

# Sacred Heart Cathedral

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St. Ann's Academy: Telephone: 372-5452 Website: [www.stannsacademy.bc.ca](http://www.stannsacademy.bc.ca)

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

Assistant: Rev. Fred Weisbeck

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

## Third Sunday in Lent, March 7, 2010

### MASS INTENTIONS THIS WEEK

Saturday	7:00 pm	People of the Parish	Third Sunday in Lent
Sunday	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	
Monday	7:15 am	Int of David & Maria Salituro	St. John of God
	9:30 am	Int of Harvey Dyck family	
Tuesday	NO 7:15 MASS		St. Frances of Rome
	NO 9:30 MASS		
	<b>6:30 pm MASS</b>	Maureen Wassenberg (RIP)	
Wednesday	7:15 am	Una Chretien (RIP)	
	9:30	Liam Peel (RIP)	
	12:10 pm	Int of Gillies family	
Thursday	7:15 am	Int of Felian Cabael	
	9:30 am	Fran Colman (RIP)	
Friday:	7:15 am	Int of Clare Muzzillo	
	9:30 am	Int of Louise Tetreau	
Saturday	7:15 am	Int of Sr. Tarcie Joa	Fourth Sunday in Lent
	7:00 pm	People of the Parish	
Sunday	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 (except during Mass)
	12:45 pm	(following 12:10 Mass) Soup and Bun Lunch
	7:30 pm	Little Flower Society Meeting
Thursday:	6:30 - 8:00 pm	Rosary Making - Board room downstairs. Bring a friend!
	6:30 pm	FFC (Children's Catechism at St. Ann's Academy)
	7:00 pm	Legion of Mary
	8- 9:00 pm	Bible Study - Board room downstairs. All welcome!
Friday:	3:00 pm	Divine Mercy

**COFFEE HOUSE & SENIOR'S OUTREACH FOLLOWING THE 9:30 AM MASS EVERY FRIDAY MORNING DOWNSTAIRS IN THE HALL. EVERYONE WELCOME!**

**Prayers for the Sick:** With permission from the person who needs prayers, their names will be placed in the bulletin for up to a month, unless otherwise reported as doing well. We ask you to remember in your prayers: Maria Borges, Lionel Borges, Rupert Atzenberger, Ingmar Christianson, Valentino & Tina Podorieszsch, Michael Haynes, Mike Hackett, Alex Kleklau, Debby McNutt, Lauren Storry, Angela Howe, Teresa Bruno, Sacha Weiler, Jane Winters, Jim Coughlan, Joanne Pierrot, Jack, Elda Martin, Sheena Flynn, Mr. Campos, Gus Stankoven, Joan Arens, Nadia Anselmo, Lucille Volk, Luigi Perri, Mother Claire, OCD - Prioress of the Carmel of Saint Joseph, Santina Sartori, Brent Farrar, Charlotte Bengart, Yvonne Douglas, Kevin Martin, Zoe Ehler, Chloe McKnight, Eric Bientjes, Kelly Hawes, Kay Marshall and Ruth McKay. May the Lord comfort them in their time of need and bless those who care for them.

**The 2<sup>nd</sup> and 3<sup>rd</sup> Scrutinies will be at the 11:30 Mass on March 14 and March 21 (a small short ceremony after the homily where the community prays for and with the candidates to be baptized at the Easter Vigil, asking that they honestly examine their lives, to determine where they are still in need of God's saving power. The already-baptized members of the community commit themselves anew to their own ongoing conversion.).**

### 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

### 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@pregnancycareskamloops.com](mailto:info@pregnancycareskamloops.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 Year of the Priest - St. John Vianney (Patron of priests)

Pope Benedict has chosen this year to celebrate the Year of the Priest because it is the 150th anniversary of the death of St. John Vianney. Saint John Vianney, the beloved Curé of Ars, was canonized in 1925, and in 1929 Pope Pius XI declared him "Patron of Parish Priests."

***"People will go three or four leagues to earn thirty pence, while they will not take thirty steps to hear Mass on a weekday." - St. John Vianney, the Cure of Ars***

### A Prayer for Priests

Heavenly Father, grant that our priests be strengthened and healed by the power of the Eucharist they celebrate. May the Word they proclaim give them courage and wisdom. We pray that all those whom they seek to serve may see in them the love and care of Jesus, our Eternal High Priest, who is Lord for ever and ever. Amen.

### Daily Prayer This Week

This is a pivotal week of Lent. We can solidify the patterns we have begun or we can make a new start, if we haven't been able to get started yet. If we have begun to recognize what needs realigning in our lives and have begun to fast and abstain from some things that get in the way of our relationship with the Lord, then we are engaging in a struggle.

We are likely uncovering resistance and experiencing our personal sinfulness face-to-face. This is all preparing us for a deeper conversion, a readiness for reconciliation with God and the graces that will allow us to be a source of reconciliation with others. This is the time when we begin to see and experience how much God loves us at a new and more personal level. These graces prepare us to keep our eyes focused on Jesus in the weeks ahead - to learn from him, to fall in love with him more deeply and to be drawn to imitate him more completely.

If we are just getting started with our Lenten journey, renewing our desires for these graces will be all we need to begin with a renewed openness. God does not need a lot of time to convince us of his love for us.

This is a week about God's love for us and our call to love others the same way. It is a week to keep our daily focus on naming a desire each morning. The day ahead will shape what we ask for as our feet hit the floor in the morning. Pausing to thank the Lord for this day and to ask for the grace to let our mind and heart be renewed in the concrete circumstances, relationships and obligations of our day.

Throughout the day, we can then return to those desires in background of our awareness. Our request for the Lord's help is always there and our awareness of it, will help us make the choices we desire to make, to let go of what we need to let go of, to add what we need to add. This will take us deeper and deeper into self-awareness and a sense of our need for a Saviour, who is right there to embrace us and give us the graces we ask for with such longing.

Taken from the "Weekly Guide for Daily Prayer" on the Creighton University's Online Ministries web site: <http://www.creighton.edu/CollaborativeMinistry/online.html> Used with permission.

**Young Adult Retreat – March 12 – 14.** Cost is only \$30. Registration forms are available online [www.rcdk.org](http://www.rcdk.org) under "what's new"

**Please help with our Children's Liturgy program:** Anyone who would like to help out with Children's Liturgy at either the 8:30 or 11:30 Sunday Mass, please call Linda. Materials are provided along with activity plans. It is fun and easy! More helpers are always welcome. Please call Linda today at 250-851-8605

**Stations of the Cross** – Parishioners are welcome to come into Sacred Heart Cathedral for individual Stations of the Cross during the week at your convenience. Communal Stations of the Cross take place at Our Lady of Perpetual Help Parish on Friday's at 7:00 pm. You are welcome to join the Stations of the Cross at OLPH Parish on Fridays if you wish. **Ladies luncheon on Tuesday March 9** at the Pronto restaurant at the Coast Canadian Inn. Meet new friends or enjoy the fellowship of old friends at 11:30am. All ladies of the city parishes are invited to attend. Please RSVP to June at 250-828-0018.

**Soup & Bun during Lent:** Our Catholic Women's League is once again organizing Soup and Bun Lunches, to be held on Wednesdays during Lent, following the 12:10 Mass. We hope everyone will come downstairs to enjoy the great lunch and fellowship. Donations will support the Seminary Fund and MaterCare. If you are able to help by donating soup, buns, or your time for setup and/or clean up please call Linda at 250-851-8605.



dedicate their collection to Development and Peace, the international development agency of the Canadian Catholic Church. Perhaps you have been following the activities and almsgiving suggestions in Development and Peace's Lifestyle Awareness Calendar. Solidarity Sunday is a wonderful time to donate the alms you have collected. Through Development and Peace, you can watch your gift grow in the hands of those with the least in Africa, Asia, Latin America and the Middle East. For more information go to <http://www.devp.org/sharelent>



**Catholic Women's League Did you know?** 1938 - 1941: Welfare work increased - 500 articles of clothing and 75 pairs of shoes were collected to help 113 families one year. National CWL pledged \$25,000 to the Canadian Government for the war effort. Members were assessed \$1.00 each.

**C.W.L. Leadership Workshop** will be held at Sacred Heart Cathedral on Saturday, March 20 starting with Mass at 9:00 a.m. The workshop will be conducted by Nancy Simms (Provincial Organization & Leadership Development Chair) and will be in three parts: (1) Realizing the Beauty Within (2) Maintaining Peace Within (3) A Challenge to be Leaders. Ending at 3:30 p.m. For more information please call Adele 250-376-3351.

**Spring Bazaar:** On Saturday, March 20th OLPH School Parent Support Group will be sponsoring a Spring Bazaar from 11:00 am until 2:00 pm in the Parish Centre. There will be a concession, all kinds of games and crafts for the kids to participate in as well as bake and craft table. We will also have a White Elephant table for those gently used items that you may come across during your spring cleaning; these donations may be dropped off at the school office. Please contact Susan at 250-554-1070 if you are interested in renting a table for this event, the cost is \$15.00. All proceeds from this event will go towards OLPH School. Hope to see you there!

**Noodle Night Spaghetti Dinner**— Saturday March 20<sup>th</sup> at the Calvary Community Church 1205 Rogers Way. Includes entertainment, face painting & Sanchez the Clown for the kids, and a silent auction. Tickets \$30.00 for the whole family! Doors open 4:30 - dinner 6 p.m. Call Theresa at 250-682-3232 or the Pregnancy Care Centre at 250-374-4646 for tickets.

**Rosary for the Victims of Human Trafficking on Friday March 12th at 7pm.** Please join others in the city to pray the Rosary for the victims of human trafficking and to end human trafficking. It will be prayed at Sacred Heart Cathedral. All are invited to join in prayer.



**St. Ann's Academy Kindergarten Information Meeting & Ready, Set, Learn Presentation:** On March 17th at 6:30 pm St. Ann's Academy will be hosting an information session for families with pre-school children and children about to enter Kindergarten. The evening's presentations will focus on the sharing of information and resources in support of parents' role as primary educator and a review of St. Ann's Academy's half-time and full-time Kindergarten programs. Refreshments and childcare will be

# Formula

## 4 Hope

Baby Bottle

Brigade

REMINDER



Fill your

Formula 4 Hope

Baby bottle!

Return bottles to the parish or to

The Pregnancy Care Centre

Of Kamloops

Suite 200-535 Tranquille Road,

Kamloops BC V2B 3H5

[www.pregnancycarekamloops.com](http://www.pregnancycarekamloops.com)

provided – so please come and join us for this informative and fun evening. Please RSVP @ 250-372-5452. **Parent Information Meeting for parents of 2010 – 2011 Grade 8 Students:** On March 17th at 7:00 pm St. Ann's Academy will host an information meeting for the parents of students who will be attending grade 8 in September 2010. There will be a review of the grade 8 educational and extra-curricular programs and the options available for our students. Discussion of the common high school transition issues and a question and answer session will also be a part of this evening. **Calling all Artists: St. Ann's Academy is holding its 1<sup>st</sup> Annual Art Exhibition and Auction on June 5<sup>th</sup> 2010.** We are looking for Community Artists to donate a piece(s) for the live auction. We are hoping to secure and showcase a variety of mediums: paintings, textiles, ceramic, pottery, jewellery, metalwork and woodwork. Please contact Kim at 250-573-4044 or email [edery@telus.net](mailto:edery@telus.net). **St. Ann's Academy PSG is having a Home Based Business Symposium and Tea** on April 17, 2010 from 1-6pm. We are inviting all Home Based Business Consultants and Owners to "Show at this event. The cost is \$35 per table, per consultant. There will only be one table from each business. You must have the ability to invite 35 people. You must be active in your business. If your Home Based business has product you must provide your table with tangible goods for a complete setup and display. Please submit your business name, email and phone number to [nsyme2@shaw.ca](mailto:nsyme2@shaw.ca) This event is on a first come first serve basis and the last day for entry is Thursday March 18<sup>th</sup>. The coordinating committee of the event will be holding an information meeting once all businesses have submitted their names.

**Christopher West "Freedom to Love" Conference May 22, 2010 Glad Tidings Church, 3546 Fraser St., Vancouver.** Christopher West is the most sought after, engaging and powerful speaker who popularized the "Theology of the Body" by Pope John Paul. It's difficult to book him so please take advantage when he comes here in Vancouver. For details, see the attached poster & registration form or click the website: <http://www.bc.cfc.ca>

**Custom Pilgrimage & Culture Tour of Holland, Belgium, Germany & Switzerland, June 7 to 24 (18 days) from Vancouver.** You are invited to join Fr Dennis Polanco & experience the spirituality, culture & history of these four countries. From the chapel of "The Lady of all Nations" in Amsterdam, to Brussels, Cologne, a Rhine River Cruise, Heidelberg, Rothenberg, Oberammergau, Munich, Lucerne, Zurich, to Einsiedeln, the Lourdes of Switzerland, it promises to be an unforgettable journey. For an itinerary & more information, call Liz at 1-888-565-9922.

**On March 11, 2010 St. Ann's Grads will be on location at Aberdeen Mall for the Aberdeen Mall Dry Grad Spring Break Fundraiser from 11:00 am to 3:00 pm.** This fundraiser is supported by Aberdeen Mall allowing several schools to set up fundraising and activities for the public to participate in. The school that raises the most funds is given a monetary contribution from Aberdeen Mall as well. This is an excellent opportunity for our grad class to raise the required funds in a very short period of time. Check out the excitement at Aberdeen Mall on March 11 and be sure to stop in at the St. Ann's displays and fundraising tables if you can help us out. As always we appreciate your support. Thank You!

**High School Certified Education Assistant:** St. Ann's Academy requires a qualified CEA to support the work of the High School Learning Center: A diploma or certificate in special education support are the minimal educational credentials required to apply for this position. Experience assisting students with a broad spectrum of special needs would be greatly valued. As a Catholic Independent School the teachings of the Catholic faith are integrated into every aspect of the school and therefore candidates who actively practice their faith are highly valued. For further information about this posting please contact Shawn Chisholm at [principal@stannsacademy.bc.ca](mailto:principal@stannsacademy.bc.ca). To express your interest in this position, or to request an application, please contact the Superintendent's Office: [schools@ciskd.com](mailto:schools@ciskd.com). The deadline for expressing interest in this posting is March 11, 2010. Only those candidates chosen for interviews will be contacted.

### *Rachel's Corner*

*"It shall happen as God shall choose, for assuredly we depend not on our own power but on the power of God."* - Sts. Perpetua and Felicity, Feast: March 7

Pray to Sts. Perpetua and Felicity, the Valiant Martyrs, and ask them to help you reach out and depend on the power of God to heal you and restore your peace and hope.

**Abortion AfterCare-Healing**  
250-267-5081 [rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca)

**DON'T FORGET! CLOCKS SPRING FORWARD ONE HOUR NEXT WEEKEND**