



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 Tod Mtn. Rd

Assistant Pastor: Father Praveen Jaison Tellis OCD

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

Sacrament of Reconciliation: by appointment

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

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

HELPLINES

St. Vincent De Paul: Feeding, clothing, housing and healing individuals/families in our community who have nowhere else to turn for help.

Contact Information update

ph#: 250 554 0098 email: ssvpkamloops@gmail.com
physical address: 168 Briar St, Kamloops BC
mailing address: PO Box 24016 Stn Northhills Ctr.
Kamloops BC V2B 8R3

Retrouvaille - A lifeline for trouble marriages:
email vancouverbc@retrouvaille.org/
604-530-6710. All inquiries are confidential.

DIOCESAN 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. Please note: 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 NEWS

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, please contact your financial institution.

ST JOSEPH BOOKSTORE

Looking for gifts for First Holy Communion or Confirmation? St. Joseph's bookstore, located at 256 Nicola St, Kamloops, across from Sacred Heart Cathedral, has a good selection of suitable gifts. Please call the store at 778-471-6100 for current hours and selection.

Words from our secondary patron, St. John Vianney:
"All difficulties, temptations, sickness and humiliations become sweet and easy to endure, if *one bears them in union with our Lord.*"

– On suffering (C.)

SERRA CLUB

ADORATION – for Vocations Weekly Holy Hour



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
8PM 4th Wed each month – Sacred Heart

Benefits of Eucharistic Adoration 14 "Priesthood Sunday"

By being faithful to a Holy Hour of Adoration you can teach by example. "The young should be taught the value of Eucharistic Adoration."



(St. John Paul II)

VOCATION PLACE

Greetings from the Serra Club of Kamloops. Sunday, April 25th, was Good Shepherd Sunday and the World Day of Prayer for Vocations. We prayed for our many Priests, Brothers and Sisters and for our existing and future Seminarians.

If you have a special prayer, photograph or sentiment that reflects your devotion to our clergy we would love to hear from you! You can post them on Facebook at Serra Club Kamloops Diocese, alternatively, you can send them to: sberdusco@serrakamloops.ca.

The Kingdom of heaven is like a mustard seed.

-Mt 13:31

MOTHER'S DAY

On Sunday, March 9th, we will be offering **outdoor mass** for Mother's Day.

There is a **50 person limit** in the courtyard outside the church, with an additional 50 vehicles with parishioners in them allowed.

If you choose to leave your vehicle and sit in the courtyard, you must **register upon arrival**. Please bring your own chairs, blankets, and dress warmly. **Masks are required**, and social distancing must be followed.

Holy Communion will continue to be offered to all parishioners after this mass. Wishing all of our mothers a beautiful day.



EMPLOYMENT

St John Vianney parish is still looking for an **experienced Janitorial/Maintenance person**. Please forward this information to anyone you think may be interested. 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.



Looking for a full list of **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. Ann's Academy is seeking a skilled, qualified candidate to join their team as a 1.0 FTE teacher for Grade 6 for the 2021 - 2022 school year. The position begins September 1st, 2021 and concludes June 30, 2022.

Our Lady of Perpetual Help School is seeking a skilled BC certified teacher to join our team as a 0.3 FTE French teacher providing instruction in our PK – 4 classrooms and core French instruction in Grades 5-7 classrooms for the upcoming school year. This position involves program planning and collaboration with classroom teachers. This position commences September 1, 2021.

WEEKLY ENVIRONMENTAL QUOTE

The liturgy itself teaches us this, when, during the presentation of the gifts, the priest raises to God a prayer of blessing and petition over the bread and wine, "fruit of the earth," "fruit of the vine" and "work of human hands." With these words, the rite not only includes in our offering to God all human efforts and activity, but also leads us to see the world as God's creation, which brings forth everything we need for our sustenance. The world is not something indifferent, raw material to be utilized simply as we see fit. Rather, it is part of God's good plan, in which all of us are called to be sons and daughters in the one Son of God, Jesus Christ (cf. Eph 1:4-12). The justified concern about threats to the environment present in so many parts of the world is reinforced by Christian hope, which commits us to working responsibly for the protection of creation.

(Pope Benedict XVI, Sacramentum Caritatis [The Sacrament of Charity], no. 92)

RETREATS

The Worldwide Marriage Encounter virtual weekend experience is coming to you! May 14-16, 2021

Registration deadline: May 7, 2021. If you desire to restore communication & rekindle romance, this weekend is for you; no travel required and from the comfort of your own home!



Please follow this link for registration: <https://beholdvancouver.org/events/virtual-worldwide-marriage-encounter-5>

TRU CATHOLIC MINISTRY

If you have any nieces, nephews, grandchildren, or are aware of any **Catholics attending TRU University** (online or in person) in September 2021, please let Fr. Derrick know at office@sacredheartkamloops.org. We are currently trying to build a community of Catholics at the University to support one another.

Prayerful wishes to **Fr Udoka Christopher Nwosu** who celebrated his birthday on May 5th, to **Fr Paul Simms** who celebrates his 9th Anniversary of Priestly Ordination on May 11th, and to **Fr Andrew L`Heureux** who celebrates his 15th Anniversary of Priestly Ordination on May 12th!

SPIRITUAL LIFE

Day	Reading	Gospel
Monday	Acts 16.11-15 Ps 149.1-2, 3-4, 5-6a+9b (R. 4a)	John 15.26-16.4a
Tuesday	Acts 16.22-34 Ps 138.1-2a, 2bc-3, 7c-8 (R. see 7c)	John 16.5-11
Wednesday	Acts 17.15, 22-18.1 Ps 148.1-2, 11-12, 13, 14 (R. see 13)	John 16.12-15
Thursday	Acts 18.1-8 Ps 98.1, 2-3ab, 3cd-4 (R. 2)	John 16.16-20
Friday	Acts 1.15-17, 20-26 Ps 113.1-2, 3-4, 5-6, 7-8 (R. 7-8)	John 15.9-17
Saturday	Acts 18.23-28 Ps 47.1-2, 7-8, 9 (R. 7)	John 16.23b-28

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	\$ 21 589	\$ 2 463
Pledged	22 235	3 140
Pledges	62	10

This being our **sole fundraiser** for our parish this year, 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.

MIKKIE'S HEALTH CORNER

continued from April 11th bulletin...

Alkaline, Anti-Inflammatory, Blood type

A pH of 0 is totally acidic, while a pH of 14 is completely alkaline and a pH of 7 is neutral.

Those levels vary throughout your body. Blood is slightly alkaline between a pH of 7.35 and 7.45 while your stomach is very acidic at a pH 3.5 or below so it can digest food. Our lungs and kidneys are largely responsible for blood pH levels and the kidneys control what is eliminated, which leaves us with our urine. This is why there are urine test strips to indicate pH levels.

This is largely to do with what we eat that determines this number. Based on the types of foods we eat, our body (and the kidneys in particular) needs to do more or less compensating for optimal pH. If you were to look at an alkaline food list, you will see lemons and limes on there. This may seem confusing, as lemons and limes are acidic. But again, it's all to do with the kidneys and the effect the particular food has on them. This is called the "potential renal acid load" or PRAL. Citrus fruits, although acidic, are considered alkaline, as they have a low renal acid load.

... to be continued