



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

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

St. Vincent De Paul: Feeding, clothing, housing and healing individuals/families in our community who have nowhere else to turn for help. 250 554 0098
Store hours: Friday/Saturday 10am - 3pm
Help office: Tuesdays 1pm - 3pm by appointment
email ssvpkamloops@gmail.com

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.

SACRAMENT OF CONFIRMATION

Please pray for our catechists **Beth Bradury, Kenadie Cooper**, and **Calder MacLeod**. On May 22nd at 4 p.m. they will be receiving the Sacrament of Confirmation at St John Vianney. This mass is to be celebrated by family only. May the Lord bless you with His guidance from this day forward!



Words from our secondary patron, St. John Vianney:
"Although Mary knew that God had raised her to the most supreme of honours – that of being the Mother of God – nevertheless she regarded herself as the least of all creatures."
- Notre-Dame d'Ars, Meditation 19

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 15 "Priesthood Sunday"

I strongly recommend that each of us make a resolution, no matter how much the decision may cost us, to make a holy hour before the Blessed Sacrament once a week.

(Fr. John Hardon)



VOCATION PLACE

This Sunday is the Ascension Day: when Jesus Christ Ascended into Heaven and was seated at the right hand of the Father. An amazing day in our liturgical calendar.

This week Serra would like to share with you our new Priest bio, **Father Tellis, OCD** in Kamloops, Heffley Creek, and Sun Peaks. Check it out on our Facebook page (Serra Kamloops), our Kamloops Diocesan page, or our Serra Kamloops page to learn more about Father Tellis.

In addition, "Walk a Mile in My Shoes" with Fr Derrick can be viewed at rcdk.org/pages/vocation-place

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

SCHEDULED OUTDOOR MASS

On Sunday, May 16th, we will be offering **outdoor mass**.

Seating room for outdoor services is **limited to 50 people** and will be in front of the church doors in the small courtyard. 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.

There is an additional 50 vehicle max allowed for parishioners who remain in their vehicles. If you remain in your car, the above steps are not necessary.

Holy Communion will be offered once mass has concluded. This continues to be available for all parishioners, including any who choose to attend any mass through Livestream on Facebook from their home.

EMPLOYMENT

St John Vianney parish is still looking for a **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 to jvianney@telus.net.

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/>

CISKD EMPLOYMENT

St. Ann's Academy is seeking a 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.

ASCEND is seeking a qualified BC-certified teacher as a part-time High School Math/Science Teacher effective immediately. This position is an independent contractor position. The independent contractor must be available to review and adapt course content based on students' learning needs, assess students' learning, facilitate course delivery using a variety of, meet regularly with school-based teams via Zoom, and must provide their own technology equipment and internet.

St. Ann's Academy (Kamloops, BC) is seeking applications from qualified CEAs to serve primary students with diverse abilities for approximately 25.5 hours per week (.64 FTE), commencing upon earliest availability of the successful candidate and until May 24, 2021, with the possibility of extension.

Our Lady of Perpetual Help School is seeking a 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.

HELP WANTED

The **Carmelite Sisters** at the Monastery in Armstrong are seeking help with **yard work**. The spring clean up is a big job; trimming trees and bushes, cleaning underbrush, raking and hauling debris, etc. This would be a great project for youth groups, young men, families or any service group - to come together and help support our Carmelites. If you are a Carmel of St Joseph Guild member this would be the perfect way to serve the Sisters as active members. Please contact the Monastery by calling **250 546 8801** for more details and to arrange date, time. Thanks so much for any help you can provide.

GIVING

The Kamloops and Nelson Diocese are co-hosting the National **Catholic Women's League** Convention scheduled for Aug 2022 to be held in Kelowna. As a **fundraiser**, they are selling beautiful pashminas with a logo of our Mother, available in a variety of colors. Please see the **attached poster** for further information.

ST JOSEPH'S BOOKSTORE

Need gifts for First Holy Communion, Confirmation, or graduation? St. Joseph's bookstore, at 256 Nicola St, has a beautiful selection of jewelry, medals, crucifixes, giftware, books, bibles, and more. Please call the store at 778-471-6100 for current hours and selection. Place your order early to avoid disappointment!

SPIRITUAL LIFE

Day	Reading	Gospel
Monday	Acts 19.1-8 Ps 68.1-2, 3, 4ab, 5-6ab (R. 32)	John 16.29-33
Tuesday	Acts 20.17-27 Ps 68.9-10, 19-20 (R. 32)	John 17.1-11a
Wednesday	Acts 20.28-38 Ps 68.28-29, 32-33, 34, 35 (R. 32)	John 17.11b-19
Thursday	Acts 22.30; 23.6-11 Ps 16.1-2+5, 7-8, 9-10, 11 (R. 1)	John 17.20-26
Friday	Acts 24.27; 25.13b-21++ Ps 103.1-2, 11-12, 19-20ab (R. 19)	John 21.15-19
Saturday	Acts 28.16-20, 30-31 Ps 11.4, 5, 7 (R. 7)	John 21.20-25

FAITH IN ACTION

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	22 535	3 140
Pledges	63	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.

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.

MIKKIE'S HEALTH CORNER

Alkaline, Anti-Inflammatory, Blood type

What we eat is not really going to change our blood ph. However, the alkaline diet does contain very healthy foods and will help with weight loss and overall health.

The *Anti-inflammatory diet* has the most studies and science-based proof behind it and is widely regarded as healthy, along with helping with weight loss and maintenance. Chronic inflammation causes many conditions such as heart disease, diabetes, cancer, arthritis, and bowel diseases. One of the most powerful tools to combat inflammation comes from what we eat. Anti-inflammatory foods consist of a variety of fruits and vegetables as does the alkaline diet, but it also incorporates healthy fatty acids and lean proteins. The colours that are abundant in many of these different foods provide different types of antioxidants and polyphenols to fight inflammation, even coffee contains polyphenols! While other foods as nuts or foods containing healthy oils as avocado, olive oil and fish have other antioxidant compounds that help reduce inflammation.

In the end it is about a healthier you and your journey to getting there. Join DEEM Health in partnership with Fuel Life Canada in our virtual cooking classes. Learn more on the above as we talk about the nutrients in the recipes we are featuring, while cooking alongside a professional chef. Register: <https://www.fuellife.ca/virtual-events/cooking-class>.