

Third Sunday of Lent, March 19th, 2017



ST. JOHN VIANNEY CATHOLIC CHURCH

A Christian Community in the Roman Catholic Tradition

Pastor: Jesus Christ

Assistant Pastor: Monsignor Jerry Desmond

Service Department: Deacon Eddie Lavoie

Office hours Tuesday - Friday 9:30-1:30

2826 Bank Road • Kamloops, BC • V2B 8E5 • 250-579-8711 • jvianney@telus.net • stjohnvianneykamloops.ca

WEEKDAY MASSES IN THE CHAPEL

March 20 - 24, 2017

Monday & Tuesday at 8:45 am (Chapel)

No Mass Wednesday - Friday.

Confessions after daily Mass at 9:30am & Saturday morning at 9:00 am. Contact Msgr Desmond to set up a good time for you.

SUNDAY COLLECTION- March 12, 2017

Saint John Vianney

Envelopes: \$ 2,419.00

Loose: \$ 48.30

Stewardship Sunday: \$ 30.00

Sun Peaks: \$ 267.00

Our Lady of Lourdes

Envelopes: \$ 125.00

Loose: \$ 20.00

LENTEN SCHEDULE:

Saint John Vianney:

Ash Wednesday 7:00pm March 01
Holy Thursday 7:00 PM April 13, followed by adoration in the Chapel until midnight
Good Friday Liturgy 3:00 PM, April 14, 8:30 AM morning prayer
Saturday Easter Vigil 8:00 PM April 15
Easter Sunday 10:30 AM April 16

Heffley Creek Our Lady of Lourdes:

Ash Wednesday 5:00pm March 01
Holy Thursday Mass 5:00 PM April 13, followed by adoration until 8:00 PM
Good Friday Liturgy 5:00 PM April 14
Easter Sunday 8:30 AM April 16

Sun Peaks:

Easter Sunday Mass 4:00 PM April 16

Penance Celebrations (confessions):

Sacred Heart Cathedral 7:00 PM March 31st
OLPH parish 7:00 PM Friday April 7th
Holy Family 7:00 PM Tuesday April 11th
SJV Monday 7:00 PM April 10th

Let your thirst lead you to others and Jesus

Day	Reading	Gospel
Mon. 1st.	2 Samuel 7.4-5a, 12-14a, 16	Luke 6.26-38
2nd	Romans 4.13, 16-18, 22	Matthew 1.16, 18-21, 24a
<i>Hoping against hope, Abraham believed</i>		<i>Joseph did what the Angel had commanded.</i>
Psalm: Ps 89.1-2, 3-4, 26+28 (R.36) R. His line shall continue forever.		
Tues.	Daniel 3.25, 34-43	Matthew 18.21-35
<i>With a contrite heart and a humble spirit may we be accepted.</i>		<i>So my heavenly Father will not forgive you, if you do not forgive your brother or sister from your heart.</i>
Psalm: Ps 25.4-5a, 6-7, 8-9 (R.6a) R. Remember your mercies, O Lord.		
Wed.	Deuteronomy 4.1, 5-9	Matthew 5.17-19
<i>Observe the commandments so that you may live and show your wisdom to the peoples.</i>		<i>Whoever does and reaches the commandments will be called great in the kingdom of heaven.</i>
Psalm: Ps 147.12-13, 15-16, 19-20 (R. 12a) R. Praise the Lord, Jerusalem.		
Thur	Jeremiah 7.23-28	Luke 11.14-23
<i>This is the nation that did not obey the voice of the Lord their God.</i>		<i>Whoever is not with me is against me, and whoever does not gather with me scatters.</i>
Psalm: Ps 95.1-2, 6-7ab, 7c-9 (R.7c+8a) R. If today you hear God's voice, harden not your hearts.		
Fri.	Hosea 14.1-9	Mark 12.28b-34
<i>We will say no more, 'Our God,' to the work of our hands</i>		<i>Jesus said, 'The Lord our God, the Lord in one; you shall love the Lord your God,' and 'You shall love your neighbor as yourself.'</i>
Psalm: Ps 81.5c-7a, 7bc-8, 9-10ab, 13+16 (R. see 10+8a) R. I am Lord, your God: hear my voice.		



CATHOLIC WOMEN'S LEAGUE NEWS

STILL OUTSTANDING!

Volunteers needed: CWL Convention April 21-23 contact: Lesley Boettger 250-579-8969 :
jbandlb@telus.net

Team Leader:

Needed to help with Funeral Tea's at our parish contact: Carole Stricker at 250-554-3245 :
cstricker@hotmail.com

CWL General Meetings:

held on the 2nd Tuesday of every month, please come out and support your CWL

Homebound or in Hospital:

Please let us know of anyone in our parish. Please advise Colleen Stallard of the CWL [250-573-6004](tel:250-573-6004)

KNIGHTS OF COLUMBUS NEWS

The Knights of Columbus invites you to come and pray the Rosary with us during our Marian Hour of Prayer on March 31 at 7:00 PM. We will have this year's Marian Icon with us for a week as it makes its way around all the Catholic parishes of BC.

COMITTEE NEEDED - URGENT!

Please assist with your time and talent, for our upcoming Parish Mission, April 24-27th with Deacon Glenn and his wife Linda Harmon. A committee is needed urgently and would be in charge of advertising, phone calls, meetings.... Would like the first gathering to be for this coming week. Please contact the Msgr or the office ASAP 250-579-8711 : jvianney@telus.net

OTHER COMITTEE NEWS!

As you have seen over the last couple of weeks; some changes to the bulletin. We have a wonderful group of people that have helped make this all happen. Our members are: June Corcoran, Kyle Drach, Therese Gobeil, Deacon Eddie Lavoie and myself, Mikkie Nettles. Feel free to talk to any of us for feedback or suggestions, that we can take back to our meetings.

FUNDRAISER FOR PRO-LIFE SOCIETY

\$10 GREAT LITTLE COUPON BOOK - with discount coupons for restaurants and entertainment in Kamloops, Please call Linda at 250-851-8605 or St. Joseph's Book Store.

MARRIED FOR 60 YEARS?

We want to know, if you or someone you know in our Parish, has been married for 60 years! Please contact parish office at 250-579-8711 :
jvianney@telus.net

Intergenerational Easter Celebration
SHC PRODUCTION * FFC FAMILY,
MINI MARYS, MAH FAMILY, TONY
CUZZETTO'S SAA CHOIR *

PARISHIONERS OF ALL AGES INVITED TO JOIN THIS EASTER CELEBRATION!



When: Saturday, April 22

Time: 5 - 7 pm

Where: St. Ann's Gym

Dinner by donation

***Just for laughs** - Last week's cartoon, did you see Jesus hiding behind the curtain?*

Mikkie's Corner - Health & Nutrition!

YOUR BODY IS YOUR TEMPLE:

Still reflecting on the Lenten season and how we are fasting or eating a little less, cravings can kick in just a bit more intensely than normal. Luckily we have the will power, most of the time, through our Faith to stick it out. This is a great time however, to kick those cravings. The reason our bodies "crave" is because it is either deficient in a certain nutrient, it's a sugar craving (more on this next week) or it's trying to attain a "new nutrient." Back in the "cave man days" we had to explore and try new things to survive, that was cravings, the body was craving a nutrient for survival. But now much of our food is over processed and has become non-nutrient dense. It tricks our bodies into thinking there is a hidden "new nutrient" so we can sit down and eat copious amounts of something like potato chips, as compared to if there were a plate full of nutrients dense food like fruits, vegetables, or plain nuts and seeds. The food industry is notorious to making food so that we are guaranteed to have more cravings and indulge whenever possible. Good news is once you are away from it for a good period of time (like in the Lenten season) you will start to taste foods the way they were originally intended. Natural salts in tomatoes or celery, a burst of sweetness from obviously fruits, but also other foods you might not think of, like yams or sweet potatoes, which in addition are very nutrient dense.