



# 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:** Sundays 10:30 am

**Weekday Masses:** Tues - Fri 8:00 am

**Sacrament of Reconciliation:** by appointment

**Office hours:** 9 am – 1 pm Tuesday - Friday

Address: 2826 Bank Road V2B 8E5

Phone: **250 579 8711**

Email: [jvianney@telus.net](mailto:jvianney@telus.net)

Website: [stjohnvianneykamloops.ca](http://stjohnvianneykamloops.ca)

### DIOCESAN NEWS

Under the new variance issued from the government on July 1, 2021, **indoor religious services** may be held with no capacity limits or Covid restrictions.

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

**Please note: streaming through St John Vianney is canceled for Sunday, July 11.** Please join our

Facebook group **St John Vianney Parish – Kamloops, BC** to view our Live streamed Sunday mass online. 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 – 11:30 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](mailto:givingstjohnvianney@rcdk.org) using your bank's Interac transfer via online banking.

### MASS REGISTRATION GUIDELINES

Until we have received further direction in regards to contact tracing of parishioners, we will continue to register for mass.

In order to attend mass, you must be registered. Registration opens up each week on Tuesday, at 9am, for the following weekend masses. Permanent seat reservations are not available.

Registrations will be accepted on a first come, first serve, telephone call basis. Messages left on the machine for registrations will not be accepted. If you reach the answering machine, please try your call again. Registration each week will be closed on **Fridays at noon**.

According to the PHO, masks are recommended indoors. Please consider wearing your mask if you have not received both doses of a vaccine a minimum of 14 days ago. Thank you for your patience as we balance the reopening of mass alongside restrictions.

### PRAYERFUL WISHES

Prayerful wishes to Fr. Tony Ackerman who celebrates his 23<sup>rd</sup> Anniversary of Priestly Ordination June 29<sup>th</sup>.

The month of July is dedicated to **the Precious Blood**.

### The Holy Father's Intentions for the Month of July 2021 "Social Friendship"

"We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship."

### HELP WANTED

The **Carmelite Sisters** at the Monastery in Armstrong are seeking help with **yard work**. Please contact the Monastery by calling **250 546 8801** for more details and to arrange a date and time. Thank you 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 August 2022. As a **fundraiser**, they are selling beautiful pashminas. 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](mailto: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.

### ROOMMATE / RENTAL WANTED

Looking for a mature, female, and Catholic roommate to share a furnished upper-level of a house. This includes a furnished bedroom, with a shared kitchen, bathroom, and laundry room. Utilities are included and rent is \$950. The house is 5 minutes from TRU and located near a bus stop. Parking included. No pets, no smoking. Please email [efran16@gmail.com](mailto:efran16@gmail.com) or call 604 839 8486 if interested.

A Catholic female student from Lillooet who will be attending TRU in the fall is seeking lodging close to campus. Preferably with a Catholic family; a room with a separate bathroom and a cooking area. They are willing to share rent with another student(s), provided they have their own room, and can spend 500-\$550/mo. Please call or text Halyna at 250 256 8534 if you know of any place available.

## 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 and any related documents to [jvianney@telus.net](mailto: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](http://www.CISKD.ca) under the CAREERS tab: <https://ciskd.ca/current-postings/>

## 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!

	<b>SJV</b>	<b>OLL</b>
<b>Parish Assessment</b>	\$ 21 589	\$ 2 463
<b>Pledged</b>	22 535	3 140
<b>Pledges</b>	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.

## 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 22 "Priesthood Sunday"

*You should take up as your own cause a Holy Hour of Adoration so that peace and unity can be brought about in the Church.*

*(Pope Paul VI)*

## MIKKIE'S HEALTH CORNER

### Cooking Methods and Nutrients in Foods

There's no best one way for choosing the best cooking method for nutrition. With vegetables, nutrients react differently to various types of cooking methods and their reactions also vary across the different types of vegetables.

These variations are caused by the cellular structure of vegetables. Depending on where in the cell a nutrient is stored, cooking can do the following:

- Make the nutrient more readily absorbed (as the cell wall softens)
- Break down the nutrient itself
- Kill of oxidizing agents that would otherwise reduce the quantity of that nutrient

Vitamin **C** - aka ascorbic acid, is necessary for the growth, development and repair of all body tissues.

When many people hear Vitamin C, citrus fruits like oranges, lemons and limes come to mind. Although there are many vegetables rich in Vitamin C as well and you are more likely to cook with these as opposed to the citrus fruits mentioned.

**to be continued next week...**

## IN MEMORIAM

We are extremely saddened to announce the passing of **Ed Rombough**, on June 29<sup>th</sup>, 2021. His funeral will be held Monday, July 5<sup>th</sup>. Our thoughts go out to his family and close ones.

## SPIRITUAL LIFE

### Words from our secondary patron, St. John Vianney:

"A *spiritual* alms is even more precious than a material one."

*- Sermon on Satisfaction for Sin*

Day	Reading	Gospel
Monday	Genesis 28.10-22a Ps 91.1-2, 3-4, 14-15 ab (R. see 2b)	Matthew 9.18-26
Tuesday	Genesis 32.22-32 Ps 17.1, 2-3, 6-7, 8+15 (R. 15a)	Matthew 9.32-38
Wednesday	Genesis 41.55-57; 42.5-7a, 17-24 Ps 33.2-3, 10-11, 18-19 (R. 22)	Matthew 10.1-7
Thursday	Genesis 44.18-21, 23b-29; 45.1-5 Ps 105.16-17, 18- 19, 20-21 (R. 5a)	Matthew 10.7-15
Friday	Genesis 46.1-7, 28-30 Ps 37.3-4, 18-19, 27-28, 39-40 (R. 39a)	Matthew 10.16-23
Saturday	Genesis 49.29-31, 33; 50.15-26++ Ps 105.1-2, 3- 4, 6-7 (R. see Ps 69.33)	Matthew 10.24-33

## VOCATION PLACE

Meet **Father Udoka Chris Nwosu**  
Cache Creek, BC

Fr. Udoka Chris Nwosu is a priest of the Catholic Diocese of Orlu in Imo State Nigeria. He was born on the 5<sup>th</sup> of May, 1950, and was ordained on the 8<sup>th</sup> of August in 1981, guided by his favourite biblical quotation: "I made myself all things to all men in order to save some at any cost." (1 Cor. 9:22). This is his motto in his priestly ministry.

After his ordination, he was the Chancellor of the diocese, then sent for studies overseas. He returned to be a Formator in the Major Seminary; he continued the priestly ministry in Germany and now in Canada in the Kamloops diocese. His favourite pastime engagements are gardening, singing, and reading. He enjoys Nigerian, Canadian, and German dishes.

The journey to the priesthood started in 1965 in St. Mary's Minor Seminary. His big inspirator and mentor was his father, a primary school teacher and Catechist in many Catholic missions.

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

## ST. JOSEPH NOVENA

In solidarity with the Holy Father's proclamation of a "Year of St. Joseph", the diocese of Kamloops will celebrate an *Act of Entrustment to Saint Joseph*, on Thursday, 1<sup>st</sup> July (Canada Day) starting at 11:30 am, which will be livestreamed from Sacred Heart Cathedral on the Diocese YouTube page.

This will be preceded by a Novena imploring Saint Joseph's intercession for the welfare of the entire country, for the many needs of society, and to pray in particular for those who passed away due to COVID-19.

Please see attachment for the St. Joseph Novena.