



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.

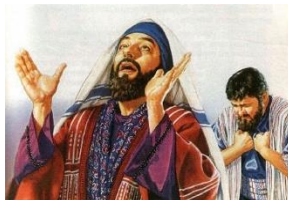
30th Sunday in Ordinary Time

"The poor one called and the Lord heard."

First Reading: Sirach 35.15-17, 20-22

Second Reading: 2 Timothy 4.6-8, 16-18

Gospel: Luke 18.9-14



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 25	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
Monday, October 27	9:00 am	Renza DiGeso Int
	6:30 pm	Sister Maria Luisa Int
Tuesday, October 28	9:00 am	Wanda Leslie Int
	6:30 pm	Nikola Ratkaj RIP
Wednesday, October 29	9:00 am	Caterina & Giuseppe Parrotta RIP
	6:30 pm	Fr. Francis Onyealusi Int
Thursday, October 30	9:00 am	Steve Paul Int
	6:30 pm	Francesco Pucci Daniele RIP
Friday, October 31	9:00 am	Amedo Mercuri RIP
	6:30 pm	Carey Hackman Int
Saturday, November 1	9:00 am	Zachary Wyse Int
	7:00 pm	People of the Parish
Sunday, November 2	8:30 am	People of the Parish
<i>All Souls</i>	11:30 am	People of the Parish
	6:00 pm	People of the Parish

We ask you to pray for the following people:

Gertrude Sherlock, 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. **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

"Only in silence can the Word of God find a home in us, as it did in Mary, woman of the word and, inseparably, woman of silence."

— Pope Benedict XVI

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

November 16, 2025 after 8:30 am.

\$10 per person / \$25 per family

CASH ONLY

30th SUNDAY IN ORDINARY TIME

Please watch a short video about Mary, our Mother.

Here is the link:

<https://www.youtube.com/watch?v=sEFW8MRXulc>

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



CHESS, ANYONE?

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 boardroom.**

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.**



ANNUAL BLESSING OF THE GRAVES

Annual Blessing of the Graves at Hillside Cemetery in Kamloops will be held on **Sunday, November 2nd at 2:00pm**

ANNUAL MASS FOR THE DECEASED CLERGY

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 Kamloops Diocese.



For more information about Hopewell please visit:

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



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!**

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.



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 3rd Ave.

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

Food Drive for Vincent de Paul - Fill the Fiat - October 18-31

Drop items off at the Cathedral. Here is the list of item needed: Tinned tuna, salmon, chicken, ham, mackerel, chili stews, pasta sauce, tinned tomatoes, tomato paste, tomato sauce, peanut butter, canned beans, peas, kidney beans, garbanzo beans, instant coffee, egg noodles (gluten-free), canned milk, canned fruit, rice, canned soup, instant soup, Boost or Ensure, dish detergent, tooth brushes, tooth paste, dental floss.



FAITH IN ACTION CAMPAIGN 35 PILGRIMS OF HOPE

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.



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.

Parish Project Cost: \$35,000

Diocesan Parish Assessment: \$55,660

Pledges: 63

Total Pledged to this date: \$35,645.52

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 fa@rcdk.org

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.

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



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

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 Sourdough Breads & Get 1 Free
Fryer's Express
Buy 1 Sandwich and Get One Half Off
Valid 2 visits
Kekuli Cafe
2 for 1 Beverage, 55 Off Taco
Klasske's Bistro
Save \$3 on Purchase of \$20 or More
Valid 2 visits
Oh! 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 for 1 Drink for \$17.99
Spice of India Cuisine
Save \$5 on Purchase of \$20 or More
Valid 2 visits
The Ice Cream Social
20% Off Ice Time
Free 20 Minutes
The Vic Downtown
2 for 1 Beverage - valid 2 visits
Wok Box
2 for 1 Handroll or Prawn Roll - 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% Off Drop In
Enchanted Artisan Cookies
\$20 Off a Cookie Decorating Class
Falcon Lanes
50% Off a 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 Culinare

\$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, 20% 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
Free Medium Bucket with Purchase of 9 Hole
Green Fee
Nutters Everyday Naturals
20% Off Any Regular Product (Vitamins, Supplement
or Personal Care Product - valid 2 visits
Once Upon a Child
Buy 1 Get 1 Free Robe
\$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 1450 (except Power Cart
Rental for \$10) - valid 5 visits
The Fun Factory
2 for 1 Laser Tag or Bowling, Birthday Party
Discount, 20 Free Credits with Purchase
Toten Fitness
\$15 Off Monthly Membership, Free Boxing Class,
\$40 Off Annual Membership
Uncle Chris the Clown
\$35 Off One Hour Party, \$25 Off 30 or 45 Minute
Party
Zazz
2 for 1 Indoor Play, 50% Off Indoor Play

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.