

Sacred Heart Cathedral

255 Nicola Street, Kamloops BC V2C 2P3
Telephone: 250-372-2581 Fax: 250-372-2582

E-mail: office@sacredheartkamloops.org Website: www.sacredheartkamloops.org

St. Ann's Academy: Telephone: 372-5452 Website: www.stannsacademy.bc.ca

Diocese of Kamloops: Telephone: 376-3351 Website: www.rcdk.org

Bishop of Kamloops: Most Rev. David Monroe

Rector: Rev. Andrew L'Heureux

Assistant: Rev. Vincent Asomugha

Office: Lennie Heslop 8:00 am – 4:00 pm Monday to Friday (Lennie will be away until December 5th)



First Sunday of Advent - November 27

Mass Intentions

			First Sunday of Advent
Sat	7:00 pm	People of the Parish	
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	Int of Adelina Pirrodi	
	9:30 am	Int of Alex & Carmel Moroni	
	6:30 pm	Int of Joe & Shelly Candeloro	
Tues	7:15 am	Int of Rose Corea	
	9:30 am	Int of Cathy Annicchiarico	
	6:30 pm	Int of O'Neil family	
Wed	7:15 am	Int of Maria Pia O'Neil	St. Andrew
	9:30 am	Int of Bridgid & Greg Hall	
	6:30 pm	Int of Catherine & Adele Huculak	
Thurs	7:15 am	Int of Jim & Lyette Deitner	
	9:30 am	Int of Dely Habacon	
Fri	7:15 am	Int of Rod & Dani Schoof	
	9:30 am	Int of Rick & Kathy Dahl	
Sat	7:15 am	Int of Debbie Lehar	St. Francis Xavier
	9:30 am	Int of Eunice & Lyn Glazer	
	7:00 pm	People of the Parish	Second Sunday of Advent
Sun	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	

Come to the Advent Mission led by Fr Andrew L'Heureux Monday Nov. 28, Tuesday Nov 29, and Wednesday Nov 30. The theme is *God's plan for man and woman*. There will be Mass each evening at 6:30pm followed by the talks by Fr. Andrew. The Sacrament of Reconciliation will also be made available these evenings

We ask you to remember in your prayers: *Maria Borges, Rupert Atzenberger, Ingmar Christianson, Tina Podorieszach, Mike Hackett, Alex Kleklau, Laureen Storry, Angela Howe, Teresa Bruno, Mr. Campos, Gus Stankoven, Nadia Anselmo, Lucille Volk, Mary Abate, Olivera Lambeta, Lionel Borges, Tyson McLean, Veronica (Elsa) Cruz, Vivian Barrie, Alex Schuetz, Antonio Iadarola, Marcus, Moira Gadon, Lois Gagne, Bryce Kowalsky, Marty Beitel, Jen Condon, Thomas Sloney, Marlene Hiltz, Shipa Sultana, Gabrielle Cox, Patricia Szafranski, Cindy Heslop, Paulette Guillou, Roman, Hailey, Maddison, Luke Kernan and Sergio Bezze. May the Lord comfort them in their time of need and bless those who care for them.*

Ski Lovers – Mass will be celebrated at the Delta Hotel in Sun Peaks on Saturday's at 4:00 pm during the ski season.

Lay Enrichment with Fr Derrick Cameron: *Preparing for the Word Made Flesh* December 2 – 4 at the IHM Shrine. Registration forms are available online at www.rcdk.org

CWL Advent Dinner: Tuesday, December 6, 2011. Meet at the Most Holy Trinity Ukrainian

Adoration

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

Adult Education

Wednesdays at 7:00 pm

Bible Study

Thursdays at 8:00 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.

Catholic Women's League

General Mtg 1st Monday of Month
Exec Mtg, last Monday of Month
7:00 pm Sept – May

Knights of Columbus Gen. Mtg

2nd Tuesday of Month
Exec Mtg 1st Tuesday of Month
7:00 pm Sept – June

Legion of Mary Meeting

Wednesdays 1:00 pm

Light of God Prayer Group

Mondays at 7:30 pm

Little Flower Society

Second Wednesday of month 7:00

Rosary Making

Thursdays 1 – 3 pm

Catholic Church, 109 Tranquille Rd, at 5pm for a tour of the church and icons by Father Pavlo. The tour and visit of the church will be followed by dinner at Dynasty Garden 227 Tranquille Rd. Cost is \$20. To reserve your spot for the dinner please call Anne 250-374-8454 or Kathy 250-828-0098.

2012 CWL membership fees are being collected during November and December. Please note the 2012 fees have increased to \$30. Unfortunately the parish envelopes went to press before the change could be made. \$23 is the incorrect price for the membership fee of 2012. Sorry for the inconvenience.

Volunteers needed for Saint Vincent de Paul Thrift Store - Wednesday to Saturday - sorting clothes or working in the front serving customers and working the till at the Thrift Shop on Briar Ave. Please call the store at 554-0098 if you would be interested in volunteering any number of hours. It is very rewarding work.

Buy your 2011/2012 Entertainment Coupon Books for fun, food & fantastic rates. Many 2-for-1 offers and other bargains, which can be used from now until November 1, 2012. They make great gifts at only \$30 (I can also order books for any city you choose – great gifts – for example, Vancouver, Edmonton, or Calgary.) Please call Linda at 250-851- 8605 or email rlcameron@shaw.ca (Fundraiser for Kamloops Pro-Life Society)

OLPH Annual Pasta & Chicken Dinner, Dance & Auction: OLPH School invites you to mark your calendars for December 3rd to come join us for an evening of great food *Pasta, chicken and more...*, door prizes, silent auction, fun and dancing to live music provided by Frank Stofanik and friends. To reserve your tickets for this event please contact the school at 250-376-2343 or contact Anne at 250-376-7446. Tickets are \$30 per person.

Offering envelopes for 2012 are available at the church entrance. DO NOT USE these envelopes *until* 2012, and do not use 2011 envelopes in the New Year as the envelope numbers will not be the same. This is very important. If you have old envelopes left over use them as scrap paper, do not use them at church. If you did not receive a box of envelopes for the New Year but want one, please contact the parish office and one will be arranged for you immediately.

Tax Receipt reminder As a reminder to all parishioners, it is necessary that all Faith in Action payments be in the CHANCERY OFFICE for processing by December 31, 2011 so that parishioners can get a tax receipt for the year 2011. Payments must be dated no later than December 31, 2011 and deposited by the first banking day of 2012. If mailing payments, the envelopes must be post marked no later than December 31, 2011. Also, any Sunday Parish Donations to Sacred Heart Cathedral must be received by December 31 in order to be counted toward your 2011 tax receipt. If you plan to attend another parish, especially at Christmas, and you want to ensure that your donations will count toward your 2011 tax year in this parish, please make sure that you bring your donation directly to your Parish. Any donations received after December 31 will go toward the 2012 tax receipt.



CHRISTMAS STAMPS FROM CANADA POST: The 2011 Christmas commemorative stamps depict the story of Jesus' birth, as seen in the stained-glass windows of St. Mary's Cathedral in Kingston, ON. The domestic rate stamp shows the Angel appearing to Joseph. The U.S. rate stamp shows the Nativity Scene with baby Jesus, his mother Mary, and Mary's husband, Joseph with the International stamp depicting the Epiphany.

Jason Evert in Vernon – Sunday December 11 from 7-9pm at the St. James Parish Centre. There is no admission cost to attend! Internationally renowned youth speaker Jason Evert will be bringing his award presentation to St. James Vernon! Jason speaks internationally to over 100,000 teens and young adults each year, challenging them to embrace the virtue of chastity. He is the author of more than ten books, has been a frequent guest on various radio and television programs, and has earned numerous awards recognizing his success with teens.

Young Adult Advent Retreat, for married and single ages 17 – 35yrs. – December 16 – 18 at the Immaculate Heart of Mary Shrine and Centre. The theme is "Transformation: Weak Warriors and Damsels in Distress." Registration form online at www.rcdk.org

Catholic eSchool Network ASCEND Online is a Catholic home school option for the province of BC, providing registration & enrolment options and learning opportunities for home schoolers, blended learners, and distributed learners. For more information, visit www.ascendonline.ca .

Young Adults ages 18 – 35yrs Catholic Christian Outreach will be hosting their annual Christmas/New Years conference in Vancouver Dec 28 – Jan 1 called Rise Up! Rise Up is a conference for young adults (aged 18-35) to motivate and inspire leaders for the renewal of the world. It's not so much about what happens at Rise Up but what happens the other 360 days of the year in the lives of participants once they have been built up in faith and are equipped to share it with others. Are you ready for an experience that could change your life? Come to Vancouver, December 28th, 2011! To register visit www.cco.ca

CPPS Mission Projects "Windmills, Wells and Water" 2012 On Saturday, February 25, 2012, CPPS Mission Projects will host its 10th annual "Windmills, Wells and Water" fundraising dinner at Thompson Rivers University Grand Hall. Tickets are \$80 per person with all proceeds going to the mission projects operated by the Precious Blood Missionaries in Tanzania, East Africa. Tickets can be purchased with monthly payments or in one full payment. To purchase tickets please contact Anna or Lloyd at 250-579-8888 or Frank at 250-314-1429. This event will also serve as a send off celebration for the fifth group of students and chaperones who will be traveling to Tanzania summer 2012

Fr. Andrew's answers to your questions

Does The Church Have The Right To Decide Who Should Receive Communion?

Short Answer is yes. The Sacred Scripture clearly indicates that the Church has the authority to decide who receives communion. "The one who listens to you listens to Me, and the one who rejects you rejects Me; and he who rejects Me rejects the One who sent Me." Luke 10:16. New American Standard Bible (©1995

Verily I say unto you, what things so ever ye shall bind on earth shall be bound in heaven; and what things so ever ye shall loose on earth shall be loosed in heaven. Mat 18:18.

These are a few verses; of course there are many others that affirm the Churches authority in matter of faith and morals.

I think the question that should also be answered: why would the Church ask people not to receive Holy Communion? 1Corinthians 11 29-31 says "For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep. But if we were more discerning with regard to ourselves, we would not come under such judgment."

Some people might bring up the point that Jesus gave Holy Communion to Judas but was Judas in the state of sin at this point? We can't judge that; only that he intended to betray him. Also, as we read in John, when Judas received Holy Communion Satan entered into him. To receive Holy Communion means that we are on the path to heaven meaning free from mortal sin. If we are in the state of mortal sin we are not on that path. To tell someone to go ahead and receive communion anyway, is a serious sin because we have encouraged sacrilege. Sacrilege is to profane something holy. So then their sins would be added too.

It is out of Charity that the Church tells people not to receive Holy Communion in the state of sin. Maybe an analogy could be made that if you had a friend that had a curable but mortal illness and you did not encourage them to seek healing, would that be considered an act of love or fear? To love is to desire the greatest good for another. The Church has the authority and does so out of love, so that those who have cut themselves off from God will know they are in a dangerous place and seek the healing they need in the sacrament of confession so they may not eternally perish.

Second question is; what is the Confiteor?

The Confiteor is the prayer in the Mass that starts out with the word I confess to almighty God and to you my brother and sisters. In Latin Confiteor is the first word of the Prayer. *Confiteor Deo omnipotenti.*

Thank you for your questions. If you would like to ask a question you can email the parish office or stick it in the collection basket. Be a saint what else is there

St. Andrew Christmas Novena

While a novena is normally a nine-day prayer, the term is sometimes used for any prayer that is repeated over a series of days. This prayer is often called the "Christmas Novena" or the "Christmas Anticipation Prayer," because it is prayed 15 times every day from the Feast of Saint Andrew the Apostle (November 30) until Christmas. The first Sunday of Advent is the Sunday closest to the Feast of Saint Andrew.

The novena is not actually addressed to Saint Andrew but to God Himself, asking Him to grant our request in the honour of the birth of His Son at Christmas. You can say the prayer all 15 times, all at once; or divide up the recitation as necessary (perhaps five times at each meal). Prayed as a family, the Saint Andrew Christmas Novena is a very good way to help focus the attention of your children on the Advent season.

Saint Andrew Christmas Novena

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold. In that hour, vouchsafe, O my God to hear my prayer and grant my desires, through the merits of Our Saviour Jesus Christ, and of His Blessed Mother. Amen.

Learning Perseverance in Difficult Times

Sometimes, the Load We Carry Is Very Great.

In a season dedicated to hope and expectant longing, it is good to name the fact that for some of us, life is very difficult. For some, there are extraordinarily painful realities before us. More and more, financial dilemmas are tearing us apart. If we have lost a loved one, if we are in the middle of a deteriorating or abusive relationship or trying to cope with a broken one, grief can cloud our hope. If we are facing a life-threatening health crisis or if we struggle to endure a chronic condition, we can find ourselves nearly paralyzed emotionally and spiritually. The word "perseverance" can put us off, especially if it comes from someone who doesn't seem to understand what we are suffering. We can think it just means, "you just have to endure this without feeling sorry for yourself."

The actual Latin root of the word "persevere" can help us. There are three parts of the word: per - se - vere. Loosely translated it says: "by means of the truth." We persevere by recalling and staying close to the truth. What truth? The truth of who we are and what our life is about. That's why Advent can be a season of perseverance, as well as a season of hopeful longing. When we let the truth of God's love for us touch our wounds, we begin to taste our salvation.

How do I persevere, if the pain doesn't go away?

When we find ourselves stuck in a painful situation, we can be tempted to think that we can't experience "relief." Sometimes tears just overwhelm us and we are reminded how close the pain is and how vulnerable we really are. Major stress or financial pressure magnifies any difficulties we have in communicating. Deep losses or profound ruptures in relationship pre-occupy everything else. When we are experiencing such grief or anger, it touches any grief or anger. So, small losses or disappointments become very big. Small things people do that might disappoint us, seem to fuel an outburst of rage. And the approach of Christmas can intensify every emotion and leave us feeling helpless and hopeless.

This is the time to remember who we are. There is "relief" in recalling that we are baptized into the death and resurrection of Jesus. The Incarnation - the In-fleshment - of our God is a most profound reality when we are suffering. Our God came to be Immanuel - "with us" in the midst of the greatest effects of sin and death. The One who was born in poverty was baptized into our entire poverty, and suffered all that death means, that we might have the promise of complete joy. Can we really have joy in the midst of sorrow? We can, if we recognize the gifts that have been given us. It is a tremendous gift to be known and understood. Jesus entered into our world and has walked our path. He is full of compassion, born of experience with rejection, grief, and a very bad death.

Praying Advent is the Prayer of Perseverance.

It takes some focus. Into hearts that are preoccupied with our pain, we have to make some room for some new experience. And, a faith community is very important. It is very difficult to be a believer alone. We need the support of others who can trust in God. We need the support of a faith tradition that has a season like Advent.

Our focus has to be more and more on the promises of our God. The daily readings from the prophets these days, as well as the psalms and intercessions, are powerful ways to let the faith of those who have gone before us into our hearts. We need to hear the prophets say that "A time will come for singing" before we can ever sing. We need to dialogue with God, through the emotional cries for help and the moving professions of faith in the psalms. It helps to say the simple prayers of Intercession, to begin to open a space for comfort and joy.

In the end, "by means of the truth," we can raise our hearts and minds to pray, "Come, Lord Jesus!". When, even through our tears, we can say, "Lord, open my lips, and my mouth shall declare your praise," then God's grace is with us. Surrendering to the Truth which is Good News for our suffering, truly "refreshes our souls." Through perseverance we shall be saved.

And Mary said:

**"My soul proclaims the greatness of the Lord;
my spirit rejoices in God my saviour.**

**For he has looked upon his handmaid's lowliness;
behold, from now on will all ages call me blessed.**

**The Mighty One has done great things for me, and holy is his name.
His mercy is from age to age to those who fear him.**

**He has shown might with his arm, dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones but lifted up the lowly.**

**The hungry he has filled with good things; the rich he has sent away empty.
He has helped Israel his servant, remembering his mercy,**

according to his promise to our fathers, to Abraham and to his descendants forever.

"Taken from Praying Advent, on Creighton University's Online Ministries web site: <http://www.creighton.edu/CollaborativeMinistry/online.html>
. Used with permission."