



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

Mass Schedule: Sundays 10:30am
Saturdays 7:00pm
Weekday Masses (Tuesday to Friday): 8:00am

Sacrament of Reconciliation: By Appointment

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!

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

Saint John Vianney – Collections

Sunday Collection September 6 - September 13:
Envelopes: \$ 2,654.00 Loose: \$ 5.00
PAD Program: \$ 2,268.00
(Pre authorized debit - Program) anyone can apply to do this - FMI contact the office.

Our Lady of Lourdes

Envelopes: \$ 375.00 Loose: \$ 0.00

Words from our secondary patron, St. John Vianney:
"When we receive Holy Communion, we receive our joy and our happiness."

SERRA CLUB of KAMLOOPS DIOCESE Benefits of Eucharistic Adoration! #85

- 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 85:

A Holy Hour before the Most Blessed Sacrament repairs for evils of the world. (St. John Paul II)

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

Day	Reading	Gospel
Monday	Job 1.6-22 Ps 17.1, 2-3, 6-7 (R. 6b)	Luke 9.46-50
Tuesday	Revelation 12.7-12a Ps 138.1-2ab, 2cd-3, 4-5 (R. 1c)	John 1.47-51
Wednesday	Job 9.1-12, 14-16 Ps 88.9bc-10, 11-12, 13-14, (R. 2a)	Luke 9.57-62
Thursday	Job 19.21-27 Ps 27.7-8a, 8b-9abc, 13-14 (R. 13)	Luke 10.1-12
Friday	Exodus 23.20-23a Ps 91.1-2, 3-4ab, 5-6, 10-11 (R. 11)	Matthew 18.1-5, 10
Saturday	Job 42.1-3, 5-6, 12-13, 15-17++ Ps 119.66+71, 75+91, 125+130 (R. 135a)	Luke 10.17-24

Weekly Environmental - A Quote to think about!

"Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed ... We simply need that wild country available to us, even if we never do more than drive to its edge and look in."
— Wallace Stegner, The Sound of Mountain Water

PLEASE NOTE

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/>**

- 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.

CWL BURSARY INFORMATION The CWL is moving forward with their school bursaries for 2020/2021. If you are a CWL member, have a child or young adult graduating from OLPH and moving on to Saint Ann's or to a post secondary education, and would like to apply for one of two bursaries, please send your information to sherrymakarra@gmail.com by **October 15 2020** so you can receive an application.



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 with special guest speaker Arlene Costa from the Rachel's Vineyard - Kamloops Team. Please **register to attend** this prayer vigil in person at Sacred Heart Cathedral by phoning 250 372 2581. There is a max. of 50 people in attendance. You may also join us through live stream at <https://www.facebook.com/Choose-Life-Kamloops-1776616792609982/>.

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 for an end to the culture of death in our country and world. Please email chooselife.kamloops@gmail.com for further information.

On Sunday **October 4, 2-3 pm**, please join us through prayer and signage and stand along **Columbia St.** witnessing against abortion, euthanasia, and assisted suicide by holding a pro-life sign in silent prayer. Pick up your sign at Sacred Heart (corner of Nicola & 3rd), or First Baptist (454 Columbia). Covid restrictions will apply re: masks, hand sanitizer and distancing.

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.

FAITH IN ACTION CAMPAIGN 30

Commitment weekend for Campaign 30: Looking Back with Gratitude, Looking Forward with Hope is October 3-4. Please bring your completed Faith in Action Pledge Form next weekend. We are grateful for your generosity towards our Diocese and Parish. Any funds raised above our Parish Assessment goes directly to our Parish for repairs and improvements.

Parish Assessments:

St John Vianney Parish - \$21 589
Our Lady of Lourdes - \$2 463

FAITH FORMATION

If you have children and would like them to attend Catechism classes for the 2020/2021 year, please contact us at the office and let us know.

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, Share Lent CCODP, 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

... continued from last week

Metabolism

Here are 4 top tips for maximizing your metabolism.

3) DRINK LOTS OF WATER- If your body is not properly hydrated it may not be able to perform certain vital functions. This can lead to a reduction in your BMR. Therefore, you need to make sure you are drinking enough water to maximize your metabolism. I find that keeping a water bottle at your desk and topping it up regularly plus making an effort to drink extra water whilst exercising helps me stay hydrated throughout the day.

4) MAKE SURE YOU ARE GETTING ENOUGH PROTEIN- Most people's diets are rich in fats and carbohydrates but contain very little protein. However, protein is a very important macronutrient that is essential for the growth and repair of your body's cells. It also has a greater thermic effect than fats and carbohydrates with research suggesting that 25% of the calories in protein are burned during digestion and absorption. Therefore, you can give your metabolism a boost by making protein a richer part of your diet.

Mikkie Nettles - Certified Personal Trainer/Holistic & Sports Nutritionist