

# 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

Check out our website – weekly bulletin available online

[www.sacredheartkamloops.org](http://www.sacredheartkamloops.org)

## Palm Sunday of the Lord's Passion, March 28, 2010

### MASS INTENTIONS THIS WEEK

Saturday	7:00 pm	People of the Parish	Palm Sunday
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	Phyllis Peel Int	
	9:30 am	Deceased members of Habacon family	
Tuesday	7:15 am	Liam Peel (RIP)	
	10:00 am	<b>Chrism Mass for Priests of the Diocese</b>	
Wed	7:15 am	Orland Salgado (RIP)	
	9:30 am	John Medeiros (RIP)	
	12:10 pm	Una Chretien (RIP)	

### TRIDUUM

Thurs	7:00 pm	People of the Parish	Mass of the Lord's Supper
Friday	3:00 pm	(Not a Mass but a service)	Celebration of the Lord's Passion
	5:30 pm	(Not a Mass but a service)	
Saturday	8:00 pm	People of the Parish	Easter Vigil
Sunday	8:00 am	People of the Parish	Resurrection of the Lord
	10:00 am	People of the Parish	
	12:00 pm (noon)	People of the Parish	
	6:00 pm	People of the Parish	

### HOLY WEEK SCHEDULE AT SACRED HEART CATHEDRAL

Monday	Stations of the Cross	6:30 pm
	Confessions (Many Priests)	7:00 pm
Tuesday	Chrism Mass	10:00 am
Thursday	Holy Thursday	7:00 pm
Friday	Morning Prayer Office of Readings	9:00 am
	Good Friday Services	3:00 and 5:30 pm
Saturday	Morning Prayer Office of Readings	9:00 am
	Easter Food Blessing	1:00 pm
	<b>Easter Vigil</b>	8:00 pm
Easter Sunday	8:00 am, 10:00 am, 12:00 noon, 6:00 pm	

**Confessions available: Monday March 29, 2010 at 7pm (lots of priests), Tuesday March 30 4:30-5:30 pm, Wednesday March 31 after 12:10 Mass (12:45-1:15pm) 5:15-5:45 pm and Thursday April 1 12-1pm and 4:30 – 5:30 pm**

**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, Laureen Storry, Angela Howe, Teresa Bruno, Sacha Weiler, Jane Winters, Jim Coughlan, Joanne Pierrot, Jack, 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.

**Paschal Fast:** The Paschal Fast should be observed everywhere on Good Friday. 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.

### 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@pregnancycarekamloops.com](mailto:info@pregnancycarekamloops.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."

**"When we have had the great misfortune to sin, the adorable Blood of Jesus will ask for our forgiveness." - Sermon for Maundy Thursday**

**"All difficulties, temptations, sickness and humiliations become sweet and easy to endure, if one bears them in union with Our Lord." – On suffering**

**- 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.

**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. **Seminarian Care Package:** Please bring in snack foods and loonies for laundry for our seminarians who are studying at the Seminary of Christ the King in Mission BC. Please bring items to the Cathedral Rectory by Wednesday April 7. Thank you. **Catholic Women's League - Did you know?** 1947: The League Prayer was written and adopted. 1948: The Kamloops Diocesan Council was formed – Mrs Fulton, President. 1950: National membership reached 50,000 – the largest women's organization in Canada. **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. **CWL executive meeting Monday March 29 at 7pm Next General Meeting will be held on April 12<sup>th</sup> at 7:00 pm.**

**World Youth Day 2011 Fundraising - Bottle collection is ongoing.** For pick up at home call Wendi 250-374-7679 or Michelle 250-374-3370. Yard services: the young people will attend to spring clean up in your yard for a donations. For more information please call Wendi 250-374-7679 or Adele 250-376-3351.

**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.

**The Bible is not just any Story – It is Your Story.** Discover God's plan for your life as you discover his amazing story. 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.

**The annual Pro-Life fundraising dinner** will take place this year on Friday, April 9 at OLPH Parish Centre. The guest speaker is Fr. Lucien Larre. The doors will open at 6:00 and dinner will be served at 6:30. For tickets please call 376-4161 or 376-4054. The cost is \$22 per person.

**Lay Enrichment with Hubert Fynn Theme: "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 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)

**Ladies luncheon** on Tuesday April 13 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.

**Prayer Breakfast:** St. John Vianney Parish Knights of Columbus will be hosting a Prayer Breakfast on Saturday April 17th. Mass at 9:00 am with breakfast to follow with guest speaker Fr. Gabriel de Chadarevian O.P. Tickets are \$5.00 each and are available from Gary 250-376-1293 or John 250-554-8012. Everyone is welcome. There will be a "Love offering". Cut off date for ticket sales is Monday April 12th

**Retrouvaille** Is your marriage or that of a relative or friend heading for divorce? Do you know how to save that marriage? Or do you feel helpless? Retrouvaille is designed to help troubled marriages regain their health. It helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. The program is highly successful in saving hurting marriages, even bringing reconciliation to couples that have already separated or divorced. For confidential information about or to register for the program beginning with a weekend on the 30th of April, 2010, email [1009@retrouvaille.org](mailto:1009@retrouvaille.org) OR call 604-530-6710 OR visit the web site at [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com)

**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 250-878-7603 or email [g2gkelowna@shaw.ca](mailto:g2gkelowna@shaw.ca)

**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

**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>

**Jeff Cavins in Vancouver - Matthew: The King and His Kingdom** Saturday May 8 2010. Seminar is from 8:am – 4 pm, begins with Holy Mass. Check-in 7 am – 8 am at St. Patrick Parish 2881 Main Street Vancouver, BC. Pre-registration (by April 16) is \$30 or \$25 if you already have "The Great Adventure" chart and bookmark. Registration (after April 16) is \$35.00. Pre-registration required, and will be processed first-come, first-served upon receipt of payment. Fee includes seminar materials. No lunch will be provided. Please bring your own mug, as none will be provided. For more information and to register visit [www.rcav.org/ore](http://www.rcav.org/ore) or call Margaret Lam in the office of Religious Education at 604-683-0281

**Qualified applicants are invited to apply for the position of Principal of Sacred Heart Catholic School in Williams Lake.** This is a full time position, consisting of part-time teaching and part-time administration, commencing July 1, 2010. The school enrolls approximately 70 students from kindergarten to grade seven. Applicants must hold a valid teaching certificate or be eligible for B.C. certification. Preference will be given to candidates who possess:

- Commitment to Catholic Education (include your personal philosophy of Catholic Education)
- Active membership in a Catholic parish community
- Administrative experience, preferably in a Catholic Independent School in British Columbia
- Master's degree in school administration or applicable area of study

Applicants interested in this position must complete a C.I.S.K.D. Principal Application Package. This package may be obtained by contacting the Superintendent of Schools, Kelly Tries, at [ciskdschools@telus.net](mailto:ciskdschools@telus.net) This position will remain posted until filled. Please note that only those candidates selected for interviews will be contacted.

## Easter Resurrection Cookies

### To be made the evening before Easter

You need:

- 1c. whole pecans
- 1 tsp. vinegar
- 3 egg whites
- pinch salt
- 1c. sugar
- zipper baggie
- wooden spoon
- tape
- Bible

Preheat oven to 300.

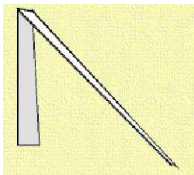
1. Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested He was beaten by the Roman soldiers. Read John 19:1-3
2. Let each child smell the vinegar. Put 1 tsp. vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28-30
3. Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11
4. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27

5. So far the ingredients are not very appetizing. Add 1c. sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Ps. 34:8 and John 3:16
6. Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isa. 1:18 and John 3:1-3.
7. Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matt. 27:57-60.
8. Put the cookie sheet in the oven, close the door and turn the oven **OFF**. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matt. 27:65-66. **GO TO BED!**
9. Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.
10. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter Jesus' followers were amazed to find the tomb open and empty. Read Matt. 28:1-9

## Palm Cross Directions

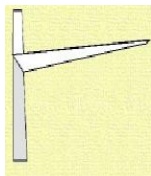
Hold the palm upright, so the tapered end points toward the ceiling.

Step 1

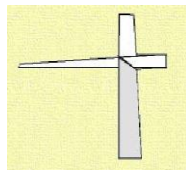


Fold down about 5-6" from bottom

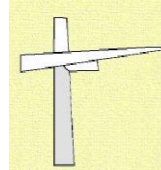
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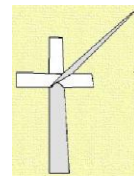
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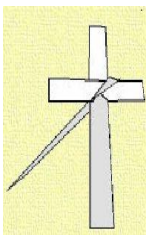
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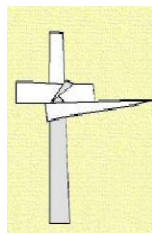
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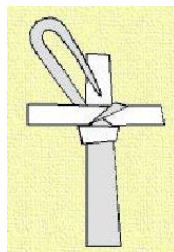
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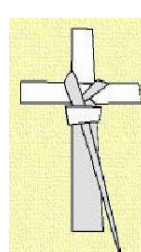
Step 7



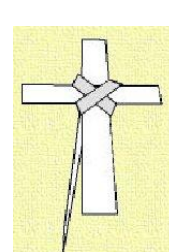
Step 8



Step 9



Step 10



← Front View

Tuck in tapered end and pull it through.

Remember that the palm is a sacramental and should be kept and respected as a sacramental!