the cells
- Too high water in the cells = minerals being brought into the cells.

A short-term minor imbalance won't kill us, but it is a sign that we should pay attention. This can happen at any time of the year, but summer seems to be most prevalent. It can seem to happen out of nowhere - suddenly your ankles are puffy and your fingers are like sausages. It's usually because we are not acclimatized for the hot day, or you spent too much time in the sun. It seems odd to think if you are dehydrated how can you be retaining water? But it makes sense for cell salvation. Cells are alerted of danger and go into a water starvation mode, hanging onto whatever they have not letting go, thus, retaining water. **Signs of dehydration to follow next week!**