



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: (online only) Sundays 10:30 am
Weekday Masses: suspended

Office hours: 9am - 1pm Tuesday - Friday
Address: 2826 Bank Road V2B 8E5
Phone: **250 579 8711**

Sacrament of Reconciliation: by appointment

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

HELPLINES



The next Rachel's Vineyard Retreat for those in need after abortion, miscarriage or other unresolved pregnancy loss trauma will be Wednesday, May 5 to 7, 2021. Please call or text 250-267-5081, email rvkamloops@yahoo.ca or go to the following website: rachelsvineyardkamloops.org. Safe and confidential help is available.

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.

Words from our secondary patron, St. John Vianney:

"Those who are led by the Holy Spirit experience all sorts of happiness in themselves."
- *Catechism on the Holy Spirit (Sp.)*

Pope Francis' prayer intention for April: "We pray for those who risk their lives while fighting for fundamental rights under dictatorships, authoritarian regimes and even in democracies in crisis."

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 9:

The future belongs to those who worship God in silence.

(St. John Paul II)

ST JOHN VIANNEY NEWS

Due to the province-wide Covid 19 restrictions released on Thursday, November 19, 2020, indoor mass times have been **suspended until further notice**.

Under the new variance issued from the government on March 23, 2021, outdoor religious services may be held. At this time, St John Vianney parish has no upcoming outdoor masses scheduled. Please continue to join us every Sunday online.

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 donation (note any special dates) to **givingstjohnvianney@rcdk.org** using your bank's Interac transfer via online banking. For more information on this service, please contact your financial institution.



SPIRITUAL LIFE

Day	Reading	Gospel
Monday	Acts 4.23-31 Ps 2.1-3, 4-6, 7-9 (R. see 12d)	John 3.1-8
Tuesday	Acts 4.32-37 Ps 93.1ab, 1c-2, 5 (R. 1a)	John 3.7b-15
Wednesday	Acts 5.17-26 Ps 34.1-2, 3-4, 5-6, 7-8 (R. 6a)	John 3.16-21
Thursday	Acts 5.27-33 Ps 34.1+8, 16-17, 18-19 (R. 6a)	John 3.31-36
Friday	Acts 5.34-42 Ps 27.1, 4, 13-14 (R. see 4ab)	John 6.1-15
Saturday	Acts 6.1-7 Ps 33.1-2, 4-5, 18-19 (R. 22)	John 6.16-21

FAITH IN ACTION

Campaign 30 Thank you to each of you for your generosity during this campaign; St John Vianney parish and Our Lady of Lourdes parish have both met their goals!

	SJV	OLL
Parish Assessment Pledged	\$ 21 589	\$ 2 463
Pledges	22 035	3 140
	60	10

Donations are still being accepted with gratitude; any funds raised above our Parish Assessment go directly to our Parish for repairs and improvements. This year's Faith in Action campaign concludes on **July 30, 2021**. Please have any donations into the office by then. 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.



The **Pregnancy Care Centre** is looking to hire an **administrative assistant** for our expanding ministry. Qualified applicants will: exhibit a desire to serve Jesus through the Christian ministry of the Pregnancy Care Centre, have exceptional written and verbal communication skills, and have proficiency with Microsoft Office (Office 365). Post-secondary education with administrative experience is preferred. For more details or to submit a resume with a cover letter, please email Maureen at maureen@mypregnancychoices.ca. Applications for the position will be **open until April 19th**. Only successful applicants will be contacted for an interview.

GIVING

The Kamloops Pro-Life Society is once again selling the **Great Little Coupon Book** for \$10. These coupons can be used towards food and entertainment in the Kamloops area. Coupon books are available for purchase at: St. Josephs Christian Bookstore (cash only) 256 Nicola Street Kamloops Tel: 778-471-6100 Store hours: Tuesday- Friday 10am - 4pm

The Knights of Columbus **2021 Spring 50/50 Charity Appeal** is now under way. Sales are from March 15, 2021 to April 30, 2021. The draw will be held on April 30, 2021 at 6 pm. Net proceeds go to all our Dioceses for the advancement of Religion and various social programs. For general inquiries call 604-216-7272 or email ticketchair@gmail.com. For ticket sales please visit the website at www.kofcbc5050.ca

RETREATS

Arise: Put on the Armour of Light! – A Women's virtual Retreat Arise, in partnership with the Diocese of Saskatoon, is hosting a virtual retreat for women aged 18-101. The aim of this retreat is for women to encounter Jesus through powerful talks, small group discussion, prayer and praise and worship while building community among women. The Arise retreat also provides a unique opportunity for a 5 week follow up with our Armoured Series, included in both the Parish and Individual Packages.

This past year has been a trying time and our goal is for women to come together whether virtually or in person within the local Covid-19 guidelines to strengthen community and support one another. The retreat includes talks from the following speakers: Bishop Scott McCaig, Heather Khym, Mary Bielski, Debbie Herbeck, Rachel Herbeck and the bishop of our own local Diocese in Saskatoon, Bishop Mark Hagemoen.



This retreat is available May 1st across Canada. You may visit the website to check the retreat out for yourself: <https://arisecatholicmovement.ca/> or email Nicole at arisecatholicmovement@gmail.com if you have any questions.

WEEKLY ENVIRONMENTAL QUOTE

In nature, the believer recognizes the wonderful result of God's creative activity, which we may use responsibly to satisfy our legitimate needs, material or otherwise, while respecting the intrinsic balance of creation. If this vision is lost, we end up either considering nature an untouchable taboo or, on the contrary, abusing it. Neither attitude is consonant with the Christian vision of nature as the fruit of God's creation.



(Pope Benedict XVI, *Caritas in Veritate [Charity in Truth]*, 2009, no. 48)

BURSARIES

The **Vernon and Area Pro-Life Society** is pleased to announce a new \$1000 scholarship to a 2021 grade 12 student planning to continue their education in a post-secondary institution or trade school. The deadline for applications is **April 15, 2021**. Information and application form can be obtained by emailing prolifevernon@gmail.com or by phoning 250 545 5520.

DIVINE MERCY NOVENA

Good Friday, April 2
through

Divine Mercy Sunday, April 11



www.ewtn.com/img/catholicism/downloads/divine-mercy-novena-pandemic.pdf

MIKKIE'S HEALTH CORNER

Alkaline, Anti-Inflammatory, Blood type

Eat according to your blood type! Eat alkaline foods! Eat anti-inflammatory foods! What does this all mean?

Eating for your blood type is a theory based on a particular blood type and how it affects digestion. It is said that if you eat this way, you should be able to control your weight, prevent certain diseases, some cancers and even improve your cardiovascular health. This way of eating relates to where our ancestral history lies and what was available.

- Type O was said to be the original "ancestral" blood type of the earliest humans who were hunter-gatherers, with diets that were high in animal protein.
- Group A was said to evolve when humans began to farm and had more vegetarian diets.
- Group B blood types were said to arise among nomadic tribes who consumed a lot of dairy products.
- Group AB blood was supposed to have evolved from the intermingling of people with types A and B blood, type AB recommendations were intermediate between those for people with types A and B blood.

The Alkaline diet claims to help your body maintain its blood pH level. Although, nothing you eat is going to substantially change the pH of your blood, cause if it did, we would almost all die prematurely.

Let me explain pH a little more in depth. A pH level measures how acid or alkaline something is. A pH of 0 is totally acidic, while a pH of 14 is completely alkaline and a pH of 7 is neutral.

... to be continued next week