



**OUR LADY OF**

**PERPETUAL HELP PARISH**

635 Tranquille Road Kamloops, BC V2B 3H5

**Pastor:** Fr. Vijay Martin, OCD

**Office Staff:** Jackie Ulrich

**Phone:** 250-376-5541

**email:** olphkamloops@shaw.ca

**Website:** [www.olphkamloops.ca](http://www.olphkamloops.ca)

**Office Hours:** 8:30 am-3:30 pm  
Tuesday to Friday

**CLOSED on  
MONDAYS**



**MASS  
TIMES**

Sunday:

Saturday 5:00 PM

Sunday 8:30 AM  
10:30 AM

Week Day:

Monday-Friday 7:30 AM

**SACRAMENT OF**

**RECONCILIATION:**

Wednesday 5:00 - 6:00 PM

Saturday 10:00 - 11:00 AM

**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.

**FEBRUARY 06, 2022 ~ YEAR C  
5TH SUNDAY IN ORDINARY TIME**

**Reflection: "Peter, James and John Left  
Everything, and Followed Jesus."**

**5TH SUNDAY IN ORDINARY TIME - AWARENESS OF GOD'S PRESENCE**

"Depart from me, Lord, for I am a sinful man," these words, uttered by Simon Peter, can be found on any one of our lips. What real significance do I have in the big picture of God's Divine plan? Even though we try our best to hide it, we all suffer from a lack of faith. We get tired, confused, and often lack any sincere desire to put anything into our relationship with God. It's easier to simply reap whatever benefits the world has to offer and call it a day. Floating along on the superficial currents of life doesn't require much effort and seems to get us through the day. Confronting our own infidelity, apathy, weakness of spirit, and doubt in God's providence, how can we even remotely be considered a worthy vessel of God's presence or credible voice for His message?

This is the irony of faith. God doesn't seek the perfect vessels. He likes the broken ones. There is something to be said about living honestly and sincerely, and wrestling with sin, imperfection, and weakness rather than skipping through the peripheries of life with pretention, arrogance, and mendacity. If we believe ourselves to be our own "god" and serve only ourselves, we close the door to ever being used by the real and only True God. But, if we at least acknowledge that there is One greater than ourselves, then even in our deepest poverty and lowliness, God can enter.

Lessons are best learned from those who suffer. Only someone who has been lonely and lost can attest to the beauty of both Divine and human friendship. Only those who have really lost their way know what happens when they are found. Only those who are afraid know what it is to be calmed by God. The Gospel is messy because life is messy. There are no black and white solutions to problems and challenges that are hazy and gray. When our hesitancy to encounter God gets replaced by friendship with God, we become more aware of our dignity and the fact that we are loved just as we are. We cannot be afraid to share our struggles, reservations, fears, and sinfulness with others. Our genuineness and sincerity will speak of the God who blesses us in our weakness.

st-pius-x-church ©LPI



**MUSIC WORKSHOP**

**SATURDAY, FEBRUARY 12 - 11:00 TO 1:00**

All musicians and singers are invited to a music workshop facilitated by Peter Rennie on Saturday, February 12th from 11:00 to 1:00 in the church. This workshop will cover general music topics and Lenten music. Please RSVP to [domenicaspina@yahoo.ca](mailto:domenicaspina@yahoo.ca) by Tuesday, February 8. We look forward to seeing you!

**DONATION TAX RECEIPTS** are available at the entrance to the Church! Please pick yours up today to save the cost of mailing, or contact the office to make alternative arrangements.



## BISHOP THOMAS J. LOBSINGER, OMI MEMORIAL BURSARY PROGRAM



The annual British Columbia and Yukon Bursary program known as the Bishop Thomas J. Lobsinger, OMI Memorial Bursary Program is underway. The 2022 program is now receiving applications. We are privileged to offer fourteen bursaries of \$1,000.00 each to Catholic students across the Province of BC. These bursaries are made available on a one-time only basis to young practicing Catholic students who are in post secondary education at a recognized institute of higher learning within the Province of British Columbia. Applications will be accepted until June 30, 2022 with the bursaries being awarded in the fall. The Terms of Reference may be found on our web site ([kofcbc.org](http://kofcbc.org)).

### Requests for application should be addressed

to: Knights of Columbus BC & Yukon  
2809 Mara Drive, Coquitlam, BC V3C 5T9  
Attn: Herb Yang, Bursaries Chairman

Or email: [herbykofc@gmail.com](mailto:herbykofc@gmail.com)

We would like to congratulate the many recipients once again over the past years and look forward to the opportunity to assist many more young people in the advancement of their education.



NET Ministries of Canada is launching a new podcast called *Youth Ministry 101*, a podcast where you can learn tips, tricks and hear stories to help reach youth in your life, parish, and youth group to share in the love and joy of Jesus Christ and His Church. The podcast was released January 18th, 2022 and a new episode will come out every two weeks until the start of summer 2022. Now streaming on YouTube, Spotify, Apple, and Google Podcasts: <https://www.youtube.com/channel/UCAeswUgYGF2B-Dy7FJCn5iw>

## Prayer for the Beginning of a Synodal Meeting

Here we are before you, Holy Spirit;  
in your name we are gathered.  
You, our only counselor, come to us,  
dwell with us, deign to dwell in our hearts.

Teach us where to go,  
show us how we should walk together.

We who are weak and sinful,  
do not allow ourselves to cause disorder.  
Let us not be led astray by ignorance,  
nor let partiality influence our actions.

May we find our unity in you,  
without straying from the path of truth and justice,  
advancing together towards eternal life.  
We ask this of you, who act in all times and places,  
in the communion of the Father and the Son,  
for ever and ever. Amen.

## WORLD DAY OF THE SICK

**FEBRUARY 11** ~ As the church marks the World Day of the Sick on February 11, the Catholic Health Association of BC encourages everyone to pray for those who suffer from illness and for their caregivers. The theme of this year's 30th World Day of the Sick, "*Be merciful, even as your Father is merciful*" (Lk 6:36), makes us first turn our gaze towards God, who is "*rich in mercy*" (Eph 2:4). Archbishop Miller will celebrate a live streamed Mass for World Day of the Sick on **Friday, February 11 at noon**. Pray with us on this day. For the live stream link or to learn more about this day, visit [www.chabc.bc.ca/world-day-of-the-sick](http://www.chabc.bc.ca/world-day-of-the-sick)



Synod  
2021  
2023

For a synodal Church  
communion | participation | mission

**"Synodality is the way of being the Church today according to the will of God, in a dynamic of discerning and listening together to the voice of the Holy Spirit."**

- Pope Francis

Pope Francis invites the Church to participate in the 2023 Synod of Bishops in Rome by asking people in every Diocese in the world to pray, reflect and share what the Holy Spirit is telling us today.

In response to this initiation, Dialogue Groups have been established throughout the Parishes and Missions in the Diocese of Kamloops including our Carmelite Monastery in Armstrong, BC. A summary of the local parish discussions is to be submitted by the parish priest to the Chancery Office no later than March 31, 2022.

Every effort needs to be taken to ensure all the baptised have an opportunity to participate. **If you are interested in either facilitating and/or being a part of a group discussion, please contact the office and a member of the Leadership team will contact you. (For your discernment, please see the attached Synod Questions)**

Individuals are also free, if necessary, to submit comments directly to their parish priest.

Information can also be found on the diocese website: <https://www.rcdk.org/synod>

**2022 CWL Membership** - The Mission Statement for the Catholic Women's League of Canada is that it calls its members to grow in faith, and to witness to the love of God through ministry and service. Come join us by Making a Difference in today's world by becoming a member!



A friendly reminder for those members that have yet to renew their membership for 2022, membership for this year is due by February 15th. The cost for the annual membership is \$35.00. You may drop off your membership at the Parish Office or place it in the Sunday collection box. For those who wish to eTransfer this is now available and you may contact our Treasurer, Judy Kelly at [jkelly1@telus.net](mailto:jkelly1@telus.net) to make arrangements for this payment option. Thank you.

**THURSDAY FAMILY TAKE HOME DINNERS**

The menu for this coming **THURSDAY, FEBRUARY 10TH** is: **BBQ RIBS, POTATO SALAD, MACARONI SALAD, FRESH BUN**

- ✦ 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: <https://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!

**JOB POSTING – SUPERINTENDENT OF SCHOOLS**



The CISKD Board of Directors takes pride in the quality of Catholic Education in the Kamloops Diocese. The Board of Directors is searching for a dynamic individual for the position of Superintendent of Schools, with duties to commence on August 1, 2022. Our six schools, located in Quesnel, Williams Lake, Kamloops and Vernon, provide education for approximately 1,500 students. ASCEND Online, our Distributed Learning School, serves students and families across British Columbia.

We are seeking a practicing Catholic who will lead with visionary impact; guide our schools with a strong Catholic identity and provide a superior academic environment.

To request an application package and pastor's reference form, please contact Fr. Fred Weisbeck at [fred@rcdk.org](mailto:fred@rcdk.org) or Telephone: 250-376-3351 ext. 222. Completed applications will be accepted until noon **FRIDAY, FEBRUARY 18TH, 2022.**

<https://www.rcdk.org/employment-opportunities>





OLPH SCHOOL  
235 Poplar Street  
[www.olphschool.ca](http://www.olphschool.ca)  
250 376-2343  
E: [office@olphschool.ca](mailto:office@olphschool.ca)





**KINDERGARTEN REGISTRATION**

A strong start...a catholic connection...a meaningful mission! OLPH School draws on its rich history and provides an excellent education in a Christian environment. Come and witness our faith-based community and share in our passion for student engagement!

*Call or email the school today!*

**Now Registering for FALL 2022!**




Faith-filled Child-Centered Play-based

- Kinder Prep
- Preschool
- Full Daycare (30 months - 5 Years)

We have French & Music Specialists in all programs.

\*COVID-19 GOVERNMENT PROTOCOLS IN PLACE.

\*Participant in the BC government's fee reduction initiative for children in daycare. \*Accepts subsidy.

Contact us for more information  
235 Poplar Street, Kamloops  
Ph: 250.376.2343 ext. 603 | Cell: 236-3130334  
[Inquirychildcare@olphschool.ca](mailto:Inquirychildcare@olphschool.ca)

**LOCATED ON THE BEAUTIFUL NORTH SHORE!**

**Roman Catholic Diocese of Kamloops**  
Financial Officer/Business Manager

The Diocese of Kamloops is seeking an experienced individual to lead financial operations across the Diocese and its Parishes. Reporting to the Bishop of the Diocese, the successful individual will have an opportunity to lend their experience and financial acumen to support their faith community, while staying engaged professionally. This role would be ideal for a seasoned professional, looking to start the transition into a more flexible, balanced lifestyle.

Applicants are asked to submit their resume and cover letter to Grant Thornton via email at [ClientApplications@ca.gt.com](mailto:ClientApplications@ca.gt.com), citing "Financial Officer/Business Manager – RCDK" in the subject line no later than **FEBRUARY 15, 2022.**

**ST JOHN VIANNEY PARISH** is looking for an Office Manager. The successful candidate will be responsible for administrative as well as bookkeeping duties for both the St John Vianney and Our Lady of Lourdes parishes. This is a part time job with flexible hours. Experience in the administrative or bookkeeping field is ideal; however, the right applicant can be trained. To apply for this position please send your resume to [stjohnvianney@rcdk.org](mailto:stjohnvianney@rcdk.org)

**SERRA CLUB of KAMLOOPS DIOCESE**  
**BENEFITS OF EUCHARISTIC ADORATION!**  
**#51. The spiritual lives of our families are strengthened through our Holy Hour.**  
*(Saint John Paul II)*  
 \*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>




**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.** FMI contact: Gordon Wourms 250 376-9394 or Pam McDonald 250 376-1008



**SALE**

**St. Joseph's Christian Book, Gift & Church Supply**  
**St Joseph's Store January Sale: Come in and pick up some bargains!** Open 10 - 4 Tuesday - Friday and 10 - 2 Saturday. St. Joseph's Book and Gift Store is filled with Christmas items, nativity sets, giftware, books (new and used), jewelry, statues, cards, CDs, and DVDs. Support your local Catholic store, located at 256 Nicola Street. Come in and meet Marcella or Garry. Call 778-471-6100 or email [stjoseph-skamloops@gmail.com](mailto:stjoseph-skamloops@gmail.com) to place your orders.

**GRIEF TO GRACE - HEALING THE WOUNDS OF ABUSE.** Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, Grief to Grace helps those who have endured physical, emotional, sexual, and/or spiritual abuse find healing. Grief to Grace has served thousands across the United States and around the world since 2005.

Grief to Grace Retreat - Kelowna  
 Wed, May 25, 2022 - Sun, May 29, 2022  
 FOR MORE INFORMATION, AND TO REGISTER  
 Email: [G2GKelownabc@gmail.com](mailto:G2GKelownabc@gmail.com)  
 Call: 250-255-7223

**DIOCESE OF KAMLOOPS - ON-LINE MASSES**

**Masks Are Mandatory and to be worn by all individuals 5 years + who intend and wish to attend inside worship services within the Diocese of Kamloops. Please refer to Bishop Joseph's January 7<sup>th</sup> letter.**

**THE FOLLOWING IS GUIDANCE FOR ALL IN OUR DIOCESE:**

The Church capacity is 50% without a proof of vaccination. If you would like to have more than 50% capacity at a particular Mass, proof of vaccination is required.

- ✦ **MASKS ARE MANDATORY, AND MUST TO BE WORN WHILE ATTENDING MASS;** this also includes all choir members. The lectors and celebrant may be allowed to speak without a mask, subject to distancing requirements or barrier to prevent transmission. Mask exemptions are for those children 5 years and under. For those parishioners who choose not to wear a mask or face covering, there are livestream Masses available for your attendance.
- ✦ A reminder that Holy Communion on the Tongue is to be received after everyone has received on the hand. The Priest is to sanitize his fingers between each communicant with hand sanitizer/disinfectant, and after the distribution of Holy Communion, before cleaning any Mass vessels
- ✦ Parish Events & Gatherings are not allowed at this time. This includes funeral and wedding receptions, and any life celebrations.

Thank you for your continued patience and understanding in our efforts to promote and provide a safe and healthy environment to all those entrusted to our care.

**THE FAITHFUL IN THE DIOCESE OF KAMLOOPS REMAIN DISPENSED FROM THE OBLIGATION TO ATTEND SUNDAY MASS AS OF PRESENT.**

Some of our Diocesan priests are providing online Masses they are celebrating through social media. Please check our website at <https://www.rcdk.org/pages/streaming>

 *In Our Thoughts and Prayers*

*We extend our heartfelt sympathy and prayers to the families of **Domenico Consalvo** and **Helen Clark**. May Domenico and Helen share in the gift and promise of eternal life and may God's comfort and peace be with their families in their time of grief. Eternal rest grant unto them, O Lord, and may your perpetual light shine upon them. May they rest in peace.*

**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.

FEBRUARY 07 - FEBRUARY 13, 2022		
MONDAY	7:30 AM	+ Pasquale & Elvira Spina
TUESDAY	7:30 AM	+ Lorna Woodbury
<i>ST. JEROME EMILIANI, PRIEST</i>		
WEDNESDAY	7:30 AM	+ Arturo Bittante
WEDNESDAY	5:00 PM	<b>ADORATION &amp; CONFESSION</b>
THURSDAY	7:30 AM	+ Frank DeBartolo
<i>ST. SCHOLASTICA, VIRGIN</i>		
FRIDAY	7:30 AM	+ Msgr. John A. MacIntyre
<i>OUR LADY OF LOURDES</i>		
SATURDAY	PRIVATE	+ Marcella Cernoia
SATURDAY	5:00 PM	Intentions OLPH Parishioners
<i>6TH SUNDAY IN ORDINARY TIME</i>		
SUNDAY	8:30 AM	Intentions OLPH Parishioners
<i>6TH SUNDAY IN ORDINARY TIME</i>		
SUNDAY	10:30 AM	Intentions OLPH Parishioners
<i>6TH SUNDAY IN ORDINARY TIME</i>		

**COLLECTION JANUARY 30:** Envelopes \$1,679.00; Loose \$220.80; EFT \$1,020.00; Stole Offering (Funeral) \$250.00; Vigil Lights and Candles \$63.90. Holy Childhood \$8.85;

**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.



**WEEKLY PRAYER OF THE FAITHFUL ~**  
That we may eagerly respond, "Here I am, Lord," whenever we hear God call upon us to be His hands, feet and voice here on earth.

**HAVE YOU MOVED? Are you new to the Parish? Has your email or telephone number changed? KINDLY REMEMBER TO UPDATE** your records with the Parish Office. Please advise the office of your new address so you can receive your tax receipt.




**CATHOLIC INDEPENDENT SCHOOLS KAMLOOPS DIOCESE**  
Current Job Postings can be found at [www.ciskd.ca](http://www.ciskd.ca) under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>

**"Then I heard the voice of the Lord saying, 'Whom shall I send? Who will go for us?' 'Here I am,' I said, 'send me!'" (ISAIAH 6:8)**

**STEWARDSHIP**  
Time\* Talent\* Treasure

Every day, in little ways and in big ways, God asks, "Whom shall I send?" Whether it is someone to take on a new ministry, to give a friendly smile to a stranger or to say a word of encouragement to a friend, God constantly provides opportunities to help someone in need. God is always talking to us; we just need to pay more attention. When you hear God calling have the courage to walk through the door and say "Here I am, Lord."

**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!!**

**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. FMI please email [kamloopspro-life@gmail.com](mailto:kamloopspro-life@gmail.com). Applicants should begin their volunteering now.



**POPE'S PRAYER INTENTIONS FOR THE MONTH OF FEBRUARY**  
**FOR RELIGIOUS SISTERS & CONSECRATED WOMEN ~** We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



**MARY'S PANTRY -** Our next collection date will be the weekend of February 12 & 13. Thank you in advance for your generosity.



*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. May the Lord grant them patient endurance.*





Diocese of Kamloops  
BISHOP'S OFFICE

Presentation of the Lord  
February 2, 2022

Dear Clergy, Religious and Faithful of the Diocese of Kamloops,

I am writing to update you regarding some recent changes to Orders and Recommendations of the Provincial Health Officer and Northern Health Authority and some changes we are making to permit accommodation for more of our parishioners.

As of January 20, 2022, the public health order for the Northern Health Region requiring vaccinations for those attending worship services has been rescinded. So, for Quesnel and Valemount, vaccinations are no longer required for attendance at Mass. They had not been required in the remainder of the Diocese.

Fifty percent seating capacity limits continue to be in place where all attendees and officiants are not fully vaccinated. With the exception, I note below, masks remain required as stated in my January 7, 2022 letter.

In order to accommodate those parishioners who validly meet the PHO exemptions concerning the wearing of masks, Parish Priests are permitted to designate one Sunday Mass (or anticipated Sunday Mass) to be held outdoors, or indoors, as a Mass which may be attended by those who validly meet the PHO exemptions. Anyone attending this designated Mass who does not validly meet the PHO exemptions must adhere to my directives concerning the wearing of masks.

All individuals attending a non-designated Sunday Mass (or non-designated anticipated Sunday Mass) must adhere to my directives concerning the wearing of masks.

I want to clarify that I do not interpret the most recent PHO orders to require that youth group leaders be fully vaccinated to lead worship services that are held at less than fifty percent seating capacity. This would include catechism, bible study, and prayer groups. This would not include activities that are social or sporting activities like a games night, basketball or other similar activity. The PHO orders require full vaccination for youth group leaders for those activities.

I recognize the fatigue that we feel regarding the restrictions on our gatherings and celebrations as a Catholic Community. But, as Catholics, we are not unfamiliar with the need for sacrifice. These small sacrifices are required in order that we can help each other, our clergy and our staff stay as safe as we can.

I, again, ask for your patience, understanding, compassion, and respect for each other as we navigate through this challenging time.

I ask that we all look for ways that our challenges and sacrifices can bring us together as a diocesan family.

With prayer,

+ Joseph Phuong Nguyen  
Bishop of Kamloops