



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.

Dedication of the Lateran Basilica

"Jesus was speaking about the temple of his body."

First Reading: Ezekiel 47.1-2, 8-9, 12

Second Reading: 1 Corinthians 3.9b-11, 16-17

Gospel: John 2.13-22



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

<u>Saturday, November 8</u>	7:00 pm	People of the Parish
<u>Sunday, November 9</u>	8:30 am	People of the Parish
<i>Dedication of the Lateran Basilica</i>	11:30 am	People of the Parish
	6:00 pm	People of the Parish
<u>Monday, November 10</u>	9:00 am	Pietro Caputo RIP
<i>St. Leo the Great</i>	6:30 pm	Michele Rose RIP
<u>Tuesday, November 11</u>	9:00 am	James MacDonnell, OMI RIP
<i>St. Martin of Tours</i>	6:30 pm	Joe Suda RIP
<u>Wednesday, November 12</u>	9:00 am	Zora Pavlovic RIP
<i>St. Josaphat</i>	6:30 pm	Phil Potter RIP
<u>Thursday, November 13</u>	9:00 am	Herbert Bourne RIP
	6:30 pm	Gerard Emmanuel RIP
<u>Friday, November 14</u>	9:00 am	Annunziata Corea RIP
	6:30 pm	Kiran Macwan Int
<u>Saturday, November 15</u>	9:00 am	Antonio Cuzzetto RIP
	7:00 pm	People of the Parish
<u>Sunday, November 16</u>	8:30 am	People of the Parish
<i>33rd 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:

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, 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

"But for protection from the ravaging storms outside, these gardens need the wall of holy silence."

— Fr. Basil Nortz, O.R.C.

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

ARTICLE FOR THE WEEK

Please read the short article "Monthly Reflection for the prevention of suicide." Here is the link:

<https://popesprayerusa.net/2025/11/05/monthly-reflection-for-the-prevention-of-suicide/>

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 9

Healing and Reconciliation

The Indigenous Reconciliation Fund was established to accept donations from 73 Catholic Dioceses across the country, and to advance healing and reconciliation initiatives, fulfilling the \$30 million financial commitment made by Canada's Bishops in September 2021. The Diocese of Kamloops commitment is \$150,000 over five years.

The fund seeks to support projects that are determined locally, in collaboration with First Nations, Métis and Inuit partners. The Indigenous Reconciliation Fund has established the following criteria for grant applications: Healing and reconciliation for communities and families; Culture and language revitalization; Education and community building; and Dialogues for promoting indigenous spirituality and culture.

The fund has been designed to meet the highest standards of transparency and good governance and is overseen by a Board of Directors made up of Indigenous leaders.

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!

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



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!**

YOUNG ADULTS & PROFESSIONALS NOVEMBER EVENTS

Mass At Thompson Rivers University

November 20th at 3:30 pm

Last one of the semester. Invite a friend.

We ask for your continued prayers for TRU students and all Catholic endeavours on campus

Young Adults' Bible study (during Advent)

Cut off to sign up November 16. Scan the barcode to register.

Discovery is an inviting, small-group faith study designed by Catholic Christian Outreach (CCO) to help people encounter Jesus personally through Scripture.

Whether you're just curious about faith, rediscovering it, or looking to go deeper. Discovery creates space for honest conversation and meaningful reflection.



PANCAKE BREAKFAST

Sunday, November 16, 2025 after 8:30 am Mass

Pancake Breakfast at the Cathedral is prepared by our dear brothers Knights. They work so hard so you can enjoy good food and fellowship with your parish community.

The prices for the Pancake Breakfast are

\$10 per single plate, \$25 per family. CASH ONLY

Pancake Breakfasts are a fundraiser for the special cause that is discern for each month and it is the donation above the cost of Pancake Breakfast. All the money received (minus the cost of food) are to be donated to that chosen charity or cause.

This month the funds will go towards the Hopewell Clinic + Pregnancy Centre.

All your contributions are always greatly appreciated.

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

CWL 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



A NOTE TO PARISHIONERS

We are very blessed and grateful for having faithful employees at Sacred Heart Cathedral. However, they are also parishioners who come to the Church to worship during their leisure time. They are also our brothers and sisters in Christ and part of our community. As they are willing to serve you, please do respect their time off from work and bring your concerns during their working hours, when they are available. Try to abstain from contacting them on their personal phones during their days off with something that requires work, unless there is an emergency. Please also note that our priests have days off too. Church life is very demanding, and everyone deserves time to rest.

Thank you for your understanding.

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.



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: 84

Total Pledged to this date: \$46,155.52

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 faia@rcdk.org

DISCOVER A DEEPER RELATIONSHIP WITH THE HOLY SPIRIT AT HOLY FAMILY PARISH

Join us on Tuesday evenings for 'The Wild Goose', a 14-part series that invites viewers to an encounter, or a renewed encounter, with the Holy Spirit.

Where: Holy Family Parish

When: Tuesday evenings at 7pm
(after the 6:15pm Mass)

Join as you can! Newcomers are welcome.





64th ANNUAL CHARITY APPEAL

[Click here](http://KofcCharity.ca) KofcCharity.ca

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
3 rd Prize	\$10,000
4 th Prize	\$5,000
5 th to 14 th	\$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 (BC) 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 HelpLine 1-888-795-6111 www.bcreponsiblegambling.ca Know your limit. Play within it.
Winners are responsible for cost associated with delivery/claiming of prizes.



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!



RACHEL'S VINEYARD

"I finally admitted to what I did, faced it and feel forgiven. I was able to honor the life of my children and have peace knowing they

are in heaven. I feel like the burden is lifted, not totally, but lighter. I've given it all to God." – Testimonial

Acknowledging before God what your role was in the decision to end a pregnancy is not easy. But it is one of the first steps to letting God help you with the regret and the burden you carry. Are you ready to lay that burden down? Join us on a Rachel's Vineyard Retreat and lay your burden down..

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

Phone: 250-267-5081 (Confidential call)

Website: rachelsvineyardkamloops.org

HOLY HOUR FOR VOCATIONS

Serra Club of Kamloops Diocese

Prayer is a moving force in vocation development. Few are called to priesthood or religious life, but all are called to pray for vocations. Jesus said, "Pray, therefore, the Lord of the harvest to send out laborers into his harvest" (Mt. 9:38).

OLPH

8:00 am - 8:45 pm Wednesdays following 7:30am Mass

Sacred Heart Cathedral

7:50 am – 8:50 am Monday, Tuesday, Thursday, Friday before 9 am Mass

9:30 am – 9 pm Wednesdays

7 pm – 8 pm Fridays after 6:30 pm Mass

Holy Family Parish

8 am – 9 am Saturdays

St. John Vianney

5 pm – 6 pm Tuesday - Friday

40. A Holy Hour will give you more strength during life and more consolation at the hour of your death and eternity. (St. Alphonsus Lugouri)



ST. JOHN VIANNEY **CWL BAZAAR AND TEA**

Saturday, November 15th, 2025

Craft Sale, Bake Table, Religious Articles,
Treasure chest & Jewellery, Basket Raffle.

Something for everyone!

Everyone Welcome!



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.

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.

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

