

# Sacred Heart Cathedral

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Diocese of Kamloops: Telephone: 376-3351 Website: [www.rcdk.org](http://www.rcdk.org)

Bishop of Kamloops: Most Rev. David Monroe

Rector: Rev. Derrick Cameron

Assistant: Rev. Vernantius Ononiwu

Office Hours: 9-12 noon & 1 – 5 Mon – Friday

Check out our website – weekly bulletin available online

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

## 16<sup>th</sup> Sunday in Ordinary Time – July 18, 2010

### MASS INTENTIONS THIS WEEK

Sat:	7:00 pm	People of the Parish	16 <sup>th</sup> Sunday in Ordinary Time
Sun:	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	
Mon:	7:15 am	in thanksgiving to St. Anthony	
	9:30 am	Mr. & Mrs. Albert Paul RIP	
Tues:	7:15 am	Santina Sartori Int	St. Apollinaris
	9:30 am	Powel family Int	
Wed:	7:15 am	Gillies family Int	St. Lawrence of Brindisi
	9:30 am	Deceased members of Iorio family	
Thurs:	7:15 am	Eleanore Faye Hoffman Int	St. Mary Magdalene
	9:30 am	Chantal Moreau RIP	
Fri:	7:15 am	Odile Daku RIP	St. Bridget
	9:30 am	Francesco & Rosina Fata RIP	
Sat:	7:15 am	Joyce & Larry Wyse Int	St. Sharbel Makhluף
	7:00 pm	People of the Parish	17 <sup>th</sup> Sunday in Ordinary Time
Sun:	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	

### THIS WEEK AT SACRED HEART CATHEDRAL

Wednesday:	10am-9pm	Adoration
Thursday:	7:00 pm	Legion of Mary
Friday:	3:00 pm	Divine Mercy

**Prayers for the Sick:** With permission from the person who needs prayers, names will be placed in the bulletin for up to a month, unless otherwise reported as doing well, and will continue for as long as necessary after the month if requested. We ask you to remember in your prayers: Maria Borges, Rupert Atzenberger, Ingmar Christianson, Tina Podorieszsch, Mike Hackett, Alex Kleklau, Debby McNutt, Laureen Storry, Angela Howe, Teresa Bruno, Sacha Weiler, Jane Winters, Jim Coughlan, Joanne Pierrot, Jack, Mr. Campos, Gus Stankoven, Joan Arens, Nadia Anselmo, Lucille Volk, Mother Claire, OCD – Prioress of the Carmel of Saint Joseph, Brent Farrar, Charlotte Bengart, Yvonne Douglas, Ruth McKay, the Harrison family, Carmen Vassallo, Mary Abate, Olivera Lambeta, Ella Lavery, Tony Volk, and Rolly Segovia. May the Lord comfort them in their time of need and bless those who care for them. **Please pray for the repose of the soul of Nellie Coughlan, the sister-in-law of Jim Coughlan, who passed away on July 11 in Ireland. May she rest in peace.**

**FOUNTAIN LAKE PILGRIMAGE** Come to the Seventeenth Annual Pilgrimage in Honour of our Blessed Mary. Fountain Lake, Lillooet, BC. August 13 - 15. Enjoy a quiet weekend of prayer, adoration, and silence. This year, we rejoice to give thanks to God, to be able to witness the renewal of vows of 50 years of Religious Profession by Sister Dorothy Bob SSA. For more information: Fr. Bob Haggarty, 250-256-4564 or Cecil & Debbie at 250-256-7644.

### Adoration

Holy Hour Monday to Friday  
7:45 to 9:15 am  
Adoration all day Wed 10:00 am to 9:00 pm

### Children's Liturgy

Sundays at 8:30 and 11:30 when  
leaders are available

### Confession Times

Saturday 4:00 – 5:00 pm  
Sunday 5:30 – 6:00 pm  
Wednesday 5:15-5:35 pm

### Divine Mercy

Fridays at 3:00 pm (10-Minute Devotion)

### Evening Prayer

Wednesdays at 5:00 pm

### First Friday Devotions to the Sacred Heart

The first Friday of the month during the morning Holy Hour at 8:15 am

### First Saturday Devotions

We will pray the Rosary in honour of Mary on the First Saturday of the month at 9:00 am with a Mass at 9:30 am

**On the second Friday of each month we have a Rosary for the victims of human trafficking at 7:00 pm.**

### Parish School

St. Ann's Academy - K to 12  
250-372-5452 Fax: 372-5257  
Web site: [www.stannsacademy.bc.ca](http://www.stannsacademy.bc.ca)

### Pregnant and need help?

Pregnancy Care Centre of Kamloops  
Shirley: 376-4646  
E-mail: [info@pregnancycarekamloops.com](mailto:info@pregnancycarekamloops.com)

### Need to strengthen your marriage?

Retrouvaille <http://www.retrouvaille.org/>  
(604) 530-6710

### Healing for those who have had an abortion

Please call Nancy at 250-267-5081 or email [rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca).

**The Legion of Mary will have its annual silent retreat at the Immaculate Heart of Mary Shrine, Cache Creek, on September 10th to 12th.** Registration will be Friday evening between 6 and 7 pm. The retreat is open to all active and auxiliary members, as well as members of the parish. The retreat master will be Archbishop Adam Exner. Cost is \$117.00. For more information, please call Rose at 250-374-4955.

**Fruit and Veggie Overload?** Donate to FoodShare! If you have fruit trees or vegetable gardens with unwanted produce, we will come and harvest it for you! All produce is immediately distributed to Kamloops residents in need. Call Amanda at 250-376-2252 to participate.

**The Kamloops Food Bank's annual Christmas in July campaign!** Hunger knows no season - with 2400 individuals accessing the food bank each month, your donations of funds, food or time are essential to ensuring we meet the demand. Contact Kari at 250-376-2252 to make a donation.

**The Society of Saint Vincent de Paul** is dedicated to helping those less fortunate. With essential care and guidance, struggling families and individuals can build self-confidence and positive opportunity. The Society of Saint Vincent de Paul helps people replace a sense of despair with a sense of dignity. The loonies and toonies you place in the poor box collection are put to work in our community. This means food for our clients – often single moms with children. Our focus is on emergency assistance to people who may suddenly find themselves in need. Our home visits provide assistance by way of food vouchers, clothing, and furniture, friendship and guidance. Our work is done with humility and respect for human dignity, while truly bearing witness to the love that God has for all people, especially those most in need. If you are interested in helping in any capacity please call 250-554-0050

**World Youth Day 2011 Fundraising - Bottle collection is ongoing.** For pick up at home - call Wendi 250-374-7679 or Michelle 250-374-3370.

**Sacred Heart School Williams Lake job postings:** For the 2010-2011 school year, we are seeking qualified teacher candidates for two primary classrooms, one full time (1.0 F.T.E) position and one part-time (0.4 FTE) position to commence in September, 2010. Preference will be given to candidates who possess: active membership in a Catholic parish, commitment to excellence in Catholic education, experience teaching primary students, experience teaching students with special needs To request an application, please contact the Superintendent of Schools, Kelly Tries, at [ciskdschools@telus.net](mailto:ciskdschools@telus.net) These positions will remain posted until filled.

**Join us for Parish Softball, and possibly other sporting activities, every Monday at McGowan Park in Sahali 9:30 – 11:00 until Sept 6. Bring bathing suits. The Water Park is free and available for all. FMI call Ron or Lane at 250-374-1940**

### ***Mass Readings for the week***

Monday, July 19, 2010 First Reading Micah 6:1-4, 6-8: Psalm 50:5-6, 8-9, 16-17, 21, 23 Gospel: Matthew 12:38-42  
Tuesday, July 20, 2010 St. Apollinaris First Reading: Micah 7:14-15, 18-20 Psalm 85:2-8 Gospel: Matthew 12:46-50  
Wednesday, July 21, 2010 St. Lawrence of Brindisi, Priest, Doctor of the Church (Feast)  
First Reading: Wisdom 8:9-16 or 2 Corinthians 5:14-21 Psalm 67:2-5, 7-8 Gospel: Luke 9:1-6  
Thursday, July 22, 2010 St. Mary Magdalene (Memorial) First Reading: Jeremiah 2:1-3, 7-8, 12-13 Psalm 36:6-11  
Gospel: John 20:1-2, 11-18  
Friday, July 23, 2010 St. Bridget First Reading: Jeremiah 3:14-17 Psalm: Jeremiah 31:10-13 Gospel: Matthew 13:18-23  
Saturday, July 24, 2010 St. Sharbel Makhluf First Reading: Jeremiah 7:1-11 Psalm 84:3-6, 8, 11: Gospel: Matthew 13:24-30  
Sunday, July 25, 2010 Seventeenth Sunday in Ordinary Time First Reading: Genesis 18:20-32 Psalm 138:1-3, 6-8  
Second Reading: Colossians 2:12-14 Gospel: Luke 11:1-13