



# ST. JOHN VIANNEY

## CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

**January 9<sup>th</sup>, 2022**  
**Baptism of the Lord**

**OUR LADY OF LOURDES**

Sunday Mass 8:30am  
 573 Tod Mtn. Rd

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](mailto:stjohnvianney@rcdk.org)  
**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 January is dedicated to **the Holy Name of Jesus.**

The Holy Father's Intentions for the month of January **"For true human fraternity"**

We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.

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

"A humble person, if his opinion is asked, gives it in all simplicity and then leaves others to give theirs. Whether they are right or wrong, he says no more."

Day	Reading	Gospel
Monday	1 Samuel 1.1-8 Ps 116.12-13, 14+17, 18-19 (R. 17)	Mark 1.14-20
Tuesday	1 Samuel 1.9-20 1 Samuel 2.1, 4-5, 6-7, 8abcd (R. 1)	Mark 1.21-28
Wednesday	1 Samuel 3.1-10, 19-20 Ps 40.1+4 6-7a, 7b-8, 9 (R. 7-8)	Mark 1.29-39
Thursday	1 Samuel 4.1c-11 Ps 44.9-10, 13-14, 23-24 (R. 26)	Mark 1.40-45
Friday	1 Samuel 8.4-7, 10-22a Ps 89.15-16, 17-18 (R. 1)	Mark 2.1-12
Saturday	1 Samuel 9.1-4, 17-19; 10.1a Ps 21.1-2, 3-4, 5-6 (R. 1)	Mark 2.13-17

**BUT ONE WHO IS MORE POWERFUL THAN I  
 WILL COME, THE STRAPS OF WHOSE SANDALS  
 I AM NOT WORTHY TO UNTIE.  
 he will baptize you  
 WITH THE HOLY SPIRIT  
 AND FIRE.**

LUKE 3:16

	SJV	OLL
Assessment	\$ 21 686	\$ 2 221
Parish project	2 465	-
<b>Total</b>	<b>24 151</b>	-
Pledged	18 120	2 600
Pledges	53	8
<b>Remainder</b>	<b>6 031</b>	<b>(379)</b>

Thank you for supporting this year's **Faith in Action Campaign!** If you need any assistance with your donation, please contact the office.

**Sunday Collection envelopes** for 2022 are **now available** in the lobby. Please take yours home for the new year. If you would like to make alternate arrangements for pick up, please contact the office.

Only three weeks left to purchase the **60<sup>th</sup> Annual Charity Appeal Draw Tickets** from the **Knights of Columbus**, available through St. John Vianney's Bishop Harrington Council 9508. All ticket sales will be online through the following link:  
<https://KofCDraw.net/C9508>

All 12 prizes are cash money, starting with \$60,000. Tickets will be on sale until January 29<sup>th</sup>, 2022.  
Thank you for your past support. God Bless.

### The Baptism of the Lord (year C)

**Readings:** *Isaiah 40:1-5,9-11; Psalm 104:1b-4,24-25,27-30; Titus 2:11-14; 3:4-7; Luke 3:15-16,21-22*

Today we celebrate the feast of the Baptism of the Lord. In today's Gospel, as in the other Gospel accounts of Jesus' baptism, we hear John the Baptist address the confusion of the people who thought that John might be the Messiah. In response, John contrasts the baptism that he performs with the Baptism that Jesus will inaugurate. John the Baptist says that he has baptized with water, but that someone will come and baptize with the Holy Spirit. The type of baptism that John performed was not yet a Christian Baptism; it was a preparation for Christian Baptism through which sins are forgiven and the gift of the Holy Spirit is received.

The baptism of Jesus is reported in each of the three Synoptic Gospels—Matthew, Mark, and Luke. Clearly, it was an event of great significance for Jesus and for the early Christian community. The Evangelists Mark and Luke report the story from Jesus' perspective; the voice from heaven is addressed to Jesus. Compare this to Matthew's Gospel in which the voice from heaven speaks to everyone. In Luke, however, the Holy Spirit descends upon Jesus during his time of prayer after his baptism. Through his Gospel, Luke will show Jesus to be a person of prayer who withdraws regularly from the crowds and his disciples to pray to his Father.

The baptism of Jesus is considered a manifestation of God in Jesus, another "epiphany." On this, the last day of the Christmas season, our Gospel reveals to us Jesus' relation to God: the son of Mary and Joseph is also God's own Son. In Luke's Gospel, all three members of the Trinity are manifested here: God the Father in the voice, the Holy Spirit descending, and Jesus the Son. At the beginning of his Gospel, Luke is communicating to us important information about the identity of Jesus. In the verses that follow, Luke lists the genealogy of Jesus, tracing Jesus' ancestry back to the first person, Adam, who is also identified as the son of God. We, the children of Adam and Eve, are again made children of God through Baptism.

### MIKKIE'S HEALTH CORNER

#### Exercising and Aging Woes

Here are some ideas to implement exercise into your routine that you will enjoy:

- Listen to music or audiobook or even a favorite TV program while marching on the spot
- Walk and window shop
- Walk or bike along a well groomed nature trail and take in the nature around you, even stopping to take pictures
- Walk with a friend or fur baby; a dog makes a great excuse to get out
- Walk the golf course instead of driving a cart
- Water aerobics: this is one of the best and most comfortable ways to get into exercise, especially if there is existing pain or stiffness
- Do tai chi or yoga to incorporate balance and flexibility. Balance is imperative to create confidence as it helps maintain standing and stability, whether you're stationary or moving around. Most importantly, it reduces the risk of falling or the fear of falling
- Try something new; pickleball has become a favorite sport among people over 50

The most important thing is to start. Even if it's only 10 minutes to begin with, or getting up every 30 minutes for about 3 minutes to do some sort of activity, it can make all the difference. You want to make sure you don't get discouraged, so start slow and build up from there.

Mikkie Nettles, Certified Personal Trainer/Holistic & Sports Nutritionist  
Follow [DEEM Health](#) on Facebook, or contact [info@deemhealth.ca](mailto:info@deemhealth.ca)