

SACRED HEART CATHEDRAL

255 Nicola Street, Kamloops, BC V2C 2P3

E-mail: cathedral@rcdk.org

Phone: 250-372-2581

Website: www.sacredheartkamloops.org



*“The light has come
into the world, and
people loved darkness
rather than light.”*

MASS INTENTIONS

Saturday, March 9

7:00 pm People of the Parish

Sunday, March 10

4th Sunday of Lent

8:30 am People of the Parish
11:30 am People of the Parish
6:00 pm People of the Parish

Monday, March 11

9:00 am Sr. Archana Int
6:30 pm Anna Biondic RIP

Tuesday, March 12

9:00 am Sonya Barrett RIP
6:30 pm Allison & Brian Filek Int

Wednesday, March 13

9:00 am Antonio Dias Pai RIP
12:10 pm People of the Parish
6:30 pm Krystyna Rubkiewicz Int

Thursday, March 14

9:00 am Bertha Kreger RIP
6:30 pm Deolinda Medeiros RIP

Friday, March 15

9:00 am Luigi & Assunta Salituro RIP
6:30 pm Linda Filek Int

Saturday, March 16

9:00 am Subin Cho Int
7:00 pm People of the Parish

Sunday, March 17

5th Sunday of Lent

8:30 am People of the Parish
11:30 am People of the Parish
6:00 pm People of the Parish



We ask you to pray for the following people:

Sharron Relland, Maria Kuntz, Desmond Yam, Rocky, Frans & Sylvia Van Der Woning, Jeanette Weisgerber, Lennie Heslop, Greg, Al Ludwig, Ferris Backmeyer, Frank & Renza Digeso, Carol, Abigail, Madisyn, Scarlett, Shayla, Onyx, Klynoah, Kelvin Blais, Tony Baliva, Roger, Jeff O'Brien, Leesa Marie Paul, Deena Kendra Johnson, Emilia, Zaniya, Dolores McDonald, Anna Bienert, Gerald Robinson, Arek, Zbigniew, Verna Jules, Connie Jules, Jeoff, Shawn, Chris, Audrey, Janet, Tanya.

May the Lord comfort them in their time of need and bless those who care for them.

Please note: The names on the list for prayer requests will stay for a period of one month. To add a name or for renewal, please contact the Parish office.

Pope Francis Prayer Intention for March: **FOR NEW MARTYRS**



“Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.”

Bishop Most Rev. Joseph Nguyen

Rector: Rev. Derrick Cameron.

Assistant Priests: Rev. Udoka

Nwosu, Rev. Paschal Ekeh,

Rev. Henry Nwaimo

Office Administrative Assistant:

Malwina Tomczyk

OFFICE HOURS

Monday Closed

Tuesday – Friday

8 am – 4 pm

Exposition of the Blessed Sacrament

Wednesdays 9:30 am – 9:00 pm

Mon, Tue, Thu, Fri 7:50 am – 8:50 am

Fridays 7:00 pm – 8:00 pm

Baptism

Classes are held regularly.

Contact the Parish office.

Catholic Women's League

Heather Correale 780-718-6029

shc.cwl@gmail.com

Children's Liturgy

At 8:30 am and 11:30 am Sunday Mass
(when available)

Confession Times

Wed 9:30 – 10:30 am

Wed 5:15 – 6:15 pm

Saturday 9:30 am – 10:30 am

Or by appointment

Knights of Columbus

Binu Antony 1-647-855-0624

Pancake Breakfast

March 17, 2024 after 8:30 am Mass

St. Vincent de Paul Society

Tammy Farrer tammyfarrer1@gmail.com

Sunday Choir

At 11:30 am Sunday Mass

Tony Cuzzetto 250-319-7536

Rite of Christian Initiation of Adults

Please call the Parish office for more information.

Weddings:

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

Young Adults 19+

Contact the Parish office.



The Exposition of the Blessed Sacrament is available every Wednesday at Sacred Heart Cathedral from after the 9 am Mass until 9 pm at night. There is also an exposition before the morning 9 am Mass from 7:50 – 8:50 am on Monday, Tuesday, Thursday, and Friday. Please check the bulletin for updates. Drop in for even 5 minutes anytime. All are welcome, respecting the silence. **The specific way that Jesus asks you to love Him in return is to spend one quiet hour with Him in the Blessed Sacrament.**

"Could you not watch one hour with Me?"

A warm welcome to our guests and visitors!

*Whether you are visiting, looking for a new home parish, or returning to your faith,
we are happy you are here!*

If you are new parishioner at Sacred Heart Cathedral and haven't register yet, please contact Parish office.



REV. HENRY CHIGOZIE NWAIMO

I was born into a family of seven (five male, two female), on the 10th day of October 1980. I was born in Eziudo Mbase in Imo State, Nigeria, but grew up in the South-Eastern city of Aba, in Abia State, Nigeria, where my parents lived and served.

At the age of 12, I started my minor seminary education/training at the Annunciation Minor Seminary, Amaudara, Abia State, Nigeria

(1992-1998). At the end of my minor seminary education/training, I acquired the West African Senior School Certificate Examination result (WASSCE), which qualified me to proceed to the Diocesan Propaedeutic Spiritual Year Seminary of Azumini Ndoki (Aba Diocese), Nigeria (1999).

Upon my completion of my one year propaedeutic seminary training, I proceeded to the Seat of Wisdom Major Seminary, Owerri, Nigeria, for a four year philosophy course (2000-2004). I completed my philosophy course in 2004, acquiring a Bachelor's Degree in Philosophy (from the Pontifical Urban University, Rome) and another Bachelor's Degree in Arts (from the Imo State University, Owerri, Nigeria).

Afterwards, I continued my theological studies at the Good Shepherd Major Seminary, Kaduna, Nigeria (2004-2009), after which I got a Bachelor's Degree in Sacred Theology (Pontifical Urban University, Rome) and another Bachelor's Degree in Theology (University of Jos, Nigeria).

I was ordained as a Catholic priest on the 14th of August, 2010, after a one-year pastoral internship program/formation in the Diocese. After my priestly ordination, I have worked/served in the following Parishes/places:

- * (2010-2011) – Assistant Pastor – SS. Anthony and Jude Parish, Umungasi, Aba, Nigeria
- * (2011-2016) – Pastor – St. Peter's Catholic Parish, Ohuhu Nsulu, Nigeria
- * (2016-2017) – Pastor – Our Lady Queen of Nigeria Parish, Eziama, Aba, Nigeria
- * (2017) – Vicario Parrocchiale – Maria Santissima Del Santo Rosario di Pompei, Scilichenti, Italy
- * (2017-2019) – Vicario Parrocchiale – San Nicolò Da Bari, Randazzo, Italy
- * (2019-2023) – Vicario Parrocchiale – Sant'Antonio Abate, Aci San'Antonio, Italy
- * (2023-2024) – Vicario Parrocchiale – Gesu Lavoratore, Giarre, Italy.

Finally, during my stay and years of pastoral service in Italy (2017-2024), I had the opportunity to study Italian language, and acquired an A2 Language Proficiency Certificate in the Italian language. Currently, I am in the Diocese of Kamloops, on the invitation/acceptance of the Bishop, for a pastoral assistance/assignment/service. Thanks and God bless.

Parish Office Closed

Please note that the Parish office will be **CLOSED** on **Tuesday, March 18** and **Wednesday, March 19**

4th SUNDAY OF LENT – MARCH 10, 2024

Please read the article from Catholic Spiritual Direction "From Perfunctory Penitence To Compelling Confession In Four Easy Steps". Here is the link:

<https://spiritualdirection.com/2024/02/27/from-perfunctory-penitence-to-compelling-confession-in-four-easy-steps>

Also, if you would like to be added to weekly bulletin email sent out, contact Parish office at cathedral@rcdk.org



LENTEN SOUP AND BUN LUNCH

Soup & bun lunch will be provided by the CWL **every Wednesday during Lent (except Holy Week) following the 12:10 noon Mass**. Everyone is welcome. Donations will benefit the Parish.



YOUNG FAMILY GATHERING

at Sacred Heart Cathedral

Saturday, March 23

9:30 – 11:30 am

Stations of the Cross + Social + Easter Activities

Please contact Malwina at 778-886-2106 if you would like to come.



EASTER BASKET BLESSING

On Easter Vigil, every Polish household prepares an Easter basket which is full of goods that will be eaten on Easter breakfast –

the most celebrated Easter meal in Polish culture. However, this tradition is celebrated by many Eastern European Countries, not only Poland.

Prepare your Easter basket and come join us on

March 30, 2024 at 11 am at Sacred Heart Cathedral.

Blessings of the baskets will be followed by a potluck in the Church basement. Everyone welcome! If you have more questions about this beautiful tradition, please contact Parish office.

With sadness, we would like to inform the passing of Gemma Bittante and Jo-Anne Taylor.

The funeral services for **Gemma Bitante** will take place at **OLPH Parish on Tuesday, March 12, 2024 at 11 am**. Prayers on Monday evening at 7 pm.



The funeral services for **Jo-Anne Taylor** will take place at **Holy Family Parish on Wednesday, March 13, 2024 at 12:00 (noon)**.

May Their Souls Rest In Peace!

MINI LENT RETREAT

AT SACRED HEART CATHEDRAL

Theme: Falling in love with Jesus again – Kerygma (over and over)

Your story – deepening in faith and love

By Fr. Ajin George (Pastor from Holy Family Parish)

Thursday, March 14 after 6:30 pm Mass

Friday, March 15 after 6:30 pm Mass

Everyone welcome!



Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, **Grief to Grace** helps those who have endured neglect, physical, emotional, sexual, and/or spiritual abuse in their family of origin, their community, from spouses/partners, and/or coworkers or supervisors, find healing and journey to wholeness. The next retreat in Canada is **May 14 - 18, 2024 in Kelowna**. For more information, please email griegtograncelowna@gmail.com or make a confidential call to 250-808-6403.



Cor: Prayer, Formation, and Fraternity for Men

The men of Knights of Columbus Council No. 1614 at Sacred Heart Cathedral are excited to share the implementation of *Cor*, a new formation and fraternal opportunity for the men of our community.

Cor exists to form and strengthen Catholic men in faith and virtue as missionary disciples by drawing them into a deeper relationship with Jesus Christ through prayer, formation, and fraternity.

While *Cor* is sponsored by the Knights, it is not a K of C event, it is open to every man of our Parishes. (*Cor* is not a membership drive.)

***Cor* session 2 will be held 10 – 11:30 am on Saturday, March 16 in the Cathedral basement hall.**

Come join your brother parishioners for coffee and donuts, prayer and fraternity.

If you have additional questions, please reach out to Mark Perren at 587-201-1712 or m.perren@ymail.com

HELP NEEDED

If anyone in the parish has the time and talent to help out in any of these areas, please read below and contact Bill Meekel:

- 1- Update the cost for the Cathedral Lighting Upgrade Project
- 2- Order new Rectory windows - Chapel (2) & Stairways (3)
- 3- Upgrade the insulation in the Cathedral ceiling
- 4- Insulate the Rectory Chapel - on the outside
- 5- Insulate the ceiling of the main floor office
- 6- Upgrade basement ring beam insulation & windows
- 7- Upgrade Rectory ventilation - attics and rooms
- 8- Insulate & drywall the top attic ceiling
- 9- Develop a plan to insulate the first floor exterior walls

Please contact Bill Meekel at billmeekel@gmail.com if you can help out or if you have any questions.

DAYS OF REFLECTION AT HIS FEET AT OLPH PARISH

All women are invited!

Friday, March 22 beginning at 7:00 pm

Saturday, March 23rd at 8:00 am to 3:30 pm

For more information contact Domenica Spina at

domenicaspina@yahoo.ca

Mass and Adoration

Presenters:

Fr. Paul Simms, Christine Mason and Nancy Simms

Breakfast, Lunch and Coffee Breaks included.

OLPH PARISH LENTEN RETREAT

The OLPH Parish Lenten Mission/Retreat is being held on **March 18, 19, & 20**; Deacon Paul will be here, and the topic this year is

TRUST, HOPE, AND MERCY; each evening will begin at 6:30 pm with Holy Mass, and the Mission / Retreat talks begin at 7 pm and will be approximately 45 to 50 minutes in length; this is a new Mission / Retreat that Deacon Paul has put together and he is excited to share it with us. Please set aside the time for our Parish Mission / Retreat and invite your family members and other parishioners as well.

PRO-LIFE KELOWNA FUNDRAISING DINNER

Dr. Abby Johnson

Saturday, May 18th (Door open at 6:00 pm)

ICC Parish Hall - 839 Southerland Avenue.

Tickets are \$75 and could be purchase at prolifekelowna.ca

If you plan on going, please consider carpooling.



HOPEWELL
Clinic + Pregnancy Centre

THE ANNUAL BABY BOTTLE CAMPAIGN

for Hopewell Clinic and Pregnancy Centre will be starting this Sunday.

Hopewell brings hope to those faced with an unexpected pregnancy or family crisis, through education, resources, and ongoing support. Join the village of donors who help to ensure women have access to help through their pregnancy and into the early parenting years.

There are 4 ways to donate:

- 1) Cash/Cheques: Pick up a bottle at the church and return it by Easter.
- 2) Credit Card: www.hopewellkamloops.ca
- 3) E-transfer: donate@hopewellkamloops.ca
- 4) Mail a cheque: 429 Tranquille Rd. Kamloops BC, V2B 3G9. Your support will bring hope and healing to women and families in need.



Holy Hour for Vocations

Serra Club of Kamloops Diocese

Prayer is a moving force in vocation development. Few are called to priesthood or religious life, but all are called to pray for vocations. Jesus said, "Pray, therefore, the Lord of the harvest to send out laborers into his harvest" (Mt. 9:38).

OLPH

8:00 am - 8:45 pm Wednesdays following 7:30am Mass

Sacred Heart Cathedral

7:50 am – 8:50 am Monday, Tuesday, Thursday, Friday before 9 am Mass

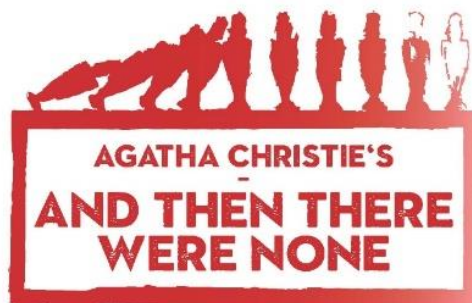
9:30 am – 9 pm Wednesdays

7 pm – 8 pm Fridays after 6:30 pm Mass

61. You will find visits to the Most Blessed Sacrament very conducive to increase in you Divine Love (St. Mary Magdalene of Pazzi)



SAA Players Very Proudly Presents



**Wednesday March 13th
& Thursday March 14th**

Barnhartvale Hall | 7390 Barnhartvale Rd
Doors open @ 6:30pm | Performance @ 7:00pm

Admission \$15.00
TICKETS AT THE DOOR



ST. ANN'S ACADEMY
205 Columbia St. | 250-372-5452

We would like to thank Diane Gillespie for her dedicated service as a bookkeeper for Catholic Independent Schools of Kamloops and her work at Sacred Heart Cathedral as a secretary few years back. May God bless her with many graces as she starts her retirement!



HOLY WEEK IS THE MOST SACRED WEEK IN THE LITURGICAL YEAR.

It starts on Palm Sunday and ends on Easter Sunday. This is the time observed with special solemnity as a time of devotion to the Passion of Jesus Christ. During this time we celebrate the life, death and resurrection of Jesus. We remember his actions, reflect on his messages and recommit to living as his disciples in the world today.

CHRISM MASS

Join Bishop Joseph and the priest of our Diocese on Tuesday, March 26, 2024 at 10 am

During the Chrism Mass, Bishop Joseph will bless the oil of the sick and the oil of catechumen and consecrate the oil of chrism which will be used in the parishes of the diocese throughout the year. As our bishop blesses these three oils, our hearts turn to our gracious Lord who bestows His infinite love and mercy to us through these sacraments. Let us pray for our bishop and the priests who are the ministers of the sacraments in the parish, that they may be the humble and generous servants of the Lord. This Mass also acknowledges the ministry of priests as they renew the commitments they made at their ordination and receive the prayers and support of the people. All are invited to this special liturgy to pray especially for priests and for all who will be anointed by these oils in the coming year.

HOLY THURSDAY

This is the day on which Catholics commemorate the Last Supper of Jesus Christ, on the night of his betrayal. It is the first day of the celebration of Triduum.

This year Holy Thursday is on March 28. There will be a Mass at 7 pm followed by Adoration till midnight.

GOOD FRIDAY

Good Friday, the day on which Catholics annually observe the commemoration of the Crucifixion of Jesus Christ and his death at Calvary. It is observed during Holy Week as part of the Paschal Triduum.

This year Holy Friday is on March 29. There will be two services at 3 pm and 5:30 pm. The Passion of the Christ movie will be played at 6:45 pm in the Cathedral basement.

EASTER VIGIL

On this Holy night, the Church keeps watching, celebrating the resurrection of Christ in the sacraments and awaiting his return in glory. It is the turning point of the Triduum, the Passover of the new covenant, which marks Christ's passage from death to life. Easter Vigil starts outside with a fire and blessing of the New Easter Candle. Then, everyone walks into the Church with a lit candle.

This year Easter Vigil is on March 30. There will be a service at 8 pm.

EASTER SUNDAY

On this day, Catholics celebrate the resurrection of Jesus Christ. It is the completion of the Holy Week. Jesus was raised from the dead, and it goes to show that He conquered sin and death.

This year Easter Sunday is on March 31. There will be three Masses at 8:30 am, 11:30 am, and 6 pm.



Catholic Independent Schools of Kamloops Full-time Bookkeeper

The Catholic Independent Schools of the Kamloops Diocese (CISKD) is seeking an experienced individual to bring a depth of experience and financial acumen to supervise and lead financial operations across the CISKD and its Schools.

The centralized bookkeeper is required to provide comprehensive accounting direction and support in a professional, courteous and efficient manner while maintaining absolute confidentiality. The system operates six schools under the Authority of the CISKD, employing approximately 200 employees and 100 independent contractors serving the programming needs of approximately 1400 students.

Please provide: cover letter, resume (including contact information of two professional references, one of which should be from the most recent job evaluation report). A Pastoral Reference Form (catholic or non catholic) will be required as well and shall be sent directly from the Pastor to the Office of the Superintendent. Current CISKD personnel as well as applicants external to CISKD are invited to apply.

For further information contact Mr. Christopher Yuen, Superintendent of Schools at 250-376-3351. Applications should be forwarded to the CISKD Office to the attention of: *Superintendent of CISKD, 635A Tranquille Road, Kamloops BC, V2B 3H5*, or emailed to hr@ciskd.ca

We thank all applicants in advance, however only those shortlisted will be contacted. This position shall remain open until filled.

TUESDAY MASS + CATECHESIS AT HOLY FAMILY PARISH

Teach us, O Lord!

Join us on Tuesday evenings at Holy Family.

Mass at 6 pm, followed by Catechesis and discussion.

We welcome everyone to attend and encounter our Lord both individually and as a community!

Additional Confession Times during Holy Week

Please note that there will be **additional** Confession times during Holy Week at Sacred Heart Cathedral.

Here are the dates and times:

Saturday, March 23	9:30 – 10:30 am & 4 – 5 pm
Monday, March 25	9:30 – 10 am & 7 – 7:30 pm
Tuesday, March 26	5:45 – 6:15 pm & 7 – 7:30 pm
Wednesday, March 27	9:30 - 10:30 am, 12:45 - 1:15 pm 5:15 – 6:15 pm & 7 – 7:30 pm
Thursday, March 28	9:30 – 10 am & 4:30 – 5 pm
Saturday, March 30	9:30 – 10:30 am