



# 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

**September 5<sup>th</sup>, 2021**  
**23<sup>rd</sup> Sunday in Ordinary Time**

Pastor: Jesus Christ

Assistant Pastor: Father Praveen Jaison Tellis OCD

**Mass Schedule:** Saturdays 4:00 pm      **Office hours:** 9 am – 1 pm      Tuesday - Friday  
Sundays 10:30 am      Address: 2826 Bank Road V2B 8E5  
Phone: **250 579 8711**

**Weekday Masses:** Tuesday - Friday 8:00 am      Email: [jvianney@telus.net](mailto:jvianney@telus.net)  
**Sacrament of Reconciliation:** by appointment      Website: [stjohnvianneykamloops.ca](http://stjohnvianneykamloops.ca)

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](http://www.rcdk.org/pages/covid-19-streaming-masses)

The month of September is dedicated to **Our Lady of Sorrows**.

The Holy Father's Intentions for the month of September 2021 "**An Environmentally Sustainable Lifestyle**"

We pray that we all will make courageous changes for a simple and environmentally sustainable lifestyle, rejoicing in our youth people who are resolutely committed to this.

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

"In our actions we must always choose the most perfect." – *Catechism on the Cardinal Virtues (Sp.)*

Day	Reading	Gospel
Monday	1 Thessalonians 4.13-18 Ps 96.1+3, 4-5, 11-12, 13 (R. 13b)	Luke 4.16-30
Tuesday	1 Thessalonians 5.1-6, 9-11 Ps 27.1, 4, 13-14 (R. 13)	Luke 4.31-37
Wednesday	Colossians 1.1-8 Ps 52.8, 9 (R 8b)	Luke 4.38-44
Thursday	Colossians 1.9-14 Ps 98.2-3ab, 3cd-4, 5-6 (R. 2a)	Luke 5.1-11
Friday	Colossians 1.15-20 Ps 100.1-2, 3, 4, 5 (R. 2c)	Luke 5.33-39
Saturday	Colossians 1.21-23 Ps 54.1-2, 4+6 R. <i>The Lord God is my help.</i>	Luke 6.1-5

**HE HAS DONE**  
*all things well.*  
**HE MAKES THE DEAF HEAR**  
**AND THE MUTE SPEAK.**

**MARK 7:37**

**Sunday Collections:** August 1 – August 31

**St. John Vianney**  
Envelopes: 5, 385.00    Loose: 120.00  
PAD 2, 908.00  
(Pre authorized debit) – fmi contact office

**Our Lady of Lourdes**  
Envelopes: 505.00    Loose: 43.00

*Congratulations* to our catechists **Jenna Frangiadakis** and **Marcelo Proppe**, who are receiving the sacrament of First Communion on Sunday, September 5<sup>th</sup>! May you feel the warmth and comfort of the Lord's love with you every day.

**The following retreats have been cancelled due to recent Provincial Health orders:**

**Men's Retreat 2021 – Man in the Arena**

October 1 – 3, Princeton BC

**Grief to Grace Retreat**

October 20 – 24, Kelowna BC

This year's **Walking with Purpose 22 Week Bible Study** "Discovering Our Dignity" begins the first week of October and will be facilitated through Zoom - with small groups in your own home or preferred place of gathering. We also hope to have the option to gather in a larger group for our Connect Coffee to watch the videos once every month.

Please contact Domenica Spina at [domenicaspina@yahoo.ca](mailto:domenicaspina@yahoo.ca) or at **250-320-8319** if you have any questions or would like to register. If you would like to journey with a specific group of ladies from Kamloops and/or other areas, please let us know. This Bible study is open to all women and no previous bible study experience is necessary.

The cost of the book is \$60.00. We ask that you please order from St. Joseph's Bookstore by calling 778-471-6100 or by visiting their Kamloops location. Orders and payment are due by **Friday, September 10th by 3:00 pm.**

### 23<sup>rd</sup> Sunday in Ordinary Time (year B)

**Readings:** *Isaiah 35:4-7a; Psalm 146:7,8-9,9-10; James 2:1-5; Mark 7:31-37*

Today we continue to hear the Gospel of Mark proclaimed. In today's reading, Jesus heals a man who was deaf and had a speech impediment. This is a story about Jesus' healing power, and in it we find clues about our understanding of sacrament. We are struck by the physical means used to heal the man, the use of spittle and touch. The Church continues to celebrate the sacraments using physical means. In the Sacrament of Baptism, water and oil are used to show the power of the Holy Spirit. In the Sacrament of the Anointing of the Sick, we are anointed with holy oil on the forehead and the hands. In the Eucharist, bread and wine become the Body and Blood of Christ. We are a sacramental people who believe that God's grace is given to us through these physical signs.

Some, however, see in this Gospel an image of the proclamation of the good news of Jesus to the Gentiles. The geographic references tell us that Jesus is journeying through Gentile territory. Jesus had previously visited this region and healed a person possessed by a demon. Jesus was already famous there, which explains why people brought the deaf man to him. The story that precedes this reading in Mark's Gospel sets the stage. Jesus encounters a Gentile, a Syrophenician woman who asks him to heal her demon-possessed daughter. Jesus engages her in a dialogue about not feeding to dogs the food intended for children. Jesus is struck by the woman's great faith when she replies that even dogs eat the food that falls from the table, and he heals her daughter immediately. The faith of this Greek woman compels Jesus to respond to her plea.

Mark shows that Jesus' own mission affirms the early Church's mission to the Gentiles. This was a significant issue to the early Christian community, which found that the good news of Jesus took root and spread quickly among the Gentiles. Yet there is an irony in the story of healing that Mark tells. Jesus gives the man the gift of speech, but then tells him not to use it. Jesus asks that the news of his healing power, which is evidence of his identity as the Messiah, not be spread. This is a recurring motif in Mark's Gospel and is sometimes called the "messianic secret."

### **Mikkie's Health Corner**

The digestive process may make us feel less hungry during the summer as it generates certain amount of heat, which is suppressed by hypothalamus in order to control its workload. Summer may be the ideal time to try to lose weight after all! Take warning though, as camping and social activities can bring lots of high calorie drinks with alcoholic beverages, pops, juice and highly saturated snacks as chips, hotdogs, marshmallows etc. The best way to ensure adequate nutrition is to understand the types of foods you choose to eat towards a balanced diet. Just pay attention to nutrient dense, single ingredient foods, like fruits, vegetables and whole grains. Enjoy summer and the signals it gives your body. Eat foods that are lighter on your tummy and keep active to help ensure your weight loss goals!

Mikkie Nettles, Certified Personal Trainer/Holistic & Sports Nutritionist [info@deemhealth.ca](mailto:info@deemhealth.ca)