



# 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.*

## 27<sup>th</sup> Sunday in Ordinary Time

*"If you had faith the size of the mustard seed..."*

**First Reading:** Habakkuk 1.2-3; 2.2-4

**Second Reading:** 2 Timothy 1.6-8, 13-14

**Gospel:** Luke 17.5-10



*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, October 4</b>	7:00 pm	People of the Parish
<b>Sunday, October 5</b>	8:30 am	People of the Parish
27 <sup>th</sup> Sunday in Ordinary Time	11:30 am	People of the Parish
	6:00 pm	People of the Parish
<b>Monday, October 6</b>	9:00 am	Josephine Topolewski RIP
	6:30 pm	Rose Turner RIP
<b>Tuesday, October 7</b>	9:00 am	John Muzzillo Int
Our Lady of the Rosary	6:30 pm	Ivo Cinelo RIP
<b>Wednesday, October 8</b>	9:00 am	Jadwiga Skalski RIP
	6:30 pm	Marcella Mayhew Int
<b>Thursday, October 9</b>	9:00 am	Jonathan & Jessica Int
	6:30 pm	Geff Filek RIP
<b>Friday, October 10</b>	9:00 am	Ashley Wan Int
	6:30 pm	Steven Magliarese RIP
<b>Saturday, October 11</b>	9:00 am	Emmanuel Coelho RIP
	7:00 pm	People of the Parish
<b>Sunday, October 12</b>	8:30 am	People of the Parish
28 <sup>th</sup> Sunday in Ordinary Time	11:30 am	People of the Parish
	6:00 pm	People of the Parish

## **We ask you to pray for the following people:**

Phil Potter, Alejandria Santos, Anne and Pat Benson, Ferris Backmeyer Al L., Carmelle Lean, 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.

**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

"Until you can hear Jesus in the silence of your own heart, you will not be able to hear Him Saying I THIRST in the heart of the poor."

— Mother Teresa

**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  
Rev. Ignatius Opara

**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.

## Order of Christian Initiation of Adults

OCIA also known as RCIA (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

At 8:30 am and 11:30 am Mass if available.

## Pancake Breakfast

October 19, 2025 after 8:30 am.

## Young Adults 19+

To be announced.

### 27th SUNDAY IN ORDINARY TIME

Please watch a short video about Mary, our Mother.

Here is the link:

<https://m.youtube.com/watch?v=hGYn2AqvsAQ>

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)



### ROSARY DURING THE MONTH OF OCTOBER

**During the month of October, we will pray Rosary after each Mass.** The Rosary is a very powerful and important prayer on a daily basis. It deepens your relationship with God, strengthens your virtue and overcomes sin, promotes peace and reduces stress, encourages

meditation and focus, builds discipline and consistency in prayer, unites you with the Church and Saints, draws you closer to the Eucharist, and leads to miracles and graces.

**Mother Mary said: "Pray the Rosary every day to obtain peace for the world and for the end of the war."**

### LET US JOIN BISHOP JOSEPH IN WELCOMING FR. IGNATIUS OPARA TO THE DIOCESE OF KAMLOOPS!

I am Rev. Fr. Ignatius Obioma Opara, MSSCC, a Missionary of the Sacred Hearts of Jesus and Mary, hailing from the eastern part of Nigeria. Born on February 2, to Mr. and Mrs. Peter Opara, natives of Abazu Akabo in Ikeduru Local Government Area, Imo State, Nigeria, I am proud to be the eldest of seven siblings - two girls and five boys - with both parents still blessed to be alive.

Growing up in a vibrant community in eastern Nigeria, I cultivated passions that complement my spiritual vocation. I love soccer, finding joy in the game's dynamism and teamwork, and in my spare moments, I delight in learning guitar, appreciating the harmony and expression music brings.

Academically, I pursued studies in Philosophy and Theology at Seat of Wisdom Seminary, an affiliate of the Pontifical Urban. University, Rome. This formation enriched my understanding of sacred sciences and deepened my commitment to ministerial service.

My journey in sacred ministry led to my ordination as a deacon in December 2019, culminating in my priestly ordination on July 8, 2021. Before embracing my mission here in Canada, I faithfully served for four years as the Pastor of Holy Cross Catholic Parish, Ndegwu, Owerri West Local Government Area, Imo State, Nigeria - a period marked by dedication to pastoral care and community engagement.

As a Missionary of the Sacred Hearts of Jesus and Mary, I strive to embody the charism of compassion and love central to my congregation, serving with humility and devotion wherever God's providence leads.



### CWL GENERAL MEETING

Next CWL General Meeting will be on Tuesday, October 7 after 6:30 pm in the Church hall.

### 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.**

### CHESS, ANYONE?



Chess games began nearly 1,500 years ago in India as a game known as chaturanga. That early game had elephants, frogs, chariots and ministers! Today, the game has kings, queens, bishops, knights, pawns, and castles (or rooks). Starting in mid-October, Sacred Heart Cathedral will host chess games. Whether you're wanting to learn, a beginner, a novice, haven't played in a while, or are an avid player, you are invited to join us in the basement after the **October 11th Saturday morning mass from 10am until 11am.** Chess sets are provided, and you are welcome to bring your own. **Please come for a fun time and to offer up our joys together to the Two Hearts!**

### 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 will start Thursday, October 16 at 7 pm (after 6:30 pm Mass) in the Church basement and meet every second Thursday.** The first topic will be Eucharist.



### 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)



### GUITAR NEEDED

If you have a guitar that you are not using and would like to give it away, please let us know. Father Ignatius Opara would love to have one. Thank you.

### MARRIED IN THE CATHOLIC CHURCH?

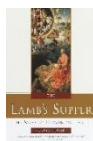
If you are in a relationship such as common law or only married civilly – please contact Fr. Derrick Cameron at [dcameron@rcdk.org](mailto:dcameron@rcdk.org) and see what we can do to bring the relationship in the eyes of the Catholic Church. All Catholics are bound to have their marriages in Catholic 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.

### ADVANCED CARE PLANNING WORKSHOP

Interior Health Advanced Care Planning workshop will be held on October 17, 10-12 following Friday morning coffee in the church basement.



### CATHOLIC BOOK CLUB

If you are interested in joining a Catholic Book club, please contact the Parish office. The first book we will be reading is the **"Lamb's Supper" by Scott Hahn**. It is one of Father Derrick's top books. The book explains the book of Revelation, which is the revelation of God's love which is the Holy Mass. In the book of Revelation, you can find every part of the Mass. People will read the book on their own leisure time, but we would come together as a group to discuss the jewels found in the book.

### ADOPT A FAMILY - Sept 2025 – June 2026

There are some families at St. Ann's Academy who struggle financially with tuition costs. If you would like to adopt a family and help with tuition assistance, please contact Fr. Derrick Cameron. Any help is greatly appreciated! Tax receipts will be generated for all the donations.

### KAMLOOPS PRO-LIFE SOCIETY FUNDRAISING NEWS

- Do you shop at **Nature's Fare**? If so, you can also support KPLS. Just hand in your receipts to St. Joseph's Christian bookstore and KPLS will receive a 3% rebate on all purchases. Senior's Days are Wednesday and Thursday with a 5% discount.

### K of C CHARITY APPEAL

The Knights of Columbus will be selling Charity Appeal tickets after Sunday 8:30 am and 11:30 am Masses throughout the month of October and November. Proceeds support local and regional charities, including St. Ann's Academy, our parish, priests and bishops, Hopewell Pregnancy Center, Christmas Amalgamated, and other pro-life initiatives. You can also purchase the tickets online <https://kofccharity.ca/> or scan the QR code. **Thank you for your generous support!**



### BOTTLE MINISTRY AT SACRED HEART CATHEDRAL

Please continue to drop off your cans and bottles. The money received buys grocery gift cards for families in need. Through this ministry, we are also contributing to OLPH Parish as we purchase gift cards from them. Per each gift card, they receive some percentage that goes towards OLPH school.

**Please do not bring the below items as we cannot take them to the depot:**

**NO** buttermilk containers      **NO** soup broth containers  
**NO** coffee cream                **NO** vinegar bottles  
**NO** whipping cream            **NO** burst or protein  
**NO** oil bottles                      **NO** boost products.  
**NO** sauce                           **NO** egg white containers  
**NO** canned meat and fish  
**NO** drink-able yogurt containers  
**NO** Olympic Kefir containers

Only things considered beverages are refundable, 2% or less. All milk cartons must be thoroughly washed out or they will not be accepted at the Depot. Kirkland products are refundable, except for the booze. **Please bring all the cans in bags but anything glass in boxes.** Thank you All for your continuing support!

The families who had been helped are incredibly grateful.

*"Our family is extremely grateful for the assistance provided through the gift cards from the parish. A small contribution from you is a huge help for us. Thank you from the bottom of our hearts!"*

*With the cost of groceries being really high these days, the gift cards we receive help our family out a lot! Sometimes, we have to choose between buying groceries and buying gasoline or paying bills, so having the gift cards really takes the pressure off and fills us with hope."*

*"I would like to thank you for the gift cards. The cards are a true blessing right now with so many unexpected tragic expenses. God bless now and forever."*



### RACHEL'S VINEYARD

*"The wounds are real. We need to acknowledge the wounds... The wounds never go away. The wounds of Good Friday were present after the Resurrection. The wounds never go away. But from those wounds we will rise again. He calls us to rise from our wounds so we can be one with Him... We are called to live in His peace." – Bishop Burns*

The gaping wound you feel in your heart that came with your abortion story. He wants to heal. Come let Him clean your wound, as only a loving Father can do, and receive His merciful peace. Join us on our next Rachel's Vineyard Retreat.

**Email:** [rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca) **Facebook:** Rachel 's Vineyard

**Phone:** 250-267-5081 (Confidential call)

**Website:** [rachelvineyardkamloops.org](http://rachelvineyardkamloops.org)

### HOPEWELL GALA - Fiesta De Esperanza

Friday, November 7, 2025

Please register at

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

or Scan the QR Code





# PILGRIMS OF HOPE

## FAITH IN ACTION

### CAMPAIGN 35



## *Sacred Heart Cathedral*

**Both projects were already completed in summer 2025 due to the necessity and not being able to complete them over the winter season.**

**Please consider your generous donations towards these two projects.**

### New Insulation in the Church

**\$15,000**

Sacred Heart Cathedral in Kamloops was built in 1925. At that time, the heating and cooling benefits were not well understood and the availability of effective insulation limited. Today's Building Code recommends at least 45 cm (18 inches) of insulation be installed in the ceiling area. As per the picture below, there was no insulation in the Church attic. Over the summer 2025, the insulation was blow-in to the ceilings of West Wing, East, and West Tower of the Cathedral which brought the attic insulation level up to 45 cm (18 inches).



### Repainting Church/Rectory outside railings

**\$20,000**

The Church/Rectory railings, Church dome window frames, and bottom walls of the Church were repainted. As on the pictures below, there was visible damage to the railings, and the paint was peeling off. There were also some graffities on some of the walls. The local company repainted them with dual coat of the paint and additional protective coat which will make it easier to keep it clean and remove any graffities in the future.



Parish Project Cost: \$35,000

Diocesan Parish Assessment: \$55,660

Pledges: 15

Total Pledged to this date: \$14,785.52

To make your donation, please pick up a pledge form, drop into the collection box or at the Parish office. You can donate by cash, cheque or e-transfer to [fia@rcdk.org](mailto:fia@rcdk.org).

# OCTOBER 2025

During October, we will pray Rosary after each Mass.



One of main intentions of praying the Rosary during the month of October: through the Triumph of the Immaculate Heart of Mary, may the Woman (Mary) and her offspring (Jesus) crushed the head of Satan, so that the reign of the Sacred Heart of Jesus will rule in peace.

			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			ST. THÉRÈSE OF THE CHILD JESUS 9:00 AM - MASS 9:30 AM - 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESIONS 9:30 - 10:30 AM 5:15 - 6:15 PM 6:30 PM - MASS OCIA CLASSES 7:15 - 8:45 PM	THE HOLY GUARDIAN ANGELS 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	ST. FRANCIS OF ASSISI 9:00 AM - MASS  CONFESIONS 9:30 - 10:30 AM 6:30 - 6:45 PM  7:00 PM Anticipated Sunday Mass
SUNDAY	MONDAY	TUESDAY	8	9	10	11
5 27 <sup>th</sup> Sunday in Ordinary Time 8:30 AM - MASS 11:30 AM - MASS 6:00 PM - MASS 2 - 3 pm Pro-Life Chain CONFESIONS 8:00 - 8:15 AM 11:00 - 11:15 AM 5:30 - 5:45 PM	6 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS	7 OUR LADY OF THE ROSARY 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  Rosary Making 1:30 - 2:30 PM  6:30 PM MASS CWL Meeting at 7 PM	9:00 AM - MASS 9:30 AM - 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESIONS 9:30 - 10:30 AM 5:15 - 6:15 PM 6:30 PM - MASS OCIA CLASSES 7:15 - 8:45 PM	TALKS BY FR. LEO PATALINGHUG (October 9 - 11 at 7 pm at St. Ann's Academy. More details in the bulletin and on our website.)		
12 28 <sup>th</sup> Sunday in Ordinary Time 8:30 AM - MASS 11:30 AM - MASS Followed by Young Adults Gathering 6:00 PM - MASS CONFESIONS 8:00 - 8:15 AM 11:00 - 11:15 AM 5:30 - 5:45 PM	13 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS	14 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  Rosary Making 1:30 - 2:30 PM  6:30 PM - MASS Knights of Columbus Meeting at 7 PM	15 ST. TERESA OF JESUS 9:00 AM - MASS 9:30 AM - 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESIONS 9:30 - 10:30 AM 5:15 - 6:15 PM 6:30 PM - MASS RCIA CLASSES 7:15 - 8:45 PM	16 ST. MARIE-MARGUERITE D'YOUVILLE 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS 7 pm - Apologetics	17 ST. IGNATIUS OF ANTIOCH 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS Followed by Advanced Care Planning Session 6:30 PM - MASS 7:00 PM - 8:00 PM HOLY HOUR Followed by social	18 ST. LUKE 9:00 AM - MASS  CONFESIONS 9:30 - 10:00 AM 6:30 - 6:45 PM  7:00 PM Anticipated Sunday Mass
19 29 <sup>th</sup> Sunday in Ordinary Time 8:30 AM - MASS 11:30 AM - MASS 6:00 PM - MASS Followed by Young Adults Gathering CONFESIONS 8:00 - 8:15 AM 11:00 - 11:15 AM 5:30 - 5:45 PM	20 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS	21 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  Rosary Making 1:30 - 2:30 PM  6:30 PM - MASS	22 9:00 AM - MASS 9:30 AM - 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESIONS 9:30 - 10:30 AM 5:15 - 6:15 PM 6:30 PM - MASS RCIA CLASSES 7:15 - 8:45 PM	23 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS	24 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	25 9:00 AM - MASS Cor - Prayer, Formation, and Fraternity of Men 10 - noon CONFESIONS 9:30 - 10:00 AM 6:30 - 6:45 PM  7:00 PM Anticipated Sunday Mass
26 30 <sup>th</sup> Sunday in Ordinary Time 8:30 AM - MASS 11:30 AM - MASS Followed by Funeral Pre-Planning 6:00 PM - MASS CONFESIONS 8:00 - 8:15 AM 11:00 - 11:15 AM 5:30 - 5:45 PM	27 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM MASS	28 ST. SIMON & ST. JUDE 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  Rosary Making 1:30 - 2:30 PM  6:30 PM MASS	29 9:00 AM - MASS 9:30 AM - 9:00 PM EXPOSITION OF THE BLESSED SACRAMENT CONFESIONS 9:30 - 10:30 AM 5:15 - 6:15 PM 6:30 PM - MASS RCIA CLASSES 7:15 - 8:45 PM	30 7:50 AM - 8:50 AM HOLY HOUR 9:00 AM - MASS  6:30 PM - MASS 7 pm - Apologetics	31 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	

# 2025 Choose Life 40 Day Prayer Vigil

## **40 Day Vigil: Wednesday September 24 to November 2, 2025, 10 - 11 am**

Daily Prayer and Silent Witness for Life outdoors or inside the Cathedral  
Sacred Heart Cathedral Nicola St and Third Ave.

**Concluding Vigil: Sunday, November 2 after 8:30 Mass 11 am at Sacred Heart Cathedral**

### Other activities during the 40 Days:

**Rosary Rally** - Join 1500 locations across Canada praying the Rosary in the Public Square. You are invited to join in a **Public Square Rosary Rally on Saturday, October 11th at 11 am - noon at Third Ave and Columbia St.** Please join us to fervently pray for the conversion of Canada to Choose Life. Will you be able to join us and other Catholics on that very important day?"

*Let us know if you can help: greeting and directing arrivals; passing out programs; taking pictures; asking each attendee to complete the attendance sheet; leading a specific decade of the Rosary or just come and pray with us. Meet on Third Avenue beside Sacred Heart Cathedral to process to Columbia St.*

### **Baby Shower for Hopewell Clinic and Pregnancy**

*Sunday October 12, 2025*

9:30 am -10:30 am (after 8:30 am Mass) in the courtyard 12:30 - 1:30 pm (after 11:30 am Mass) in the courtyard  
Drop gifts off at the Cathedral starting October 5. Sacred Heart Cathedral Nicola St and Third Ave.

*Can you provide a new baby gift for newborns —18 months?* Suggestions of items often needed: Diapers size Newborn - 6, Wipes, Infant formula (0-12 months), Baby soap, Pacifiers, Baby toys, Newborn onesies, Baby towels, Little gifts for mom, Little gifts for dad. ***Please support women who Choose Life for their children!*** Items may be dropped off at the Cathedral from October 5. Look for the baskets at the entrances.

For more information, please contact Yohairy Checo at 250-879-0440 or [yohairychecho@hotmail.com](mailto:yohairychecho@hotmail.com)

**Advance Care Plan** - Green Sleeve paperwork - Carla Williams Interior Health

*Friday, October 17, 10 am - 12 pm - Please register by October 14 by email or text (See below)*

Sacred Heart Cathedral Lower Hall

Carla, granddaughter of Maybelle Nordick, a true Pro-life warrior.

### **Pre-Planning your Funeral**

*Sunday, October 26 – Please register by October 22 by email or text (See below)*

11:30 pm Mass - 12:30 pm Brunch

1:30 - 3:00 pm - Presentation

### **Food Drive for Vincent de Paul - Fill the Fiat**

Food Collection from *October 18 - 31* Drop items off at the Cathedral  
Fill the Fiat delivery on Saturday, November 1.

*Please offer special prayers during the Choose Life 40 Day Prayer Vigil.*

### **Prayer for the Protection of Human Life**

Heavenly Father, Lord and Maker of all that is good, fill our hearts with joy before the wonders of Your creation. Open our eyes to the presence of Your beloved Son Jesus in all those we encounter and especially in the weakest and most vulnerable among us. Where we see life threatened, at its beginning or at its end, or by poverty and deprivation, inspire us with love and mercy, so that, empowered by Your Holy Spirit, we may work together to defend human dignity. Help us to build a culture of life: a culture in which each and every person is loved and valued as Your child, from conception to natural death, and in every circumstance of life. Amen.

**For more information, please contact Kathy Dahl at 250- 318-9698 or [kathysdahlhouse@gmail.com](mailto:kathysdahlhouse@gmail.com)**

