



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.

33rd Sunday in Ordinary Time

"The days will come when not one stone will be left upon another; all will be thrown down."

First Reading: Malachi 4.1-2

Second Reading: 2 Thessalonians 3.7-12

Gospel: Luke 21.5-19



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, November 15	7:00 pm	People of the Parish
Sunday, November 16	8:30 am	People of the Parish
33rd Sunday in Ordinary Time	11:30 am	People of the Parish
	6:00 pm	People of the Parish
Monday, November 17	9:00 am	Tammy Derzak Int
	NO Evening Mass	
Tuesday, November 18	9:00 am	Cameron Family Close & Extended Int
	NO Evening Mass	
Wednesday, November 19	9:00 am	Camillo Lazzinnarro RIP
	NO Evening Mass	
Thursday, November 20	9:00 am	Isaac Bruneau Int
	NO Evening Mass	
Friday, November 21	9:00 am	Joan White RIP
	6:30 pm	Ivo Cinel RIP
Saturday, November 22	9:00 am	Ratkaj Nikola RIP
	7:00 pm	People of the Parish
Sunday, November 23	8:30 am	People of the Parish
Christ the King	11:30 am	People of the Parish
	6:00 pm	People of the Parish

We ask you to pray for the following people:

Albert Milne, Gertrude Sherlock, Imelda Lanante, 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. **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

"Holy silence is a quieting of the noise of distractions so as to turn them to their highest object: God."

— Fr. Basil Nortz, O.R.C.

PRIESTS AWAY – Monday, November 17 – Friday, November 21

Our priests will be attending the Study days next week.

- There will be NO evening Mass on Monday- Thursday.
- There will be NO morning Holy Hour on Tuesday – Friday.
- There will be NO evening Confessions on Wednesday. Morning Confessions will remain as scheduled.
- There will be NO Exposition of the Blessed Sacrament on Wednesday.

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

VIDEO FOR THE WEEK

Please watch the short 3-minute video from Fr. Derrick

Cameron about Sacraments. Here is the link:

<https://www.youtube.com/watch?v=TxAck8rOePU>

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

UPCOMING SECOND COLLECTIONS

Sunday, November 16

Catholic Missions in Canada

The *Collection for the Needs of the Church in Canada* will take place on November 16/17, 2024, in the Diocese of Kamloops. This annual initiative is an important opportunity for the faithful to actively support and assist the Bishops in their ministry of accompanying, teaching, guiding, sanctifying, and caring for the Church in Canada. Please support the Collection. ***We thank you in advance for your generosity and continued commitment!***

Sunday, November 22

Poor Families at Christmas Time

This collection was established at Sacred Heart Cathedral with the intention to help poor families from our parish during Christmas time. With those funds, we will purchase food, some household necessities and prepare Christmas hampers and gifts for those in need. **Please make your donation, no later than Sunday, November 22.** The money will be counted on **Monday, November 23.** That will give us enough time to prepare the hampers for the families.

Thank you for your kindness and generosity!

YOUNG ADULTS & YOUNG PROFESSIONALS (19+)

Dialogue on basic fundamental philosophical topics: What is a person? What is a man? What is a woman?

Friday, November 21, 2025

8 – 9 pm in the Church basement

(Preceded by 6:30 pm Mass and 7 – 8 pm

Holy Hour in Church)

Bring a friend.



PRAYER
LIFTING OUR HEARTS AND
MINDS TO GOD



FORMATION
BECOMING LIKE CHRIST



FRATERNITY
CENTERING BROTHERHOOD
ON CHRIST

Our next **COR** gathering is coming right up – We will consider the vital role of Prayer in our lives, if we as men are to lead our families in The Faith. *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. *Cor* will be held at **10 to Noon next Saturday, November 22 in the Cathedral basement hall.** Come join your brother parishioners for coffee and donuts, discussion, prayer and fraternity.

Questions? Please reach out to Fr. Derrick, or contact Mark Perren at 587 201 1712 / cathedralpa@rcdk.org

CHURCH CLEANING

Thursday, November 27 after 9 am Mass

We are looking for volunteers to help with detailed cleaning of the Church to prepare for season of Christmas. For more information, please contact Mark Perren at

cathedralpa@rcdk.org

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, November 27 at 7 pm (after 6:30 pm Mass) in the Church basement hall.**

ST. JOSEPH'S BOOKSTORE

In preparation for Advent and Christmas, St. Joseph's Catholic store across Sacred Heart Cathedral will be **OPEN ON SUNDAY 30TH NOVEMBER after the 11:30 mass.** Come in and pick up your Advent purple and rose candles, Sunday missals and Christmas cards. See their wide selection of nativity sets and giftware. Tel. 778-471-6100 or stjosephskamloops@gmail.com

Sacred Heart Young Adults
young professionals ministry

Events for November & December

SUN 23 6 pm	MISSION THE GREAT COMMISSION AND WHAT THAT MEANS FOR YOU AND I
dec 07 11:30 am	LIVING NATIVITY HOPE FOR OUR TIMES
SUN dec 28 6 pm	NEW YEAR NEW MISSION

"And the Word became flesh and dwelt among us..." — John 1:14
May the joy and peace of Christ fill your heart
and home this Christmas, and may His love
guide you throughout the coming New Year

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



ADVENT VESPERS

Monday – Friday at 6 pm during Advent

(Starting Monday, December 1)

Join us with this prayer of the Church, praying psalms, canticles, and readings from Sacred Scripture. The priests are bound to pray Vespers plus 4 other times a day. They are praying for you and the Church. Please join this 15-minute prayer just before the greatest prayer at 6:30 pm – The Holy Sacrifice of the Mass.

CATHOLIC WOMEN'S LEAGUE

ADVENT DINNER

All CWL Members are invited to our Advent Dinner on **Tuesday, December 9th** in Parish Hall. Full turkey dinner with all the trimmings GF/DF.

Gathering Time: 5:00 pm, Dinner: 6:00 pm,

Cost: \$40

Contact Heather at 780-718-6029 or email

Heather.Correale@alumni.unbc.ca





CHRISTMAS DINNER

Anyone from Sacred Heart Cathedral who has nowhere to go for Christmas dinner is welcome to join a dinner gathering on **Thursday, December 25** with social and games, **starting at 3:30 pm in the basement hall.**

Please contact the Parish office to sign up so we know how much food to prepare.



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: 104

Total Pledged to this date: \$53,725.52

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

JOB OPPORTUNITY AT SACRED HEART

CATHEDRAL - Cleaning person

Sacred Heart Cathedral is looking for a full-time cleaning person with possibility to discuss days and hours of work. For more information or to send your resume, please contact Fr. Derrick Cameron at dcameron@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.

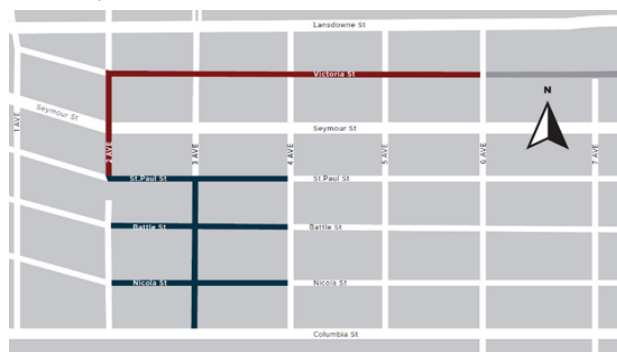
ROAD CLOSURES

due to Santa Claus Parade

Sunday, November 23, 2024

Sacred Heart Cathedral will be affected by this road closure. Roads begin a phased closure at **8 am** and then will make its way up 3rd Ave. **Roads around Sacred Heart Cathedral will be closed approximately between 10 – 11 am, impacting the most 11:30 am Mass. Please refrain from parking on closed roads, including Nicola. You will be towed.**

Here is map with the road closures:



Here are the instructions how to access and leave the gravel parking lot:

- *If you are coming down Columbia Street, turn left at 4th and turn left at the lane between Nicola and Battle to access the alley that leads to the parking lot.
 - *If you are coming up from 1st Avenue, turn down the alley between Nicola and Battle that leads to the parking lot.
 - *When leaving, if headed West, take the alley lane up to 2nd and turn left to go to Columbia.
 - *If headed East or to North Shore, take the alley lane East to 4th and to Columbia Street or go further to 6th Ave to go Lansdowne.
- Please use caution when driving in the vicinity of this event and obey all traffic control devices and traffic control people.**



NOVEMBER - MONTH OF HOLY SOULS

The Catholic Church dedicates the entire month of November to the Holy Souls in Purgatory. During the entire month we pray for the souls of the faithful departed, especially those whom we have known and loved. Through the Gardens of Gethsemani Catholic Cemetery in the Archdiocese of Vancouver, you are invited to join in commemorating our loved ones during the month of November by participating in the following ways:

Holy Souls Prayer Book:

<https://rccav.org/wp-content/uploads/2025/10/Holy-Souls-Prayer-Book.pdf>

30 days of Prayer email sign up:

<https://rccav.org/november/#sign-up>

Each day in November offers a chance to draw closer to those we've loved and lost. By signing up for daily prayers for the Holy Souls, we join our hearts to the mercy of God, who never forgets his children.

FUNERAL PRE - PLANNING

Did you think about Funeral Pre-Planning arrangements? This involves making detailed decisions about burial or cremation, the type of service and any specific request. This is to ensure that your wishes are honoured. If you would like to receive some guidelines when to start you can contact Kathy Dahl at kathysdahlhouse@gmail.com

Please note that this includes **only** some guidelines and help with funeral pre-planning, this is not to help with the actual funeral. In this case, please contact the Funeral home.

Do you have an Advent Plan?

The Advent this year start on Sunday, November 30. Advent is not considered the penitential season but please take this time to prepare your heart for the coming of Jesus Christ as a little baby in manger. We have a few suggestions for you to make this season more fruitful.



*There are plenty great resources on **Fromed.org**:

How to Advent? – Here is link to the trailer:

<https://app.fromed.org/app/videos/3834118>

Advent with Tim Gray – there are 24 episodes for each day of the Advent

Rooted – Rediscover the Jesse Tree

***Waiting Well – Advent with Fr. Mike Schmitz** – a 26-day video series presented by Fr. Mike Schmitz will guide Catholics to become aware of God is shaping and forming them through seasons of waiting and learn to wait well. You can also purchase a "Waiting Well" journal to note your reflections.

*Prepare a **Jesse Tree** with your family and read one Bible story every day of Advent

*Set up a small doll sized creche and have beside it a box of straw. Every time a child does a good deed or offers a prayer or other positive behavior, the child can put a piece of straw in the creche, thereby making a soft place to lay the baby Jesus on Christmas eve.

*Create your own Advent wreath at home with your family.

* Create your own Jesse tree and read a Bible story every day.

The Jesse Tree: Isaiah 11:1-2

Creation of Humans: Genesis 1:26-31

The Fall: Genesis 3

Noah's Ark: Genesis 6:11-14, 7:17-8:3, 9:8-13

The Promised Land: Genesis 12:1-7

God's Promise to Abraham: Genesis 15:1-6

Joseph: Genesis 37:1-36



The 10 Commandments: Deuteronomy 5:1-22

Rahab: Joshua 2:1-21

Ruth and Boaz: Ruth 2:1-4:12

God Chooses David to be King: 1 Samuel 16:1-15

David the Shepherd-King: 2 Samuel 5:1-5

Solomon Builds God's Temple: 1 Kings 5:5; 1 Kings 6

Esther Saves Her People: Esther 4

Isaiah's Prophecy of a Savior: Isaiah 9:2-7

Isaiah's Prophecy of the Second Coming: Isaiah 11:6-9

Jonah and the Whale: Jonah 3:1-5

Daniel and the Lions' Den: Daniel 6

Prophecy of a Savior Born in Bethlehem: Micah 5:1-5

Elizabeth and Zechariah: Luke 1:5-25

John the Baptist: Matthew 3:1-6

God Chooses Mary: Luke 1:26-38

Angel Appears to Joseph: Matthew 1:18-25

Mary and Joseph Go to Bethlehem: Luke 2:1-5

Jesus Is Born: Luke 2:6-21

***Sacred Heart Cathedral Advent Calendar** which will be placed in the bulletin in the next two weeks.




64th ANNUAL CHARITY APPEAL

[Click here ▶ KofCCharity.ca](https://KofCCharity.ca)

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

3rd Prize \$10,000

4th Prize \$5,000

5th to 14th \$1,000 each! → Early Bird Draws

TICKETS

1 for \$5

10 for \$25

50 for \$50



BUY TODAY

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 (B.C.) Charity Foundation
WORKING TOGETHER TO MAKE OUR COMMUNITIES BETTER
Thank you for your Support!

For general inquiries call 604-216-7272 Raffle Event License #: 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.