



ST. JOHN VIANNEY

CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

July 25th, 2021

17th Sunday in Ordinary Time

Pastor: Jesus Christ

Assistant Pastor: Father Praveen Jaison Tellis OCD

OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Tod Mtn. Rd

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

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

Weekday Masses: Tuesday - Friday 8:00 am

Email: jvianney@telus.net

Sacrament of Reconciliation: by appointment

Website: stjohnvianneykamloops.ca

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."

The faithful in the Diocese of Kamloops remain dispensed from the obligation to attend Sunday Mass. Please check our website for available online masses: www.rcdk.org/pages/covid-19-streaming-masses

We are deeply saddened to announce the passing of **Ben Fouillard**. Ben was a valued parishioner in our parish, and our heartfelt sympathies go out to Clara and his family and close friends during this difficult time.

Day	Reading	Gospel
Monday	Sirach 44.1, 8, 10-15 Ps 132.11, 13-14, 17-18 (R. Lk 1.32b)	Matthew 13.16-17
Tuesday	Exodus 33.7-11; 34.4b-9, 28 Ps 103.6-7, 8-9, 10-11, 12-13 (R. 8a)	Matthew 13.36-43
Wednesday	Exodus 34.29-35 Ps 99.5, 6, 7, 9 (R. see 9c)	Matthew 13.44-46
Thursday	Exodus 40.16-21, 34-38 Ps 84.2, 3, 4-5a+7, 10 (R. 1)	John 11.17-27
Friday	Lev. 23.1, 4-11, 15-16, 27, 34b-37 Ps 81.2-3, 4-5, 9-10 (R. 1a)	Matthew 13.54-58
Saturday	Leviticus 25.1, 8-17 Ps 67.1-2, 3a+4, 6-7 (R. 3)	Matthew 14.1-12

Lytton Wildfire Relief

To donate to the Lytton area or any area in our Diocese affected by the wildfires, the Chancery office is setting up a wildfire relief fund. If you would like to contribute, please use one of the following options:

- cheques can be made payable to: The Roman Catholic Bishop of Kamloops, and in the memo area put the notation *Lytton wildfire relief fund or *Wildfire relief fund
- E-transfers are accepted by sending to giving@rcdk.org. In the memo area please note Lytton wildfire relief fund or wildfire relief fund.

We are pleased to announce that St. John Vianney has hired **Doug Methot** to be our part time maintenance person. Doug is a parishioner at OLPH and has been retired from his career as a Millwright for several years. He brings enthusiasm and experience to this role, and we are happy to welcome him to our parish.

Mikkie's Health Corner

... continued from last week: Cooking methods and nutrients in foods

Meat has vitamins too, specifically B vitamins. Meat also contains important minerals and certain fats. Of course, meat has to be cooked, but how long, temperature and how you are cooking the meat matters to what you retain. Exposing it to high temperatures for too long can greatly reduce the essential nutrients' overall availability. Many of the B vitamins are lost in the juices that drip from the meat, but if you collect and serve the juice as part of the dish, you can retain many of these valuable nutrients!

Unfortunately, when cooking meat, there are other concerns you should take into consideration that can be worse than trying to retain majority of the nutrients. Harmful chemicals HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons) can become part of the meat from the smoke that is created when cooking at high temperatures. To minimize your intake of PAHs and HCAs, avoid grilling and searing your meat. Instead opt for baking or broiling!

Mikkie Nettles, Certified Personal Trainer/Holistic & Sports Nutritionist

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17th Sunday in Ordinary Time (year B)

Readings: *2 Kings 4:42-44, Psalm 145:10-11,15-16,17-18, Ephesians 4:1-6, John 6:1-15*

Through most of Lectionary Cycle B, our Sunday Gospel readings are taken from the Gospel of Mark. Over the past two Sundays, we heard how Jesus sent his disciples to share in his mission. If we were to continue reading Mark's Gospel, we would next hear his report of how Jesus feeds the crowds in the miracle of the multiplication of the loaves and fishes. Our Lectionary, however, leaves Mark's Gospel for the next several weeks and instead presents this event from the Gospel of John. In John's Gospel, Jesus' multiplication of the loaves and the fishes is presented as a sign of his authority and divinity. Jesus interprets the meaning and significance of this miracle as a sharing of his Body and Blood. This chapter is sometimes called the "Bread of Life Discourse."

In many important ways, John's Gospel uses the miracle of the multiplication of the loaves and fishes to teach about the Eucharist. Like the Last Supper, this miracle is said to have occurred near the time of the Jewish feast of Passover. (In John's Gospel three Passovers are identified.) Jesus' language is similar to the language he used at the Last Supper as reported in the Synoptic Gospels. John's description of this event also anticipates the Messianic banquet of heaven, as the crowd reclines and all hungers are satisfied with abundance. This connection is further amplified by the response of the crowd, who wants to make Jesus a king. John is teaching us that each time we celebrate the Eucharist, we are anticipating the eternal banquet of heaven.

Recall that John's Gospel tells the story of the Last Supper differently than the Synoptic Gospels. Instead of describing the meal and Jesus' actions with the bread and cup, John describes how Jesus washed his disciples' feet. We hear this Gospel when we remember the Last Supper on Holy Thursday. This recollection of Jesus' action at the Last Supper complements the institution narrative of the Synoptic Gospels and Paul's Letters that we hear repeated at each Mass. In both stories about the Eucharist—the washing of the disciples' feet and the multiplication of the loaves and the fishes—the Gospel of John teaches us that the Eucharist is an action. Our word Eucharist is taken from the Greek language and describes an action: "to give thanks." In the Eucharist we are fed by Jesus himself, and we are sent to serve others.

John's Gospel notes the detail that the bread blessed and shared with the crowd are barley loaves. This is the food of the poor. It reminds us that God feeds and nourishes us, fulfilling our physical needs as well as our spiritual ones. In the Eucharist, we are sent to serve the poorest among us.

The story of the multiplication of the loaves and the fishes recalls a particular aspect of the Mass. In this miracle, Jesus transforms a young boy's offering of five barley loaves and two fish. In the offertory at Mass, we present the fruits of our labors, represented by bread and wine. These gifts, given to us first by God as grain and fruit, are returned to God in our offering of thanksgiving. God in turn transforms our gifts, making this bread and wine the very Body and Blood of Jesus. We also offer ourselves in this exchange, and we, too, are transformed by the Eucharist.