



ST JOHN VIANNEY

CATHOLIC CHURCH



OUR LADY OF LOURDES

Sunday Mass 8:30am
573 Tod Mtn. Rd

Pastor: Jesus Christ

A Christian Community in the Roman Catholic Tradition

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

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

DIOCESAN NEWS

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

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.

The faithful in the Diocese of Kamloops remain dispensed from the obligation to attend Sunday Mass as of present.

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**.

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.

HAPPY BIRTHDAY

Wishing a beautiful and warm day for our beloved parishioner, **Claire Ternier**, who turned 101 on August 4th! May the Lord keep you today and always.

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.

The month of August is dedicated to **the Immaculate Heart of Mary**.

The Holy Father’s Intentions for the Month of August 2021 “The Church”

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the gospel.

SPIRITUAL LIFE

Words from our secondary patron, St. John Vianney:

“Make a note of the difference there is between believing in the existence of God and believing in him.”

Sermon on the first commandment

Day	Reading	Gospel
Monday	Deuteronomy 10.12-22 Ps 147.12-13, 14-15, 19-20 (R. 12a)	Matthew 17.22-27
Tuesday	2 Corinthians 9.6-10 Ps 112.1-2, 5-6, 7-8, 9 (R. 5a)	John 12.24-26
Wednesday	Deuteronomy 34.1-12 Ps 66.1-3a, 5+8, 16-17 (R. see 20a and 9a)	Matthew 18.15-20
Thursday	Joshua 3.7-10a, 13-17 Ps 114.1-2, 3-4, 5-6 <i>R. Alleluia!</i>	Matthew 18.21-19.1
Friday	Joshua 24.1-13 Ps 136.1-3, 16-18, 21-22+24 <i>R. God’s love is everlasting</i>	Matthew 19.3-12
Saturday	Joshua 24.14-29 Ps 16.1-2a+5, 7-8, 9a+11 (R. see 5a)++	Matthew 19.13-15

THANK YOU

A heartfelt thank you to our parishioner, **Renso Bittante**. During Kamloops’ recent heatwave, the air conditioning was not properly working, resulting in a very hot church. Renso kindly offered his time and expertise and got our units back up and running. Thank you Renso!

FEAST OF ST JOHN VIANNEY

During this feast of St John Vianney (August 9) we would like to thank all of our parishioners for your service these last 42 years. We will be praying for you all; men, women, youth, elders, sick, and the departed. May God keep you safe, and bless you with joy, peace, and happiness.

FAITH FORMATION CLASSES

St. John Vianney has begun to plan for the upcoming 2021/2022 school year and will again be offering **Faith formation classes** this year. If you or anyone you know may be interested in registering their child for catechism classes, **please contact the office**. Classes run twice a month. There will be a registration event held in September, with classes to begin shortly after.

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 25 "Priesthood Sunday"

The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an our of companionship.

Archbishop Fulotn Sheen

19TH SUNDAY IN ORDINARY TIME (YEAR B)

Readings:

1 Kings 19:4-8;
Psalm 34:2-3,4-5,6-7,8-9;
Ephesians 4:30—5:2;

John 6:41-51

Jesus responds to the murmurs of the crowd, who wonders what he means when he says that he came down from heaven.

On this Sunday, we continue to read from the "Bread of Life discourse" found in the sixth chapter of John's Gospel. Recall that we have been reading from this chapter for the past two weeks and will continue to read from it for another two. Last week, the crowd asked for a sign that would show that Jesus came from God. Jesus replied by saying that he is the sign and the bread of life sent by God. At this point, our Lectionary omits six verses in which Jesus predicts the unbelief of the crowd and further develops his connection with God the Father. In these verses, Jesus says that he was sent by God to do the Father's will. Jesus promises that those who look upon the Son with faith will find eternal life. Some of these themes are repeated in today's Gospel reading.

Today's Gospel begins with a report that the Jews complained about Jesus' claims regarding his identity. They knew his family, and they knew he was the son of Joseph. They could not comprehend what Jesus meant when he said that he came down from heaven. Jesus responds to the complaints by saying that only those who are chosen by God will recognize him as the one that God sent. This is a recurring theme in John's Gospel, that God has chosen those who will have faith in Jesus.

In the verses that follow, Jesus talks more about his unity with the Father. He is the one who has seen the Father and, therefore, knows the Father. Those who listen to God will recognize that Jesus is the one sent from God. Those who believe will have eternal life. Jesus concludes with the central element of our eucharistic theology. He promises that the bread of life will bring eternal life to those who partake of it, and he tells us that the bread of life will be his own flesh, given for the life of the world.

In today's reading, we hear Jesus say again, as he did in last week's Gospel, that he is the bread of life. We also hear Jesus add that he is the living bread. Both of these statements help us understand better the gift that Jesus gives us in the Eucharist. We celebrate this gift of Jesus each time we gather for Mass. We believe that receiving Jesus in the Eucharist will lead us to eternal life.

2021 Loyola Press: catholic-resources/sunday-connection

Wish to become Catholic? Are you an adult Catholic seeking Confirmation? Are you interested in finding out more about the Catholic faith? Do you have questions about what Catholics believe about life, death, suffering, hope, forgiveness, love, God, Mary? Call Fr. Derrick 250-372-2581.

ANNIVERSARIES

Prayerful wishes to **Fr. Vincent Asomugha** who celebrates his birthday August 7th and to **Fr. Udoka Christopher Nwosu** who celebrates his 40th anniversary of Priestly Ordination on August 8th!

EMPLOYMENT

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/>

RETREATS

Grief to Grace Retreat - Kelowna

Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, Grief to Grace helps those who have endured physical, emotional, sexual, and/or spiritual abuse find healing.

Wednesday, October 20 – Sunday, October 24

For more information or to register, please contact Pam Swoboda at g2gkelownabc@gmail.com or call 250 255 7223

Worldwide Marriage Encounter Weekly Virtual Experience

Starting September 23 at 7 pm and running for 7 weeks on Thursdays, join us from your home and learn to live your best life in love. Registration coming soon at beholdvancouver.org/events

MIKKIE'S HEALTH CORNER

Summer Weight Loss

continued from last week...

... the long summer hours are a natural appetite suppressant and make us view and feel things differently, as:

- Elevated mood
- A feeling of health, wanting to take care of our bodies to enjoy the outdoors
- Being more active – bike riding, hiking, kayaking, canoeing, long walks in the early morning or late evening to swimming at the beach midday to yard work and garden maintenance. In general, more activities that are easy to do as compared to winter
- Eating fewer heavy foods and naturally eating more lighter foods = less calories. With an abundance of farmers markets or your own garden, there are lots of fresh low calorie, highly nutrient dense, vegetables and fruits to pick from
- Sweating more. Heat tends to make us sweat by evaporating water content from our bodies as our body tries to regulate body temperature by expelling water i.e., sweat. This has a lot to do with our hypothalamus which is located in the brain, between the pituitary gland and thalamus, another key part of the equation. The hypothalamus' main role is to keep the body in homeostasis as much as possible.

find out more, in next week's bulletin