

**FEBRUARY 25, 2024 ~ YEAR B
2ND SUNDAY OF LENT**

**REFLECTION: "There Appeared to Them
Elijah and Moses, who were
Talking with Jesus."**

**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

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:

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!

2ND SUNDAY OF LENT - God is For Us

"If God is for us, who can be against us?" This one line states in a nutshell what the other two readings teach in story form. Abraham experienced it when he was faithful in the darkest moment of his life (First Reading). The three apostles felt it when, in their doubt and embarrassment about the necessity of suffering in life, they enjoyed a moment of light and glory on the mountain (Gospel).

We, God's chosen ones, should find consolation and courage in these words when we pass through the valley of darkness, doubt, and mental suffering.

Saint Joseph Sunday Missal

"If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? It is God who acquits us. Who will condemn? Christ Jesus it is who died - or rather, was raised - who is also at the right hand of God, who indeed intercedes for us."

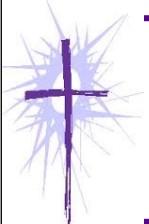
Saint Paul was trying to convince the first Christians in Rome of God's concern for them and the saving work of Jesus as redeemer. We become blasé recalling the saving work of Christ in our behalf but fail to respond today for what He did for us on Calvary. That is why we need Lent. With the chosen apostles on Tabor we are told to listen to God's beloved Son, and as we begin the second week of Lent, to see that I am alone with Jesus. What do I say and do?

<https://stleothegreat.com/>



**BEGINNING NEXT SATURDAY, MARCH 2ND, SATURDAY
CONFESSION TIME WILL RETURN TO
SATURDAY MORNINGS AT 10:00 - 11:00 AM.**

**OLPH PARISH LENTEN RETREAT ~ March 18, 19 &
20th** with Deacon Paul Murphy. More information in future bulletins, but for now put the date on your calendar.



Join us for **STATIONS OF THE CROSS** at **7:00 PM FRIDAYS** during Lent. **Friday March 1st** and **Friday March 22nd** **Stations of the Cross** will be following the 7:30 am Mass at **8:00 am.**

NOTE CHANGE OF TIME FOR THESE TWO FRIDAYS!



WEEKLY MEDITATIONS

**February 25, 2nd Sunday in
Lent**

"The more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of Heaven."

Bl. Carlo Acutis



CWL MEMBERSHIP: Have you paid your 2024 membership? Dues are \$45.00 for the year. Place your cheque or cash in an envelope marked for CWL and include your name. Drop in the Sunday collection basket or at the Parish Office.

CWL is hosting the **STATIONS OF THE CROSS** on Friday, February 23rd and Friday, March 8th at 7:00 PM. Are you interested in leading on one or both of these evenings?
FMI call Judy Robinson at 250-682-7932.



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!



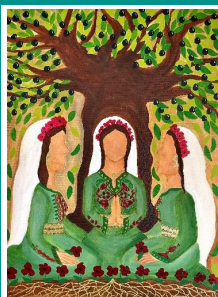
The Serra Club of the Kamloops Diocese will be hosting its annual AGM on **March 9th, 2024** at Sacred Heart Cathedral beginning with Mass at 9am. Following Mass there will be a meeting and a meal downstairs.

Everyone is welcome to attend. Please RSVP to Albert Leduc at albertleduc@hotmail.com if you are planning to attend.



Enjoy a free subscription to formed.org an incredible online gateway to the best Catholic content, all in one place. FORMED provides amazing content 24/7 for you to grow in your faith. It's FREE and EASY to Register!

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 PRAYER
FRIDAY MARCH 01, 2024**

Please join us for World Day of Prayer, a prayer movement that invites us to enrich our faith experience with the experience of Christians from other countries and cultures and to bring hope to women touched by injustice. The service was written by the World Day of Prayer Committee of Palestine.

"I Beg You... Bear With One Another in Love"

Ephesians 4:1-3 Artwork by Halima Aziz

Locations:- South Shore: Summit Drive Church (1975 Summit Drive) at 1:00 pm

North Shore: Our Lady of Perpetual Help Church (635 Tranquille Road) at 7:00 pm

This service is hosted by The Christian Churches of Kamloops. Everyone is welcome to join us for worship and fellowship.

The World Day of Prayer is coordinated by the Women's Inter-Church Council of Canada
47 Queen's Park Crescent East, Toronto, ON M5S 2C3
Tel: (416) 929-5184
E-mail: wicc@wicc.org;
Website: www.wicc.org www.facebook.com/WICCanada



Know Your Catholic Faith

PRAYER, FASTING, AND ALMSGIVING

- ✦ **PRAYER:** Try to set aside time each day for prayer. You can read the upcoming Gospel: pick an image and bring it to prayer. Can you attend Mass during the week? Try being more attentive during Mass on Sunday (come prepared, arrive early, listen to the words of Scripture and the prayers, sing the songs, etc.)
- ✦ **FASTING:** When you fast: fast for something. Let the hunger in your belly remind you of your need for God; let it lead you into prayer for those in the world who live without peace or shelter or food or love.
- ✦ **GIVING ALMS:** Lent isn't just about giving up; it's also about doing something positive for the Kingdom of God. Sacrificing one meal and giving its cost to the poor; donate time or funds to a local charity, etc.
- ✦ **SIMPLIFY LIFE:** each day clean out one cupboard/ closet. Get rid of the junk, donate extra sweaters & shoes that are never worn, etc. Let it remind you to let go of the extra baggage we carry: past hurts, unresolved issues; guilt, etc. (Going to confession is a great way to "clear out" those sins that have burdened us for years!)
- ✦ **WRITE A LETTER EVERY DAY:** or one a week, particularly to people you don't regularly communicate with - How about to a Resident in a Nursing Home?
- ✦ **CARRY A SMALL CROSS IN YOUR POCKET:** Let it remind you to pray; let it challenge you to love as Jesus loved. Write a reflection on "Standing at the Foot of the Cross." What do you see? What does standing at the foot of the cross mean in today's world?

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words ...and say kind words.
- Fast from sadness ...and be filled with gratitude.
- Fast from anger ...and be filled with patience.
- Fast from pessimism ...and be filled with hope.
- Fast from worries ...and have trust in God.
- Fast from complaints ...and contemplate simplicity.
- Fast from pressures ...and be prayerful.
- Fast from bitterness ...and fill your hearts with joy.
- Fast from selfishness ...and be compassionate to others.
- Fast from grudges ...and be reconciled.
- Fast from words ...and be silent so you can listen.

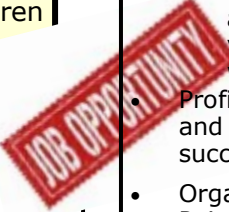


Children's Liturgy
of the **Word**

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



KNIGHTS OF COLUMBUS COUNCIL 1614
Sacred Heart Cathedral is hosting
LOBSTERMANIA 2024
SATURDAY MAY 25, 2024 at
OLPH Parish Centre.



Join us for a fun filled night of succulent Nova Scotian Lobster and dinner buffet. **Dance the night away** with live music by **'JERRY DE SOUZA and the MELODYMAKERS'** Get a group of friends, relatives or co-workers together and enjoy an East Coast Lobster evening. Tickets are \$80.00 each and are available from **Ed Barker 250-319-3331, Anthony Muzzillo 250-851-1111, Gary Mayhew 778-471-6100 and John Giddens 250-682-4600.**

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

DAYS OF REFLECTION AT HIS FEET

ALL WOMEN ARE INVITED

Friday, March 22 beginning at 7:00 pm
Saturday, March 23rd 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

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



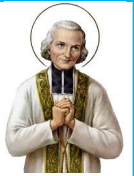
PASTORAL ASSISTANT

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, Power-Point; 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

WORDS FROM OUR SECONDARY PATRON, ST. JOHN VIANNEY



"In the soul which is united to God, it is always Spring."

INSPIRATION FOR THE WEEK ~ The Transfiguration left the disciples with more questions than answers. What had they just seen? What had they just heard? They were confused, but they trusted Jesus. Let's follow in their example, trusting in God's care as we journey deeper into Lent. ©LPI

Trust In The Lord!

HOPEWELL CLINIC AND PREGNANCY CENTRE

HOPEWELL Clinic + Pregnancy Centre is now launching their annual Baby Bottle Campaign. The campaign runs throughout Lent and wraps up on Easter Sunday.

Join the village of donors who help to ensure women have access to help through their pregnancy and into the early parenting years. There are 4 ways to donate: 1) Cash/Cheque Pick up a bottle at the Church and return it by Easter. 2) Credit Card www.hopewellkamloops.ca 3) E-transfer donate@hopewellkamloops.ca 4) Mail a cheque 429 Tranquille Road, Kamloops V2B 3G9. Your support will bring hope and healing to women and families in need.



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 26 - MARCH 03, 2024

MONDAY	7:30 AM	+ Danilo Covaceuszach
TUESDAY	7:30 AM	+ Arturo Bittante
<i>ST. GREGORY OF NAREK</i>		
WEDNESDAY	7:30 AM	+ Czelawa Pel
THURSDAY	7:30 AM	+ Belinda & Vittorio Zanella
FRIDAY	7:30 AM	+ Mary Henderson
<i>WORLD DAY OF PRAYER</i>		
SATURDAY	5:00 PM	Intentions of OLPH Parishioners
<i>3RD SUNDAY OF LENT</i>		
SUNDAY	8:30 AM	Intentions of OLPH Parishioners
<i>3RD SUNDAY OF LENT</i>		
SUNDAY	10:30 AM	Intentions of OLPH Parishioners
<i>3RD SUNDAY OF LENT</i>		

COLLECTION FEBRUARY 18: Envelopes 1,948.00; Loose \$354.95; EFT \$320.00; Other Envelopes \$85.00; Vigil Lights \$135.10; Holy Childhood \$33.30;

The Gospel story of the transfiguration of Jesus holds many lessons; the most prominent being the transformation of Jesus from simply being perceived as a wise and gifted prophet to the one who has fulfilled the sacred traditions of the Mosaic law and the hope of the prophets, the Messiah, the Christ. The Lord calls his stewards to participate in His redemptive activity. Heeding this call requires transformation, being willing to renounce patterns of behavior that draw us away from God. In this coming week of Lent, let us pray for the grace to be transformed, so that by our goodness and generosity, we may walk more authentically in the footsteps of Jesus.



We extend our heartfelt sympathy and prayers to the family of **Gordon Sperling**. Please keep **Gordon** 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 Friday March 1st at 11:00 am.

The Month of March is dedicated to St. Joseph



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; 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 March 9 & 10th.

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 MARCH

FOR THE NEW MARTYRS ~ We pray that those who risk their lives for the gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.



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/>