



OUR LADY OF

PERPETUAL HELP PARISH

635 Tranquille Road Kamloops, BC V2B 3H5

Pastor: Fr. Rajesh Madtha, OCD

In Residence: Fr. Rudolf D'Souza, 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

MASS TIMES

Sunday:

Saturday 5:00 PM

Sunday 8:30 AM

10:30 AM

Week Day:

Monday-Friday 7:30 AM

SACRAMENT OF

RECONCILIATION:

Monday-Friday 7:00-7:30 AM

Wednesday 8:00 - 8:45 AM

Saturday 3:30 - 4:30 PM

ADORATION OF THE

BLESSED SACRAMENT:

Wednesday 8 - 8:45 AM

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.

A WARM WELCOME TO GUESTS AND VISITORS
We're happy you're here!

JANUARY 28 2024 ~ YEAR B
4th SUNDAY OF ORDINARY TIME
REFLECTION: "He Commands Even the Unclean Spirits."

4TH SUNDAY IN ORDINARY TIME - HE SPEAKS WITH AUTHORITY

The common theme of today's readings is Divine authority as exercised in this world by the prophets of the Old Testament in their messages, by the Apostles (including St. Paul), in their writings and teaching in the New Testament, and by Jesus in his teaching and healing ministry.

Mark describes one sample Sabbath day of Jesus' public life. Jesus joins in public worship in the synagogue as a practicing Jew, heals the sick, drives out evil spirits and prays privately. People immediately noticed that Jesus spoke with authority and healed with Divine power. Jesus explained the Scriptures with complete confidence, and when questioned by people, he answered with authority. Jesus used his real (authentic) Divine authority to teach, empower, liberate, and heal others.

The evil spirit mentioned in today's Gospel recognized Jesus as the Messiah and acknowledged him as such. Jesus commanded the evil spirit harshly, using strong words and tones: "Be quiet! Come out of him!" This was another reason Jesus developed a reputation for speaking with authority.

Jesus' authority brought blessings to people including healing and comfort. His authority possessed an irresistible power that drew people, not through manipulation, but simply by the person that he was and the gifts that he gave. Good stewards reveal the power and authority of Christ through the words they use and deeds they perform every day. At times their stewardship leaves them open to ridicule and scorn. But having the courage to imitate Jesus invites others to imagine a different world. What can we do this week to reveal Christ's authoritative presence in the world?

www.stjohnboscoparishbrockville.com/

WORLD DAY FOR CONSECRATED LIFE - FEBRUARY 2 - The purpose of the day is "to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord" St. John Paul II, 1997



COUNTDOWN TO LENT - Ash Wednesday is approaching! This year Lent begins on February 14, 2024. Lent is a time for every person to assess where she or he stands before God - a time to take a step back and recognize who we truly are and who God has called us to be by virtue of our Baptism. Let us take this time, for penance and repentance, for almsgiving and prayer, for working to change attitudes that are not pleasing to God.

Catholic Schools Week ~ occurs at OLPH School the week of **February 4th - 9th!** The theme this year for Catholic schools week is: **United in Faith and Community!** OLPH students will be taking part in various activities in celebration of this fantastic week, starting with the **10:30 am Mass** on **Sunday February 4th** at OLPH Parish, followed by a pancake breakfast in the Parish Centre.



Catholic Schools
United in Faith and Community



PLEASE NOTE - UNTIL FURTHER NOTICE, SATURDAY CONFESSIONS WILL BE HELD FROM 3:30 PM - 4:30 PM.



The CWL February meeting has been moved to February 7th as Ash Wednesday falls on our regular meeting date.

Clare Cyr & Cynthia Ndubueze Baby Shower

You are invited:

Wednesday Feb. 7th, 2024

Doors open 6:30pm

Spiritual Program, short meeting & baby shower at 7:00 pm

at the OLPH Parish hall



Let's shower our moms-to-be with love, laughter and practical gifts

Children are a gift from the Lord. Psalm 127:3



OUR NEXT LADIES LUNCHEON will be held at **THE HALSTON DINER 1271 SALISH ROAD ON TUESDAY FEBRUARY 6TH AT 11:30 AM.** Come for great fellowship and food! All ladies of the parish are welcome! FMI or a ride please call Gemma at 250-376-3530.

mass + catechesis
TUESDAYS

Teach us O Lord!

Join us on Tuesday evenings
at Holy Family.
Mass at 6pm,
followed by Catechesis + discussion.

We welcome everyone to attend and encounter our Lord both individually and as a community!

Tuesday, January 30th topic - Sacred Scripture, Tradition + Magisterium



MESSAGE FROM FATHER RAJESH ~ I got home safely and the flight was fine. Now I spend time with my parents and take care of them. The weather is good here, partly cloudy today, but still 21+.

Please convey my best wishes and blessings to everyone. I am continually praying for my parishioners. May the Lord Jesus bless and protect us all. Please keep Fr. Rajesh and all of our priests in your prayers.

THIS WEEK ON FORMED

Week of January 28, 2024



A Bible Study on the Joyful Mysteries: The Presentation
What is the importance of the Presentation of Jesus in the Temple? Join Dr. James Prothro and Dr. Ben Akers as they unpack this great mystery and how it can apply to your spiritual life.



Exorcisms: What Catholics Need to Know | Chris Stefanick Show
Scripture says, "Be sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith." In other words, the Christian life involves spiritual combat. But a lot of Catholics aren't really familiar with this idea. So to start unpacking it, we're talking to Fr. Chad Ripperger, an exorcist priest.



Saint John Bosco: Mission to Love
Flavio Insinna gives a winning performance as John Bosco, the great priest and educator of youth. Beautifully filmed in Italy, this epic movie dramatizes the many challenges that he had to overcome from his childhood all the way to founding his religious order.



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1. Visit FORMED.org
2. Click Sign Up as a Parishioner
3. Find our parish by name (Enter "Kamloops" BC)
4. Enter your email and you're in!



KEEP YOUR INFORMATION UP TO DATE!

We will be sending out year-end donation tax receipts soon. Help us make sure you get yours! If you have changed your phone number, email, or address, please remember to update your information with the parish office. 250-376-5541 or olphkamloops@shaw.ca.

WORDS FROM OUR SECONDARY PATRON, ST. JOHN VIANNEY

"My children, the three acts of: faith, hope and charity contain all the happiness of man upon the earth."





Children's Liturgy
of the **Word**

CHILDREN'S LITURGY of the WORD will be offered **Every SUNDAY DURING THE 10:30 AM MASS.** Please bring your children so they can participate. We look forward to having your children join us.



Please Join Us At The First

St. Ann's Academy Homecoming

Saturday, February, 10th 2024

Doors Open at 6:30 pm
and Dance to follow
Silent auction and 50/50

St. Ann's Academy Gymnasium
205 Columbia St, Kamloops, B.C.

\$50 per person (19+ only)

Scan the QR Code to reserve your tickets:



We extend our heartfelt sympathy and prayers to the family of **John DeCicco**. Please keep John in your prayers, and may God's comfort and peace be with his family in their time of grief.



Funeral Mass will be celebrated at Sacred Heart Cathedral on Wednesday January 31st at 11:00 am.

May his soul and the souls of all the faithful departed rest in peace.



AN EVENING OF MUSIC ~ The Knights of Columbus invite you to enjoy the music stylings of Brian Bouthillier on **Friday, February 2nd** in the Bishop Harrington Room at the OLPH Parish Centre. Doors open at 6:30 pm and Brian will be playing from 7:00 pm - 9:00 pm. By Donation.



PASTORAL ASSISTANT

Sacred Heart Cathedral is looking for a committed, practicing, and dynamic Catholic to come to work for us as a Pastoral Assistant. This newly created role provides administrative assistance to the Pastor to carry out various duties as assigned to ensure the smooth functioning of various parish ministries and programs. Preference will be given to candidates who demonstrate:

- Proficient knowledge of Church teaching and doctrine and the ability to articulate these truths to others in a succinct and compelling way.
- Organizational skills, proficiency in Word, Excel, PowerPoint; detail oriented with strong project management skills to organize people to fulfil the mission of the parish through its various programs and outreach; superior tact and diplomacy in dealing with people and groups.
- Demonstrated experience in public speaking; ideally some formal teaching experience.
- Proficient in leading RCIA and sacramental preparation and hospital ministry.
- Flexible work hours that require weekend and some evenings.

For further information and a detailed job description, please contact the Parish office at cathedral@rcdk.org

There will be a **VOCATION LIVE-IN** on the weekend of February 10 -11 at the Seminary of Christ the King in Mission, BC. Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information phone 604-826-8975 or email rector.minors@sck.ca



Rachel's Corner

"I finally admitted to what I did, faced it and feel forgiven. I was able to honor the life of my children and have peace knowing they are with God." - testimonial

Join the men & women on a Rachel's Vineyard © Retreat. Let that burden go and let God give you the peace you may have known you needed yet weren't sure how to find it. Honor your children by getting the healing you need.

www.rachelsvineyardkamloops.org
rvkamloops@yahoo.ca 250-267-5081

"Jesus entered the synagogue and taught." ~ Mark 1.21




PANCAKE BREAKFAST - Please join the Knights and CWL after both morning Masses **this SUNDAY, JANUARY 28TH**, for one of our delicious Pancake, scrambled egg and sausage breakfasts.

Donations of \$5.00 per person or \$15.00 per family will be gratefully accepted. All donations go towards CWL and Knights of Columbus projects.

MASS INTENTIONS There is one scheduled mass per week day per Priest. 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.

JANUARY 29 - FEBRUARY 04, 2024		
MONDAY	7:30 AM	+ Inacia DeJesus Rodrigues
TUESDAY	7:30 AM	+ Salvatore Tomasello
WEDNESDAY	7:30 AM	+ Mario Renzullo
<i>St. JOHN BOSCO, PRIEST</i>		
THURSDAY	7:30 AM	+ Pasquale & Elvira Spina
FRIDAY	7:30 AM	Intentions Marilou Flores
<i>THE PRESENTATION OF THE LORD</i>		
SATURDAY	5:00 PM	Intentions of OLPH Parishioners
<i>5TH SUNDAY IN ORDINARY TIME</i>		
SUNDAY	8:30 AM	Intentions of OLPH Parishioners
<i>5TH SUNDAY IN ORDINARY TIME</i>		
SUNDAY	10:30 AM	Intentions of OLPH Parishioners
<i>5TH SUNDAY IN ORDINARY TIME</i>		

COLLECTION JANUARY 21: Envelopes \$1,745.75; Loose \$470.25; EFT \$438.00; Vigil Lights \$99.10; Stole Offering - Funeral \$200.00; Funeral Reception \$350.00; Room Rental \$234.00; 70th Anniversary \$580.00; Holy Childhood \$35.00;

 **PLEASE NOTE THAT WEDNESDAY ADORATION & CONFESSION HAVE BEEN CANCELLED UNTIL FR. RAJESH RETURNS.**

“Brothers and sisters: I should like you to be free of anxieties.” - 1 CORINTHIANS 7:32



How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this - use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

WEEKLY PRAYER OF THE FAITHFUL

That we may open our hearts to receive more fully all of God's simple and abundant blessings.

The Month of February is dedicated to The Holy Family



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

OLPH ELEMENTARY SCHOOL

PRINCIPAL: Mr. Brent Arsenault
WEBSITE: www.olphschool.ca
PHONE: 250-376-2343, Local 101 **FAX:** 250-376-2361



KNIGHTS OF COLUMBUS COUNCIL 8132

Catholic - Family - Fraternity - Service
Meetings held in the OLPH Parish Centre
General Meeting - 2nd Thursday of the month, 7:00 pm
Explore your interest in joining the Knights
Contact: Peter Pel - 250-554-4612
Join online at: kofc.org/joinus

COMMITTEES

FINANCE COMMITTEE: Regena Cameron; Brent MacLeod, Yvonne Pereira, Rafael Santos, Ralph Sherbo

PARISH PASTORAL COUNCIL: Brian Bouthiller, Tony Bradwell, Alicia Bruneau, Nathan Bruneau, Clare Cyr, Cathy Garay, Clem LaSaga, Wendy Nordick, Peter Pel, Judy Robinson, Ralph Sherbo, Greg Sykes, and Beth Watling.



MARY'S PANTRY - Thank you for your kindness in sharing food and feeding hope! Our next collection date is the weekend of February 10 / 11. **MARY'S PANTRY COLLECTION DATES FOR 2024:** Jan 13/14; Feb 10/11; March 9/10; April 13/14; May 11/12; June 8/9; July 13/14; August 10/11; Sep. 7/8; Oct. 12/13; Nov. 9/10; Dec. 7/8.

SOCIETY OF ST. VINCENT DE PAUL hosts a Seniors luncheon weekly on **THURSDAYS FROM 11:30 AM TO 1:00 PM.** Join us for soup and a sandwich. We are located at 168 Briar Avenue in Kamloops. All seniors welcome!

EL SHADDAI DWX1 CATHOLIC CHARISMATIC PRAYER GROUP
 Meets Sundays 12:00 - 2:00 pm
 In OLPH Church Basement
 FMI, contact Beth - 250-318-3783; Aida - 250-376-0523; Lilia - 250-819-1801 or Rowena - 250-574-7803



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

POPE'S PRAYER INTENTIONS FOR THE MONTH OF FEBRUARY
FOR THE TERMINALLY ILL ~ We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



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/>