



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, disciplining all hearts to our heavenly home.

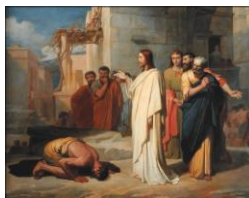
28th Sunday in Ordinary Time

"Get up...; your faith has made you well..."

First Reading: 2 Kgs. 5.14-17

Second Reading: 2 Tim. 2.8-13

Gospel: Luke 17.11-19



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, October 11 | 7:00 pm | People of the Parish |
| Sunday, October 12 | 8:30 am | People of the Parish |
| 28 th Sunday in Ordinary Time | 11:30 am | People of the Parish |
| | 6:00 pm | People of the Parish |
| Monday, October 13 | 9:00 am | Maurice Coffin, OMI RIP |
| | 6:30 pm | Stephanie Noonan RIP |
| Tuesday, October 14 | 9:00 am | Lua Kim Int |
| | 6:30 pm | Sonja Magliarese Int |
| Wednesday, October 15 | 9:00 am | Wyse Family Int |
| St. Teresa of Jesus | 6:30 pm | Redgina & Family Int |
| Thursday, October 16 | 9:00 am | Anna Zelinka & Family Int |
| St. Marie-Marguerite D'Youville | 6:30 pm | Nikola Ratkaj RIP |
| Friday, October 17 | 9:00 am | Zora Pavlovic RIP |
| St. Ignatius Antioch | 6:30 pm | Vincent L. Moes Int |
| Saturday, October 18 | 9:00 am | Skalski Family Int |
| St. Luke | 7:00 pm | People of the Parish |
| Sunday, October 19 | 8:30 am | People of the Parish |
| 29 th 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

"As soon as we stop talking, we may become more aware of how loud our interior is."

— Fr. Boniface Hicks, O.S.B.

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

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.

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

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

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.

28th SUNDAY IN ORDINARY TIME

Please watch a short video about Mary, our Mother.

Here is the link:

<https://www.youtube.com/watch?v=N-DV5iUjm5I>

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



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 25th 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 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.



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.

SECOND COLLECTION – WORLD MISSION SUNDAY OCTOBER 19, 2025

World Mission Sunday unites Catholics across continents in a singular purpose: supporting the Church where it faces its greatest challenges. Instituted by Pope Pius XI nearly a century ago, this collection remains unique as the only worldwide effort directly sustaining 1,124 mission territories where the Church is nascent, vulnerable, or facing persecution. Your prayers and donations provide essential resources for communities that cannot sustain themselves—funding church construction, pastoral care, education, and healthcare. When your parish participates, you join Catholics everywhere in making possible the work of missionaries who build churches, train seminarians, support catechists, and serve vulnerable communities.

Thank you for your generosity!

<https://www.missionsocieties.ca/world-mission-sunday-2025/>

Please use an envelope from your Sunday collection box or if you don't have one assigned, please use **blue envelopes** that will be distributed by ushers before Mass.

WOMEN'S EVENING OF PRAYER AND SOCIAL

All Women Are Invited to Join Us for An Evening of Prayer & Social Time on **Thursday, October 30th at 6:30 pm for Mass, Adoration & Social** - Sacred Heart Cathedral (255 Nicola Street) Kamloops. We will begin the evening with Mass, Adoration and followed with a Social. We will also share current Bible Studies and other Faith-based resources that many are participating at this time. We look forward to seeing you there and we encourage you to bring a friend! **For more information, please contact Domenica at 250.320.8319.**





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



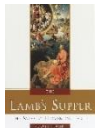
SPIRITUALITY & PSYCHOLOGY

Friday, November 14, 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: PART 2 - "Inherent worth: why behavior doesn't define the person" (see big beyond the behaviours).

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



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.



ORDER OF CHRISTIAN INITIATION FOR ADULTS

We continue the RCIA (now more properly known as OCIA) Journey in Faith gatherings. **Please pray** for the Inquirers, their Sponsors and the OCIA Team, as we spend our time together exploring the Faith.

This week is vitally important; we will ask the questions; who is Jesus? What exactly is the gift of Salvation?

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.



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."

KAMLOOPS PRO-LIFE SOCIETY FUNDRAISING

- 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



RACHEL'S VINEYARD

"I won't remember what happened with fear or tears. Now I will remember with peace, because now I know and believe they are with Jesus. I used to feel I was the only one in the whole world. I didn't want to tell anyone."

Now I know I am not alone." — Testimonial

Feeling like you are the only one and not wanting to tell anyone is something most men and women feel after their involvement in an abortion decision. Come on a Rachel's Vineyard Retreat and give yourself the chance to be free from what is destroying you on the inside. You won't be sorry you did.

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

Phone: 250-267-5081 (Confidential call)

Website: rachelvineyardkamloops.org

Sacred Heart Young Adults
& young professionals ministry

Events for October & November

SUN
12

THE ENCOUNTER AND
THE RELATIONSHIP

11:30 am

19
SUN

THE FALL OUR
RELATIONSHIP AND
HOW TO FIX IT

6 pm

SUN
09

CONVERSION AND
DICIPLESHP

11:30 am

SUN
23

MISSION

6 pm



use our link tree to follow all
things young adults and campus

The Spirituality of Childhood

CATECHIST FORMATION Level 1

Level 1 formation in the Catechesis of the Good Shepherd engages hand, head, and heart, immersing the adult in Scripture, Liturgy, Theology, and Prayer so as to support the needs and spiritual growth of the young child, ages 3 to 6.

Each course is a minimum commitment of 90 hours, with readings and written work required.

KAMLOOPS, BC
St. Ann's Academy,
205 Columbia Street
Part A: November 12-17, 2025
Part B: TBD

CONTACT

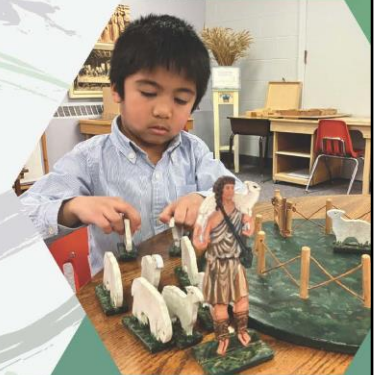
Susan Berdusco
(250) 299-4539
susankberdusco@gmail.com

REGISTER

cgsac.ca/courses-1



Catechesis of
the Good Shepherd
Association of Canada



HOPEWELL

Fiesta de Esperanza GALA

JOIN US FOR AN
UNFORGETTABLE EVENING ON
FRIDAY, NOV. 7TH
AND CELEBRATE CULTURE,
COMMUNITY, AND COMPASSION!

www.hopewellkamloops.ca/gala



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64th ANNUAL CHARITY APPEAL

Click here

For Council 1614

WIN \$100,000 in prizes including a
2025 Ford Maverick XLT AWD Grand Prize

PRIZES

1st Prize **2025 Ford Maverick XLT AWD**
2nd Prize **\$25,000** 4th Prize **\$5,000**
3rd Prize **\$10,000** 5th to 14th **\$1,000 each!** --> Early Bird Draws

TICKETS
1 for \$5
10 for \$25
50 for \$50



BUY TODAY for Council 1614

Sales Oct 1, 2025 to Dec 13, 2025, 8pm
Early Bird Draws
Oct 6 (2x\$1000), Oct 20 (2x\$1000), Nov 3 (2x\$1000)
Nov 17 (2x\$1000), Dec 5 (2x\$1000)
Main Draw Saturday December 13, 2025, 8:01pm

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 Raffle Event Licence #: 164447
Chances are 1 in 410,000 (total tickets for sale) to win a grand prize. Actual odds depend on number of tickets sold. 19+ to play.
Problem Gambling Help Line 1-888-795-6111 www.bccresponsiblegambling.ca Know your limit. Play within it.
Winners are responsible for cost associated with delivery/claiming of prizes.

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 graffiti's 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 graffiti's in the future.



Parish Project Cost: \$35,000

Diocesan Parish Assessment: \$55,660

Pledges: 17

Total Pledged to this date: \$17,035.52

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.

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 yohairycheco@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

