

# Sacred Heart Cathedral

255 Nicola Street, Kamloops BC V2C 2P3

Telephone: 250-372-2581 Fax: 250-372-2582

E-mail: [office@sacredheartkamloops.org](mailto:office@sacredheartkamloops.org)

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

## Fifth Sunday in Lent, March 21, 2010

### MASS INTENTIONS THIS WEEK

|           |          |                               |  |
|-----------|----------|-------------------------------|--|
| Saturday  | 7:00 pm  | People of the Parish          | <b>Fifth Sunday in Lent</b>              |
| 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  | Madeline Peel Int             |  |
|           | 9:30 am  | Roger Hill (RIP)              |  |
| Tuesday   | 7:15 am  | Gillies family Int            |  |
|           | 9:30 am  | Fran Colman (RIP)             |  |
| Wednesday | 7:15 am  | Mabel Allen (RIP)             |  |
|           | 9:30 am  | Mr. Gagne (RIP)               |  |
|           | 12:10 pm | Joe & Caterina Parrotta (RIP) |  |
| Thursday  | 7:15 am  | Powell Family Int             | <b>The Annunciation of the Lord</b>      |
|           | 9:30 am  | Agnes Lyver (RIP)             |  |
| Friday:   | 7:15 am  | Francesco Greto (RIP)         |  |
|           | 9:30 am  | Maureen Wasserberger (RIP)    |  |
| Saturday  | 7:15 am  | Al Muzzillo (RIP)             |  |
|           | 7:00 pm  | People of the Parish          | <b>Palm Sunday of the Lord's Passion</b> |
| 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              |
| 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   |

**FYI: Friday, March 26<sup>th</sup> is the 64<sup>th</sup> Anniversary of the dedication of Sacred Heart Cathedral**

**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 Podorieszach, Michael Haynes, Mike Hackett, Alex Kleklau, Debby McNutt, Laureen 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 Ehlert, Chloe McKnight, Eric Bientjes, Kelly Hawes, Kay Marshall, Ruth McKay, and the Harrison family. May the Lord comfort them in their time of need and bless those who care for them.

#### 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).

**SHARE LENT CAMPAIGN** Sunday, March 21, is Solidarity Sunday, when parishes dedicate their collection to Development and Peace, the international development agency of the Canadian Catholic Church. For more information go to <http://www.dev.org/sharelent>

## 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."

**"See, my children, to receive the Sacrament of Absolution, we need three things: faith, which reveals to us the presence of God in the priest; hope, which enables us to believe that God will give us His pardon; charity, which makes us love God and fills our heart with regret for having displeased Him."**

**- 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 forever and ever. Amen.

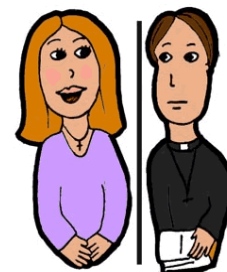
### UPCOMING CONFESSION TIMES AVAILABLE

Several priests will be available to hear confessions on the following days and locations:

|                  |                 |                         |         |
|------------------|-----------------|-------------------------|---------|
| <b>Wednesday</b> | <b>March 24</b> | St. John Vianney Parish | 7:00 pm |
| <b>Thursday</b>  | <b>March 25</b> | OLPH Parish             | 7:00 pm |
| <b>Monday</b>    | <b>March 29</b> | Sacred Heart Cathedral  | 7:00 pm |

### Regular Weekday Confession Times

|                  |                                      |
|------------------|--------------------------------------|
| <b>Wednesday</b> | 5:15 – 5:35 pm                       |
| <b>Saturday</b>  | 4:00 to 5:00 pm                      |
| <b>Sunday</b>    | 5:30 – 5:55 pm (before 6:00 pm Mass) |



### HOLY WEEK SCHEDULE AT SACRED HEART CATHEDRAL

|                 |                 |                      |   |
|-----------------|-----------------|----------------------|---|
| <b>Monday</b>   | <b>March 29</b> | Confession           | 7:00 pm                                 |
| <b>Tuesday</b>  | <b>March 30</b> | Chrism Mass          | 10:00 am                                |
| <b>Thursday</b> | <b>April 1</b>  | Holy Thursday        | 7:00 pm                                 |
| <b>Friday</b>   | <b>April 2</b>  | Good Friday          | 3:00 pm and 5:30 pm                     |
| <b>Saturday</b> | <b>April 3</b>  | Easter Food Blessing | 1:00 pm                                 |
|                 |                 | Easter Vigil         | 8:00 pm (There will be no 7:00 pm Mass) |
| <b>Sunday</b>   | <b>April 4</b>  | Easter Sunday        | 8:00 am, 10:00 am, 12:00 noon, 6:00 pm  |

**Paschal Fast:** The Paschal Fast should be observed everywhere on Good Friday and continued, where possible, on Holy Saturday. In this way, the people of God will receive the joys of the Lord's resurrection with uplifted and responsive hearts. The law of abstinence from meat binds all Catholics 14 years of age and older and fasting, that is, limited to a single full meal, binds all Catholics from their 18th birthday until their 59th birthday. When we fast and abstain, we do it together. The practice of the Lenten fast and Paschal fast is a practice of the whole community. Though the fast is carried out personally, we are united in our action through Jesus Christ. Our united fast and abstinence are our prayers to the Father through Jesus.

**Covering of crosses and statues with purple:** Passion time begins on the fifth Sunday of Lent, and from that day until Easter the Church enters more deeply into the Passion of our Blessed Lord. The liturgy puts aside all symbols and expressions of joy and shows forth in word and action the sorrow and penance which should fill the Christian soul contemplating the closing scenes in Our Saviour's earthly life. The crucifix, statues and pictures on the altar and throughout the church, except the pictures of the Stations of the Cross, are covered with plain violet veils. The crucifix remains covered until it is uncovered on Good Friday. The statues and pictures remain veiled until Holy Saturday. The crucifix is veiled because Christ, during this time, no longer walked in public, but "hid Himself." The statues and pictures of the angels and saints are covered to show that the Church shrouds herself and mourns while her Lord and Master is preparing to undergo suffering and death to redeem the world. By all these outward signs and ceremonies of Passion Time the faithful are to do penance by withdrawing farther from

worldly pleasures, by devoting themselves more earnestly to Lenten exercises and meditating on the sufferings of Christ, who died for love of them. The purpose of covering other images is to take the focus off the images and focus the attention of the people on the central mysteries of our faith -- the death and resurrection of Jesus.

**The Bible is not just any Story – It is Your Story. Discover how to read it:** 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 study will commence Tuesday April 6 in the parish hall of Sacred Heart Cathedral for 8 consecutive weeks to Tuesday May 25. All parishioners are invited to join the study. Please register at the parish office. The cost of the materials is \$25.

**Chrism Mass:** The Chrism Mass will be celebrated on Tuesday, March 30<sup>th</sup>, at Sacred Heart Cathedral at 10:00 am. This is also the day that priests publicly renew their commitment to serve the people of God as ordained men, and the holy oils used throughout the coming year will be blessed. Everyone is welcome to attend.

**Good Friday Collection** For the year 2010, we shall become pilgrims walking in the footsteps of Jesus just as Benedict XVI showed us in his apostolic journey in the Middle East from May 8th to 15th 2009. With him, we can make a difference, wherever we are and no matter our state of life, as Pilgrims of Peace, by bringing forward his efforts of peace, unity and dialogue. The mission of the Commissariat of the Holy Land is to help the Christian communities of the Holy Land and is made possible with the generosity of all the Catholics in Canada. Each year your support sustains apostolic and social works and the upkeep of the Holy Sites. Nevertheless, the Church's renewal is always a great challenge and so is the formation of future priests. When we will celebrate the memory of the death of Jesus on April 2nd 2010, the words of Benedict XVI that were said at Calvary on May 15th 2009 sends out a message: "The Church of the Holy Land, which has so often experienced the dark mystery of Golgotha, must never cease to be an intrepid herald of the luminous message of hope which this empty tomb proclaims." For us too, we can bring this message of hope and light to others! We can also be pilgrims of peace! Let us support those who live this challenge every day!

**Easter Food Blessing:** The Polish community will hold their annual Easter Food Blessing on Saturday, April 3<sup>rd</sup> at 1:00 pm at Sacred Heart Cathedral. All are welcome.

**Divine Mercy Sunday** His Excellency Bishop David Monroe will be the main celebrant on the Feast of Mercy, Sunday, April 11th at Sacred Heart Cathedral at 3:00 p.m. (the Hour of Mercy). Confessions will be heard from 1:30 p.m. until 2:30 p.m. followed by the Chaplet of Divine Mercy.



**Attention Graduating Students 2010:** A \$500.00 scholarship is available to a practicing Catholic student graduating in June who plans to continue his/her education at a post secondary institution. Please pick up the forms at your schools to apply. **Catholic Women's League - Did you know?**

1946-1950: Sacred Heart CWL assisted the local Welfare Agency – collecting and distributing 800 articles of clothing in one year alone, plus finding temporary or permanent housing for adults/children as required. **CWL Diocesan Convention** will be held in Vernon April 8, 9, 10<sup>th</sup>. All ladies are invited to attend. Registration forms will be available at the Rectory - More info to follow. **Next General Meeting** will be held on April 12<sup>th</sup> at 7:00 pm.

**Grief to Grace:** Applications for the next Grief to Grace Program to be held at Seton House May 6<sup>th</sup> to 9<sup>th</sup> are now being accepted. Grief to Grace – Reclaiming the Gift of Sexual Dignity is a spiritual journey for anyone who has suffered degradation or violation through sexual abuse, rape, incest, physical or emotional abuse and neglect or other forms of traumatic violation in childhood, adolescence, or as an adult. To register or for more information call 250-878-76036 or email [g2gkelowna@shaw.ca](mailto:g2gkelowna@shaw.ca)

**Lay Enrichment with Hubert Fynn** Frankie Laine, a renowned singer, tells us in one of his songs that “Love is a many splendored thing.” During the weekend of April 9 -11, our Diocesan Religious Educator, Hubert Fynn, will lead a group of participants as they pan for those nuggets of love embedded in the Scriptures as promised by our Lord and Saviour. The registration form can be found online at [www.rcdk.org](http://www.rcdk.org)

**Mark your calendars for Saturday, May 15, 2010.** We are celebrating the Feast Day of St. Francesco di Paola with a Mass in Italian at Our Lady of Perpetual Help Church. The mass will be followed by a festive procession, and a banquet and dance at the Colombo Lodge in the evening. Watch the bulletin for further information

**Retrouaille** A Lifeline for Marriage – Retrouaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. It is designed to provide the tools to help get your marriage back on track. It will give you the opportunity to rediscover each other and examine your lives together in a new and positive way. This program has helped Tens of Thousands of couples experiencing marital difficulty at all levels including disillusionment and deep misery. For confidential information about or to register for the program beginning with a weekend on the 30th of April, 2010, email [1009@retrouaille.org](mailto:1009@retrouaille.org) OR call 604-530-6710 OR visit the web site at [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com)

**The Cathedral Parish in conjunction with the Knights of Columbus is sponsoring its second Annual Supply Drive to benefit Mothers-to-be.** Last year our donated items reached a total of \$3,000.00 between the Cathedral and St. Ann's Academy. We are asked to donate to the Pregnancy Care Centre new or gently used baby or maternity items, baby and pregnancy supplies, i.e. outfits for babies, diapers, formula, baby bottles, etc. Please enclose with your items a slip showing the monetary value of each item. We ask that you not donate furniture items, or car seats, as government codes may render these items illegal for use at this time.

**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, go to <http://www.bc.cfc.ca>

**Calling all Grade 7 students!** You are invited to come and see what St. Ann's Academy has to offer! On Monday, March 29h from 8:30 – 2:30, you are invited to a fun-filled day organized by our High School Retreat Team. Through games, skits, school tours and other activities, you will get the answers to many questions you may have about our high school. Please call the school at 250-372-5452 to confirm your attendance. Lunch and snacks provided.

**Rotary Food Drive:** The recession has had considerable impact on the Kamloops food bank. In 2009, 57,691 hampers were distributed, a 20% increase over last year; 33% babies and children (in line with national average) 62% adults, of which 18% are disabled or injured, and 5% seniors. The 142 new clients in February indicate that the numbers are still increasing so please support the annual Rotary spring food drive on March 27<sup>th</sup>, leave staple food including baby formulae and food on your front step and drivers will pick it up.