



ST. JOHN VIANNEY CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Tod Mtn. Rd

August 1st, 2021

18th Sunday in Ordinary Time

Pastor: Jesus Christ

Assistant Pastor: Father Praveen Jaison Tellis OCD

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

If you are aware of any **Catholics attending TRU University** in September 2021, please let Fr. Derrick know at office@sacredheartkamloops.org. We are building a community of Catholics at the University to support one another.

Day	Reading	Gospel
Monday	Numbers 11.4b-15 Ps 81.11-12, 13-14, 15-16 (R. 1a)	Matthew 14.13-21
Tuesday	Numbers 12.1-13 Ps 51.1-2, 3-4, 10-11 (R. see 3)	Matthew 14.22-36
Wednesday	Numbers 13.1-2, 25-33; 14.1-2b, 26-29, 34-35++ Ps 106.6-7, 13-14, 21-22, 23 (R. 4a)	Matthew 15.21-28
Thursday	Numbers 20.1-13 Ps 95.1-2, 6-7ab, 7c-9 (R. 8)	Matthew 16.13-23
Friday	Daniel 7.9-10, 13-14 Ps 97.1-2, 5-6, 9 (R. 1a, 9a)++	Mark 9.2-10
Saturday	Deuteronomy 6.4-13 Ps 18.1-2, 6+6b, 46+50 (R.1)++	Matthew 17.14-20

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 made payable to: The Roman Catholic Bishop of Kamloops - in the memo area put the notation *Lytton wildfire relief fund or *Wildfire relief fund
- E-transfers at giving@rcdk.org. In the memo area please note Lytton wildfire relief fund or wildfire relief fund.

I AM THE
bread of life

**WHOEVER COMES TO ME SHALL NOT HUNGER,
AND WHOEVER BELIEVES IN ME SHALL NOT THIRST
JOHN 6:35**

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/>

Mikkie's Health Corner

Summer Weight Loss

Looking to lose weight, this could be the best time of year to try. Although this is a bit contrary to the fact, as our bodies actually burn slightly more calories in cold weather. It takes more energy for our bodies to adapt to cold temperature than warm. This is because our bodies need to produce heat when we are cold, by stimulating smooth muscle contraction aka shivering. Shivering requires caloric energy to generate heat = burning more calories overall. Conversely, the summer heat has little effect on your resting calorie burning rate or BMR- Basal Metabolic Rate. If you find yourself sweating, this is not really active calorie burning. Although with all this, summer still has its advantages and here's why.

You naturally feel less hungry (you probably noticed that during this last heat wave). The long summer hours are a natural appetite suppressant and make us view and feel things differently as:

- Elevated mood ...

find out more, in next week's bulletin

18th Sunday in Ordinary Time (year B)

Readings: Exodus 16:2-4, 12-15, Psalm 78:3-4, 23-24, 25, 54, John 6:24-35

This Sunday we continue to read from the sixth chapter of John's Gospel, but not continuously. Our Lectionary omits John's report of Jesus' walking on water. This event is reported much less dramatically in John's Gospel than in the Synoptic Gospels. After the feeding of the multitudes, the disciples leave in a boat and Jesus follows them. The disciples are said to be terrified by what they see. Jesus reassures them and rejoins them. In today's Gospel, we learn that the crowd has noticed the departure of Jesus and his disciples and so seeks them out in Capernaum. In the dialogue that follows between Jesus and the crowds, Jesus unfolds for us the gift of himself that that he gives in the Eucharist.

In today's Gospel, there are four exchanges between Jesus and the crowd. In the first, the crowd, having followed Jesus to Capernaum, asks a very matter of fact question: "Rabbi, when did you get here?" Jesus replies by naming their motivation in pursuing him. They have been fed. Jesus acknowledges this, yet challenges them to see beyond the fulfillment of their material needs. The crowds have followed Jesus because they have been fed. They ought to be seeking out Jesus because he can give them eternal life.

As the second dialogue begins, it seems that the crowd might be on their way to accepting Jesus and his mission. They ask: "What can we do to accomplish the works of God?" Jesus replies that they must have faith in the one sent from God. But in the third dialogue, the crowd reveals their inability to see Jesus' true identity. They ask Jesus for a sign so that they might know that Jesus is from God. How strange this sounds since Jesus has just fed more than 5000 people. What more is expected?

But the crowd cannot see beyond the surface of the sign. They show this in their interpretation of the sign that came from Moses. In their description, they identify Jesus with Moses, as if to say, as Moses gave the people manna in the desert, give us a sign so that we will know that you are from God. They are looking to identify a prophet without realizing that God is standing before them. Jesus corrects their misinterpretation, saying that the manna received by their ancestors came from God. As God fulfilled their ancestors' needs in the desert, so God has provided them with food for eternal life. In the bread that they have received from Jesus, they have received physical nourishment and also spiritual nourishment. Jesus wants the crowd to see beyond the surface to the One who provides true nourishment.

The conclusion of the dialogue reveals the crowd's blindness. They ask for what Jesus has just told them they have found: "Sir, give us this bread always." Jesus answers plainly that he himself is the Bread of Life they seek. Jesus himself is the Bread of Life who will satisfy every hunger and thirst. This is the first of several such statements found in John's Gospel. We understand these better when we remember that God revealed his name to the people of Israel as "I am," as Yahweh. Jesus is now claiming this name for himself. In the weeks ahead, we will see the offense that this gives to the people.