



ST. JOHN VIANNEY

CATHOLIC CHURCH

OUR LADY OF LOURDES

A Christian Community in the Roman Catholic Tradition

Sunday Mass 8:30am
573 Tod Mtn. Rd

October 10th, 2021

28th 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: stjohnvianney@rcdk.org
Sacrament of Reconciliation: by appointment Website: 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

Day	Reading	Gospel
Monday	Romans 1.1-7 Ps 98.1, 2-3ab, 3cd-4 (R. 2a)	Luke 11.29-32
Tuesday	Romans 1.16-25 Ps 19.1-2, 3-4 (R. 1a)	Luke 11.37-41
Wednesday	Romans 2.1-11 Ps 62.1-2, 5+7, 8 (R. 12b)	Luke 11.42-46
Thursday	Romans 3.21-30 Ps 130.1-2, 3-4, 5-6 (R. 7bc)	Luke 11.47-54
Friday	Romans 4.1-8 Ps 32.1-2, 5, 7b+11 (R. see 7)	Luke 12.1-7
Saturday	Romans 4.13, 16-18 Ps 105.5-7, 8-10, 42-44 (R. 8a)	Luke 12.8-12

Wishing all of our parishioners a blessed and happy Thanksgiving Day as you enjoy your turkey dinner!

Fr.Jai OCD

	SJV	OLL
Assessment	\$ 21 686	\$ 2 221
Parish project	2 465	-
Total	24 151	-
Pledged	6 370	300
Pledges	18	1
Remainder	17 781	1 921

Thank you to those who have donated to this year's **Faith in Action Campaign!** If you did not receive donation material in the mail, please contact the office. Any funds raised **above our Parish Assessment** go directly to our Parish for repairs and improvements.

BC Bishops' Appeal in Support of Healing and Reconciliation

The Roman Catholic Bishops of British Columbia recognize the need for a province-wide initiative to raise funds to support healing and reconciliation between Indigenous and non-Indigenous people in our Province. This Appeal will take place in the Diocese of Kamloops with a second collection on the weekend of November 6-7, 2021.

The goal of the Appeal is to support Indian Residential School survivors and Indigenous communities in British Columbia as part of the Diocese of Kamloops' ongoing response to the recommendations of the Truth and Reconciliation Commission's Calls to Action.

100% of contributions made to the Diocese of Kamloops for this collection will be allocated for these projects.

As much as possible, these projects will be carried out in consultation with Indigenous leadership, survivors, elders, and other community members. It is our hope that this Appeal will help to restore trust and further the ongoing journey to truth and reconciliation.

**Serra Club of Kamloops Diocese
Vocation Place**

For October we have the following people praying a Holy Hour and/or extra mass for vocations. Thank you to “31 Club” for your much needed prayers! Anyone can join – please email cmcgovern@serrakamloops.com

Oct 1 – Father Derrick
Oct 2 – Albert Leduc
Oct 3 – Carmelite Sisters
Oct 4 – Deacon Paul Murphy

Oct 6 – Albert Leduc
Oct 10 – Carmelite Sisters
Oct 12 – Dani Shoof
Oct 13 – Albert Leduc

Oct 17 – Carmelite Sisters
Oct 20 – Albert Leduc
Oct 21 – Catherine McGovern
Oct 29 – Albery Leduc

WE WALK/ Choose Life Kamloops

We walk and pray for all life. Cover the city in prayer.

We walk to reaffirm our commitment to supporting all life, all women in unplanned pregnancies to know they are not alone and to live out values that promote life. The answer to an unplanned pregnancy is not abortion. The answer to sickness and loneliness is not euthanasia. It's love, support, resources, and compassion.

“Living with dignity is being loved and cared for at our most vulnerable moments from conception until the last natural breath is drawn” — Anonymous

There is a Kamloops Map at the entrance of St. John Vianney. We invite you to participate by praying and walking and covering our city in prayer for the most vulnerable in our society. Walk alone, or walk with your family and friends. Indicate on the Kamloops Map where you are walking during the 40 days of Choose Life Kamloops, which starts **September 22 and ends October 31, 2021.**

Choose Life - Baby Shower

You are invited to the Choose Life - Baby Shower **October 16, 2021 from 10:30 to 12:00** in the Parking Lot of Sacred Heart Cathedral - 255 Nicola St - All proceeds go to the Hopewell Clinic and Pregnancy Center - 429 Tranquille Rd, Kamloops, BC V2B 3G9 to help mothers and babies. www.hopewellkamloops.ca

Suggested Items needed:

Toothpaste	Bodywash	New sleepers boys and girls newborn to 12 mo
Socks	Body lotion	Shampoo and conditioner
Hairbrush	Towels	Small toys
Books	Diapers size 4, 5, 6	Large Gift bags for baby items
Gift Cards		<i>Money donations accepted</i>

Mikkie's Health Corner

Am I really Hungry?

The factors below may make you think you are hungry, even when you aren't:

Tired: It kicks the digestive system into having a job and keeping you awake. Also, the body was meant to digest food sitting or standing, not lying down. This is why you might have heard not to eat too late, or close to bed time.

Stress: Hormone cortisol adrenaline pump = high blood pressure and hunger signals.

Sadness emotional eating: Changing your eating habits when you have more stress in your life.

- Eating when you are not hungry or when you are full
- Eating to avoid dealing with a stressful situation
- Eating to soothe your feelings
- Using food as a reward

... more factors continued next week