



# 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 Praveen Jaison Tellis OCD

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

**Sacrament of Reconciliation:** By Appointment

**Office hours:** 9am - 1pm Tuesday/ Thursday/ Friday  
Visit: 2826 Bank Road V2B 8E5 or Call: 250-579-8711

Email: [jvianney@telus.net](mailto:jvianney@telus.net)  
Website: [stjohnvianneykamloops.ca](http://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](mailto:senorfroggy@shaw.ca)

For the following Ministries contact the office:


*Eucharistic Minister/Greeter & Gift Bearer/Liturgy (readers):* 250-579-8711 or [jvianney@telus.net](mailto:jvianney@telus.net)  
[stjohnvianneykamloops.ca](http://stjohnvianneykamloops.ca)

ASCEND Online - Catholic home school online  
FMI/enrol: [admin@ascendonline.ca](mailto: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](mailto: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 October 18 – October 25:  
Envelopes: \$ 4, 882.00 Loose: \$ 0.00  
PAD Program: \$ 2, 218.00  
(Pre authorised debit - Program) anyone can apply to do this - FMI contact the office.

**Our Lady of Lourdes**

Envelopes: \$ 270.00 Loose: \$ 0.00

**Words from our secondary patron, St. John Vianney:**

“Do you know why our Lord persists in remaining day and night in our churches?... He stays there so that every time we want to go and see him, we may be able to find him.”

**SERRA CLUB of KAMLOOPS DIOCESE**

**Benefits of Eucharistic Adoration! #91**

- 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 91:**  
*Our Holy Hour of Eucharistic adoration acknowledges Christ as the spiritual center of our community. (Pope Paul VI)*

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

Day	Reading	Gospel
Monday	Ezekiel 47.1-2m 8-9, 12 Ps 46.1-2, 4-5, 7-8 (R.4)	John 2.13-22
Tuesday	Titus 2.1-8, 11-14 Ps 37.3-4, 18+23, 27+29 (R. 39)	Luke 17.7-10
Wednesday	Titus 3.1-7 Ps 23.1-3a, 3b-4, 5, 6 (R. 1)	Luke 17.11-19
Thursday	Philemon 7-20 Ps 146.6c-7, 8-9a, 9bc-10 (R. 5)	Luke 17.20-25
Friday	2 John 4-9 Ps 119.1-2, 10-11, 17-18 (R. 1a)	Luke 17.26-37
Saturday	3 John 5-8 Ps 112.1-2, 3-4, 5-6 (R. 1b)	Luke 18.1-8

**PLEASE NOTE** The office will be closed on Wednesday, November 11<sup>th</sup> for Remembrance Day. We will re-open on Thursday, November 12<sup>th</sup>.



As there is a **50 person limit** in place, please **register for Saturday and Sunday masses** 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](http://www.CISKD.ca) under the CAREERS tab:  
<https://ciskd.ca/current-postings/>**

- For the upcoming school year, we are seeking multiple qualified Teacher candidates to join our team as casual Teachers on Call for St. James Catholic School in Vernon, BC, St. Ann's Catholic School in Quesnel, BC, St. Ann's Academy in Kamloops, BC, Sacred Heart Catholic School in Williams Lake, BC, and Our Lady of Perpetual Help School in Kamloops, BC.
- 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.

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The **59<sup>th</sup> Annual Charity Appeal** Draw Tickets from the **Knight's of Columbus** are once again available through St. John Vianney's Bishop Harrington Council 9508. This year, all tickets sales will be online. Go to this link, **<https://kofcdraw.net/c9508>**, to purchase your tickets. All 15 prizes are cash money, starting with \$100,000 and ending with \$1000. The tickets will be on sale until January 30, 2021 with only 200,000 tickets being sold. Council 9508 ticket sales last year allowed our council to donate \$8800 to local charities. Thank you for your support in the past, may it continue through this year as well. God Bless.

### **CWL Leadership Foundation – leadership program**

Are you called to join other Canadian Catholic women to learn how your leadership has the power to transform where you work, volunteer and live? Applications are now available for the 2021-2022 Catholic Women's Leadership Foundation Program. The in-person and online program facilitated by the Providence School of Transformational Leadership and Spirituality at Saint Paul University (Ottawa) runs from April/21 to May/22. Visit [www.cwlfcanda.ca](http://www.cwlfcanda.ca). Application deadline November 20<sup>th</sup>.



**Prayer line:** To add prayer requisitions, contact Carey Hackman: [telyhack@telus.net](mailto:telyhack@telus.net) or 250-579-5210

**WANTED** We are still looking for a used sofa, dining table and dining chairs in good condition for the rectory. Please call Carole at 250-554-3245 if you would like to donate any of these items.

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 Christian Book, Gift and Church Supply Store hours have changed. They are now open Tuesday to Friday from 10 am to 4 pm. Stop by for your Christian devotionals, books, and gifts.

Due to Covid and the restriction on placing materials in pews, Sunday Missals for 2020/2021 are now available by donation to take home. They can be found in the foyer starting this weekend. If you are unable to attend church and would like a missal, please contact the office.

The annual Blessing of the Graves at Hillside Cemetery in Kamloops will be held on **Sunday, November 8 at 2pm.**

### **FAITH IN ACTION CAMPAIGN 30**

If you have not yet been able to respond to this campaign, you may still send in your pledge at this time. If you did not receive any Faith in Action material in the mail, please contact the parish office. Thank you to all who have responded to the Faith in Action campaign thus far. 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

### **Pledges:**

St John Vianney Parish - 29

Our Lady of Lourdes - 4

### **Pledged:**

St John Vianney Parish – \$10 000

Our Lady of Lourdes - 1 290

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>

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.

### **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**

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### **MIKKIE'S CORNER - Health and Nutrition**

Living with Gout

**... continued from October 4 bulletin**

Gout is more common in men because women have a hormone called Oestrogen. This hormone is released during the reproductive cycle and increases removal of uric acid by the kidneys. However, after menopause, women should take caution as they could become susceptible.

With gout you want to basically follow an alkaline diet. An alkaline diet consists mostly of fresh whole foods as in fruits, veggies, whole grains, nuts, legumes, lean meats and poultry. Beneficial foods for reducing purines are low fat dairy, avocados, cherries, apple cider vinegar and dark chocolate. Avoid foods that can build up uric acid and inflammation. These would include highly processed, packaged and canned foods along with foods that would directly contribute to gout that are high in purines such as, steak, organ meats and seafood. Also, other reactive foods that promote high levels of uric acid are yeast building foods, gluten, food colouring, high glycemic foods, alcoholic beverages - especially beer and drinks sweetened with fruit sugar (fructose). Some supplementation could help too.

**... to be continued next week**