



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

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 27, 2022 ~ YEAR C
8TH SUNDAY IN ORDINARY TIME**

*Reflection: "From What is in the Heart,
the Mouth Speaks."*

8TH SUNDAY IN ORDINARY TIME - THE HEART SPEAKS

"From the fullness of the heart the mouth speaks." What we say reveals so much about who we are. It discloses what is really going on within us: our integrity, priorities, depth of conscience, level of compassion and understanding of mercy. People whose speech is judgmental or overly critical usually reveal an interior life that is angry, unsettled, defensive, and shallow. Our speech communicates our sense of right and wrong, the strength of our relationship with God and how we feel about our fellow human beings. We are also quick to point out the faults of others, concentrating on their shortcomings and wrongdoings before our own. Only God fully understands what is going on inside the human heart. Only God can see the depth of a human soul. Perhaps it would do us well to consider what may be happening inside our brothers and sisters and temper our critical speech of what we see occurring outside. Looking within will also help us identify our own sins and weakness so that we can be better positioned to offer the type of wisdom and compassionate guidance that can really be of help to our friends.

st-pius-x-church ©LPI

The Month of March is dedicated to St. Joseph.

**ASH WEDNESDAY MASS SCHEDULE
MARCH 2ND - 7:30 A.M. AND 6:00 P.M.
ADORATION AND CONFESSION ARE CANCELLED
FOR THIS WEDNESDAY.**



Ash Wednesday is a day of fast and abstinence. On Ash Wednesday and Good Friday, all Catholics between the ages of 18 and 59 are bound by the rule of fasting. This means consuming only one full meal on those days. Two smaller meals are permitted, as necessary, to maintain strength according to one's needs, but eating solid food between meals is not permitted, unless a small amount of food is needed for taking medications. **Abstinence from meat is observed on Ash Wednesday, Good Friday, and all of the Fridays during Lent by all Catholics 14 years of age and older.**

Fasting and abstinence are intended to be penitential in nature - a sacrificial action in atonement for sin. Fasting and abstinence also enables us, in some small way, to stand in solidarity with the poor throughout the world for whom hunger is a daily reality.

LENT IS A 40 DAY SEASON of prayer, fasting, and almsgiving that begins on Ash Wednesday, March 2, and ends at sundown on Holy Thursday, April 14. During Lent, we seek the Lord with increased prayer (e.g. Stations of the Cross, Daily Mass); we practice self control through fasting (giving up for self to give those in need); and we serve by giving alms.

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!

**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).

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

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.



"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

PRAYER FOR THE SYNOD Please include this regularly in your prayers for groups discussing the material.

We stand before You, Holy Spirit,
as we gather together in Your name.

With You alone to guide us,
make Yourself at home in our hearts;

Teach us the way we must go
and how we are to pursue it.

We are weak and sinful;
do not let us promote disorder.

Do not let ignorance lead us down the wrong
path nor partiality influence our actions.

Let us find in You our unity so that we may
journey together to eternal life and not stray
from the way of truth and what is right.

All this we ask of You, who are at work in every
place and time, in the communion of the Father
and the Son, forever and ever. Amen.

*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.*



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>



**WORLD DAY OF PRAYER KAMLOOPS 2022
ENGLAND, WALES AND NORTHERN IRELAND**

Online

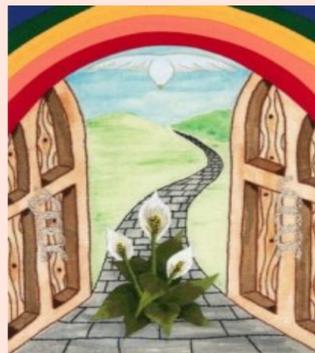
All videos and resources
available

Friday, March 4th, 2022

at

kamloopssalvationarmy.ca

For more information
call 250-579-9412



In-Person

Friday, March 4th, 2022

1 pm @ Sacred Heart
Cathedral
255 Nicola St.

COVID restrictions in place

Live-streamed at rcdk.org
(under events)

For more information
call 250-314-6779

*"I Know the Plans
I Have for You"*



**Women's Inter-Church Council of Canada
Conseil œcuménique des chrétiennes du Canada**

THURSDAY FAMILY TAKE HOME DINNERS

The menu for this coming **THURSDAY, MARCH 3RD** is:
ROAST BEEF SERVED WITH ROASTED POTATOES, YORKSHIRE PUDDING, GREEN BEANS 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: <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!

MASS FOR DIOCESAN CLERGY (LIVE-STREAMED) SUNDAY MARCH 6, 2022 AT 1:00 PM SACRED HEART CATHEDRAL



All members of Kamloops Diocese are invited to join in celebration of the Eucharist to support and pray for the intentions of our Bishop, Most Reverend Joseph Nguyen, and each of our priests in the Diocese. This Mass will be live-streamed at: www.youtube.com/channel/UC4LMk5KyHYfXYPcEehgPDO and is offered by Kamloops District Knights of Columbus.



LINKS - ASCENSION VIDEOS - For Ash Wednesday and Stations of the Cross, Fridays. See length of each videos below (mins/secs)

Ash Wednesday - 16:46 [What Do You Want This Lent? | Ash Wednesday - YouTube](#)

Stations of the Cross - 29:12 [Pray the Stations of the Cross with Fr. Mark Toups - YouTube](#)

POPE'S PRAYER INTENTIONS FOR THE MONTH OF MARCH

FOR A CHRISTIAN RESPONSE TO BIOETHICAL CHALLENGES ~ We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.



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



PREPARING FOR LENT

Ash Wednesday, which starts the Lenten season, is on **MARCH 2ND**.

It is worth thinking now about our "spiritual game plan" for Lent and what we will give up and take up to prepare for the celebration of Easter. Lent provides us a time of intense spiritual training as we build habits that lead us away from sin and closer to God. Our disciplines focus around the 3 pillars of the Lenten season - *prayer, fasting, and almsgiving*. In the next week, you are encouraged to pray and discern where in your life you need to grow or change. Pray and ask God to enlighten your mind and heart to what you should do for Lent. God may not answer you immediately or give you an obvious answer. But He may shine a light on an area of your life that He wants you to focus on.

Ideas for Prayer

- ✦ Spend one hour in Adoration per week.
- ✦ Pray at least two decades of the Rosary a day.
- ✦ Prayerfully read over the Sunday Gospel passage.
- ✦ Pray the Liturgy of the Hours.
- ✦ Pray the Stations of the Cross here at the Church on Fridays at 7 pm

Ideas for Fasting

- ✦ Refrain from listening to music in the car.
- ✦ Fast from dessert if you have a sweet tooth.
- ✦ Fast from snacking in between meals.
- ✦ Fast from television and read a spiritual book instead.
- ✦ Fast on Wednesdays and/or Fridays.
- ✦ Fast from using your phone, except for calls and necessary texts.

Ideas for Almsgiving

- ✦ Give away unused clothes.
- ✦ Make a generous offering to a pregnancy resource center, Catholic missionary organization or SVDP.
- ✦ Give of your time by calling the sick/lonely.

In preparing yourself for Lent, remember to set yourself up for success. You don't have to have big plans. You can, if that is where God leads you, but a successful Lent is measured by how close you are to God and how often we turn our minds and hearts to Him.

www.sfxparish.com



OUR NEXT LADIES LUNCHEON will be held at **CHANCES CASINO, 1250 HALSTON AVENUE, ON MONDAY, MARCH 7TH AT 11:30 AM.** Great fellowship and food! All ladies of the

parish are welcome! Covid Protocols are in place. FMI or a ride please call Gemma at 250-376-3530.

**SERRA CLUB of KAMLOOPS DIOCESE
BENEFITS OF EUCHARISTIC ADORATION!**



**#54. Perpetual Adoration
extends its influence beyond
the individual adorers, touching
their homes and families and
reaching out to the parish com-
munity and beyond. (Pope Paul VI)**



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

**PRAYER OF INVOCATION TO
OUR LADY OF ALL NATIONS**

Lord Jesus Christ, Son of the Father,
send now Your Spirit over the earth.

Let the Holy Spirit live in the hearts
of all nations

that they may be preserved from degeneration,
disasters and the ravages of war.

May Our Lady of all Nations,
the Blessed Virgin Mary, be our advocate.

**Blessed Mother, Queen of Peace,
pray for the people of Ukraine. Amen.**

This prayer is adapted from CrownMary.com

*We extend our heartfelt sympathy and
prayers to the family of **Patrick
Belanger**. May Patrick share in the
gift and promise of eternal life and
may God's comfort and peace be with
his family in their time of grief.*



**SERRA CLUB OF KAMLOOPS DIOCESE
VOCATION PLACE**



Serra Club of Kamloops Diocese ...
What do we do?

The Serra Club of the Kamloops Diocese is part
of an international organization promoting and
supporting future and existing vocations with
the approval of His Excellency Bishop Joseph
Nguyen. Serrans are lay Catholics - men and
women of all ages and from all walks of life. We
all share the same dedication to promoting and
fostering vocations. We, as a club sponsor
programs, dinners, retreats, support altar
servers and generally promote and support
vocations in any way we can.

We are always accepting new members with
involvement ranging from volunteering, sharing
ideas, or simply praying for vocations and our
existing Clergy and Religious: all worthwhile
endeavors in promoting and fostering vocations.
If you would like more information contact Cath-
erine cmcgovern@serrakamloops.ca and check
back here at Vocation Place to keep up to date
on what we are doing.

The Kingdom of heaven is like a mustard seed. -Mt 13:31



**STATIONS OF THE
CROSS WILL BE HELD
IN THE CHURCH EVERY
FRIDAY AT 7:00 PM.
MARCH 4 TO APRIL 8.**

fast from feast on

- Fast from judging others
- Fast from emphasis on differences
- Fast from despair
- Fast from thoughts of illness
- Fast from words that destroy and pollute
- Fast from discontent
- Fast from anger
- Fast from being negative
- Fast from pessimism
- Fast from worry
- Fast from complaining
- Fast from hostility
- Fast from bitterness
- Fast from constant activity
- Fast from disrespect
- Fast from lethargy and boredom
- Feast on seeing the best in people
- Feast on the unity of life
- Feast on hope
- Feast on the healing power of God
- Feast on words that build and encourage
- Feast on gratitude
- Feast on patience
- Feast on being positive
- Feast on optimism
- Feast on trust
- Feast on appreciation
- Feast on peacemaking and non-violence
- Feast on forgiveness
- Feast on slowing down
- Feast on recognizing the sacred in all life
- Feast on enthusiasm

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 28 - MARCH 06, 2022		
MONDAY	7:30 AM	+ Czelawa Pel
TUESDAY	7:30 AM	+ Arturo Bittante
WEDNESDAY	7:30 AM	+ Guiseppe Innocenti
ASH WEDNESDAY		
WEDNESDAY	6:00 PM	+ All Souls in Purgatory
ASH WEDNESDAY		
THURSDAY	7:30 AM	Intentions of Nick DeCicco
FRIDAY	7:30 AM	+ Eugenio Caputo
WORLD DAY OF PRAYER		
SATURDAY	PRIVATE	+ Keith Fuergutz
SATURDAY	5:00 PM	Intentions OLPH Parishioners
1ST SUNDAY OF LENT		
SUNDAY	8:30 AM	+ Francesco Fiorentino
1ST SUNDAY OF LENT		
SUNDAY	10:30 AM	+ Lee Mapplebeck
1ST SUNDAY OF LENT		

COLLECTION FEBRUARY 20: Envelopes \$1,949.00; Loose \$145.00; EFT 650.00; **PAD - FEBRUARY** \$8,768.55; Stole Offering (Funerals) \$450.00; Vigil Lights & Candles \$86.40; Holy Childhood \$15.00;

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.





**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/>

"A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit."
(LUKE 6:43)

STEWARDSHIP

Time * Talent * Treasure

Are you using your gifts in the way God intended? Have you asked God how He would like you to use them? Do you compare yourself to others and complain about what you don't have instead of being thankful for what you do have? God gives each of us unique gifts and a unique plan. Listen to how God is calling you to use your gifts, to bear good fruit, for the glory of His name.

"Lord, it is good to give thanks to you."

Psalm 92



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 kamloopsprolife@gmail.com.



Holy Moments With Deacon Paul Murphy OLPH Parish Lenten Retreat

**WEEKEND MASSES ON MARCH 26/27TH
MONDAY, MARCH 28TH AT 7:00-8:15 PM
TUESDAY, MARCH 29TH AT 6:30 PM
RECONCILIATION TO FOLLOW**

**FOR THOSE UNABLE TO ATTEND,
THIS RETREAT WILL BE LIVESTREAMED
ON OUR PARISH YOUTUBE PAGE**

**ALL COVID PROTOCOLS WILL BE
FOLLOWED FOR THIS PARISH RETREAT**



**Statement of the Executive Committee
of the Canadian Conference of Catholic Bishops
on the Russian Invasion of Ukraine**

The Executive Committee of the Canadian Conference of Catholic Bishops (CCCBC) condemns the escalation of tensions and violence in the Ukraine marked by Russia's invasion, which was seen today, Thursday, 24 February 2022, in the form of militarization and bombing in various Ukrainian cities.

In solidarity with the Head of the Ukrainian Catholic Church, His Beatitude Sviatoslav Shevchuk, in unison with Ecumenical Patriarch Bartholomew, with the people of Ukraine as well as with Canadians of Ukrainian origin and descent, we encourage the faithful and all people of good will to pray for the imminent restoration of peace, dialogue, and human fraternity.

Conscious of the regrettable lessons about violence which we have all learned throughout human history, we implore all involved to pursue non-violent means to resolve disputes and disagreements. The use of military force does not favour dialogue and peace; rather, it endangers innocent human life, the dignity of the human person and the security and safety of all the people caught up in this conflict.

Jesus came to bring the gift of peace, and it is through Him that new pathways of dialogue can be opened, even when all other avenues appear closed. With Pope Francis, who has entrusted this situation to the intercession of Mary, the Mother of God, we ask Our Lady, through her powerful intercession, to open hearts so that anger, resentment, and division may start to be healed and that any further escalation of unnecessary violence may be avoided.

Thursday, 24 February 2022