



ST. JOHN VIANNEY CATHOLIC CHURCH



OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Tod Mtn. Rd

A Christian Community in the Roman Catholic Tradition

Pastor: Jesus Christ

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

Under the new variance issued from the government on May 27, 2021, **indoor religious services** may be held.

Please note: St John Vianney will be accepting phone registrations starting Tuesday, June 1, for the following Sunday mass. Each week mass will be by **registration only**. You will only be able to register for one mass at a time. Permanent seats may not be reserved. Registration will be on a first come, first serve telephone call basis. There is a **50 person limit** per mass.

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.

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.

Words from our secondary patron, St. John Vianney:
"He is hidden from our eyes under the humility of his Sacrament, to try our faith...."
- Eucharistic Meditation 21.

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 16
"Priesthood Sunday"

Do you want the Lord to give your many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attach you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often!

(St. John Bosco)

SPIRITUAL LIFE

Day	Reading	Gospel
Monday	Zephaniah 3.14-18 Isaiah 12.2-3, 4bcd, 5-6 (R. 6b)	Luke 1.39-56
Tuesday	Tobit 2.9-14 - 3.1++ Ps 112.1-2, 7bc-8, 9 (R. see 7c)	Mark 12.13-17
Wednesday	Tobit 3.1-6a, 7-10a, 11-13, 15b-17a Ps 25.2-3, 4-5ab, 6-7bc, 8-9 (R. 1)	Mark 12.18-27
Thursday	Tobit 4.20; 5.4; 6.10-11b; 7.1, 9-16; 8.1, 4-9++ Ps 128.1-2, 3, 4-5 (R. see 1a)	Mark 12.28-34
Friday	Tobit 11.5-15 Ps 146.1-2ab, 6-7, 8-9ab, 9cd-10 (R. 2b)	Mark 12.35-37
Saturday	Tobit 12.1-20 Tobit 13.2, 6a, 6b, 6c, 6d (R. 2)	Mark 12.38-44

SCHEDULED INDOOR MASS

On Sunday, May 30th, we will be offering **indoor mass**.

There is a maximum of **50 people** allowed within the church.

Registration upon arrival is required. Please sanitize as you enter the church and social distance according to protocols. **Masks are required to be worn the duration of the mass.**

Starting Tuesday, June 1, **phone registration** for the upcoming Sunday will be required. Permanent seats are not reservable at this time. Thank you all for your patience as we adjust to this newest normal.

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.

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.

WEEKLY ENVIRONMENTAL QUOTE



Man's dominion over inanimate and other living beings granted by the Creator is not absolute; it is limited by concern for the quality of life of his neighbor, including generations to come; it requires a religious respect for the integrity of creation.

(Catechism of the Catholic Church, no. 2415; cf. Centesimus Annus, no. 37-38)

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.

St. James parish in Vernon is searching for a **secretary/bookkeeper** for the parish office. If you know of anyone who may be interested in this position, please encourage them to apply by sending their resume to Fr Peter: frpeter@shaw.ca

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

Spotlight: St James Catholic School - Vernon, BC

St. James Catholic School (Vernon, BC) is seeking a skilled, qualified candidate to join their team as a 1.0 FTE **Teacher with an intermediate classroom** assignment for the 2021 - 2022 school year. This position commences September 1, 2021.

St. James Catholic School (Vernon, BC) is seeking a **part-time custodian** to join their team, commencing September 1, 2021.

St. James Catholic School (Vernon, BC) is seeking a full time **Office Manager**, commencing August 16, 2021.

St. James Catholic School (Vernon, BC) is seeking a skilled, qualified candidate to join our team as a 0.4 FTE **Teacher with the subject area assignment of Music**. This position commences September 1, 2021.

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.

GIVING

The Kamloops and Nelson Diocese are co-hosting the National **Catholic Women's League** Convention scheduled for August 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.

The office of the **Pregnancy Care Centre** promises every crisis client they serve "to be on this parenting journey with them all the way through to kindergarten".

In order to fulfill this promise, the Pregnancy Care Centre **needs help in raising funds**. Would you consider giving today? There are giving options:

- E-transfer to donate@mypregnancychoices.ca
- Mail a cheque to 429 Tranquille Road, Kamloops, BC V2B 3G9
- Call 250 376 4646 to make a gift over the phone

During these COVID times the Pregnancy Care Centre is experiencing many successes helping moms in crisis to bring their pregnancy to a successful childbirth. Any amount that you can assist with is most appreciated.

Thank you for supporting this Pro-Life initiative.

MIKKIE'S HEALTH CORNER

Hydration

Here are a few standard rules you can adhere to, that will help keep you hydrated throughout the day:

8x8 rule:

- 8oz of water x 8 times spread out throughout the day

1x1 rule:

- Do not exceed in excess of 1 liter of water in 1 hour, as that is as fast and much the kidneys can excrete in that time. This is referred to as overhydrations and has similar or same signs as dehydration.

When exercising strenuously or if you find yourself sweating a lot, add 8oz of water every 15 minutes as sweating will draw water out of the body.

If you find that your thirst is just not being quenched then your electrolytes may be unbalanced and adding in some electrolytes through supplementation like a sports drink, making your own electrolyte drink or eating certain foods can help. 20% of our water comes from food we eat and the other 80% is from a combination of what we drink.

... to be continued next week