



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: (chapel) Saturdays 4:00 pm
Sundays 10:30 am

Weekday Masses: Tuesday - Friday 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

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

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

DIOCESAN NEWS

As of July 1, 2021 the BC Government moved forward into Phase 3 of the restart plan which includes that there are **“no capacity limits or restrictions on religious gatherings and worship services.”**

Although many restrictions are being lifted, all Parishes should continue to take precautions, such as hand sanitizing stations. Masks are not mandatory; however, they are **recommended** in public indoor settings for those who are not yet fully vaccinated.

Meetings and gatherings in church basements, etc. are considered indoor organized gathering, which are allowed “50 people or 50% capacity, whichever is greater.” Covid-19 safety protocols are to be followed.

The faithful in the Diocese of Kamloops remain dispensed from the obligation to attend Sunday Mass as of present. The dispensation will gradually be lifted over the summer months, and be completely lifted when the province moves into Phase 4 of the restart plan.

Please check our website for available online masses:
<https://www.rcdk.org/pages/covid-19-streaming-masses>

ST JOHN VIANNEY NEWS

Registration is no longer required to attend mass at St John Vianney.

For those uncomfortable with attending a filled mass on Sundays, an **additional mass** will be offered each week on **Saturdays at 4 pm in the chapel.**

Holy Communion will still be offered in the parking lot after participation in a streamed mass of your choosing on Sundays between 11:15 – 11:30 am.

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.

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.”

SPIRITUAL LIFE

Words from our secondary patron, St. John Vianney:

“This earth is a bridge to cross the water; it serves only to support our steps...”

– *The Cure of Ars in his catechism (Sp.)*

Day	Reading	Gospel
Monday	Exodus 14.5-18 Exodus 15.1-2, 3-4, 5-6 (R. 1b)	Matthew 12.38-42
Tuesday	Exodus 14.21-15.1, 20-21++ Exodus 15.7ab-8, 9, 10+12, 17 (R. 1b)	Matthew 12.46, 48-50++
Wednesday	Exodus 16.1-5, 9-15 Ps 78.18-19, 23-24, 25-26, 27-28 (R. 24b)	Matthew 13.1-9
Thursday	Song of Songs 3.1-4a Ps 63.1, 2-3, 4-5, 7-8 (R. 1b)	John 20.1, 11-18
Friday	Exodus 20.1-17 Ps 19.7, 8, 9, 10 (R. Jn 6.68c)	Matthew 13.18-23
Saturday	Exodus 24.3-8 Ps 50.1-2, 5-6, 14-15 (R. 14a)	Matthew 13.24-30

ANNIVERSARIES

Prayerful wishes to Fr. Thomas Arackal who celebrates his birthday July 20th, Fr. Ajin George who celebrates his birthday July 21st, and to **Msgr. Jerry Desmond** and Fr. Clinton Pendleton who both celebrate their birthdays July 23rd!

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.

This year’s Faith in Action campaign **concludes on July 30, 2021.** Please contact the office if you have any questions or need assistance.

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 with flexible hours. Please email resumes and any related documents 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

Kamloops

- OLPH School is seeking a custodian to serve the custodial needs of this K-7 facility. This weekday position shall commence as agreed upon with the selected candidate.
- St. Ann's Academy is seeking a certified Early Childhood Educator for a 1.0 FTE position. The program operates within the school, offering full time daycare and preschool. An uncertified Early Childhood Assistant may be considered for this position.
- St. Ann's Academy is seeking BC certified teachers for a 1.0 FTE position serving a Grade 4 classroom and 1.0 FTE position serving grades 8-10 with an assignment of Science and Physical Health Education, both effective September 1, 2021.

Vernon

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

Quesnel

- St. Ann's Catholic School requires a qualified Secretary to support administration and staff with clerical and bookkeeping duties. This is a 0.4 FTE position commencing as agreed upon with the successful candidate.
- St. Ann's Catholic School is seeking qualified, BC certified teachers for a 1.0 FTE intermediate classroom position and a 1.0 FTE primary classroom position, both effective September 1, 2021.
- St. Ann's Catholic School is seeking a qualified, BC certified teacher for a blended Learning Resource (LRT) and Prep Teacher assignment for an anticipated full-time position, commencing September 1, 2021.

Williams Lake

- Sacred Heart Catholic School is seeking, for the 2021 - 2022 school year, a qualified candidate to join our team as a 1.0 FTE Teacher anticipated to be in a middle years classroom. This temporary position commences September 1, 2021.
- Sacred Heart Catholic School is seeking a qualified BC certified teacher for a 1.0 FTE Learning Resource position effective September 1, 2021.

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.

GOLF TOURNAMENT

A golf tournament for Catholics and guests is booked for **Saturday, July 24th, 2021** at Club Shuswap (5751 Trans Canada Hwy NE Salmon Arm). Green fees are \$20 (9 holes) or \$36 (18 holes), plus a \$10 tournament fee to cover prizes. Senior's discounts & power carts are available from the Proshop.

The **entry deadline** is July 7th at 6pm. Please call Kyla to register: 1.867.445.8007. As the "shotgun start" begins at 9 am, please arrive at least 30 minutes early to check-in, warm-up, and travel to your 1st tee box.

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 24 "Priesthood Sunday"

The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works.

(St. Pope Plus X)

MIKKIE'S HEALTH CORNER

Cooking Methods and Nutrients in Foods

... continued from last week

Vitamin K – think blood & bones. Vitamin K helps with blood clotting and maintaining healthy bones. Vitamin K is primarily found in leafy greens, spinach, chard, beet greens and kale. It is a less finicky vitamin, when it comes to cooking. Spinach, for example, retains most of its vitamin K content regardless of how you cook it. Chard is another one where most cooking methods will actually increase the levels of available vitamin K.

Beta-Carotene (Vitamin A) - is a phytonutrient which the body converts into Vitamin A. It supports the immune system and optimizes healthy retinal function (eyes). Beta-carotene is what makes carrots orange – they are an excellent source of beta-carotene. To absorb more, lightly boil or steam carrots along with spinach and chard. Although spinach and chard contain slightly less beta carotene, they are still great sources.

Vitamin E – a powerful antioxidant that neutralize free radicals that are highly reactive molecules that are harmful to cells. Vitamin E also helps maintain our immune system. Vegetables that contain vitamin E are root vegetables like potatoes, carrots...and leafy greens like spinach, chard...

Depending on the vegetable, cooking method matters. When root vegetables are cooked no matter what the method, levels of vitamin E always decrease. Leafy greens, however, when cooked, available vitamin E increases significantly.

... to be continued next week