

# Sacred Heart Cathedral

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Website: [www.sacredheartkamloops.org](http://www.sacredheartkamloops.org)  
 Website: [www.stannsacademy.bc.ca](http://www.stannsacademy.bc.ca)  
 Website: [www.rcdk.org](http://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  
 (The office will be closed Monday and Tuesday this week)



## Christmas – The Nativity of our Lord - 2011



### Mass Intentions

#### 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	
Mon	7:15 am	Joyce & Larry Wyse Int	<b>St. Stephen</b>
	9:30 am	Paul Simms Int	
Tues	7:15 am	Fr. Fred Int	<b>St. John the Evangelist</b>
	9:30 am	Liz Karpluk Int	
Wed	7:15 am	Dave Bruno Int	<b>Holy Innocents</b>
	9:30 am	Ashley Wan & family Int	
Thurs	7:15 am	Zachy Wyse Int	<b>St. Thomas à Becket</b>
	9:30 am	Cecile Critch Int	
Fri	7:15 am	Clarence & Dolores Jules Int	<b>Holy Family of Jesus Mary and Joseph</b>
	9:30 am	Martha & Raymond Simpson Int	
Sat	7:15 am	Loretta Seymour & family Int	<b>St. Sylvester I</b>
		<b>Holy Mother of God Vigil</b>	
	7:00 pm	People of the Parish	
		<b>Holy Mother of God</b>	
Sun	8:30 am	People of the Parish	
	11:30 am	People of the Parish	



**Confession Times Saturday 4:00 – 5:00 pm, Sunday 5:30 – 6:00 pm, Wednesday 5:15-5:35 pm**

**We ask you to remember in your prayers:** Maria Borges, Rupert Atzenberger, Ingmar Christianson, Tina Podorieszack, 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, and Sheila Bedard. 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.

Fr. Andrew will be away on Sabbatical from January 1 to the end of March. Fr. Vincent Asomugha will be available at the Cathedral during this time. God bless our wonderful priests.

**My dear Knights of Columbus, Council #1614:** Allow my wife Ping and myself to wish all of you and your families a blessed Christmas and a glorious New Year. At this time, I would like to thank our Grand Knight Brother Herb Wiens and his executive members for the excellent leadership that they have provided us with over the course of the last few months. Special thanks also go out to Brother Jarett Loehr for his excellent work as Immediate Past Grand Knight. The same vote of appreciation goes out to all of our program directors, who work very hard at what they do. I would be remiss if I did not thank our wives and important others for their support of us and our work for the good of our parish, community and school. To our general council members, thank you for all that you do. It is tremendous to see you both at work and at council meetings. Hopefully, we will meet more of you in the future. As a closing thought, every Christmas should be for all of us a new and unique meeting with God, a time when we allow his light and grace to enter deep into our soul. We see Jesus passing by, are we willing to allow him to enter our hearts and souls, and make his home within us? Yours in Christ; Lawrence Beaton DD #10

# Fr. Andrew's Answers to your Questions:

**How do we bear suffering in union with God?** We merely ask God to unite our suffering with his and offer it up for a purpose or person. The saints say that suffering and fasting and penance super charge our prayers.

**Why do we light the pink candle on the third Sunday in advent?** Pink is the colour for the third week of Advent because Christmas is so very near and pink represents Joy. Often we lose heart, so the joy and reminder can help revitalize our efforts.

**Why does the priest put water into the wine? Why do some priests put water into each chalice and another priest only into one chalice?** The symbolism behind the water in the chalice is summed up in the prayer "Through the mingling of this water and wine may we share in the divinity of Christ who humbled himself to share in our humanity". So, the wine represents the divine, and the water humanity. Second part why do some put water in one chalice and some put water in all chalices; the truth is, both are correct. It is only necessary to put some water in, since, upon consecration, all the Chalices are the same; they all contain the same Blood. Sometimes, for example, at a Eucharistic congress, where three hundred chalices or more are consecrated, putting water in all would be quite impractical.

**How do we know when is Gods voice talking to us, is there a way to tell?** There are ways for sure. God usually speaks to us when there is peace around. It seems that is the time when God acts - when there is peace in our souls. God will also never teach us something that goes against Church teaching, or Scripture, or Church tradition. I have always found God to be clear, however the devil can make things distorted. He can be spotted by these things - wherever there is fear, anxiety, lust, hatred, wrath; that is his calling card. I always say 'it is the way he smells'. Wherever there is peace, joy, love, and fulfillment that is where God is.

**Can you explain and give example of "living in the present moment"?** Living in the present moment means being attentive to what we are doing right now. So, right now I am answering questions, so if that is what I am doing, I should be paying attention. We can only become holy in the present moment because God only gives us grace in the present moment. Like in the Our Father we say give us this day our daily bread, meaning just enough for today and this moment. God never gives us grace for the future or the past unless it is to redeem the past. The devil, most of the time, tries to keep in the past or the future because he can overwhelm us there. God is all about the present moment because we can be in relation there. Many people might think 'I could never die for my faith'. At the present moment of course you could not because God does not give grace that you do not need. If the threat comes, God will grant the grace we need at that moment. Musing about such things is a waste of time because instead we could be using that time to be talking to God and deepening our relationship with him.

**How do we recognize God's will for us or that we are going in the right path?** While the first way to know for certain we are following God's will is to follow the commandments and the teachings of the Church - they are synonymous for God's will for the way we should live. If we are following those, we know we are on the right path. For the Second part of the question, we could ask around about our vocation or big decisions in life. We should do two things; entrust it to God, and ask for clarity. If you are married it is important to ask your spouse to help you discern, remembering that he or she is a gift to you. Often God works through them since He gave us that spouse to assist us on the way to Heaven. Also, it is important to use our minds that God gave to us to discern things. We will never totally know the will of God, but we will have a very strong idea what it is if we wait in peace for it.

**You have questions? We're glad you asked.... All people have questions about their faith. Having questions and finding answers is how we all grow in faith. If you want to talk to someone about these or other questions you may have, please email the parish office or place it in the collection basket. Be a saint what else is there.**



**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 \$1472 has been offered toward the cost of the gift. Thank you.

## Kamloops Roman Catholic Parishes - Holy Mother of God (New Years) Mass Times

*For Catholics in Canada – Christmas and January 1 (Holy Mother of God) are Holy Days of Obligation.*

### **Sacred Heart Cathedral – 255 Nicola Street 372-2581**

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**

New Year's Eve 7:00 pm  
New Year's Day 10:30 am

### **Our Lady of Perpetual Help – 635 Tranquille Rd – 376-5541**

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**

New Year's Day 10:30 am

### **Sun Peaks – Delta Hotel**

New Year's Eve 4:00 pm

### **Our Lady of Lourdes – Heffley Creek - 579-8711**

New Year's Day 8:30 am

### **Blessed Sacrament - Chase**

New Year's Day 9:00 am (at Blessed Sacrament)



**The Bible is Not Just any Story—It is Your Story. Discover How To Read It.** Discover God's plan for your life as you discover his amazing story in The Bible Timeline. In this study, you will discover the "big picture" of the biblical story as it is presented in specific books of the Bible. Join us and learn the major people, places, events and themes of the Bible. Perhaps for the first time in your life, you will understand the overview of the Bible story. This then makes your Bible reading and even the Sunday mass readings come alive like never before. The Bible Timeline study on DVD with speaker Jeff Cavins will be offered at Sacred Heart Cathedral beginning Friday Jan 6. The sessions will be held in the parish boardroom from 10:15am until noon. To learn more, call Adele, 250-376-3351. Cost for materials is \$45.00.

#### **Postures for the New Translation of the Roman Missal**

- As a sign of reverence a bow is to be made during the profession of the Apostles Creed or the Nicene Creed when reference is made to the Incarnation of the Son of God. *"and by the Holy Spirit was incarnate of the Virgin Mary, and became man"* and *"who was conceived by the Holy Spirit, born of the Virgin Mary"*
- 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.
- 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.
- 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, and 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'.

**2011 Official Tax Receipt** – a reminder for parishioners: 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 is not post marked December 30, will go toward your 2012 tax receipt (as per Canada Revenue Agency).

**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. For tickets please contact Anna or Lloyd Babcock, 250-579-8888 or Frank Tries, 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

**Rachel's Vineyard Weekend Retreats** are available for any man or woman who has struggled with the emotional and spiritual pain of abortion. This retreat is for married couples, mothers, fathers, grandparents, siblings of aborted children, as well as persons who have been involved in the abortion industry. If you are searching for peace and inner healing from an abortion experience, and would like further information about a retreat weekend call: (250) 267-5081 or email [rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca) Check out the national website: [www.rachelsvineyard.org](http://www.rachelsvineyard.org)

**Monthly Family Night (or in this case Family Day):** We welcome all families interested in joining us in an afternoon of prayer, fellowship, sports and games on Monday, December 26 (Boxing Day) at 2:00 - 5:00pm at St. John Vianney Parish. There will be hockey in the parking lot (bring a stick), badminton (bring a racket if you have one) and/or soccer indoors depending on numbers and what people wish to play. You are welcome to bring any board games/cards and a snack to share. For more information call Sandra 250-579-0201

***Dear Lord, may our hearts and minds be nourished by your sustaining love, may our words and actions be guided by your ever present grace, that all who seek to know you; encounter you here, that all who seek to serve you; be welcomed to the vineyard, that all who seek to love you; know that they are loved, that all who seek to return to their Catholic faith; may be welcomed and received.***

**Catholic Young Adult Program for the first  
half of 2012**

Are you finished high school, working or  
continuing your education?

Do you want community, inspiration, direction and  
participate in events with other Catholics?

Are you a young adult aged 18 – 30?

Pope John Paul II constantly called Young Adults  
the “watchmen of the New Millennium.” He  
founded World Youth Day for the purpose of  
bringing young adults together to celebrate Faith  
and Life. In the same spirit we strive to continue  
along that foundation. In response to John Paul II  
principles and the needs in our own community we  
have developed a young adult program.

A major series that runs weekly for about 5 to 8  
weeks (summer is the exception)  
and each month we hold regular events.

**Calendar of Events**

Held at Sacred Heart  
Cathedral  
255 Nicola Street  
(Unless stated otherwise)

**DVD Series**

**Winter – Freedom to Love**

Our starting point is to find the meaning of our  
being and existence

Mass at 6pm  
Sundays at 7:15 to 8:30pm  
(Except Jan. 27)  
January 8 to February 12

**Lent – Untold Blessings**

Finding God’s Purpose for your life  
Where are you going and how to get there?

Mass at 6pm  
Sundays at 7:15 to 8:30pm  
February 26 to March 25

**Spring – Ultimate Apologetics**

Now that we’ve considered where we’re going in  
life it’s important to stay grounded in the journey!  
Have you considered what you truly believe and  
could you defend it if you were asked to?

Mass at 6pm  
Sundays at 7:15 – 8:30pm  
Ultimate Frisbee: 7:15 to 7:45  
Apologetics: 7:45 to 8:30  
April 29 – May 27

**For more information about these events please  
call Adele, 250-376-3351 or email  
[kamloopscya@gmail.com](mailto:kamloopscya@gmail.com)**

**Monthly Happenings**

2<sup>nd</sup> Fridays

Rosary for the Victims of Human Trafficking at  
7pm

Adult Faith Formation  
Wednesdays at 7pm

**Annual Events**

**Diocesan Retreats**

During the time of  
Lent and Advent

Come to a weekend retreat at the Immaculate Heart  
of Mary Shrine in Cache Creek.

These retreat are twice a year with young adults  
from around our diocese.

**Freedom**

An awesome annual event is focused on a deeper  
understanding of reconciliation, prayer, healing and  
peace. Testimonies and teaching about this every  
important Sacrament in our Catholic faith tradition.

Date and time TBA

**Special Event**

**Sunday January 27**

**Encounter with Jesus**

Adoration, music and an inspirational message.

Led by Canadian Catholic singer/songwriter

Mark Mallett 7:15pm

*The Priests and staff at Sacred  
Heart Cathedral wish you, and  
yours, a Happy and Holy  
Christmas*