

# Sacred Heart Cathedral

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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

## Fourth Sunday in Lent, March 14, 2010

### MASS INTENTIONS THIS WEEK

Saturday	7:00 pm	People of the Parish	Fourth 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	Frances Coleman (RIP)	
	9:30 am	Liam Peel (RIP)	
Tuesday	7:15 am	Joanna Mayne & family Int	
	9:30 am	Roger Hill (RIP)	
Wednesday	7:15 am	Maria Salituro Int	
	9:30 am	Shawn Chisholm Int	
	12:10 pm	Mabel Allen (RIP)	
Thursday	7:15 am	John Scherer Int	St. Cyril of Jerusalem
	9:30 am	Agnes Lyver (RIP)	
Friday:	7:15 am	Dennis McKinley (RIP)	St. Joseph, husband of BVM
	9:30 am	Powell family Int	
Saturday	7:15 am	John Medeiros (RIP)	
	9:00 am	Jovita Habacon (RIP)	
	7:00 pm	People of the Parish	Fifth 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	

### 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
Saturday:	9-3	CWL Leadership Workshop

This is Laetare Sunday - The fourth, or middle, Sunday of Lent, so called from the first words of the Introit at Mass, "Laetare Jerusalem" — "Rejoice, O Jerusalem".

### 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, 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 Ehler, 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.

**The 3<sup>rd</sup> Scrutiny will be at the 11:30 Mass on 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).

**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.devpc.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."

***"By washing the disciples' feet, Jesus Christ would teach us humility, and also with what purity we ought to draw near to 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.

**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 16 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.



**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?**

1942-45: During these war years Sacred Heart CWL supported the Merchant Marines – through the Red Cross. During this period (as reported) CWL contributed 1,036 items of knit/sewn clothing. Also 1,000 other articles that filled 82 "ditty" bags; also a cash donation of \$566.00. Membership had grown to 93.

Membership fee was increased to \$1.00. **A reminder: CWL Leadership Workshop** at Sacred Heart Cathedral starting with Mass at 9:00 am Saturday March 20<sup>th</sup> until 3:30. A light lunch will be provided. Please plan to attend. **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.

**The regular meeting of the Father Le Jeune Assembly** will be held at 7:00 pm at the Le Jeune Manor on Thursday, March 18th. All 4th degree K of C members are encouraged to attend.

**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, 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. 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. The evening includes entertainment, 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.

**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)

**Pancake Breakfast in honour of Fr. Emil Sasges next Sunday following 8:30 Mass  
Please come !**

Father Emil Sasges was ordained by Bishop Michael Harrington 54 years ago at St. James Church in Vernon. **He celebrates his 54<sup>th</sup> Anniversary of Ordination on April 6, 2010.** He is pastor in Valemount and Blue River. Born in Saskatchewan in 1931, Fr. Emil spent his early years on a farm near Vernon. He recalls: "Bishop Quentin Jennings [first Bishop of Kamloops] received me as a student for the priesthood in 1945 at the seminary of Christ the King." As a priest of the Diocese of Kamloops, his initial posting was to Sacred Heart Cathedral Parish in Kamloops, where he served for eight years, followed by 11 years in the upper North Thompson centered on Blue River and Valemount. Fr. Emil later served at St. Gerard's Parish in Ashcroft (Savona, Lytton and Big Bar on the Fraser) as well as Holy Family Parish, Kamloops and St. Jude's Parish in 100 Mile House (nine years) before returning to Valemount and Blue River. He also spent time working for Homes for Growth and at the retreat centre in Hinton, Alberta. In his earlier days as a parish priest Fr. Emil lived in simple housing, built or adapted buildings to become churches, and spent a great deal of time travelling. He was the proud owner of a small, two-seater Jodel home-built aircraft in which he almost lost his life in 1969.

**HARSH LANDING**

Attempting to return to Valemount from a camping trip he was forced by bad weather to make a "precautionary landing" in the mountains. "I was going to spend the night in the alpine," Fr. Emil recalls, but a sudden change in wind caused him to overshoot the grass. Instead he landed in rocks, tearing off the aircraft's wheels and breaking its main spar. "I fought for my life all night in 80-mph winds with no gear and just Oxfords (for footgear) and my ingenuity," he says. Grizzlies that had been hunting for marmots near the crash site saved his life by leaving torn-up turf that he used to construct a simple shelter. Fr. Emil had little food, which he rationed strictly, and he improvised a burner to melt snow to drink: "If I hadn't had water the first day, I wouldn't have survived – but panic was the greatest challenge." After waiting nearly two weeks, Fr. Emil decided to try walking out. He spent the next nine days travelling in a big circle in "impossible terrain". His slippery Oxfords were "deadly in the wet bush". "I prayed that I would use every last ounce of my energy." Fr. Emil was saved by being in exactly the right place for 30 seconds – long enough for his path to intersect with a hunting party. He was flown to a hospital in Prince George by a Search and Rescue Albatross aircraft. Although he nearly lost his legs to trench foot, a consequence of wearing the street shoes, he eventually recovered and volunteers helped him to rebuild the aircraft. Fr. Emil became a national celebrity as a result of his survival experience, but he recalls that his ordeal "led to an intense deepening of my spiritual life, especially at the level of surrendering all to whatever God wanted". "I'm deeply grateful that my priestly identity is so inseparably interwoven with the Kamloops Diocese in its beginnings," says Fr. Emil. "I ask God continually to repay with eternal blessings countless souls to whom I'm indebted ... [for] helping me renew my commitment to dare to be a priest like Jesus!"

**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 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.

**Lay Enrichment with Hubert Fynn** Frankie Lane, 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)

**Retrouvaille** The Married Singles Lifestyle describes couples that may have lost a sense of closeness they once had as marriage partners and are living more like roommates. Retrouvaille teaches couples how to survive times like these in their marriages. This program has helped tens of thousands of couples experiencing difficulty at all levels of marital distress from disillusionment to deep misery. For confidential information about or to register for the program beginning with a weekend April 30th, email [1009@retrouvaille.org](mailto:1009@retrouvaille.org) or call 604-530-6710 or visit the website 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 (back page of bulletin) 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.

Item	Quantity	Value
Laundry baskets		
Bassinettes		
Diaper bags		
Bottle bags		
Disposable diapers	Doz	
Board books		
Soft baby toys/rattles		
Sleepers (all sizes		
Undershirts or diaper shirts		
Baby outfits		
Baby towels		
Wash cloths		
Receiving blankets		
Snowsuits		
Jackets		
Hats		
Socks	Pairs	
Quilts		
Afghan		
Diaper wipes, toiletries, feeding supplies, snugglies		
Knitted baby sweater outfits		
Crib sheets		
Booties		
Bibs		
Cash donations		
Other items (specify)		
Total value		