

Sacred Heart Cathedral

255 Nicola Street, Kamloops, B.C. V2C 2P3 Tel: 250-372-2581 Fax: 250-372-2582

E-mail: office@sacredheartkamloops.org Website: www.sacredheartkamloops.org

Bishop: Most Rev. Joseph Nguyen, Rector: Rev. Derrick Cameron. Assistant Priest: Rev. Thomas Arackal



Christ the King 2020

Mass Intentions Nov 21 - 29

| | | |
|-------|----------|---|
| Sat | 7:00 pm | People of Sacred Heart Cathedral Parish |
| Sun | 8:30 am | People of Sacred Heart Cathedral Parish |
| | 10:00 am | People of Sacred Heart Cathedral Parish |
| | 11:30 am | People of Sacred Heart Cathedral Parish |
| | 6:00 pm | People of Sacred Heart Cathedral Parish |
| Mon | 6:30 pm | Trevor Frolek RIP (offered privately) |
| Tues | 9:00 am | John Armstrong RIP (offered privately) |
| Wed | 9:00 am | Marilyn Lama RIP (offered privately) |
| | 6:30 pm | Francesco Iorio RIP (offered privately) |
| Thurs | 9:00 am | Pacita Galapon RIP (offered privately) |
| | 6:30 pm | Luisa Daponte RIP (offered privately) |
| Fri | 9:00 am | Bill Zieverink RIP (offered privately) |
| | 6:30 pm | Emilio Salituro RIP (offered privately) |
| Sat | 9:00 am | Marie Plamendon RIP (offered privately) |
| | 7:00 pm | People of Sacred Heart Cathedral Parish |
| Sun | 8:30 am | People of Sacred Heart Cathedral Parish |
| | 10:00 am | People of Sacred Heart Cathedral Parish |
| | 11:30 am | People of Sacred Heart Cathedral Parish |
| | 6:00 pm | People of Sacred Heart Cathedral Parish |

Christ the King



St. Clement I or St. Columban
St. Andrew Dung-Lac & companions
St. Catherine of Alexandria

1st Sunday of Advent



Contact the office to register to attend Mass this weekend.

A WARM WELCOME TO GUESTS, AND VISITORS! Whether you are visiting, looking for a new home parish, or returning to your faith, we are happy you are here!!



We ask you to pray for the following people: Amelia, Anna, Nadia Anselmo, Arthur Archangel, Audrey, Autumn, Rupert Atzenberger, Margarita Silva A., Carlos Silva A., Ana Silva A., Denise, Duncan Bailey, Lihz Bailey, Lawrence & Ping Beaton, Boyles Family, Chris, Christine, Connor, Dorothea Coughlan, Josie Cuzzetto, George

Damaso, Leonora Damaso, Chloe Demers, Daniel Dupre, Donnie, Janet Doxey, Sharon Earle, Betty Eastwood, Benito Esguerra, Brevin Gervais, Paulette Guillou, Geoff, Gertrude, Gladys Halmosi, Jeanette, Jesse, Joe, Kaelyn, Kaitlyn, Garry Kernan, Jean Marie Laforteza, Rita MacLeod, Vallah Martin, Frederick & Lourdes McIntosh, Matt, Lisa Mayhew, Delia Marican, Melody, Marcelo Muñoz, Matthew Nixon, Danya Omar, Esther Oyeka, Rev. Clinton Pendleton, Randy, Don & Nancy Render, Rosa, Wanda-Jean Ruckle, Loretta Rudyk, Assunta Russo, Rosa Ordonez Sanchezan, Maria Santos, Sarah, Shawn, Anton Schneider, Sloan, Theresa Stienke, Shannon Strecheniuk, Tanya, Tracy, Frans Van der Woning, Laurine Vilac & family, Nellie Wagner, Maureen Ward, Erin Wiebe, Hamu Zindoga, **May the Lord comfort them in their time of need and bless those who care for them.** Please contact the parish office to add or remove a name from the prayer list. **Pope Francis' prayer Intention for November:** We pray that the progress of robotics and artificial intelligence may always serve humankind.

No public celebration of Weekday or Sunday Mass "to midnight December 7, 2020". This may be extended beyond this point.

All people entering church buildings are to wear masks and observe all Covid 19 safety Protocols with due regard to disability or medical condition. Time can be set aside for people to have private prayer in church with the availability of the Sacrament of Penance.

(we will continue to have Adoration on Wednesdays).

Special events such as baptisms, weddings and funerals can take place with a limited number attending (max. 10 people including the Celebrant).

If these celebrations include Mass, please receive Holy Communion on the hand and observe no congregational singing.

We are committed to the safety and wellbeing of all those entrusted to our care.

May the blessings of the Sacred Season of Advent fill you with joy and hope during this challenging time.

Sincerely yours in Christ, Joseph Nguyen Bishop of Kamloops

Please check our website at <https://www.rcdk.org/pages/covid-19-streaming-masses> Sunday Mass at 11:30 am at Sacred Heart Cathedral is streamed at <https://www.rcdk.org/> and click on the "play" icon or go to <https://www.youtube.com/channel/UC4LMk5KyHYfXYPcEhehgPDQ/featuredor>



Preparing for Christmas Through Advent:

1. The "Praying Advent" site, has a number of ways to get us in a state of mind and heart ready for Advent <http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/>

2. Dynamic Catholic is offering another "Best Advent Ever" series for free at <https://www.dynamiccatholic.com/advent/best-advent-ever.html>

3. 26 Day Advent Retreat "Unshakeable Joy" led by Cardinal-elect Cantalamessa & Chris Stefanick begins Nov 29 <https://coaching.reallifecatholic.com/unshakeable-joy>



Adoration
Wednesday 9 to 9 pm

Baptism Classes will be held regularly. Contact the parish office

Catholic Women's League
Postponed until further notice
Domenica 250-320-8319

Children's Liturgy
Postponed until further notice
Linda 250-851-8605

Confession Times
Wed 5:15 -6:15 pm
Saturday following 9 am Mass
Or by appointment

Knights of Columbus
Second Tuesday 7 pm
live or via Zoom
Jarett Loehr 1-250-572-0938

Pancake Breakfast
Postponed until further notice

RCIA
Wed at 7:10 pm

Weddings: DO NOT SET YOUR WEDDING DATE until you have met with a priest – at least 9 months prior to wedding.

Young Adults 19+
Friday 7:10 pm



JOB POSTINGS IN THE DIOCESE OF KAMLOOPS

Catholic Independent School Kamloops Diocese Current Job Postings can be found at www.CISKD.ca under the CAREERS tab: <https://ciskd.ca/current-postings/>. New: OLPH Gr 5 Mat Leave position. OLPH Custodian posting.



23 November 2020 – Monday Clement I, Pope, Martyr / Columban,
First Reading: Revelation 14: 1-3, 4b-5

Responsorial Psalm: Psalms 24: 1bc-2, 3-4ab, 5-6
Gospel: Luke 21: 1-4

24 November 2020 – Tuesday Andrew Dung-Lac, Priest, Martyr, & Companions,
First Reading: Revelation 14: 14-19

Responsorial Psalm: Psalms 96: 10, 11-12, 13
Gospel: Luke 21: 5-11

25 November 2020 – Wednesday Catherine of Alexandria, Virgin, Martyr

First Reading: Revelation 15: 1-4
Responsorial Psalm: Psalms 98: 1, 2-3ab, 7-8, 9

Gospel: Luke 21: 12-19

26 November 2020 – Thursday

First Reading: Revelation 18: 1-2, 21-23; 19: 1-3, 9a

Responsorial Psalm: Psalms 100: 1b-2, 3, 4, 5

Gospel: Luke 21: 20-28

27 November 2020 – Friday

First Reading: Revelation 20: 1-4, 11-21: 2

Responsorial Psalm: Psalms 84: 3, 4, 5-6a and 8a

Gospel: Luke 21: 29-33

28 November 2020 – Saturday

First Reading: Revelation 22: 1-7

Responsorial Psalm: Psalms 95: 1-2, 3-5, 6-7ab

Gospel: Luke 21: 34-36

FIRST SUNDAY OF ADVENT

First Reading: Isaiah 63: 16b-17, 19b; 64: 2-7

Responsorial Psalm: Psalms 80: 2-3, 15-16, 18-19 (4)

Second Reading: First Corinthians 1: 3-9

Gospel: Mark 13: 33-37

Faith in Action Campaign

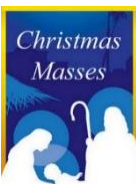
Diocesan Commitment: \$53,178

Parish Project \$20,000

Total \$73,178

Pledged Amount \$43,300

Number of pledges 119 **59% to the total goal.**



Registration for Christmas and New Year's Masses:

At this time, we are scheduling. Mass attendance for **Dec 24th at 10 pm and Midnight** (4 pm, 6 pm, and 8 pm, 9am and 11:30 am are full). **Dec 31st** at 4 and 6 pm; and **January 1st** at 9 and 11:30 am. We ask you to call in to the parish or email us to register for the Masses you plan to attend. You may attend only one Mass for Christmas (Christmas Eve or Christmas Day) and only one Mass for Mary, Mother of God. New Year's Eve or New Year's Day.



"POOR AT CHRISTMAS" COLLECTION:

Funds from this collection will be divided between the Society of St. Vincent de Paul and Hampers for Christmas Amalgamated. Note: we will not be asking parishioners to

bring food for hampers this year but will be sponsoring hampers through this collection and the Knights of Columbus. Please help if you can.

Sacred Heart Cathedral, Kamloops/Kamloops Council 1614

59th ANNUAL CHARITY APPEAL

[Click here](https://www.kofcdraw.net/C1614) [KofCDraw.net/C1614](https://www.kofcdraw.net/C1614)

WIN \$177,000 in prizes including a \$100,000 Grand Prize

TICKETS ONLY \$3

PRIZES

| | |
|---------------------------------|---|
| 1 st Prize \$100,000 | 4 th Prize \$5,000 |
| 2 nd Prize \$50,000 | 5 th Prize \$2,000 |
| 3 rd Prize \$10,000 | 6 th to 15 th \$1,000 each! |

Limited Tickets!
BUY TODAY [KofCDraw.net/C1614](https://www.kofcdraw.net/C1614)

Total Prizes \$177,000

Draw Date January 30, 2021 8pm
Sales Sept 1, 2020 to Jan 30, 2021, 6pm

An annual charity appeal of the Knights of Columbus (BC) Charity Foundation
WORKING TOGETHER TO MAKE OUR COMMUNITIES BETTER
Thank you for your Support!

For general inquiries call 604-216-7272 BC Gaming Event License #: 126541

Chances are 1 in 200,000 (total tickets for sale) to win a grand prize. Actual odds depend on number of tickets sold. 20+ to play. Problem Gambling Help Line 3668-795-6111 www.bcreponsiblegambling.ca Know your limit, play within it. Winners are responsible for cost associated with delivery/claiming of prizes.

During the month of November, we remember the souls of all the faithful departed in the November Masses.

Tax Receipt 2020 reminder for parishioners:

Faith in Action donations must be received in the Faith in Action office by Dec 31 (before the banks close/office closes). Donations should be mailed directly to the Faith in Action office to ensure eligibility for 2020 tax receipt. All donations received after the banks close on December 31, or are post marked later than December 31, will go toward 2021 Tax Receipt. If you leave your Faith in Action donation at the parish office the last week of December, you are risking that it will not be included in your 2020 tax receipt. Likewise, parish donations must be received in the parish office before closing on Dec 31, or be postmarked Dec 31 in order for your donation to be on your 2020 tax receipt as per CRA directives. Please keep this information in mind.



Available from **St. Joseph's Christian Bookstore, Kamloops Tel. 778-471-6100.**

Rejoice! Advent Meditations with the Holy Family

This is a prayer resource with daily meditations. Together with the guided meditation videos, this journal will help you to see the marriage of Mary and Joseph in a new light. Rejoice! will help you open your heart to the peace and joy of the Holy Family as you prepare for the coming of Jesus this Christmas. See <https://ascensionpress.com> for more information and related products. **St. Joseph's store also** has other Advent reflection books as well as Advent wreaths, calendars, and candles available for sale - Christmas gift ideas too!



Just in time for Christmas – Cashmere Pashmina – wrapped in the Arms of Our Mother \$30.

Let our Lady wrap you or your friend/family member in her arms with a warm, cuddly, and soft cashmere PASHMINA for those cool times (75"x29"). Available now in cream, blue

or black! This is a fundraiser for the 2022 national CWL convention, but it does not have CWL or a year on it; rather it has the Madonna logo with the words "Wrapped in the Arms of our Mother". Contact Dianne Barker by Dec 7th to order. 250-819-2875 or dibarker@telus.net. No shipping costs and delivered by Dec 11th.

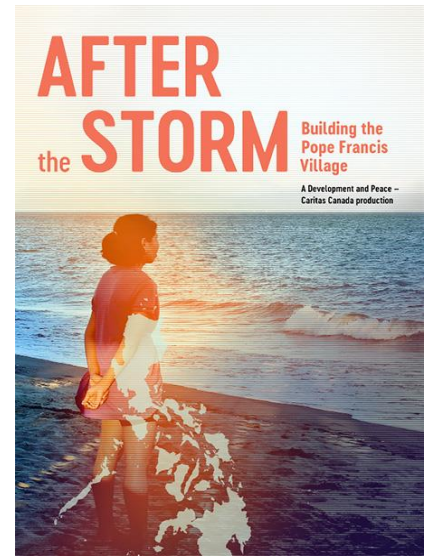
Hail and Blessed

be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, {here mention your intentions} through the merits of Our Savior Jesus Christ, and of His blessed Mother.

Amen.

Recited 15 times a day from November 30 to December 25

The 47-minute documentary *After the Storm: Building the Pope Francis Village* is an inspiring journey that follows poor coastal communities in the Philippines who lost everything to Super Typhoon Haiyan. When local organizations supported by Development and Peace –Caritas Canada arrive to work alongside these communities, they are confronted by survivors who are dispossessed, living in tents, dependent on aid, and facing eviction from the land they have always known. But what happens when you bring the people together? When they are given a voice and a chance to be heard? When they know how to take action?



Find out in *After the Storm*, as Development and Peace works with 550 families to transform a piece of land into new homes, a new community, and new lives.

<https://youtu.be/NFrJv8FD9JY>



The Solemnity of Our Lord Jesus Christ, King of the Universe: On the last Sunday of the liturgical year, the Church celebrates the Solemnity of Christ the King. The feast was instituted by Pope Pius XI with the encyclical *Quas Primas*.

When our world is beset by civil unrest, racial tension, and a pandemic, we do well to turn to Our Lord, who reigns over every people and nation.

The foundation of this power and dignity of Our Lord is rightly explained by Cyril of Alexandria. “Christ,” he says, “has dominion over all creatures, a dominion not seized by violence nor usurped, but by his essence and by nature”.

When he finally arrives, blazing in beauty and all his angels with him, the Son of Man will take his place on his glorious throne. Then all the nations will be arranged before him and he will sort the people out, much as a shepherd sorts out sheep and goats, putting sheep to his right and goats to his left.

“At the end of our life we will be judged on love, that is, on our concrete commitment to love and serve Jesus in our littlest and neediest brothers and sisters. That mendicant, that needy person who reaches out his hand is Jesus; that sick person whom I must visit is Jesus; that inmate is Jesus, that hungry person is Jesus. Let us consider this.” – Pope Francis



As we prepare for Christmas, the General Instruction of the Roman Missal notes some differences to the Mass that should be observed during the season. For one, you’ll notice that the priest will wear violet or purple during Advent, except for the Third Sunday of Advent, or Gaudete Sunday, when rose is worn (GIRM, no. 316).

FORMED

PICK OF THE WEEK
November 29, 2020



THE STORY OF THE NATIVITY: THE TRUTH OF CHRISTMAS
Enjoy this fast-paced, thought-provoking look at the true story of the Nativity as we enter into the joyful season of Advent.

WATCH

LEARN
ADVENT
This Advent prepare your heart through this exploration of the mystery of the Incarnation, the Virgin Birth, and the events surrounding the arrival of Jesus Christ.



PREPARE THE WAY OF THE KING BY DR. SCOTT HAHN
Your Advent journey will take on new meaning with Dr. Scott Hahn’s illuminating presentation on the greatest gift ever given to mankind—Jesus Christ.

LISTEN

Our parish has a FORMED subscription. To set up your free account visit formed.org/signup and select our parish.

Aside from what the priest wears, other aesthetic changes in the Church include a modestly decorated altar. "During Advent the floral decoration of the altar should be marked by a moderation suited to the character of this time of year, without expressing in anticipation the full joy of the Nativity of the Lord" (GIRM no. 305).

In addition, the Gloria in excelsis is not sung during Advent, to reflect the solemn character of the season (GIRM, no. 53).

Outside of Mass, you may also choose to use symbols like the Advent wreath to prepare for Christ's coming in your own home. "The Advent wreath is an ancient Christian tradition. Just as we long for the brightness of the summer sun during the winter's cold, so does the gradually brightening light of this wreath herald the dawn of Christ, the Light of the World! Traditionally, Advent wreaths are a circle of evergreen branches into which four candles are inserted, representing the four weeks of Advent. Ideally, three candles are purple and one is rose, but white candles can also be used.

The progressive lighting of the candles on the Sundays of Advent symbolizes the expectation and hope surrounding our Lord's first coming into the world.



The origins of the Advent wreath are found in the folk practices of the pre-Christian Germanic peoples who, during the cold December darkness of Eastern Europe, gathered wreaths of evergreen and lighted fires as signs of hope in a coming spring and renewed light.

Christians kept these popular

traditions alive, and by the 16th century Catholics and Protestants throughout Germany used these symbols to celebrate their Advent hope in Christ, the everlasting Light. From Germany the use of the Advent wreath spread to other parts of the Christian world. It is a great way to celebrate Advent in the home as well as at Church. Each day the candles may be lighted, perhaps before the evening meal -- one candle the first week, and then another each succeeding week until December 25th. A short prayer may accompany the lighting such as.

O God, rejoicing, we remember the promise of your Son. As the light from this candle, may the blessing of Christ come upon us, brightening our way and guiding us by his truth. May Christ our Saviour bring life into the darkness of our world, and to us, as we wait for his coming. We ask this through Christ our Lord. Amen



Jesse Tree can be very useful for teaching children about the Bible at Christmas, and a fun activity, too! The Jesse Tree represents the family tree, or genealogy of Jesus Christ. It tells the story of God's salvation plan, beginning with creation and continuing through the Old

Testament, to the coming of the Messiah. The name comes from Isaiah 11:1, "Then a shoot will spring from the stem of Jesse, and a branch from his roots will bear

fruit." (NASB). Each day of Advent a homemade ornament is added to the Jesse Tree. These symbolic ornaments each represent a prophecy foretelling of Christ. Other variations include creating ornaments that represent the ancestors in the lineage of Christ, or using the various monogram symbols of Christianity as handmade ornaments.

JESSE TREE SCRIPTURES & SYMBOLS (These symbols are only suggestions)

December 1 Creation: Gen. 1:1-31; 2:1-4 **Symbols:** sun, moon, stars, animals, earth

December 2 Adam and Eve: Gen. 2:7-9, 18-24 **Symbols:** tree, man, woman.

December 3 Fall of Man: Gen. 3:1-7 and 23-24 **Symbols:** tree, serpent, apple with bite

December 4 Noah: Gen. 6:5-8, 13-22; 7:17, 23, 24; 8:1, 6-22 **Symbols:** ark, animals, dove, rainbow

December 5 Abraham: Gen. 12:1-3 **Symbols:** torch, sword, mountain

December 6 Isaac: Gen. 22:1-14 **Symbols:** bundle of wood, altar, ram in bush

December 7 Jacob: Gen. 25:1-34; 28:10-15 **Symbols:** kettle, ladder

December 8 Joseph: Gen. 37:23-28; 45:3-15 **Symbols:** bucket, well, silver coins, tunic

December 9 Moses: Ex. 2:1-10 **Symbols:** baby in basket, river and rushes

December 10 Samuel: 1 Sam. 3:1-18 **Symbols:** lamp, temple

December 11 Jesse: 1 Sam. 16:1-13 **Symbols:** crimson robe, shepherd's staff

December 12 David: 1 Sam. 17:12-51 **Symbols:** slingshot, 6-pointed star

December 13 Solomon: 1 Kings 3:5-14, 16-28 **Symbols:** scales of justice, temple, two babies and sword

December 14 Joseph: Matt. 1:18-25 **Symbols:** hammer, saw, chisel,

December 15 Mary: Matt. 1:18-25; Luke 1:26-38 **Symbols:** lily, crown of stars, pierced heart

December 16 John the Baptist: Mark 1:1-8 **Symbols:** shell with water, river

December 17 Jesus is Wisdom: Sirach (or Ecclesiasticus) 24:2;

Wisdom 8:1 **Symbols:** oil lamp, open book

December 18 Jesus is Lord: Ex. 3:2; 20:1 **Symbols:** burning bush, stone tablets

December 19 Jesus is Flower of Jesse: Isaiah 11:1-3 **Symbols:** flower, plant with flower

December 20 Jesus is Key of David: Isaiah 22:22 **Symbols:** key, broken chains

December 21 Jesus is the Radiant Dawn: Psalm 19:6-7 (in older Bibles this will be Psalm 18) **Symbols:** sun rising or high in sky

December 22 Jesus is King of the Gentiles: Psalm 2:7-8; Ephesians 2:14-20 **Symbols:** crown, scepter

December 23 Jesus is Emmanuel: Isaiah 7:14; 33:22 **Symbols:** tablets of stone, chalice and host

December 24 Jesus is Light of the World: John 1:1-14 **Symbols:** candle, flame, sun



Jesse Tree ornaments



Creation - Gen. 1:1-31



Adam + Eve - Gen. 2:7-9, 18-24



Fall of Man - Gen. 3:1-7



Noah - Gen. 6:5-8



Abraham - Gen. 12:1-3



Isaac Gen. 22:1-14



Jacob - Gen. 25:1-34



Joseph - Gen. 37:23-28; 45



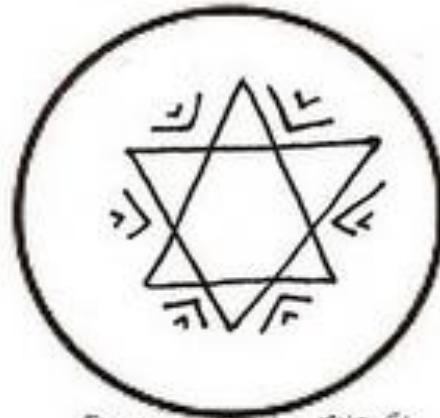
Moses - Ex. 2:11-10



Samuel - 1 Sam. 3:1-18



Jesse - 1 Sam. 16:1-13



David - 1 Sam. 17:12-51



Solomon - 1 Kings 3:5-14



Joseph - Matt. 1:18-25



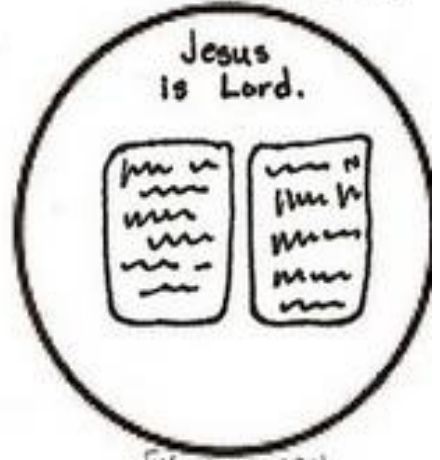
Mary - Matt. 1:18-25
Luke 1:26-38



John the Baptist
Mark 1:1-8



Sirach 24:2, Wisdom 8:1

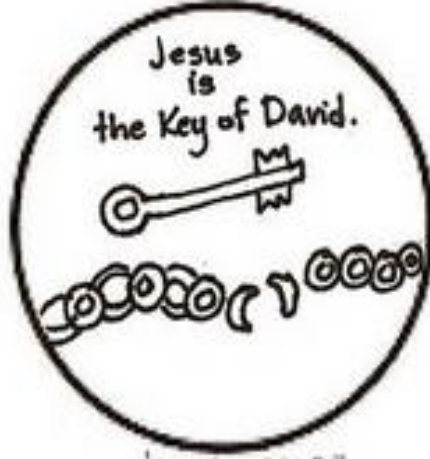


Ex. 31:2, 20:1



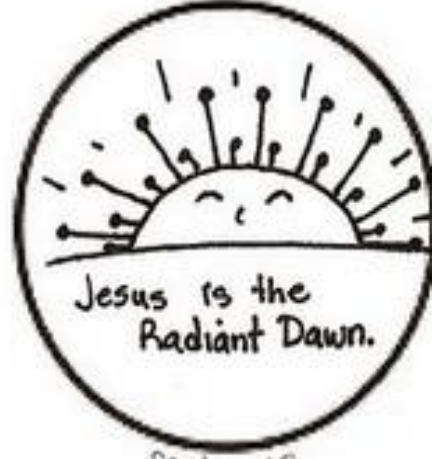
Jesus is the
Flower of Jesse.

Isaiah 11:1-3



Jesus
is
the Key of David.

Isaiah 22:22



Jesus is the
Radiant Dawn.

Psalms 18



Jesus
is the
King of
the
Gentiles.

Psalms 2:7-8



Jesus
is
Emmanuel.

Isaiah 7:14, 33:22



Jesus
is
the
Light of
the
World.

John 1:1-14