



ST. JOHN VIANNEY CATHOLIC CHURCH



OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Todd Mtn. Rd

Pastor: Jesus Christ

A Christian Community in the Roman Catholic Tradition

Assistant Pastor: Father Jaison Tellis OCD

Mass Schedule: Sundays 10:30am
Weekday Masses (Tuesday to Friday): 8:00am

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 or 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 is 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: (Friendship Rm) Monday at 6:30pm

Volunteers Needed



Please help us to disinfect the church shortly after mass. We are also looking for volunteers for the sign in table. Your help is greatly appreciated!

Saint John Vianney - Collections

Sunday Collection August 23 - August 30:
Envelopes: \$ 2,629.00 Loose: \$ 20.00
PAD Program: \$ 2,268.00
(Pre authorized debit - Program) anyone can apply to do this - FMI contact the office.

Our Lady of Lourdes

Envelopes: \$ 560.00 Loose: \$ 0.00

Words from our secondary patron, St. John Vianney:

"Remain humble, remain simple; the more you are so, the more good you will do."

SERRA CLUB of KAMLOOPS DIOCESE Benefits of Eucharistic Adoration! #82

- 5PM 1st Wed each month-OLPH
- 7PM 2nd Fri each month- Holy Family
- 7PM 3rd Wed each month - St. John Vianney (Suspended until further notice)
- 8PM 4th Wed each month-Sacred Heart

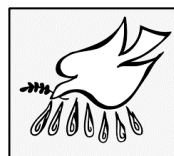


Benefits of Eucharistic Adoration 82:

A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God's graces, (St. Faustina)

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

Day	Reading	Gospel
Monday	1 Corinthians 5.1-8 Ps 5.1+4, 5-6, 11 (R. 8a)	Luke 6.6-11
Tuesday	Romans 8.28-30 Ps 13.5, 6 (R. Is 61.10)	Matthew 1.1-16, 18-23
Wednesday	1 Corinthians 7.1, 17, 25-31++ Ps 45.10-11, 13-14, 15-16 (R. 8a)	Luke 6.20-26
Thursday	1 Corinthians 8.1b-7, 11-13 Ps 139.1-3, 13-14ab, 23-24 (R. 24b)	Luke 6.27-38
Friday	1 Corinthians 9.16-19, 22b-27 Ps 84.2, 3, 4-5, 11 (R.1)	Luke 6.39-42
Saturday	1 Corinthians 10.14-22a Ps 116.12-13, 17-18 (R. 17a)	Luke 6.43-49



Please pray for our catechists **Tanis Frangiadakis, Payton Marchand, and Kasen Cooper**. On September 5th at 4 p.m. they will be receiving the Sacrament of Confirmation at St John Vianney. This mass is to be celebrated by family only. May the Lord bless you with His guidance from this day forward!

Weekly Environmental - A Quote to think about!

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." — **Margaret Mead**

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.
- 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.



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

Choose Life Kamloops (40 Days for Life) begins September 23 and ends November 1. We will begin with a prayer vigil on Tuesday Sept 22nd at 7 pm at the Cathedral. This is an invitation for every parish to participate in prayer and fasting so that the entire Body of Christ can unite around a common focus to protect the inherent dignity of all life.

Kamloops parishes will continue to hold their public presence outside Sacred Heart Cathedral on 3rd Avenue from 4:00pm to 6:00pm daily and this year we invite all parishes to join us wherever you are and whenever you are able to pray to an end to the culture of death in our country and world.

We will unveil the Facebook page September 1 to encourage everyone to start preparing for the 40 days for Life time of prayer. Please email chooselife.kamloops@gmail.com for further information.



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.

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. VINCENT DE PAUL - DONATIONS

Donations for clothing and household items are now being accepted once again- Fridays from 10am - 3pm. You may also call the office and make an appointment to drop off your items.
168 Briar Avenue 250-554-0098

IMPORTANT UPDATE: Due to an increase in parishioners attending **Sunday mass**, the **50 person limit** will now be enforced. As such, if you are not registered for a spot at mass and mass is full, you will be unable to attend that day's mass in the church. Please **register** for a spot at mass.

SECOND COLLECTION

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, 2020** mass.

Due to Covid-19 protocols and other circumstances beyond our control, Mass at **St. Joseph's church** on Chilcotin Road in Kamloops on the First Sunday of the Month will be **suspended** until further notice.

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.

MIKKIE'S CORNER - Health and Nutrition

Puffiness, bloating, edema = water retention – HYDRATION

... continued from last week

Overhydration has similar or same signs as dehydration and can be just as dangerous or deadly if severe. A good rule for water intake is to spread your water out throughout the day with the following rules.

8x8 rule:

- 8oz of water x 8 times spread out throughout the day

1x1 rule:

- Do not exceed in excess of 1 liter of water in 1 hour, as that is as fast and much the kidneys can excrete in that time.

When exercising strenuously add 8oz every 15 minutes as sweating will draw water out of the body.

In conclusion, adding electrolytes will help for either dehydration or overhydration, for mild symptoms such as bloating or puffiness.

NOTE: If you have more severe signs (vomiting, diarrhea, fever, confusion, seizures...) SEEK MEDICAL ATTENTION. 20% of our water comes from food we eat and the other 80% is from a combination of what we drink. Easy ways to get in your electrolytes in addition to supplementation or sports drinks mentioned above are:

- 1) Eat high water content foods as, cucumbers, watermelon, cantaloupe, tomatoes and or strawberries, as they are 90% water and will have some electrolytes too.
- 2) Drink 2 cups water with, juice from half a lemon, 2 tsp honey and 1/8 tsp salt
- 3) Blend watermelon chunks (1 cup), 1 cup water, 2 tsp maple syrup and 1/8 tsp salt.
- 4) Drink coconut water, will have all you need
- 5) Mix 2 cups water with a 1/4 cup of a sports drink should give you enough electrolyte balance as these drinks are high in all ingredients especially sugar

Mikkie Nettles, Certified Personal Trainer/Holistic & Sports Nutritionist
contact info@deemhealth.ca