



**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!

**FEBRUARY 11, 2024 ~ YEAR B**  
**6th SUNDAY OF ORDINARY TIME**  
**REFLECTION: "Jesus Stretched Out His Hand and Touched Him, and Said ...'Be Made Clean'"**

**6TH SUNDAY IN ORDINARY TIME - GRATITUDE**

In his Message for Lent this year, Pope Francis invites us into the desert. He wrote: "Let us welcome Lent as the great season in which he reminds us: 'I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery' (Ex 20:2). Lent is a season of conversion, a time of freedom. Jesus himself, as we recall each year on the first Sunday of Lent, was driven into the desert by the Spirit in order to be tempted in freedom. For forty days, he will stand before us and with us: the incarnate Son. Unlike Pharaoh, God does not want subjects, but sons and daughters. The desert is the place where our freedom can mature in a personal decision not to fall back into slavery".

This Wednesday is Ash Wednesday, the beginning of Lent. May it be a time of rediscovering our freedom from sin and death in Jesus.

[www.stbensnd.org](http://www.stbensnd.org)

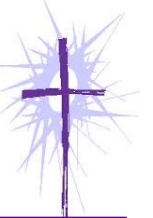
**COUNTDOWN TO LENT - THIS WEDNESDAY, FEBRUARY 14TH IS ASH WEDNESDAY!**

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.



**Ash Wednesday Mass Schedule:** 7:30 am  
(School Mass) 9:00 am  
6:00 pm

Join us for **STATIONS OF THE CROSS**, beginning Friday February 16th and every Friday during Lent at 7:00 pm



**OLPH PARISH LENTEN RETREAT** with Deacon Paul Murphy. More information in future bulletins.



The Serra Club of the Kamloops Diocese will be hosting its annual AGM on March 9th, 2024 at Sacred Heart Cathedral beginning with Mass at 9am. Following Mass there will be a meeting and a meal downstairs. Everyone is welcome to attend. Please RSVP to Albert Leduc at [albertleduc@hotmail.com](mailto:albertleduc@hotmail.com) if you are planning to attend.



Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics ages 14 & older are to abstain from meat on all Fridays in Lent.



**SUPPORT FOR CATHOLIC SCHOOLS IN THE DIOCESE**  
**2<sup>ND</sup> COLLECTION FEBRUARY 10-11**

This second collection will be taken up at all Masses this weekend February 10-11. The support most recently has gone toward the procurement of a Christian Education curriculum for use in our schools. 'Growing in Faith Growing in Christ' is a set of digital resources for use in our K-8 classrooms and include resources for lesson plans, videos and interactive content and resources for music ministry. Your support of Catholic Schools has made this possible. Thank you.



**CATECHESIS AT HOLY FAMILY PARISH**

Every Tuesday starting with Mass at 6:00 pm, followed by Catechesis and discussion. We welcome everyone to attend and encounter our Lord both individually and as a community!

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



*Funeral Mass will be celebrated on Saturday, February 10th at 11:00 am.*



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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!

**WORLD DAY OF THE SICK - February 11, 2024**

The Ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

"Loving God, you created us with the capacity to heal, to restore and to offer peace through our role in Catholic health care ministry. Help us to be signs of love and compassion in the world today - honoring every person we meet who is in need of healing. When our burdens are heavy, renew us, remind us of the blessing of our calling and reawaken our commitment to the healing ministry. Amen."

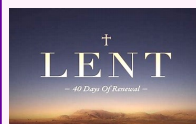
@chausa.org

11•02•2024

**WORLD DAY OF THE SICK**



It is not good that man should be alone



*Remembering Vocations in your Lenten Devotions*

**Meditation in the words of His Holiness, Pope Francis:**

"Dear friends, Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take." "Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share in full the joy of Easter."



**PRAYER, FASTING, AND ALMSGIVING**

- ✦ **Prayer, fasting, and almsgiving** are three forms of penance that help us to transform ourselves, strengthen our relationship with God, and serve others. (See CCC 1434)
- ✦ God is always seeking us and desires us to encounter Him. **Prayer** is the way in which we respond to God's gifts to us and develop a relationship with Him. (See CCC 2591)
- ✦ Observing the days of **fasting** and abstinence during the Church year is one of the precepts of the Church. **Fasting** helps us practice self-discipline and learn to control our instincts. It also helps to prepare us for the celebration of Easter. (see CCC 2043)
- ✦ **Almsgiving** is giving of our resources to the poor. We serve others both physically and spiritually. Giving alms is one of the most important ways to practice charity to others. (See CCC 2447)

**Forever Ambassadors of Christ Reflection for Ash Wednesday**

Has anyone ever asked you, "What is that on your forehead?" Each year on Ash Wednesday, we Catholics display a sign telling the world that we are followers of Christ, that we are sinful but hopeful in our redemption through the paschal mystery. The ashes remind us that we are in relationship with God, who sent his only Son to redeem humanity through the sacrifice on the cross. Throughout the Lenten season, as a community, we ask God for his guidance and mercy as we journey together to repentance and prepare to renew our faith at Easter. The season invites us to return to God with our whole hearts so that we may be not only one with him but also ambassadors for Christ in the world. The Lenten ethos is one of sacrifice, primarily God's sacrifice of Jesus for the salvation of humankind. Through our meager Lenten practices, we join in the sacrifice of Christ in the hope of sharing also in his resurrection. Jesus goes into the desert before he begins his public ministry to be alone with God as he readies himself for what is to come. Jesus put his complete trust in God. This season calls for a pause in our lives through prayer, fasting, and almsgiving so that we too may grow closer to God.

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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.

**ST JOHN VIANNEY** Parish is looking for a Secretary/Bookkeeper. The successful candidate will be responsible for administrative as well as bookkeeping duties for both 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)



**St. VINCENT DE PAUL** - Regular meeting will be held Tuesday February 20th at 11:00 am. Meetings are held in the basement of Holy Trinity Church at 109 Tranquille Road on the North Shore. All are encouraged to attend. Come for the donuts and help us to shape the future of St Vincent de Paul in Kamloops!

**PRO-LIFE \$1000 SCHOLARSHIP** - The completed application is due April 1st, 2024. Requirements - Grade 12 completion by June 2024 (or in previous years), essay, volunteering in pro-life/life-affirming activities, references, and acceptance by a post secondary institution in the fall of 2024.

Applicants should begin their volunteering now, if not before. For further details, and to access the application form, please email: [kamloopsprolife@gmail.com](mailto:kamloopsprolife@gmail.com)

The "**Little Black Book**" daily reflections for Lent are available at the entrance to the Church. By donation.

# DAYS OF REFLECTION AT HIS FEET

**ALL WOMEN ARE INVITED**

Friday, March 22 beginning at 7:00 pm  
Saturday, March 23<sup>rd</sup> at 8:00 am to 3:30 pm

Our Lady of Perpetual Help Parish Centre  
635 Tranquille Road, Kamloops, BC

**FOR MORE INFORMATION**  
Contact **Domenica Spina**  
[domenicaspina@yahoo.ca](mailto:domenicaspina@yahoo.ca)

**Mass and Adoration**  
Presenters: **Fr. Paul Simms,**  
**Christine Mason and Nancy Simms**  
Breakfast, Lunch and Coffee Breaks included



Event Sponsored By The Kamloops Diocesan Catholic Women's League of Canada



## 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](mailto:cathedral@rcdk.org)

## WORDS FROM OUR SECONDARY PATRON, ST. JOHN VIANNEY

*"An undertaking to be pleasing to God must have three conditions: It must be sincere, selfless and persevering."*



**INSPIRATION FOR THE WEEK** ~ It was pity that moved the heart of Jesus to heal the leper. He worked this miracle because the leper, in his faith, boldly asked him to. Have that same courage in approaching God with your needs. Have that same faith in His power to heal.

©LPI




The Father LeJeune 4th Degree Knights of Columbus Assembly will hold its monthly meeting on **THURSDAY FEBRUARY 15TH, AT 7:00 PM** in the OLPH Parish Centre Meeting Rooms.



**HOPEWELL CLINIC AND PREGNANCY CENTRE** is now launching their annual Baby Bottle Campaign. The campaign runs throughout Lent and wraps up on Easter Sunday. Bottles are available at the back of the Church. For more information visit their website at [www.hopewellkamloops.ca](http://www.hopewellkamloops.ca)



**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.

FEBRUARY 12 - FEBRUARY 18, 2024		
MONDAY	7:30 AM	+ Vincenzo Marino & Anna Cavaliere
TUESDAY	7:30 AM	+ Anthony Tomasello
 <b>ASH WEDNESDAY</b> <small>THURSDAY</small>	7:30 AM	+ Gerardo DiFonzo
	6:00 PM	+ Mike Horrocks
FRIDAY	7:30 AM	+ Members of Flores Family
SATURDAY	5:00 PM	Intentions of OLPH Parishioners
<i>1ST SUNDAY IN LENT</i>		
SUNDAY	8:30 AM	Intentions of OLPH Parishioners
<i>1ST SUNDAY IN LENT</i>		
SUNDAY	10:30 AM	Intentions of OLPH Parishioners
<i>1ST SUNDAY IN LENT</i>		


**COLLECTION FEBRUARY 04:** Envelopes \$2,514.00; Loose \$628.15; EFT \$797.00; Other Envelopes \$20.00; Vigil Lights \$97.00; Stole Offering - Funeral \$200.00; Funeral Reception \$450.00; Hall Rental \$800.00; Holy Childhood \$45.30;

**STEWARDSHIP**

Time • Talent • Treasure

The fate of a leper is a great tragedy at any time and place. In Jesus' time, lepers were considered condemned, part of the plagues God sent as punishment. They were cast out of society and abandoned.


Saint Mark's Gospel reveals the unthinkable. Jesus reaches out and touches a leper. He risks catching the contagious disease and heals the man. As the Gospel story teaches, no one is abandoned by Christ. Are there those in our society or in our personal lives for whom we ascribe no hope, who we have abandoned, treated like lepers? Or, as Christ's stewards of our sisters and brothers, do we risk reaching out and touching those who may seem to us to be "unclean" or not worthy of our time or attention?



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

*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 this weekend February 10 / 11, 2024.


**2023 DONATION TAX RECEIPTS**

are available for pick up on the table at the entrance to the Church. Please help save on postage and pick yours up today.



**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](http://www.ciskd.ca) under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>