



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 17th, 2021
29th 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	2 Timothy 4.9-17a Ps 145.10-11, 12-13ab, 17-18 (R. see 12)	Luke 10.1-9
Tuesday	Romans 5.12, 15b, 17-21 Ps 40.6-7a, 7b-8, 9-10ab, 16+17c (R. 7a-8a)	Luke 12.35-38
Wednesday	Romans 6.12-18 Ps 124.1-3, 4-6, 7-8 (R. 8a)	Luke 12.39-48
Thursday	Romans 6.19-23 Ps 1.1-2, 3, 4+6 (R. Ps 40.5)	Luke 12.49-53
Friday	Romans 7.18-25a Ps 119.66+68, 76-77, 93-94 (R. 68)	Luke 12.54-59
Saturday	Romans 8.1-11 Ps 24.1-2, 3-4ab, 5-6 (R. 6)	Luke 13.1-9

Words from our secondary patron, St John Vianney:

“The sun never hides his light for fear of inconveniencing the owls.”

	SJV	OLL
Assessment	\$ 21 686	\$ 2 221
Parish project	2 465	-
Total	24 151	-
Pledged	6 670	800
Pledges	19	3
Remainder	17 481	1 421

Thank you to those who have donated to this year's **Faith in Action Campaign!** Any funds raised **above our Parish Assessment** go directly to our parish project. If you have questions regarding this year's assessment or parish project, please contact the office.

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.

CWL Faith Day and Reflection

All ladies are invited to attend our CWL Faith Day and Reflection, being held on **Saturday, November 6th** from 10am – 2pm. This event will be held through zoom or in hybrid groups.

Schedule for the Day: Reflection led by Fr. Paul Simms, Time for Quiet Prayer & Reflection, Talks by Catholic Speakers, Group Reflection, Music and more...

To **register**, please contact either:

- Jeanette at 778-257-3421 or jeanettemelnichuk@gmail.com
- your local CWL President

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:

Cravings: This could be an endorphin rush from certain foods – like sugar, or a mind state – an association with a smell or place, or something that you may be lacking in your diet. Two examples; if you are lacking Omega-3 fatty acids you may crave chips, or if you are low in magnesium, you may crave chocolate.

Hormonal changes/fluctuations: With women in the week before their menstrual cycle, hunger may be increased due to changes in hormones. Increased levels of progesterone and decreased levels of oestrogen. Oestrogen can have the effect of suppressing your appetite, while progesterone is linked to an increase in appetite.

... more factors continued next week