



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:

"When we pray with attention and humility of mind and heart, we quit the earth and rise to Heaven. We reach the outstretched arms of God. We talk with the angels and the saints."

SERRA CLUB of KAMLOOPS DIOCESE

Benefits of Eucharistic Adoration! #83

- 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 83:
As we would expect, an outstanding spiritual growth and impetus tend to spring from Perpetual Adoration of the Most Blessed Sacrament.
(Pope Paul VI)

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

Day	Reading	Gospel
Monday	Numbers 21.4-9 Ps 78.1-2, 34-35, 36-37, 38 (R. see 7b)	John 3.13-17
Tuesday	Hebrews 5.7-9 Ps 31.1-2b, 2c-3, 4-5, 14-15, 19 (R. 16b)	Luke 2.33-35
Wednesday	1 Corinthians 12.31-13.13 Ps 33.2-3, 4-5, 12+22 (R. 12b)	Luke 7.31-35
Thursday	1 Corinthians 15.1-11 Ps 118.1-2, 16ab-17, 21+28 (R. 1a)	Luke 7.36-50
Friday	1 Corinthians 15.12-20 Ps 17.1, 6-7, 8b+15 (R. 15b)	Luke 8.1-3
Saturday	1 Corinthians 15.35-37, 42-50++ Ps 56.3-4, 9b-11, 12-13 (R. see 13b)	Luke 8.4-15

Weekly Environmental - A Quote to think about!

"If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed ten thousand years ago. If insects were to vanish, the environment would collapse into chaos." - **E. O. Wilson**

As there is a **50 person limit** in place, 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. Any remaining seats for those not registered will be on a first come, first serve basis.

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 have unveiled the Facebook page to encourage everyone to start preparing for the 40 days for Life time of prayer. Please email chooselife.kamloops@gmail.com for further information.



The **Kamloops Pro-Life Society** is once again selling the **Great Little Coupon Book** for \$10. The book offers a myriad of 2-for-1 coupons that can be used at restaurants and entertainment establishments throughout Kamloops. To buy a book, visit St. Joseph's Bookstore located downtown at 256 Nicola St. For more information, call 778-471-6100.

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.

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

FAITH IN ACTION CAMPAIGN 30

This weekend we heard the Pastoral Letter from the Bishop introducing Faith in Action Campaign 30. We have included a copy of the letter with this bulletin. Next weekend, we will show a video explaining the Diocesan Objectives for Faith in Action Campaign 30. We will also announce our local parish project connected with the campaign. Printed material is also being mailed directly to your home. The enclosed **Faith in Action Pledge Form** is to be filled out and handed in at Mass on Commitment Weekend, **October 3 - 4, 2020.**

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>

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.

The **Knights of Columbus** are happy to announce that they have teamed up with the Archdiocese of Vancouver to sponsor the **2020 Virtual Men's Retreat.**

Sword & Shield

We are all called to lead in our faith, and we all face our own challenges. Share some time with men who have set out on this journey, and hear how they have answered the call.

Special guest speaker: Brett Powell
Archbishop's Delegate for Development & Ministries
October 3rd, 12pm to 5pm

Please register by September 30. Register through email at **2020.sword.shield@gmail.com**

MIKKIE'S CORNER - Health and Nutrition

Metabolism

Boosting your metabolism can be effected by food and exercise. Metabolism generally refers to the number of calories your body burns in a day. It is influenced by three main things:

- Your basal Metabolic Rate (BMR) (the number of calories you burn performing the basic functions that keep you alive)
- Your level of Physical Activity
- The Thermic Effect of foods that you eat (the number of calories it takes to digest and absorb the foods you eat)

Here are 9 top tips for maximizing your metabolism.

1) Eat high fiber carbohydrates- High fiber carbohydrates are harder to digest than simple carbohydrates and therefore have a greater thermic effect. On top of this, foods that are high in fiber are generally lower in calories (because fiber itself contains zero calories), help suppress your appetite and provide you with many more fantastic benefits. High fiber foods include fruits, vegetables and whole meal products so where possible make sure your dietary carbohydrates come from these sources. Not only will they help you burn slightly more calories but they will also make it easier for you to lose weight. However, you need to make sure that you do not go overboard on the fiber. Excessive fiber consumption has been linked with wind, diarrhea, constipation and more.

... to be continued next week