

**OUR LADY OF
PERPETUAL HELP PARISH**

635 Tranquille Road Kamloops, BC V2B 3H5

Pastor: Fr. Vijay Martin, OCD

Office Staff: Jackie Ulrich

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Website: www.olphkamloops.ca

Office Hours: 8:30 am-3:30 pm

Tuesday to Friday

CLOSED on MONDAYS

MASS TIMES -

Saturday 5:00 PM
Sunday 8:30 AM
10:30 AM

Week Day:

Monday-Friday 7:30 AM

Saturday AM - **PRIVATE
MASS**

**SACRAMENT OF
RECONCILIATION:**

Wednesday 5:00 - 6:00 PM

Saturday 10:00 - 11:00 AM
OR BY APPOINTMENT

**ADORATION OF THE
BLESSED SACRAMENT**

Wednesday 5 - 6 PM

WEDDINGS - Please call the rectory for an appointment six months before planning the wedding date.

BAPTISMS - A pre-Baptism course is required. Please call the rectory for an appointment.

NOVEMBER 28, 2021 - YEAR C

1ST SUNDAY OF ADVENT

Reflection: "Your Redemption is Drawing Near."

1ST SUNDAY OF ADVENT - PRAYERFUL VIGILANCE

Today is the first Sunday of Advent, which is also the first Sunday of the new liturgical year. The Advent season includes the four Sundays that precede Christmas. Advent is a time of preparation for the coming of the Lord. In this season, we recall two central elements of our faith: the final coming of the Lord in glory and the incarnation of the Lord in the birth of Jesus. The key themes of the Advent season are watchful waiting, preparation, and justice.

Any human success requires vigilance. Opportunities and powerful moments of encounter can easily be missed when we are not attentive. It is all too easy today to live distracted and preoccupied lives. There is so much vying for our attention that it can be hard to be selective and really focus. Caught up in this whirlwind of busyness and anxiety, we become tired and almost sleepwalk through life. Advent is a time to selectively focus. These beautiful four short weeks are a time to look backward and forward and be attentive to the human journey and God's revelation. From the beginning of time, God has been seeking our attention. He constantly reminds us of the justice he desires to bring and the promise of his abiding unconditional love. Understanding and growing in these truths requires alertness so that we can be strengthened in our faith and prepared for whatever will come.

www.st-pius-x-church ©LPi



RECEIVE THE SACRAMENT OF RECONCILIATION BEFORE CHRISTMAS. In addition to our regular confession times Our Lady of Perpetual Help Parish will have an **ADVENT RECONCILIATION SERVICE** during our Advent Reflection on **WEDNESDAY, DECEMBER 15TH AT 6:30 PM. FR. ANDREZ WILL BE HERE TO HELP FATHER VIJAY.**

FAITH IN ACTION CAMPAIGN 31 - WALKING WITH ST JOSEPH

PARISH GOAL: \$ 42,686.00

NUMBER OF PLEDGES: 112

TOTAL PLEDGED: \$ 33,165.00

CASH RECEIVED: \$ 30,885.00

Amount needed to reach our goal - \$9,521.00

Faith in Action donations are now being accepted by E-transfer. Interac e-transfer to fia@rcdk.org



**CHRISTMAS & NEW YEAR'S MASS SCHEDULE
for OLPH PARISH**

Christmas Eve - December 24 5:00 pm in Parish Centre
8:00 pm in Church

Christmas Day - December 25 8:30 and 10:30 am
BOTH in Church

There will be NO 5:00 pm Mass on Saturday December 25th in anticipation of Sunday Mass.



New Year's Eve - The Solemnity of Mary, The Holy Mother of God - Friday, December 31 - 5:00 pm;
New Year's Day - The Solemnity of Mary, The Holy Mother of God - Saturday, January 01 8:30 am.

The 5:00 pm Mass on Saturday, January 1st will be in anticipation of Sunday, January 02 - Mass of the Epiphany of the Lord



Rejoice!

Finding
Your Place in the
Advent Story



- ♦ **Wednesday December 01** - Second Week of Advent Reflection and Adoration - 6:30 - 7:30 pm
- ♦ **Wednesday, December 08** - Third Week of Advent Reflection and Adoration - 6:30 - 7:30 pm
- ♦ **Wednesday, December 15** - Fourth Week of Advent Reflection, Adoration and **Parish Reconciliation Service** - 6:30 - 8:00 pm



"POOR AT CHRISTMAS" - Just a reminder that there will be a second collection next weekend, **December 04 / 05**. This **"Poor at Christmas Collection"** supports the Knights of Columbus' Christmas Hamper Program and provides the Parish with funds to aid those in need. Thank you for your generosity and charity.

CHRISTMAS ANTICIPATION PRAYER - Beginning on **November 30**, the Feast day of Saint Andrew the Apostle, the following beautiful prayer is traditionally recited fifteen (15) times a day until Christmas. This is a very meditative prayer that helps us increase our awareness of the real focus of Christmas and helps us prepare ourselves spiritually for His coming:

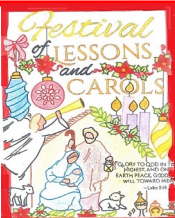
Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, [here mention your request] through the merits of Our Saviour Jesus Christ, and of His blessed Mother. Amen.

On this first Sunday of Advent, the Gospel reading depicts Jesus warning His followers about the end-time. He urges them to pray, be vigilant, spiritually awake, avoid self indulgence, spiritual malaise, and a preoccupation with anxiety. Jesus advises against a lifestyle of earthly pleasures and worry. These will not matter when the Lord asks for an account of our stewardship. Stewards realize their lives are not just about the here and now. They know themselves to be reflections of God's active presence in the world and witnesses of the Lord's promises. As we begin this season of hope, let us reflect on the practical effect of having every waking moment in our lives dedicated to the Lord.

TAX RECEIPT 2021 REMINDERS. Faith in Action donations must be received by Friday, December 31 (before the banks close/or parish office closes). **This includes E-transfer donations as well.** Donations may be mailed to the Chancery office post marked no later than December 31 to be eligible for 2021 tax receipt. **All donations received after 12 noon on Friday, December 31, or are post marked later than December 31, will go towards the 2022 Tax Receipt.**



Likewise, if you plan to attend another parish between now and the end of the year, or at Christmas, please bring your offering envelope directly to the parish office if you require your donation to be on your 2021 tax receipt. If it is not in the parish office on December 31st or post-marked December 31st it will not be included in the 2021 tax receipt year as per CRA directives. Please keep this information in mind.



DECEMBER 9TH AT 7 PM JOIN SACRED HEART CATHEDRAL FOR A FESTIVAL OF LESSONS AND CAROLS. This event will be livestreamed through www.rcdk.org so you can either attend live or watch online. If you are in attendance, masks are mandatory. This joyful evening will help us to spiritually prepare for Christmas.



Remembering Vocations in Your Advent Devotions. - Let us pray each week of advent for the need for vocations to be "born" into the Church so that Christ's life can continue through his followers.

Prayer at the start of each Devotion:

Heavenly Father, Lord of the harvest, call forth vocations to the priesthood and consecrated life from our diocese and our families. Inspire men to imitate Christ, the Eternal High Priest, in sacrificial service to your Church. Move the hearts of men and women to offer themselves wholly to You in poverty, chastity and obedience. Send them as laborers for Your harvest. Inspire the faithful to support them with prayers and sacrifice. Raise up holy families who foster openness to your call. We ask this through Christ Our Lord. Amen.

November 28, First Sunday of Advent

December 3, Feast of St. Francis Xavier

Meditation: With the example of St. Francis Xavier, let us examine our vocation with a true missionary spirit. "Vocations grow within the Church. In the course of formation, candidates for various vocations need to grow in their knowledge of the ecclesial community, overcoming the limited perspectives that we all have at the beginning." *Francis I*

SERRA CLUB of KAMLOOPS DIOCESE

BENEFITS OF EUCHARISTIC ADORATION!



#41. *The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the Eucharistic veils, is ready to receive anyone.* (St. Alphonsus Liguori)



*For more information about the Serra Club of Canada please visit their website at <http://serracanada.com/> or visit the Serra Club Kamloops Diocese Facebook page at <https://www.facebook.com/serraclub.rcdk.5>

PRO-LIFE \$1000 SCHOLARSHIP. Application due April 1st, 2022. Requirements - Completion of Grade 12 by June 2022, essay, volunteering in pro-life/life-affirming activities, references, acceptance by a post-secondary institution in the fall of 2022. For more information, please email kamloopsprolife@gmail.com.

Have a Blessed Advent

"But when these signs begin to happen, stand erect and raise your heads because your redemption is at hand." (LUKE 21:28)



We celebrate Advent each year in preparation for the birth of Jesus, His first coming, as we await His second coming. What will you do differently this Advent season to grow in friendship and love with Jesus? How will you inspire others to do the same? Start by sharing your God story with others, especially those closest to you. Invite and accompany them on their faith journey this Advent.

THE CWL AND KNIGHTS OF COLUMBUS invite you to come out and join us in praying the Holy Rosary for the protection of life from conception through to natural death. **EVERY**



THURSDAY @ 12:15 PM IN OLPH CHURCH

For more information contact: Gordon Wourms 250 376-9394 or Pam McDonald 250 376-1008

THURSDAY FAMILY TAKE HOME DINNERS

The menu for **THURSDAY, DECEMBER 2ND** is:

ROASTED CHICKEN AND POTATOES WITH STUFFING, GLAZED CARROTS, AND GRAVY.

- ♦ Dinner for 2 - \$30.00
- ♦ Dinner for 4 - \$60.00
- ♦ Dinner for 6 - \$90.00



Orders are filled via munchalunch through the Fundraiser tab (please read the description of all the sides served with this meal).

Orders close every week on **Tuesdays at 9:00 pm sharp!** Family Dinners will be ready for pick-up at the Parish Centre on Thursday from 2:30 pm until 3:00 pm.

Click on the following link to order your Family Dinner: www.munchalunch.com/schools/OLPHKamloops [Or if you prefer, Parishioners can order through the Parish Office]

We accept the following payment options: Cash, Cheque payable to "OLPH School" or Debit/Credit Machine at the office. Thank you for your support!

Video series "Journey through Advent 2021"

Each week, beginning on Sunday, 21 November 2021, the Solemnity of Christ the King, the CCCB will release a video recording of a Bishop reflecting on the Gospel Reading for each Sunday of Advent. This year's reflections were inspired by the Indigenous



Delegation travelling to Rome to meet with Pope Francis from 17-20 December 2021.

Each reflection is based on one of the five essential stages of reconciliation: examen, confession, repentance, reparation (making amends), and reconciliation. It is likewise hoped these reflections will assist the faithful, Indigenous and non-Indigenous alike, in preparing for Pope Francis' eventual apostolic journey to Canada. The videos were developed under the auspices of the Bishops Working Group on Coordinating Indigenous Initiatives, with the script being approved by the same, as agreed to by the Executive Committee at its Special Meeting on 12 November 2021.

The videos can be now accessed on the CCCB website at the following link:

<https://www.cccb.ca/evangelization-catechesis-catholic-education/video-resources/journey-through-advent/>

MASS INTENTIONS There is one scheduled mass per week day. The Sunday masses and Holy Days of Obligation are for parishioners. We try to accommodate all masses on the day they are requested but this is not always possible. All others are sent to the Missions. Mass for souls of the deceased is indicated by the + symbol.

NOVEMBER 29 - DECEMBER 05, 2021		
MONDAY	7:30 AM	+ Carmela Sherbo
TUESDAY	7:30 AM	Intentions Gladys Directo
<i>St. Andrew, Apostle</i>		
WEDNESDAY	7:30 AM	+ Commie Scot Burton
WEDNESDAY	6:30 PM	ADVENT REFLECTION, ADORATION & CONFESSION
THURSDAY	7:30 AM	+ Gaetano Spada
FRIDAY	7:30 AM	+ G.E. Joly
<i>St. Francis Xavier, Priest</i>		
SATURDAY	<i>PRIVATE MASS</i>	Intentions Rosemarie Doetzel
<i>St. John Damascene, Priest, Doctor</i>		
SATURDAY	5:00 PM	INTENTIONS OLPH PARISHIONERS
<i>2ND SUNDAY OF ADVENT</i>		
SUNDAY	8:30 AM	INTENTIONS OLPH PARISHIONERS
<i>2ND SUNDAY OF ADVENT</i>		
SUNDAY	10:30 AM	INTENTIONS OLPH PARISHIONERS
<i>2ND SUNDAY OF ADVENT</i>		

COLLECTION NOVEMBER 21: Envelopes \$1,576.00; Loose \$253.35; EFT \$1,035.00; Other Envelopes \$115.00; Vigil Candles \$35.20; Holy Childhood \$19.70; Your continued support of the Parish is appreciated. Thank you.

POPE'S PRAYER INTENTIONS FOR THE MONTH OF DECEMBER

EVANGELIZATION: Catechists ~ Let us pray for the catechists, summoned to announce the Word of God: may they be its witnesses, with courage and creativity and in the power of the Holy Spirit.



A WARM WELCOME TO GUESTS, AND VISITORS! Whether you're visiting, looking for a new home parish, or returning to your faith, we're happy you're here!!


Interac Now Available
e-Transfer

OUR LADY OF PERPETUAL HELP PARISH IS ACCEPTING INTERAC E-MAIL TRANSFER DONATIONS. To give using this method, please transfer your gift to **givingolph@rcdk.org** using your bank's Interac transfer via online banking.

MARY'S PANTRY ~ Thank you so much for your generosity and faithfulness. I am happy to report an abundance of generosity shown by our parishioners! A whopping 250lbs was collected and delivered to the Food Bank this month! We are so blessed,




Year of
ST. JOSEPH



Saint Joseph,
Man of enlightening dreams
Obedient servant of God,
accompany us, with your wife,
the Blessed Virgin Mary,
throughout our life to the glory
and praise of God, now and for
ever and ever. Amen.

Excerpt from Blessings and Prayers for Home and Family
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SUNDAY MISSAL
2021-2022




2022 MISSALS will be available following all Masses this weekend, or from the office. Suggested \$5.00 donation.

KINDLY REMEMBER TO UPDATE your records with the Parish Office if: you are new to the Parish, change your telephone number, email address or move.

CANADA POST CHRISTMAS STAMPS
- Please be sure to purchase the "Christmas 2021 - Christmas Angels" Permanent Domestic Stamp from Canada Post this year for your Christmas cards and parcels!




FAITH FORMATION - If you have children **not** attending OLPH School, but are of an age to receive the Sacraments (Grade 2 and/or 7) please contact the office.



Job Postings

CATHOLIC INDEPENDENT SCHOOLS KAMLOOPS DIOCESE

Current Job Postings can be found at www.ciskd.ca under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>



Please continue to pray ... for all the sick of our parish: those homebound, in the hospital, and nursing facilities; And for all the souls in purgatory.





DATE | TIMES | LOCATION

OLPH PARISH

Wednesday, December 01, 2021 - 6:30 - 8:00 pm

Wednesday, December 08, 2021 - 6:30 - 8:00 pm

Wednesday, December 15, 2021 - 6:30 - 8:00 pm

FOR MORE INFORMATION

OLPH PARISH OFFICE

635 Tranquille Road

Kamloops, BC

Phone: 250-376-5541

Visit rejoiceprogram.com for more details.



<p>Getting the most out of <i>Rejoice!</i></p>	<p style="text-align: center;">Parish Mission 2021 <i>Rejoice!</i> Finding Your Place in the Advent Story - Fr. Mark Toups</p>
<p>Community</p>	<p>Community is a key component of the journey to holiness. Advent provides a wonderful opportunity to take a little more time to focus on your prayer life and grow stronger in friendships on the shared journey to heaven. The ideal is to journey together as a community. You are not alone - Catholics all over the country are on the same journey. This is a time for you to speak to God and to hear and see all that he has to show you.</p>
<p>Videos</p>	<p>To accompany the weekly handouts, there will be weekly themed videos with Fr. Mark Toups, Sr. Miriam James Heidland, and Fr. Josh Johnson. Through their witness, conversation, and prayer, you will find fresh insights into the places, people, and events of the first Advent.</p>
<p>Daily Meditation and Prayer</p>	<p><u>Prepare</u> If you are praying with Scripture, read the passage once. Then slowly read the text a second time. Pay attention to how you feel as you read. Pay attention to which words strike you. When the text sets a scene, enter the scene with Mary and Joseph or the people mentioned. Once the passage or the scene comes to its natural conclusion, continue with ARRR.</p> <p><u>ARRR</u> - stands for Acknowledge, Relate, Recieve, and Respond.</p> <p>Acknowledge - You have sat with God's Word. Now, when you feel that God is saying something to you, <i>acknowledge</i> what stirs within you. Pay attention to your thoughts, feelings, and desires. These are important.</p> <p>Relate - After you have acknowledged what is going on inside your heart, <i>relate</i> that to God. Don't just think about your thoughts, feelings, and desires. Don't just think about God or how God might react. <i>Relate</i> to God. Tell him how you feel, what you think and what you want. Share all your thoughts, feelings and desires with God.</p> <p>Receive - Once you have shared everything with God, <i>receive</i>. Listen to what he is telling you. It could be a subtle voice you hear or maybe a memory pops up. Perhaps he invites you to reread the Scripture passage, or invites you into a still restful silence. Trust that God is listening to you, and receive what he wants to share with you.</p> <p>Respond - Now <i>respond</i>. Your response could be continuing your conversation with God, or resolving to do something. It could be tears or laughter. Respond with what you are receiving.</p> <p><u>Journal</u> Keep a record this Advent of what your prayer was like. Your journal entry does not have to be lengthy. It could be a single word or a sentence or two about what God told you or how the days' reflection struck you. However you do it, journaling will help you walk closer to God this Advent.</p> <p><u>Commit</u> Advent can be a busy season. As you dedicate yourself to prayer this Advent, there is no better safeguard than a good plan. Fr. Josh Johnson, one of the presenters in the <i>Rejoice!</i> videos, recommends the five Ways as a method of planning:</p> <p>WHEN will I spend time with Jesus? WHERE will I spend time with Jesus? WHAT are Jesus and I going to do together? WHO will hold me accountable for my time with Jesus? WHY am I prioritizing my time with Jesus?</p> <p>Making a commitment is the first step in transforming your prayer life. These weeks with <i>Rejoice! Finding Your Place in the Advent Story</i> is the perfect time to begin.</p>

Daily Meditation and Prayer	<p align="center">Week One - November 27 - December 3, 2021</p> <p align="center"><i>Rejoice!</i></p> <p align="center">Finding Your Place in the Advent Story - Fr. Mark Touns</p> <p align="center"><i>The First Week of Advent: PLACES</i></p>
Introduction Psalm 85:11-12	<p><i>Where We Are</i> influences who we are, how we think, feel, and act. It shapes our values and priorities and is the lens through which we see the world. The places that Mary and Joseph knew also reveal much about God. If we truly want to come to appreciate what God is doing in the Advent story, then we must come to appreciate what God is revealing about himself in the places of ancient Israel.</p> <p>The places that shaped the very first Advent did so by influencing Mary and Joseph. Some of these places, such as Nazareth and Bethlehem, are explicitly mentioned in the Scriptures. Some of them, such as the Temple in Jerusalem and Herod's palace, are appreciated within a broader understanding of Israel's history.</p> <p>Welcome to the first week of Advent.</p>
	Read each of the daily passages a few times. Consider how often Mary and Joseph would have prayed with the very same words you are reading.
Saturday Nov 27 Psalm 25:22	<p>Israel - Read Psalm 25. What is God saying to you in the Bible passage? How does it apply to your life? What do you want to say to God? What are you searching for?</p> <p>Prayer - <i>"Father, I beg you to make this Advent my best ever. Help me to find you deep within. Reveal to me what it is I am really searching for."</i></p>
Sunday Nov 28 Psalm 21:2	<p>Temple - Read Psalm 21. What do you <i>really</i> want from God? Allow yourself to ask this question in earnest, and open yourself to the answer.</p> <p>Prayer - <i>"Father, help me to be present to the present moment. Reveal to me what you want for me and what my deepest desires are."</i></p>
Monday Nov 29 Psalm 19:12-13	<p>Galilee - Read 1 Kings 19:9-12. What is God saying to you in the Bible passage? How does it apply to your life? What do you want to say to God? Are you comfortable with the ordinary?</p> <p>Prayer - <i>"Father, help me to be present to the present moment. Help me to find you in the ordinary of life."</i></p>
Tuesday Nov 30 Psalm 131:2	<p>Nazareth - Read Psalm 131. What is God saying to you in the Bible passage? How does it apply to your life? What do you want to say to God? Are you comfortable with quiet?</p> <p>Prayer - <i>"Father, help me to slow down, both externally and internally. Help me to quiet myself on both the outside and the inside."</i></p>
Wednesday Dec 1 Jeremiah 29:11	<p>Judea - Read - Jeremiah 29:11-14. What is God saying to you in the Bible passage? How does it apply to your life? What do you want to say to God? What is his promise saying to you?</p> <p>Prayer - <i>"Father, help me to be not afraid of silence. Help me to find you with me, deep within, in the silence."</i></p>
Thursday Dec 2 Isaiah 55:11	<p>Palace - Read Isaiah 55:10-13. Specifically, what is God saying to you about his promises?</p> <p>Prayer - <i>"Father, reveal to me how I may have been affected by unmet expectations or unfulfilled promises. Reveal to me how this has affected our relationship."</i></p>
Friday Dec 3 Psalm 37:4	<p>Bethlehem - Read Psalm 37:1-7. Look back at the first week of Advent. What were the themes? What did God say? As the First Week concludes, ask again, what do you really want from God?</p> <p>Prayer - <i>"Father, help me to trust you. Help me to follow you. Give me the grace I need to follow you wherever you desire to lead me this Advent."</i></p>