



# 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.*

## Exaltation of the Holy Cross

*"The Son of Man must be lifted up"*

**First Reading:** Numbers 21.4-9

**Second Reading:** Philippians 2.6-11

**Gospel:** John 3.13-17



*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

<b>Saturday, September 13</b>	7:00 pm	People of the Parish
<b>Sunday, September 14</b>	8:30 am	People of the Parish
<i>Exaltation of the Holy Cross</i>	11:30 am	People of the Parish
	6:00 pm	People of the Parish
<b>Monday, September 15</b>	9:00 am	Luisa Daponte Int
<i>Our Lady of Sorrows</i>	6:30 pm	Anna Coschizza RIP
<b>Tuesday, September 16</b>	9:00 am	Jonathan Skalski Int
<i>St. Cornelius &amp; St. Cyprian</i>	6:30 pm	Mary Achoba Int
<b>Wednesday, September 17</b>	9:00 am	Jung Chun Do Int
	6:30 pm	Isaac & Dominic Calixte Int
<b>Thursday, September 18</b>	9:00 am	Raffaella Annichiarico RIP
	6:30 pm	Kevin Carrigan RIP
<b>Friday, September 19</b>	9:00 am	Giuseppe Corea RIP
	6:30 pm	Veronica Omajali RIP
<b>Saturday, September 20</b>	9:00 am	Benjamin Jason Bermiller RIP
	7:00 pm	People of the Parish
<b>Sunday, September 21</b>	8:30 am	People of the Parish
<i>25<sup>th</sup> Sunday in Ordinary Time</i>	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

"But for protection from the ravaging storms outside, these gardens need the wall of holy silence."

— 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](mailto:cathedral@rcdk.org)

**Phone:** 250-372-2581

**Website:** [www.sacredheartkamloops.org](http://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](mailto:shc.cwl@gmail.com)

## Knights of Columbus

Joel Loehr 250-851-1821

## St. Vincent de Paul Society

Tammy Farrer [tammyfarrer1@gmail.com](mailto: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.

## EXALTATION OF THE HOLY CROSS

Please listen to an exclusive interview with Carlo Acutis mother, Antonia Salzano, Acutis. Here is the link:  
<https://catholicvote.org/exclusive-conversation-with-carlo-acutis-mother/>

Also, if you would like to be added to weekly bulletin email sent out, contact Parish office at [cathedral@rcdk.org](mailto:cathedral@rcdk.org)



## 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!**



## PRAYING FOR VOCATIONS

Please join us in prayer for vocations!

**Friday, September 19, 2025**

6:30 pm - Holy Mass

7 - 8 pm - Holy Hour dedicated for Vocations

8 - 9 pm - Social

**Saturday, September 20, 2025**

9:00 am - Holy Mass followed by a Rosary.

Everyone welcome!



## 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](mailto: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 9-11<sup>th</sup> 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.**



## 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 (baked or store bought) which we can serve. Monetary donations are also very welcome. If you would like to receive a tax receipt for this donation, please make sure to provide your name and address. If you have any questions, please contact Mark or Laurette at (587) 201-1712 or [cathedralpa@rcdk.org](mailto: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](mailto: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.

## APOLOGETICS IN THE CATHOLIC FAITH

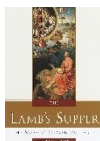
If you are interested in doing apologetics (that is learning how to defend the faith) in the Catholic faith, please contact the Parish

office at [cathedral@rcdk.org](mailto: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.

## CATHOLIC BOOK CLUB

If you are interested in Catholic Book club, please contact the Parish office. The first book is the "Lamb's Supper" by Scott Hahn.



## ORDER OF CHRISTIAN INITIATION FOR ADULTS

We have begun the RCIA (now more properly known as OCIA) Journey in Faith Season. OCIA is the process through which unbaptized adults or those who are Baptized already but not yet Confirmed nor

have received Eucharist, are formed in the teachings and practices of Catholicism. It is marked by various rites which usually occur at Sunday Mass. **Please pray for the Inquirers, their Sponsors and the OCIA Team, as we begin our time together exploring the Faith.** This week we will examine the Bible and explore Divine Revelation.



## CWL - SHARE THE WORDS CONNECTION

My Catholic Women's League council is parish-based yet connected to Canada's largest women's organization. How connected are you? You will meet women from your region, diocese, province and country by becoming involved in your parish Catholic Women's League council. Your place is among us!



## *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 15<sup>th</sup> at**

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

Early Bird Prizes available!

**All women are invited!**



## 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](mailto:rvkamloops@yahoo.ca) Facebook: Rachel's Vineyard

Phone: 250-267-5081 (Confidential call)

Website: [rachelsvineyardkamloops.org](http://rachelsvineyardkamloops.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 [griefftogracekelowna@gmail.com](mailto:griefftogracekelowna@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](mailto: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](http://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 Any at 250-319-7722 or [kcyg@rcdk.org](mailto:kcyg@rcdk.org)



## HOPEWELL GALA

**Friday, November 7, 2025**

**Fiesta De Esperanza**

Tickets Go Live September 12, 2025. Please register at

<https://www.hopewellkamloops.ca/gala>



# FORMED™

THE CATHOLIC FAITH. ON DEMAND.



A weekly podcast for everyday holiness featuring real conversations and practical wisdom to arm you in the ordinary pursuit of sanctification. Join Taylor Kemp & Dr. Scott Hefelfinger as they explore topics such as work, family life, prayer, and Catholic culture. Each episode encourages and equips you with timeless wisdom drawn from Scripture, the lives of Saints, and the Tradition of the Church, offering practical ways to grow in holiness in the midst of daily life.

Here is the link for the trailer:

<https://app.formed.org/app/videos/3769110>

## Being Conscious Advocates for

### Children and Youth Safety



Saturday, October 18<sup>th</sup>, 2025

9:00 am – 4:00 pm

Our Lady of Perpetual Help Centre  
635 Tranquille Road, Kamloops

Kelly Schuler-McDonald  
Executive Director, BRAVE Education

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

Wilma Lucia Suarez-Pinzon, BSc, MSc  
Community & Faith Connector



**Education must not simply teach work – It must teach life!**

Fee \$20.00 - Includes Lunch - Registration Form and details:

Click the link or scan QR code below – Register by October 6<sup>th</sup>

[Advocating for Our Kids Through Education - BRAVE](#)



Or contact: Carol Stephens Ph: 250-535-0536

Email: [cstephens4802@gmail.com](mailto:cstephens4802@gmail.com)

Kamloops Anti-Human Trafficking Committee with CWL & K of C

THROUGH THE MULTI-FAITH CHAPLAINCY AND  
TRUSU CATHOLIC STUDENTS SOCIETY

# MASS AT TRU

STARTING  
SEPTEMBER  
18

AT THE OLD MAIN

3:30 PM

Every 3<sup>rd</sup> Thursday from Sept-Apr



fellowship to follow  
after Mass



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!

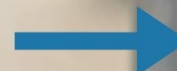
Come hungry for inspiration, connection, and God's love. This is one Feast you don't want to skip!

Registration fee is \$10.00

Registration deadline is Friday October 3<sup>rd</sup>



REGISTER HERE



For more information, or if you have any questions, contact Andy at [kcyg@rcdk.org](mailto:kcyg@rcdk.org) or 250-319-7722