



Sacred Heart Cathedral

Through the Two Hearts, one heart at a time.

Our Vision

Opening our hearts to journey with Jesus and Mary.

Our Mission

Sacred Heart Cathedral is the heart and home of Catholic life in Downtown Kamloops, discipling all hearts to our heavenly home.

23rd Sunday in Ordinary Time

"Whoever does not carry their cross and follow me cannot be my disciple."

First Reading: Wisdom 9.13-18

Second Reading: Luke 14.25-33

Gospel: Philemon 9b-10, 12-17



A warm welcome to everyone! Whether you are visiting, looking for a new home parish, searching or returning to your faith, we are happy you are here! If you are interested in becoming a Catholic, please contact the Parish office.

MASS INTENTIONS

| | | |
|--|------------------------|----------------------------|
| Saturday, September 6 | 7:00 pm | People of the Parish |
| Sunday, September 7 | 8:30 am | People of the Parish |
| 23 rd Sunday in Ordinary Time | 11:30 am | People of the Parish |
| | 6:00 pm | People of the Parish |
| Monday, September 8 | 9:00 am | Patricia Szafranski Int |
| Nativity of the Blessed Virgin Mary | 6:30 pm | Joyce Wyse RIP |
| Tuesday, September 9 | 8:00 am | Augusta Martins Dias RIP |
| | NO 6:30 pm Mass | |
| Wednesday, September 10 | 8:00 am | Sarah Lee Int |
| | 6:30 pm | Pam Gurney Int |
| Thursday, September 11 | 9:00 am | Mark & Maureen Weiller Int |
| | 6:30 pm | Marilyn VanDongen RIP |
| Friday, September 12 | 9:00 am | Manuel Mateus Dias RIP |
| | 6:30 pm | Delia Marican RIP |
| Saturday, September 13 | 9:00 am | Luisa Daponte RIP |
| St. John Chrysostom | 7:00 pm | People of the Parish |
| Sunday, September 14 | 8:30 am | People of the Parish |
| Exaltation of the Holy Cross | 11:30 am | People of the Parish |
| | 6:00 pm | People of the Parish |

We ask you to pray for the following people:

Al L., Carmelle Lean, Lori English, Simone Moscatel, Tanya H., Amanda H. Sharron Relland, Nancy Zwik, Americo Rodriguez, Jake Coughill, Tony Baliva, Helen Comazzetto, Amanda H., Darla, Kinzie Bowden, Shanno Lebano, Rod Schoof, Frans and Sylvia Van Der Woning, Lennie Heslop, Glenn MacNeill, Sandra, Rezendes, Pam White, Ferris Backmeyer, Alexa, Jeff O'Brien, Anne and Pat Benson. **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.

SILENT CORNER

"Silence of speech is essential for deep spiritual growth."

— Fr. Basil Nortz, O.R.C.

The Exposition of the Blessed Sacrament is available every Wednesday at Sacred Heart Cathedral from after 9 am Mass until 9 pm at night; Monday, Tuesday, Thursday 7:50 – 8:50 am; and Fridays 7:50 8:50 am and 7 – 8 pm. 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.**

PARISH STAFF

Bishop: Most Rev. Joseph Nguyen

Rector: Rev. Derrick Cameron

Assistant priests: Rev. Francis Onyealusi

Seminarian: Peter Nguyen

Pastoral Assistant: Mark Perren

Office Administrative Assistant/Bookkeeper: Malwina Tomczyk

Maintenance: Tony Donovan

Cleaning person: Loveth Okafor

PASTORAL TEAM

Mark & Laurette Perren, Steve Frith, Simla

Peter & Binu Antony, Susan Berdusco, Dani

Schoof, John Annicchiarico

OFFICE HOURS

Monday Closed

Tuesday – Friday, 8 am – 4 pm

CONTACT

255 Nicola Street, Kamloops, BC V2C 2P3

E-mail: cathedral@rcdk.org

Phone: 250-372-2581

Website: www.sacredheartkamloops.org

Baptism

Classes are held regularly.

Contact the Parish office.

Reconciliation

Wednesday

9:30 – 10:30 am & 5:15 – 6:15 pm

Saturday

9:30 – 10:30 am & 6:30 – 6:45 pm

Sunday

8:00 – 8:15 am before Mass

11:00 – 11:15 am before Mass

5:30 – 5:45 pm before Mass

Or by appointment

Holy Matrimony

DO NOT SET YOUR WEDDING DATE

until you have met with a priest at least 9 months prior to the wedding.

Rite of Christian Initiation of Adults

Please contact the Parish office for more information.

Catholic Women's League

Heather Correale 780-718-6029

shc.cwl@gmail.com

Knights of Columbus

Joel Loehr 250-851-1821

St. Vincent de Paul Society

Tammy Farrer tammyfarrer1@gmail.com

Sunday Choir

At 11:30 am Sunday Mass

Tony Cuzzetto 250-319-7536

Saturday Choir

At 7 pm Saturday Mass

Mark Perren 1-587-201-1712

Children's Liturgy

It will start on September 14 at 8:30 am and 11:30 am Mass.

Pancake Breakfast

September 21, 2025 after 8:30 am Mass.

Young Adults 19+

September 14, 2025 after 11:30 am Mass.

23rd SUNDAY IN ORDINARY TIME

Please read the article "First Millennial Saint: 17 Inspiring Quotes from Soon-to-Be-Saint Carlo Acutis." Here is the link:

<https://www.ncregister.com/blog/17-inspiring-quotes-from-carlo-acutis>

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



FAITH + FOOD + FELLOWSHIP

 

**BACK-TO-SCHOOL
BBQ**

SUNDAY, SEPTEMBER 14
RIGHT AFTER THE 11:30 AM MASS
SACRED HEART CATHEDRAL

COME FOR DELICIOUS FOOD, GREAT COMPANY,
AND THE CHANCE TO BUILD CATHOLIC
COMMUNITY TOGETHER!

**DON'T COME ALONE—
INVITE A FRIEND!**



SPIRITUALITY & PSYCHOLOGY

Friday, September 19, 2025
after 9 am Mass in the Church Hall

Come and join on a discussion with Fr. Derrick Cameron and Adele Huculak, a Catholic counselor and a parishioner at Sacred Heart Cathedral.

THEME: "Inherent worth: why behavior doesn't define the person" (see big beyond the behaviours).

Coffee and goodies provided. **Everyone welcome!**

COR

ATTENTION MEN OF KAMLOOPS CATHOLIC PARISHES

Prayer, Formation, and Fraternity for Men

We are excited to share the return of *Cor*, after the summer break, providing formation and fraternal opportunity for the men of our parishes. *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 the Parish. (*Cor* is not a membership drive.) **Cor will be held at 10 am to Noon on Saturday, September 27 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 Fr. Derrick, or Mark Perren at 587 201 1712 or cathedralpa@rcdk.org



PANCAKE BREAKFAST

Sunday, September 21, 2025 after 8:30 am Mass
Pancake Breakfast at the Cathedral is prepared by our dear brothers Knights. They work so hard so you can enjoy good food and fellowship with your

parish community. **The prices for the Pancake Breakfast are \$10 per single plate, \$25 per family. CASH ONLY**

Pancake Breakfasts are a fundraiser for the special cause that is discern for each month and it is the donation above the cost of Pancake Breakfast. **All the money received (minus the cost of food) are to be donated to that chosen charity or cause.**

All your contributions are always greatly appreciated.

WE ARE EXCITED TO WELCOME FR. LEO PATALINGHUG TO KAMLOOPS!

Known internationally as a breakdancer, cook and martial artist, he is a dynamic speaker, and founder of *Plating Grace*. Fr. Leo will be arriving in Kamloops and speaking on the evenings of **October 9-11th at 7 pm at St. Ann's Academy** and sharing his inspiring messages with our Diocese. His visit will be a wonderful opportunity for us to deepen our faith, strengthen our community, and be renewed in our desire to be missionary disciples of Christ.



Thursday, October 9, 2025

Feeding Our Hunger – A Theology of Food

Friday, October 10, 2025

Serving Others to Feed Ourselves

Saturday, October 11, 2025

Fruitfulness and Faithfulness in the Family.

We look forward to having you join us in person or virtual as this will also be livestreamed on the Diocesan YouTube channel.

ADORATION OF THE BLESSED SACRAMENT

Christ is truly present in the Eucharist in His sacred humanity united with His Divine nature. The Eucharist should receive the adoration that is given exclusively to God. Adoration of Christ in the Blessed Sacrament is a natural consequence of the Church's faith in the Real Substantial presence of Christ in the Eucharist. Adoration allows for an intimate encounter with Christ in the Blessed Sacrament. Eucharistic adoration enables us to spend time thanking Him for His sacrificial gift expressed in His Eucharistic words: "This is my body which is given for you" ([Luke 22:19](#)). Eucharistic adoration brings the Faithful throughout the Catholic world together, to adore the same Lord present in every tabernacle. **Does life seem burdensome? Adore Christ. Do you want to pause life and rest a while? Adore Christ. Do you have serious intentions for which to pray? Adore Christ. Does your family need strengthening? Adore Christ.** Adoration of Christ is not to be left for other people to do. It is for all of us. **Please**, seriously consider taking time this Fall to adore Our Lord. **Will you respond to Christ's invitation to sit with Him for a while?**

Adoration resumed on Wednesday Sept. 3. Please put forward your name by placing a response card in the collection basket or Rectory mail slot, or by contacting Mark at (587) 201 1712 or cathedralpa@rcdk.org and volunteering for as little or as much time as you can give. Jesus is waiting for you!



What is Children's Liturgy of the Word?

Dear parents, grandparents and guardians, as we move into the Fall season we will once again offer Children's Liturgy. There are some

common misunderstandings regarding this important ministry which is offered for children ages 4 – 7. Those over 7 are at First Communion age and should be attending the full Mass. This includes older siblings who should also remain in the Church assembly. Children's Liturgy is about proclaiming and explaining the Word of God suitably adapted to make it relevant to young children. It gives them opportunity to understand the Gospel message and participate in the Eucharistic celebration at their own level. The Liturgy of the Word for Children is not "Sunday school" or a catechetics class, nor is it meant to be a way of removing children from the assembly so that parents can concentrate on the Mass. Rather, the Liturgy of the Word for Children is a component of the ritual prayer of Mass just as it is for adults. **Learning may take place during the Liturgy of the Word, but it is in the context of liturgical prayer.** In fact, the Children's Liturgy of the Word should never be seen as separate from the Mass. It should flow with and in the greater celebration of the Sunday Mass. Although the children may be in a different space for the liturgy of the Word or at a different level of understanding, we should not think of them as having been "dismissed" from the assembly. When they are elsewhere, **it is to enhance their inclusion in the liturgy, not separate them from it.** We are thankful for the kind volunteers who generously give of their time to lead the Children's Liturgy. We are reminded that a rotation of adult leaders will ensure that no one will miss the Scripture Readings and homily on a frequent basis.

Let the little children come to me... Matt 19:14

APOLOGETICS IN THE CATHOLIC FAITH

If you are interested in doing apologetics (that is learning how to defend the faith) in the Catholic faith, please contact the Parish office at cathedral@rcdk.org or 250-372-2581.

We can form a small group that we'll talk on topics like Eucharist, Mary, the Bible, etc.



AFTER MASS HOSPITALITY

Thank you to all who have been volunteering to serve juice and goodies outside of the Church after all Masses. We do need more helpers who can take turns setting out the cart and little table with juice and snacks. Please volunteer!

We also ask parishioners to kindly provide goodies which we can serve. If you are willing to help in any way, please contact Mark or Laurette at (587) 201-1712 or cathedralpa@rcdk.org



PREPARATION FOR FIRST HOLY COMMUNION

Those that are in Grade 2 or at least 6 turning 7 years of age or older and would like to receive First Holy Communion, please contact the Parish office.

Last day of registration is Tuesday, September 30, 2025.

CONFIRMATION

Any student in grade 7 or at least 12 years of age who has not received the Sacrament of Confirmation but would like to, please contact the Parish office. Last day of registration is Tuesday, September 30, 2025.



MARRIED IN THE CATHOLIC CHURCH?

If you are in a relationship such as common law or only married civilly – please contact Fr. Derrick Cameron at dcameron@rcdk.org and see what we can do to bring the relationship in the eyes of the Catholic Church. All Catholics are bound to have their marriages in Catholic Church to be properly disposed to receive Holy Communion.

PASTORAL CARE FOR SENIORS AND SHUT-INS

Do you know any Catholic shut-in at home or at senior home, or in the hospital? If you know anyone shut-in or going to the hospital, please contact Parish office so that priests can visit and bring Sacraments to those in need.

RCIA CLASSES – SEPTEMBER 2025

Fr. Derrick Cameron challenges everyone to reach out to someone who is non-Catholic or fallen-away Catholic but would like to learn more about Jesus, or someone who is looking for truth but doesn't know where to start. If you know a family member or a friend who is searching, please share the great series of "Search" on Formed.org. Here is the link to the 1-minute trailer: <https://watch.formed.org/videos/the-search-trailer>

RCIA classes will be held on Wednesday nights.

A big Thank you to Paul Muzzillo for his dedicated service and support to the Pastoral Team. We wish him all the best on his future endeavors!



CWL - SHARE THE WORDS CONFIDENCE

The Catholic Women's League relies on the teachings of the Catholic church to guide it. As a member you can be confident that what you do will further God's kingdom here on earth. Be confident – come walk with us!



BISHOP JOSEPH'S 9TH ANNIVERSARY OF EPISCOPAL ORDINATION

August 25, 2025

On this occasion we were blest to have Holy Mass at 9:00 am with our beloved Bishop Joseph and several of his priests. The congregation numbered about 80 people. The Bishop reminded us in his homily about Peter's call to be shepherd. So too Bishop Joseph is our Shepherd and guide. After Mass the carving of the Coat of Arms of Bishop Joseph was unveiled. Bishop Joseph's coat of arms carries the motto **State in Domino** which means 'Stand firm in the Lord' (Philippians 4:1). It features the following elements: A boat at full sail, a star, three mountains, a bird, a cross and the colours blue, yellow, red and green.



RACHEL'S VINEYARD

"We are much better off when we can finally allow someone else to see our life with their perspective and through a lens that is not our own." – CEK

We are quick to judge, shame and condemn ourselves for our role in the abortion decision. Handing your story over to someone who cares about you and can help you see things differently, how God sees you with all His love and mercy, is sometimes the beginning of the healing. Why wait? Join us on Rachel's Vineyard Retreat.

Email: rvkamloops@yahoo.ca Facebook: Rachel 's Vineyard

Phone: 250-267-5081 (Confidential call)

Website: rachelvineyardkamloops.org



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 through a retreat program facilitated by mental health professionals and centered on Jesus Christ. The next retreat in Canada is late October in 2025 in Kelowna.

For more information, email griegtogracekelowna@gmail.com or make a confidential call to 250-808-6403.

Grief to Grace retreat might be not affordable for some that would like to attend the retreat and receive the healing through Jesus Christ. If you would like to help those who are unable to afford, please make a donation via e-transfer please use this email etransfer.DPC@nelsondiocese.org When an individual sends an e-transfer it is essential to indicate it is a donation for the Ministry of Grief to Grace including the donor's name, full mailing address and phone number. When making a donation by cheque please make it payable to Diocesan Pastoral Council and note it is for Grief to Grace. Mail it to Grief to Grace Attention Roland Krasznai 3665 Benvoulin Road Kelowna, BC V1W 4M7

PRO-LIFE SOCIETY - ANNUAL LIFE CHAIN

Sunday October 5, 2025

2:00 PM to 3:00 PM

200 - 300 block Columbia Street

Check in at Sacred Heart Cathedral

Please prayerfully consider being a silent witness to Jesus & His precious gift of all human life. www.voices4life.com



KCYG UPCOMING EVENTS

Sunday, September 21, 2025

Fall Encounter Kick Off after 6:00 pm Mass at Sacred Heart Cathedral. For more information or to get involved contact Andy at 250-319-7722 or kcyg@rcdk.org

BUS DRIVER POSITION

St. Ann's Academy is seeking part-time bus driver. For further information about this position, please contact the School Principal, Mr. Kevin Langevin, by email at klangevin@st-anns.ca



Save The Date

WOMEN'S RETREAT

At 108 Golf Resort (108 Mile Ranch)
Are you longing to grow deeper in the Joy of God's Love? Come See and Be Amazed as God's Unfinished Works of Art leads us through the Joy of the Mass and Holy Scripture!

Friday, September 26 - Sunday, September 28

Mass, Adoration & Confession, Personal Testimonies, Prayer & Reflection Times. Meals at the Eatery

Retreat registration only \$30

Register by September 15th at

<https://forms.office.com/r/dEgpyCEk8E>

Early Bird Prizes available!

All women are invited!



SAVE THE DATE!

**NOVEMBER 7, 2025
THE COAST HOTEL**

KCYG & CISKD invite you to:

The Feast!

A Youth Rally for Grades 7-12

Saturday, October 11

10:00 AM – 4:00 PM (ending with Mass)

at St. Ann's Academy in Kamloops

Get ready for an unforgettable day of faith, friends, food, and fun! Join teens from all over as we celebrate the Goodness of God together.

Special Guest: Fr. Leo Patalinghug – award-winning author, chef, and missionary priest who brings the faith to life with energy and joy you won't want to miss!

Come hungry for inspiration, connection, and God's love. This is one Feast you don't want to skip!

Registration fee is \$10.00

Registration deadline is Friday October 3rd



REGISTER HERE



For more information, or if you have any questions, contact Andy at kcyg@rcdk.org or 250-319-7722

CANONANIZATION OF TWO SAINTS

On **September 7, 2025**, the Church will canonize **Blessed Carlo Acutis**, the first Millennial saint and “Cyber Apostle of the Eucharist,” alongside **Blessed Pier Giorgio Frassati**, known as “The Man of the Beatitudes.”

You can watch the Canonization Mass for Blessed Carlo Acutis and Blessed Pier Giorgio Frassati, to be aired from St. Peter's Square in Rome on September 7, 2025, at 3:00 AM ET or the replay at 6:00 PM ET.



Pier Giorgio Michelangelo Frassati was born in Turin, Italy on April 6, 1901. His mother, Adelaide Ametis, was a painter. His father Alfredo, was the founder and director of the newspaper, “La Stampa,” and was influential in Italian politics, holding positions as an Italian Senator and Ambassador to Germany. At an early age, Pier Giorgio joined the Marian Sodality and the Apostleship of Prayer, and obtained permission to receive

daily Communion (which was rare at that time). He developed a deep spiritual life which he never hesitated to share with his friends. The Holy Eucharist and the Blessed Virgin were the two poles of his world of prayer. At the age of 17, he joined the St. Vincent de Paul Society and dedicated much of his spare time to serving the sick and the needy, caring for orphans, and assisting the demobilized servicemen returning from World War I. He decided to become a mining engineer, studying at the Royal Polytechnic University of Turin, so he could “serve Christ better among the miners,” as he told a friend. Mountain climbing was one of his favorite sports. Outings in the mountains, which he organized with his friends, also served as opportunities for his apostolic work. He never lost the chance to lead his friends to Mass, to the reading of Scripture, and to praying the rosary. He often went to the theater, to the opera, and to museums. He loved art and music, and could quote whole passages of the poet Dante. Just before receiving his university degree, Pier Giorgio contracted poliomyelitis, which doctors later speculated he caught from the sick whom he tended. Neglecting his own health because his grandmother was dying, after six days of terrible suffering Pier Giorgio died at the age of 24 on July 4, 1925.

His last preoccupation was for the poor. On the eve of his death, with a paralyzed hand he scribbled a message to a friend, asking him to take the medicine needed for injections to be given to Converso, a poor sick man he had been visiting.

Pier Giorgio's funeral was a triumph. The streets of the city were lined with a multitude of mourners who were unknown to his family -- the poor and the needy whom he had served so unselfishly for seven years. Many of these people, in turn, were surprised to learn that the saintly young man they knew had actually been the heir of the influential Frassati family. Pope John Paul II, after visiting his original tomb in the family plot in Pollone, said in 1989: “I wanted to pay homage to a young man who was able to witness to Christ with singular effectiveness in this century of ours. When I was a young man, I, too, felt the beneficial influence of his example and, as a student, I was impressed by the force of his testimony.” On May 20, 1990, in St. Peter's Square which was filled with thousands of people, the Pope beatified Pier Giorgio Frassati, calling him the “Man of the Eight Beatitudes.” His mortal remains were found completely intact and incorrupt upon their exhumation on March 31, 1981; they were transferred from the family tomb in Pollone to the cathedral in Turin following his beatification in 1990.

(<https://frassatiusa.org/frassati-biography>)



Carlo Acutis was born May 3, 1991, in London, where his father was working. Just a few months later, he moved with his parents, Andrea Acutis and Antonia Salzano, to Milan, Italy. Carlo was diagnosed with leukemia as a teenager. Before his death in 2006, he offered his sufferings for Pope Benedict XVI and for the Church, saying: “I offer all of my suffering to the Lord for the pope and for the Church in

order not to go to purgatory but to go straight to heaven.” From a young age, Carlo had a special love for God, even though his parents weren't especially devout. Antonia Salzano, his mom, said that before Carlo, she went to Mass only for her First Communion, her confirmation, and her wedding.

As a young child, Carlo loved to pray the rosary. After he made his First Communion, he went to Mass as often as possible at the parish across from his elementary school. Carlo's love for the Eucharist also inspired a deep conversion for his mother. According to the postulator promoting his cause for sainthood, he “managed to drag his relatives, his parents to Mass every day. It was not the other way around; it was not his parents bringing the little boy to Mass, but it was he who managed to get himself to Mass and to convince others to receive Communion daily.”

Carlo's witness of faith as a child led adults to convert and be baptized. Carlo was not afraid to defend Church teaching, even in situations when his classmates disagreed with him. Many of Carlo's high school classmates remember Carlo giving a passionate defense for the protection of life from the moment of conception when there was a classroom debate about abortion. Carlo was a faithful friend. He was known for standing up for kids at school who got bullied, especially kids with disabilities. When a friend's parents were getting a divorce, Carlo made a special effort to include his friend in the Acutis' family life. With his friends, he spoke about the importance of going to Mass and confession, human dignity, and chastity.

Carlo was fascinated with computer coding and taught himself some of the basic coding languages, including C and C++. He used his computer skills and internet savvy to help his family put together an [exhibition on Eucharistic miracles](#) that has gone on to be displayed at thousands of parishes on five continents. Carlo loved playing video games. He had conversations with his gaming buddies about the importance of going to Mass and confession and limited his video game playing to no more than two hours per week. Carlo died on Oct. 12, 2006, and was buried in Assisi. Pope Francis recognized a second miracle attributed to Carlo's intercession in a decree on May 23, 2024.

Hundreds of thousands of pilgrims from around the world have visited Carlo's tomb since his canonization was announced. His remains rest in the Church of Santa Maria Maggiore at the Sanctuary of Spogliazione (or of the Stripping) in Assisi, the home of St. Francis and St. Clare.

(<https://www.catholicnewsagency.com/news/46048/who-was-carlo-acutis-a-cna-explainer>)

SEPTEMBER 2025



| | MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 | SATURDAY 6 |
|---|---|---|--|---|---|---|
| | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM – MASS <u>CWL Meeting</u> <u>at 7 PM</u> | ST. GREGORY THE GREAT 9:00 AM - MASS 9:30 AM – 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESSIONS 9:30 – 10:30 AM 5:15 – 6:15 PM 6:30 PM – MASS | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS (Followed by Coffee + Fellowship) 6:30 PM MASS 7:00 PM – 8:00 PM HOLY HOUR Followed by social | 9:00 AM - MASS <u>CONFESSIONS</u> 9:30 – 10:30 AM 6:30 – 6:45 PM 1:00 PM AED Training 7:00 PM <i>Anticipated</i> <i>Sunday Mass</i> |
| SUNDAY | 7 | 8 | 9 | 10 | 11 | 12 |
| <u>Canonization Day</u> <u>of Blessed Carlo</u> <u>Acutis and</u> <u>Blessed Pier</u> <u>Giorgio Frassati</u> 23 rd Sunday in Ordinary Time 8:30 AM – MASS 11:30 AM – MASS 6:00 PM – MASS <u>CONFESSIONS</u> 8:00 – 8:15 AM 11:00 – 11:15 AM 5:30 – 5:45 PM | NATIVITY OF THE BLESSED VIRGIN MARY 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS <u>Followed by</u> <u>prayers and social</u> | CLERGY STUDY DAYS NO HOLY HOUR 8:00 AM - MASS NO 6:30 PM MASS <u>Knights of</u> <u>Columbus Meeting</u> <u>at 7 PM</u> | | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS (Followed by Coffee + Fellowship) <u>3:30 PM – Latin</u> <u>Rosary</u> 6:30 PM MASS 7:00 PM – 8:00 PM HOLY HOUR Followed by social | ST. JOHN CHRYSOSTOM 9:00 AM - MASS <u>CONFESSIONS</u> 9:30 – 10:00 AM 6:30 – 6:45 PM 7:00 PM <i>Anticipated</i> <i>Sunday Mass</i> |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| <u>Exaltation of the</u> <u>Holy Cross</u> 8:30 AM – MASS 11:30 AM – MASS 6:00 PM – MASS <u>CONFESSIONS</u> 8:00 – 8:15 AM 11:00 – 11:15 AM 5:30 – 5:45 PM | OUR LADY OF SORROWS 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | ST. CORNELIUS & ST. CYPRIAN 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS <u>Rosary Making</u> <u>1:30 – 2:30 PM</u> 6:30 PM - MASS | 9:00 AM - MASS 9:30 AM – 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT <u>CONFESSIONS</u> 9:30 – 10:30 AM 5:15 – 6:15 PM 6:30 PM – MASS RCIA CLASSES 7:15 – 8:45 PM | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS <u>Followed</u> <u>Spiritual/Psychology</u> <u>Dialogue with Fr.</u> <u>Derrick and Adele</u> <u>Huculak</u> 6:30 PM – MASS <u>Serra Club Vocation</u> <u>Retreat</u> | 9:00 AM - MASS <u>Serra Club</u> <u>Vocation Retreat</u> <u>CONFESSIONS</u> 9:30 – 10:00 AM 6:30 – 6:45 PM 7:00 PM <i>Anticipated</i> <i>Sunday Mass</i> |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 25 th Sunday in Ordinary Time 8:30 AM – MASS 11:30 AM – MASS 6:00 PM – MASS <u>Followed by Youth</u> <u>Encounter Night</u> <u>CONFESSIONS</u> 8:00 – 8:15 AM 11:00 – 11:15 AM 5:30 – 5:45 PM | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | ST. PIUS OF PIETRELCINA 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS <u>Rosary Making</u> <u>1:30 – 2:30 PM</u> 6:30 PM - MASS | 9:00 AM - MASS 9:30 AM – 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT <u>CONFESSIONS</u> 9:30 – 10:30 AM 5:15 – 6:15 PM 6:30 PM – MASS RCIA CLASSES 7:15 – 8:45 PM | 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM - MASS | ST. JOHN DE BRÉBEUF & COMPANIONS 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS (Followed by Coffee + Fellowship) 6:30 PM MASS 7:00 PM – 8:00 PM HOLY HOUR Followed by social | ST. VINCENT DE PAUL 9:00 AM - MASS <u>Cor – Prayer,</u> <u>Formation, and</u> <u>Fraternity of Men</u> <u>10 – noon</u> <u>CONFESSIONS</u> 9:30 – 10:00 AM 6:30 – 6:45 PM 7:00 PM <i>Anticipated</i> <i>Sunday Mass</i> |
| 28 | 29 | 30 | O Sacred Heart of Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass celebrated at Sacred Heart Cathedral, in our Diocese of Kamloops, and throughout the whole world. I offer them for the salvation of souls and for all the intentions dear to You, O Lord. Amen. | | | |
| 26 th Sunday in Ordinary Time 8:30 AM – MASS 11:30 AM – MASS 6:00 PM – MASS <u>CONFESSIONS</u> 8:00 – 8:15 AM 11:00 – 11:15 AM 5:30 – 5:45 PM | ST. MICHAEL, ST. GABRIEL, ST. RAPHAEL 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS 6:30 PM MASS | ST. JEROME 7:50 AM – 8:50 AM HOLY HOUR 9:00 AM - MASS <u>Rosary Making</u> <u>1:30 – 2:30 PM</u> 6:30 PM MASS | | | | |