



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 31st, 2021

31st 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	Revelation 7.2-4, 9-14 Ps 24.1-2, 3-4ab, 5-6 (R. 6)	Matthew 5.1-12a
Tuesday	Job 19.1, 23-27 1 Corinthians 15.20-23 (R. 2 Timothy 2)	John 12.23-26
Wednesday	Romans 13.8-10 Ps 112.1-2, 4-5, 9 (R. see 5)	Luke 14.25-33
Thursday	Romans 14.7-12 Ps 27.1, 4, 13-14 (R. 13)	Luke 15.1-10
Friday	Romans 15.14-21 Ps 98.1, 2-3ab, 3cd-4 (R. 2b)	Luke 16.1-8
Saturday	Romans 16.3-9, 16, 22-27 Ps 145.2-3, 4-5, 10-11 (R. see 2)	Luke 16.9-15

The Holy Father's Intentions for the month of November:
People who suffer from depression.
"We pray that people who suffer from depression or burn out will find support and a light that opens them up to life."

	SJV	OLL
Assessment	\$ 21 686	\$ 2 221
Parish project	2 465	-
Total	24 151	-
Pledged	9 320	1 200
Pledges	28	4
Remainder	14 831	1 021

Thank you to those who have now donated to this year's **Faith in Action Campaign!** Any funds raised **above our Parish Assessment** go directly to our parish project.

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.

Let's listen to the voices of our brothers and sisters fighting for their right to a healthy environment

World leaders have gathered for the 26th UN Climate Change Conference of the Parties (COP26). Although these powerful decision-makers are debating the future of the planet, they are probably too far removed from the realities of its most vulnerable people. It is up to us to hear and amplify the voices of those who are defending their rights and the environment against economic ravage.

Medarda Hernandez, whose community in Honduras has been repeatedly harmed by large industrial projects, including supposedly "green" projects, says, "if other extractivist projects start in our community, we are not going to let them pass. I ask the international community to come to our aid, because we are really suffering from this situation."

So that people like Medarda do not go unheard, let's make Canadian companies operating abroad responsible for protecting human and environmental rights. Join Development and Peace's **People and Planet First campaign** to make this happen. Visit <https://devp.org/en> to learn more.

Annual Mass for Deceased Clergy / Annual Blessing of the Graves

The annual mass for deceased Bishops, clergy, and consecrated men and women will be held at **Sacred Heart Cathedral** on **Tuesday, November 9 at 11am**. All parishioners are welcome to attend this special liturgy concelebrated by the Priests of the Diocese. Remember kindly in your prayers, during the month of November, those who have laboured for the Church in Kamloops and pray that the Lord will send more dedicated men and women to continue their work in his vineyard of the Kamloops Diocese.

The annual Blessing of the Graves will be held at **Hillside Cemetery** in Kamloops on Sunday, **November 7th at 2:00 pm**.

CWL Faith Day and Reflection

We invite all parish ladies 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. Please see attached poster for more details.

To **register**, please contact either:

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

Mikkie's Health Corner

Am I really Hungry?

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

Medication: Some drugs, like certain steroids and antidepressants, can stimulate appetite, so you eat more.

Out of Routine: When in routine like a set scheduled day, as in a work day, you may have planned your meals and snacks to eat at available set times. More thought is put into your food and portions at those set times. On a day with no set schedule, you tend to be less regimented with less intention put towards portion size, timing and food choices.

Thirst: When dehydrated you can start to crave sugar. The reason for this is a lack of fluid can make it difficult for organs like the liver to release glycogen (stored glucose), hence, it can actually trigger food cravings.

... article continued next week