

Sacred Heart Cathedral

255 Nicola Street, Kamloops BC V2C 2P3
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St. Ann's Academy: Telephone: 372-5452

Diocese of Kamloops: Telephone: 376-3351

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

Website: www.sacredheartkamloops.org

Website: www.stannsacademy.bc.ca

Website: www.rcdk.org



Fourth Sunday of Advent – December 18, 2011 Mass Intentions

			Fourth Sunday of Advent
Sun	7:00 pm	People of the Parish	
	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
Mon	6:00 pm	People of the Parish	
	7:15 am	Int of Karrolyn Hillar	
	9:30 am	Int of Berna & Mac Porter	
Tues	7:15 am	Bernice Nyykforchyn RIP	
	9:30 am	Barry Vooth RIP	
Wed	7:15 am	Dorothy Ceresia RIP	St. Peter Canisius
	9:30 am	Ernie Goodwin RIP	
Thurs	7:15 am	Sharon Cassidy RIP	
	9:30 am	Deceased members of Gillies family	
Fri	7:15 am	Eleanor & Harvey Campbell RIP	
	9:30 am	Robert McLaughlin RIP	
Sat	7:15 am	Int of Patricia Szafranski	St. John of Kanty
		CHRISTMAS EVE – Vigil of the Nativity of our Lord	
	5:00 pm	People of the Parish (at St. Ann's Academy)	
	8:00 pm	People of the Parish	
	12:00 am	People of the Parish	
		CHRISTMAS DAY – the Nativity of our Lord	
Sun	8:30 am	People of the Parish	
	11:30 am	People of the Parish	



We ask you to remember in your prayers: Maria Borges, Rupert Atzenberger, Ingmar Christianson, Tina Podorieszsch, 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, Sergio Bezze, Sheila Bedard, and Emile Vandean. May the Lord comfort them in their time of need and bless those who care for them.

Mass will be celebrated at the Delta Hotel in Sun Peaks every Saturday at 4:00 pm during the ski season.

ADVENT RECONCILIATION SERVICES

In addition to our regularly scheduled times for reconciliation (Saturday 4:00 – 5:00 pm, Sunday 5:30 – 6:00 pm, and Wednesday 5:15-5:35 pm) there will be opportunity for confession with a number of priests available at:

Sacred Heart Cathedral – Monday December 19th at 7:00 pm

Our Lady of Perpetual Help Parish - Tuesday December 20th at 7:00 pm

All Faith in Action donations between December 24 and December 30 MUST be mailed to the Chancery by Friday December 30. Any Faith in Action donations received on the weekend of December 31/January 1 will not be given a receipt for the donation for the 2011 tax year - it will be receipted in 2012 tax year. **Sunday Weekly donations for the weekend December 24/25 must be received by the parish by Friday, December 30 (before the banks close)** or the donation can be mailed to the parish (post mark must be Dec 30 or earlier) in order to be included in your 2011 tax receipt. Any donations received after the banks close on Friday, December 30, or are not post marked December 30, will go toward your 2012 tax receipt (as per Canada Revenue Agency).

Please come for an hour or so to help clean the church in preparation for Christmas on Thursday Dec 22 after the 9:30 Mass!

Postures for the New Translation of the Roman Missal I have received some queries concerning the General Instructions of the Roman Missal concerning #43 on 'Gestures and Bodily Posture', especially the time after receiving Holy Communion.

- According to #43 the norm of the Church is to stand until the end of Communion (*until the last person has received Communion*) and then to sit for a period of sacred silence after Communion. This norm, however, is not to be so rigidly enforced as to prohibit individuals choosing to kneel or sit at this time.
- The General Instruction asks us to make a sign of reverence before receiving Holy Communion. The bishops of Canada have determined that our sign of reverence before receiving the Eucharist will be a bow of the head to the Body and Blood of Christ. Through this gesture we honour the living Christ who comes to us as our spiritual food. We fold our hands when receiving on the tongue or extend them one over the other when receiving in the hand. This creates a throne so to speak to receive the King of kings. This gesture made by all unifies us in our visible respect for the Bread of Life and the chalice of salvation.
- By common postures and gestures, the Church gives witness to our solidarity in Christ. If individuals were to decide to change them to suit their own piety, that would detract from our unity as one Body. When we stand, sit, kneel, bow and sign ourselves in common ritual action, we give witness to who we are as the one Body of Christ.

Fatima Pilgrimage in April 2013 Join Fr. Peter Nguyen as he hosts a pilgrimage to Fatima & Lourdes with Barcelona on April 14 – 23, 2013. Mark your calendars for March 7, 2012 to meet with Tom MacLean from Collette Vacations for a presentation of this pilgrimage. For further information, please contact Perdita at Thomas Cook Travelwise, Kamloops at 250-851-0211 or the OLPH office at 250-376-5541.

Carmel of St. Joseph Guild If anyone is interested in becoming a member of the Carmel of St. Joseph Guild, please contact Terry Sinclair 832-9418 for information and forms. Active membership is only \$25.00 and the rewards are 'priceless'.

Gift of a Chalice for ordination to the priesthood of Deacon Paul Simms: A chalice, the sacred vessel used at Mass to hold the consecrated wine, is one of the most personal and precious gifts a priest owns. Would you like to contribute toward the purchase of a beautiful chalice as a gift to Paul Simms at his ordination to the priesthood? The Chalice will cost approximately \$4000.00. If you would like to contribute toward the gift, please feel free to put a regular envelope marked "gift for chalice" in the collection plate at Mass, or mail directly to the parish office, clearly indicating that the amount is a contribution toward the gift of the chalice. So far \$437 has been offered toward the cost of the gift. Thank you.



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

Kamloops Roman Catholic Parishes Christmas and New Years Mass Times

Sacred Heart Cathedral – 255 Nicola Street 372-2581
 Christmas Eve 5:00 pm (Mass at St. Ann's Academy)
 8:00 pm and 12:00 Midnight
 (Both at Cathedral)
 Christmas Day 8:30 and 11:30 am
 New Year's Eve 7:00 pm
 (as well as Vigil, Adoration & Benediction from
 11:00 pm – 12:00 am)
 New Year's Day 8:30 and 11:30 am

Holy Family – 2797 Sunset Drive – 372-0205
 Christmas Eve 7:00 pm and 10:00 pm
 Christmas Day 10:30 am
 New Year's Eve 7:00 pm
 New Year's Day 10:30 am

Our Lady of Perpetual Help – 635 Tranquille Rd – 376-5541
 Christmas Eve 5:00 pm (Family Mass) and 8:00 pm
 (Both masses in the Parish Centre)
 Christmas Day 8:30 and 10:30 am

New Year's Eve 5:00 pm
 New Year's Day 8:30 and 10:30 am

St. John Vianney – 2826 Bank Rd – 579-8711
 Christmas Eve 8:00 pm
 Christmas Day 10:30 am, and 12:00 noon (Polish Mass)
 New Year's Day 10:30 am

Sun Peaks – Delta Hotel
 Christmas Eve 4:00 pm
 New Year's Eve 4:00 pm

Our Lady of Lourdes – Heffley Creek - 579-8711
 Christmas Eve 6:00 pm
 New Year's Day 8:30 am

St. Joseph's – 200 Chilcotin – 372-2581
 Christmas Day 1:00 pm

Blessed Sacrament - Chase
 Christmas Eve 8:00 pm at Chase Native Spiritual Centre
 (across the bridge)
 Christmas Day 9:00 am (at Blessed Sacrament)
 New Year's Day 9:00 am (at Blessed Sacrament)



Please avoid wearing scented personal care products at Sacred Heart Cathedral. Why? Fragrances can trigger asthma attacks, allergies and other medical conditions that can last for days or even weeks in a severe reaction.