



ST JOHN VIANNEY CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

Pastor: Jesus Christ



OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Todd Mtn. Rd

Assistant Pastor: Father Praveen Jaison Tellis OCD

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

Cancelled

Sacrament of Reconciliation: By Appointment

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

Email: jvianney@telus.net
Website: stjohnvianneykamloops.ca

HELPLINES

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:
email vancouverbc@retrouvaille.org/
604-530-6710. All inquiries are confidential.

SPIRITUAL LIFE

Day	Reading	Gospel
Monday	Daniel 13.1-9, 15-17, 19-30, 33-64++ Ps 23.1-3a, 3b-4, 5, 6 (R. 4ab)	John 8.1-11
Tuesday	Numbers 21.4-9 Ps 102.1-2, 15-17, 18-20 (R. 1)	John 8.21-30
Wednesday	Daniel 3.13-20, 24, 49-50, 91-95++ Daniel 3.52, 53, 54, 55, 56 (R. 52b)	John 8.31-42
Thursday	Isaiah 7.10-14; 8.10d Ps 40.6, 7-8, 9, 10 (R. 7-8)	Luke 1.26-38
Friday	Jeremiah 20.7, 10-13++ Ps 18.1-2ab, 2c-3, 4-5, 6 (R. see 6)	John 10.31-42
Saturday	Ezekiel 37.21-28 Jeremiah 31.10, 11-12ab, 13 (R. 10d)	John 11.45-57

ST JOHN VIANNEY NEWS

Due to the province-wide restrictions released on Thursday, November 19, **in-person mass times have been suspended until further notice.**

The faithful in the Diocese of Kamloops remain dispensed from the obligation to attend Sunday Mass. Please check our website for available online masses: <https://www.rcdk.org/pages/covid-19-streaming-masses>

St John Vianney is now offering Live streamed masses online. Please join our Facebook group **St John Vianney Parish – Kamloops, BC** to view Sunday mass. The following link can be used to access the group: <https://www.facebook.com/groups/331139351176386/>



After participating in a streamed mass of your choosing, **Holy Communion** is offered on Sundays in the parking lot of the church from 11:15 – 11:45 am. Please stay in your vehicles and follow Covid 19 protocols.

Our parish is **now accepting Interac email transfer** donations! To give using this method, please transfer your gift to givingstjohnvianney@rcdk.org using your bank's Interac transfer via online banking. For more information on this service, please contact your bank.

Words from our secondary patron, St. John Vianney:
"Almighty God sends no trial without consolation."
- On suffering (M.)

SERRA CLUB of KAMLOOPS DIOCESE

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 7:

A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption.
(Archbishop Fulton Sheen)

VOCATION PLACE

The Serra Club of the Kamloops Diocese is part of an International organization promoting and supporting future and existing vocations with the approval of His Excellency Bishop Joseph Nguyen. Serrans are lay Catholics - men and women of all ages and from all walks of life. We all share the same dedication to promoting and fostering vocations, through sponsoring programs, dinners, and retreats. We also support altar servers and generally and support vocations in any way that we can.

The Serra Club of the Kamloops Diocese is accepting new members with involvement ranging from volunteering, sharing ideas, or simply praying for vocations and our existing Clergy and Religious: all worthwhile endeavors in promoting and fostering vocations. If you would like more information, please contact Catherine at the following email: cmcgovern@serrakamloops.ca.

The Kingdom of heaven is like a mustard seed.
- Mt 13:31

FAITH IN ACTION

Campaign 30

Thank you to those who have already donated for your generosity and support. This year's Faith in Action campaign concludes on **July 30, 2021**. Please have your donations in before this date. Any funds raised above our Parish Assessment go directly to our Parish for repairs and improvements.

	SJV	OLL
Parish Assessment	\$ 21 589	\$ 2 463
Pledged	19 535	3 140
Pledges	59	10

Our Lady of Lourdes parish has exceeded their goal! St. John Vianney parish is still **short of our Parish Assessment** by \$2,054.00. If you have not yet made a donation towards this campaign and are able to, we would be very thankful. Please contact the office if you have any questions or need assistance.



EMPLOYMENT

Looking for **Employment Opportunities** within the Diocese? Catholic Independent School Kamloops Diocese job postings can be found at www.CISKD.ca under the CAREERS tab: <https://ciskd.ca/current-postings/>

St John Vianney parish is looking for an **experienced Janitorial/Maintenance person**. This position will be a part-time position. Please email **resumes and any related job documents to jvianney@telus.net**. Only successful applicants will be contacted for an interview.



St. James Parish Vernon is seeking a Secretary/Bookkeeper. The successful candidate will manage the Parish office 35 hours a week. Knowledge of Simply Accounting is preferred. Job description available upon request. Please submit a resume by **March 25th** to: frpeter@shaw.ca.

GIVING

This Sunday is Solidarity Sunday including the **Share Lent** collection. Please be generous towards our brothers and sisters in the Global South who have very little compared to us in the Global North. You may give through the parish or go online to **Development and Peace** Caritas Canada at <https://www.devp.org/en>

The **Pregnancy Care Centre** of Kamloops has launched their annual **Lenten Baby Bottle Campaign**. The campaign runs until Easter Sunday. Due to pandemic restrictions, we are inviting you to donate **online or by mail**. Each church has its own parish bottle to fill as a community. You can visit yours here:

<https://www.canadahelps.org/s/BJ5Hv>

Additional donation options are listed below:



E transfer:

donate@mypregnancychoices.ca

Mailing address:

429 Tranquille Rd
Kamloops BC V2B 3G9

St John Vianney Office: Marguerite LeBlanc will take any donations dropped off at the office to the Centre.

Society of Saint Vincent de Paul is partnering with the Kamloops Aboriginal Friendship Society to provide **Welcome Baskets** for people moving off the street into motels. As welfare and disability rates are below the rent for a motel, we are providing them the following items: hot plate, cooking pot, bowl for microwaving, plate, bowl, mug, stirring spoon, knife, paring knife, fork, 2 spoons, can opener, dish detergent, Dutch Cleanser, laundry detergent, tea towel, bath towel, hand towel, facecloth, toiletries. If you have any of these items and you would like to donate them, please phone **Theresa: 250 314 6779** to arrange a drop-off time at 168 Briar Avenue on Tuesdays.



EVENTS

North Thompson Catholic Parishes Presents: LENTEN JOURNEY 2021

March 10th - March 24th
Every Wednesday at 7pm
The Presence: The Mystery of the Holy Eucharist

On March 31st at 7pm
The Sacred Triduum
For more details please contact: pastor@ntcp.ca or rcia@ntcp.ca



Please note: Father Jaison has two upcoming dates open for Confession. They are as follows:

March 24

10 am – 12 pm
3 pm – 6 pm

March 25

10 am – 12 pm
3 pm – 6 pm

BURSARIES

The Kamloops Pro-life Society is offering a \$1000 **Scholarship opportunity** for any grade 12 and post-secondary students. Requirements include an essay, references, and pandemic-appropriate volunteering. Application submission due date is April 1st, 2021. For more information, visit www.voices4life.com, and click on "Events".

Kamloops Diocesan CWL Bursary A \$500 bursary will be awarded annually to a student within the Kamloops Diocese who will be attending a form of advanced training: University, Regional College, Technical School, University Transfer program or Vocational program. All applications must be submitted to the Kamloops Diocesan Catholic Women's League Education and Health Chairperson by March 31. For more information, please contact Kathy Dahl at 250 318 9698 or at kathydahlhouse@gmail.com.



WEEKLY ENVIRONMENTAL QUOTE

We need the tonic of wildness... At the same time that we are earnest to explore and learn all things, we require that all things be mysterious and unexplorable, that land and sea be indefinitely wild, unsurveyed and unfathomed by us because unfathomable. We can never have enough of nature."



—**Henry David Thoreau**, *Walden: Or, Life in the Woods*

MIKKIE'S HEALTH CORNER

Water and its importance in your body

Eating may look different for each individual but there is no leeway when it comes to water – every body requires it. There's no question your body is healthiest when you practice proper hydration.

However, there lies some confusion about why water is important. Water facilitates countless physiological processes, including: digestion, elimination of waste, and protection. It all starts in your head, specifically your mouth, in the form of saliva, but in your brain as well. We need to have a different relationship with water. Many people attribute it to being boring. There are many ways to make water intake more fun. Herbal teas made warm or cold or having flavored non sweetened carbonated waters. With no additives these all are the same as drinking water. Follow the 8x8 rule to begin with - 8oz 8x per day - and 1x1 rule: no more than 1 liter per hour as that's all the kidneys can handle.

Back to saliva, this is the first step in the digestion process by helping break down food into smaller pieces and washing it down. Water then continues through your stomach mixing with your food and toward the small intestine. That's where most of the water you drink is absorbed. This absorbed water is then transported through your body in blood. So, drinking plenty of water helps you maintain a healthy blood supply in more ways than one. Waste material can build up in your blood and needs to be removed, which brings the next step of the water journey—the kidneys.

... to be continued next week