



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.

29th Sunday in Ordinary Time

"Will not God grant justice to his chosen ones who cry to him day and night?"

First Reading: Ex. 17.8-13

Second Reading: 2 Tim. 3.14-4.2

Gospel: Luke 18.1-8



*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 18	7:00 pm	People of the Parish
Sunday, October 19	8:30 am	People of the Parish
<i>29th Sunday in Ordinary Time</i>	11:30 am	People of the Parish
	6:00 pm	People of the Parish
Monday, October 20	9:00 am	Paul Muzzillo Int
	6:30 pm	Norma Jean McKitka RIP
Tuesday, October 21	9:00 am	Frans & Sylvia Van Der Woning Int
	6:30 pm	Elam Schemenauer Int
Wednesday, October 22	9:00 am	Mah Family Int
	6:30 pm	Seminarian Peter Nguyen Int
Thursday, October 23	9:00 am	Mark & Maureen Weiler Int
	6:30 pm	Mondesir Family Int
Friday, October 24	9:00 am	Valerie Haug RIP
	6:30 pm	Fr. Udoka Nwosu Int
Saturday, October 25	9:00 am	Brian Mullins RIP
	7:00 pm	People of the Parish
Sunday, October 26	8:30 am	People of the Parish
<i>30th 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:

Imelda Lanante, 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

"There is more silence
that language in love...
The words of lovers
increase in silence."

— Max Picard

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 by K of C

October 19, 2025 after 8:30 am.

\$10 per person / \$25 per family

CASH ONLY

29th SUNDAY IN ORDINARY TIME

Please watch a short video about Mary, our Mother.

Here is the link:

<https://www.youtube.com/watch?v=UXCC-JtIKks>

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."

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.



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. **The next session will be Thursday, October 30 at 7 pm (after 6:30 pm Mass) in the Church basement.**

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.**



LIFE CHAIN ROSARY

Let us reclaim the Christian Feast of All Hallows Eve, which is the vigil before All Saints Day, by participating in Sacred Heart Cathedral's Rosary Chain. Sign up for 1, or 2, or even 3 time slots, and say the Rosary at that time in the comfort of your own home, or in church during regular hours. Sacred Heart Cathedral will NOT be opened after-hours for the Rosary Chain. The sign up sheet is located at the west wing & main area junction.



SPIRITUALITY & PSYCHOLOGY

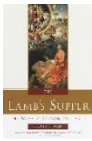
Friday, November 14, 2025

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.

A KIND REQUEST FROM THE SACRED HEART CATHEDRAL PASTORAL COUNCIL

Mother Teresa said, "Some of us do great things, but we can all do small things with great love". A small thing that we can all do is to spend 1 minute tidying up our pews at the conclusion of Holy Mass. After all, we are In God's house, and so we'd surely like to keep it in good order. We appreciate your thoughtfulness.



Annual Mass for Deceased Bishops, Clergy, and Consecrated Men and Women

The annual Mass for deceased Bishops, clergy, and consecrated men and women will be held at Sacred Heart Cathedral on Tuesday November 4th at 11am. All parishioners are most welcome to attend this special liturgy concelebrated by the Priests of the Diocese. Remember kindly in your prayers, during the month of November, those who have laboured for the Church in Kamloops and pray that the Lord will send more dedicated men and women to continue their work in his vineyard of the Kamloops Diocese.

**TUESDAY, NOVEMBER 4, 2025
11:00 AM**

Sacred Heart Cathedral
255 Nicola Street
Kamloops, BC

YOUNG ADULTS & YOUNG PROFESSIONALS NOVEMBER EVENTS

Sunday, November 9 after 11:30 am

Conversion and Discipleship

Sunday, November 23 after 6 pm

Mission




64th ANNUAL CHARITY APPEAL

Click here  For Council 1614

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

PRIZES

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

\$

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.

Annual Blessing of The Graves

**Sunday,
November 2, 2025**

Starting at 2:00 PM

**Hillside Cemetery
Kamloops, BC**



Let's get Together and Build Community!



Pictorial Directory at Sacred Heart Cathedral

November 3 – 15, 2025

Dear parishioners, we are announcing a special community building project. We need you! We need **EVERYONE!** Sacred Heart Cathedral will start photography for a new parish photo directory during this Jubilee Year of Hope. This new directory will be a great way to get to know each other and strengthen our community. This album is like a high school yearbook and it will include our activities and groups, history and more!



The IPC Photo company making this project is available to our parish free of charge. You will have the opportunity to purchase a portrait of your family.



Registrations required. Please fill out the registration form below and drop it at the office or collection box. This gives us permission to contact you and schedule an appointment. You can also contact Ed Barker at 250-319-3331 to book an appointment and require more information.

Pictorial Directory Registration

Please fill out the information below so we can contact you and schedule an appointment to take picture of you and your family!

FIRST NAME _____ LAST NAME _____

PHONE NUMBER _____



I give permission to Sacred Heart Employees and Volunteers involved in Pictorial Directory Project to contact me at the above phone number. Please initial in the box.

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: 45

Total Pledged to this date: \$27,425.52

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:

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**

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.

VOCATION LIVE-IN

There will be a Vocation Live-In on the weekend of
Nov. 15 -16 at the Seminary of Christ the King in
Mission, BC. Anyone wishing to enter the
Seminary in the next couple of years is welcome.
For more information phone 604-826-8975 or
email rector.minors@sck.ca



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

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

BIG DEAL COUPON BOOKS AVAILABLE FOR PURCHASE AT ST. JOSEPH'S BOOKSTORE. EACH BOOK - \$10 – CASH ONLY



Food and Beverage

5 Bean Brewbar & Cafe
2 for 1 Beverage - valid 2 visits

Bold

Buy 1 Get 1 Half Off Pizza or Pasta.
Buy 1 Get 1 Half Off Lunch Menu Item

Brynn's Bakery

Buy 1 Get 1 Half Off Sourdough Bread
Buy 2 Sticky Buns or Scones & Get 1 Free

Fryer's Express

Buy 1 Sandwich and Get One Half Off
Valid 2 visits

Kekuli Cafe

2 for 1 Beverage, \$5 Off Taco

Klaske's Bistro

Save \$3 on Purchase of \$20 or More
valid 2 visits

Ohi Sushi Mura

2 for 1 California Roll, 2 for 1 Dynamite Roll
each offer valid 2 visits

On the Rocks Pub and Grill

Save \$10 on Food Purchase of \$40 or More

Red Tomato Pies

Free Menu Item with Purchase of any Small,
Medium, or Large Pizza

Señor Froggy

Any Classic Item for \$10
2 Can Drink for \$17.99

Spice of India Cuisine

Save \$5 on Purchase of \$30 or More
valid 2 visits

The Ice Cream Social

\$1 Off Any Menu Item - valid 4 times

The Vic Downtown

2 for 1 Beverage - valid 2 visits

Wok Box

2 for 1 Noodle or Rice Box - valid 2 visits

Activities and Retail

All Around Gamerz
20% Off VR Time
Free 20 Minutes

All Mine Photography

\$25 Off Photography Session

BC Wildlife Park

One Child Admission Free

Cliffside Climbing

2 for 1 Rope Drop in; Free Equipment Rental;
50% of Drop In

Enchanted Artisan Cookies

\$20 Off a Cookie Decorating Class

Falcon Lanes

50% Off 5 Pin Bowling – valid monthly

Great Canadian Oil Change

\$15 Off Any Oil Change - valid 2 visits

Kamloops Florist

Save \$10 Off Your Purchase of \$30 or More

Kuzina Messer Culinaire

\$20 Off one Cooking Class

Legends Used Books

Free Book with Purchase of Any Used Book
valid 2 visits

Let's Move Studio

50% Off 1 Month Unlimited Membership

Lo-Boy Market

\$5 Free Money; 25% Off Thursday;
Spend \$20 Save \$5

Masala Fusion Meats

20% Off on All Products, Free wings with
Purchase of \$40 or More

Mt. Paul Golf Course

Buy 1 Get 1 Free PLS
Green Fee

Nutters Everyday Naturals

20% Off Any Regular Priced Vitamin, Supplement,
or Personal Care Product - valid 2 visits

Once Upon a Child

Buy 1 Get 1 Free PLS
\$5 Off Your Purchase of \$20 or More

Our Footprints Eco Store & Refillery

30% Off One Refill - valid 2 visits

Pineridge Golf Course

2 Green Fees for \$45; Bonus offer: Power Cart
Rental for \$10 (weekend) - valid 5 visits

The Fun Factor

2 for 1 Laser Tag or Bowling, Birthday Party
Discount, 20 Free Credits with Purchase

Totem Fitness

\$15 Off Monthly Membership, Free Boxing Class,
\$50 Off Annual Membership

Uncle Chris the Clown

\$5 Off One Hour Party, \$25 Off 30 or 45 Minute
Party

Zaaz

2 for 1 Indoor Play, 50% Off Indoor Play