



**OUR LADY OF
PERPETUAL HELP PARISH**

635 Tranquille Road Kamloops, BC V2B 3H5

Pastor: Fr. Rajesh Madtha, OCD

In Residence: Fr. Rudolf D'Souza, OCD

Office Staff: Jackie Ulrich

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Website: www.olphkamloops.ca

Office Hours: 8:30 am-3:30 pm
Tuesday to Friday

CLOSED on MONDAYS

MASS TIMES

Sunday:

Saturday 5:00 PM

Sunday 8:30 AM

10:30 AM

Week Day:

Monday-Friday 7:30 AM

SACRAMENT OF

RECONCILIATION:

Monday-Friday 7:00-7:30 AM

Wednesday 8:00 - 8:45 AM

Saturday 3:30 - 4:30 PM

**ADORATION OF THE
BLESSED SACRAMENT:**

Wednesday 8 - 8:45 AM

WEDDINGS - Please call the
rectory for an appointment six
months before planning the wed-
ding date.

BAPTISMS - A pre-Baptism
course is required. Please call
the rectory for an appointment.

**A WARM WELCOME TO
GUESTS AND VISITORS**
We're happy you're here!

FEBRUARY 18, 2024 ~ YEAR B
1st SUNDAY OF LENT
**REFLECTION: "Jesus Was
Tempted By Satan."**



1ST SUNDAY OF LENT - OVERCOMING THE POWERS OF EVIL

At the beginning of Lent, God once again leads us into the desert and invites us to listen to His word. Why? Because the path of a disciple of Christ leads to encountering the Word of God: reading it, studying it, reflecting on it, contemplating the divine works revealed within it, and daily trusting in the wisdom it contains. In the Word of God, Christians seek the grace to journey through the desert of temporality, toward the realm of eternal life.

Before Jesus begins His public ministry, following His baptism by John, the Holy Spirit leads Him into the wilderness for a period of forty days. There, in silence and prayer, He prepares Himself for His mission.

The temptation of the Son of God in the wilderness is an important lesson for us. Firstly, it shows that spiritual warfare takes place in our lives every day and that no one is immune to it. In fact, the closer we are to God, the more Satan tries to distance us from Him. Secondly, mere knowledge of the Word is not enough. Understanding, experiencing God, and trusting in His promises is crucial. Satan's actions may even involve using Scripture to raise doubts about God's promises and intentions. Jesus' behavior reminds us that He relied on the Word and walked in God's path.

Today's passage from the Gospel according to Mark, in its simplicity, renders Jesus as the promised and awaited Messiah, the Christ, and the Son of God. He came to earth to overthrow Satan's dominion over the world. He dismantles the kingdom of lies, evil, and pride, proclaiming the Kingdom of God. During the temptation, Jesus' weapon was the Word of God. After all, God's will is embedded in His Word. Today, Jesus reminds us that faith is essential for the development of God's Kingdom within us and around us - faith that turns away from evil, breaks free from sin, and fully trusts in turning toward God.

<https://stpetergreeley.org/bulletin/Fr. Tomasz>

OLPH PARISH LENTEN RETREAT ~ March 18, 19 & 20th with Deacon Paul Murphy. More information in future bulletins, but for now put the date on your calendar.



Join us for **STATIONS OF THE CROSS**, Fridays during Lent at 7:00 pm

Welcome back Fr. Rajesh! We hope and pray that you had a restful holiday. We really missed you and we are delighted that you are back!



**WEEKLY MEDITATIONS
FEBRUARY 18, 1st SUNDAY IN LENT**

"We are continually immersed in God's merciful grace like the air that permeates us. ... Do not pray for easy lives; pray to be stronger people. Do not pray for tasks equal to your powers; pray for powers equal to your tasks."

Blessed Solanus Casey O.F.M. Cap.



CWL MEMBERSHIP: Have you paid your 2024 membership? Dues are \$45.00 for the year. Place your cheque or cash in an envelope marked for CWL and include your name. Drop in the Sunday collection basket or at the Parish Office.

CWL is hosting the **STATIONS OF THE CROSS** on Friday, February 23rd and Friday, March 8th at 7:00 PM. Are you interested in leading on one or both of these evenings? FMI call Judy Robinson at 250-682-7932.



CATECHESIS AT HOLY FAMILY PARISH
Every Tuesday starting with Mass at 6:00 pm, followed by Catechesis and discussion. We welcome everyone to attend and encounter our Lord both individually and as a community!

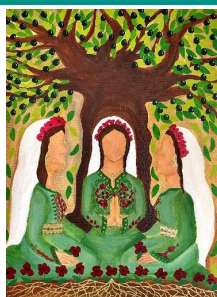


The Serra Club of the Kamloops Diocese will be hosting its annual AGM on **March 9th, 2024** at Sacred Heart Cathedral beginning with Mass at 9am. Following Mass there will be a meeting and a meal downstairs. Everyone is welcome to attend. Please RSVP to Albert Leduc at albertleduc@hotmail.com if you are planning to attend.



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1. Visit FORMED.org
2. Click Sign Up as a Parishioner
3. Find our parish by name (Enter "Kamloops" BC)
4. Enter your email and you're in!



WORLD DAY OF PRAYER 2024

Please join us for World Day of Prayer, a prayer movement that invites us to enrich our faith experience with the experience of Christians from other countries and cultures and to bring hope to women touched by injustice. The service was written by the World Day of Prayer Committee of Palestine.

"I Beg You... Bear With One Another in Love"
Ephesians 4:1-3 Artwork by Halima Aziz

Locations:- South Shore: Summit Drive Church (1975 Summit Drive) at 1:00 pm

North Shore: Our Lady of Perpetual Help Church (635 Tranquille Road) at 7:00 pm

This service is hosted by The Christian Churches of Kamloops. Everyone is welcome to join us for worship and fellowship.

The World Day of Prayer is coordinated by the Women's Inter-Church Council of Canada
47 Queen's Park Crescent East, Toronto, ON M5S 2C3
Tel: (416) 929-5184

E-mail: wicc@wicc.org; Website: www.wicc.org
www.facebook.com/WICCCanada



Remembering Vocations in your Lenten Devotions

Meditation in the words of His Holiness, Pope Francis:

"Dear friends, Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take." "Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share in full the joy of Easter."



PRAYER, FASTING, AND ALMSGIVING

- ★ **PRAYER:** Mark your calendar in order to plan on attending one or more Lenten services over the next six weeks, such as Stations of the Cross, the Parish Mission, a Bible study, or the Penance Service.
- ★ **FASTING:** Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.
- ★ **ALMSGIVING:** Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church or purchase gift cards to hand out to the homeless.

FOR DEEPER CONTEMPLATION ABUNDANT MERCY

"See, I am now establishing my covenant with you and your descendants after you and with every little creature." With these words, God shows his love as he promises anew to be in relationship with creation. In the reading from the First Letter of Peter, we hear that God saved the eight who were aboard the ark through the waters of the flood and now saves us through the waters of baptism. God, whose love brought us into being, seeks relationship and communion with us. To reconcile us with him, he sent his Son, who prepared for his mission by fasting for forty days in the desert. During the forty days of Lent, many of us give in to temptation and find ourselves repenting time and again. Knowing that God is merciful and understands our shortcomings, we can always resolve to begin anew. God yearns for relationship with us and does not give up on us. As one of your Lenten practices, you may have chosen to read the day's Scriptures attentively. Try to approach the readings with fresh eyes willing to allow the text to relate to your life today. Familiar texts can speak to us in the new circumstances, challenges, joys, and sorrows of our lives. All we need is an openness to the Word. God's Word is always relevant.

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"Repent, and Believe in the Gospel"

MK 1:15



Children's Liturgy
of the **Word**

CHILDREN'S LITURGY of the WORD will be offered **Every SUNDAY DURING THE 10:30 AM MASS.** Please bring your children

so they can participate. We look forward to having your children join us.

ST JOHN VIANNEY Parish is looking for a Secretary/Bookkeeper. The successful candidate will be responsible for administrative as well as bookkeeping duties for both St John Vianney and Our Lady of Lourdes parishes. This is a part time job with flexible hours. Experience in the administrative or bookkeeping field is ideal; however, the right applicant can be trained. To apply for this position please send your resume to stjohnvianney@rcdk.org



St. VINCENT DE PAUL - Regular meeting will be held Tuesday February 20th at 11:00 am. Meetings are held in the basement of Holy Trinity Church at 109 Tranquille Road on the North Shore. All are encouraged to attend. Come for the donuts and help us to shape the future of St Vincent de Paul in Kamloops!

PRO-LIFE \$1000 SCHOLARSHIP - The completed application is due April 1st, 2024. Requirements - Grade 12 completion by June 2024 (or in previous years), essay, volunteering in pro-life/life-affirming activities, references, and acceptance by a post secondary institution in the fall of 2024.

Applicants should begin their volunteering now, if not before. For further details, and to access the application form, please email: kamloopsprolife@gmail.com

The "**Little Black Book**" daily reflections for Lent are available at the entrance to the Church. By donation.

DAYS OF REFLECTION AT HIS FEET

ALL WOMEN ARE INVITED

Friday, March 22 beginning at 7:00 pm
Saturday, March 23rd at 8:00 am to 3:30 pm

Our Lady of Perpetual Help Parish Centre
635 Tranquille Road, Kamloops, BC

FOR MORE INFORMATION
Contact Domenica Spina
domenicaspina@yahoo.ca

Mass and Adoration
Presenters: Fr. Paul Simms,
Christine Mason and Nancy Simms
Breakfast, Lunch and Coffee Breaks included



Event Sponsored By The Kamloops Diocesan Catholic Women's League of Canada



PASTORAL ASSISTANT

Sacred Heart Cathedral is looking for a committed, practicing, and dynamic Catholic to come to work for us as a Pastoral Assistant. This newly created role provides administrative assistance to the Pastor to carry out various duties as assigned to ensure the smooth functioning of various parish ministries and programs. Preference will be given to candidates who demonstrate:

- Proficient knowledge of Church teaching and doctrine and the ability to articulate these truths to others in a succinct and compelling way.
- Organizational skills, proficiency in Word, Excel, PowerPoint; detail oriented with strong project management skills to organize people to fulfil the mission of the parish through its various programs and outreach; superior tact and diplomacy in dealing with people and groups.
- Demonstrated experience in public speaking; ideally some formal teaching experience.
- Proficient in leading RCIA and sacramental preparation and hospital ministry.
- Flexible work hours that require weekend and some evenings.

For further information and a detailed job description, please contact the Parish office at cathedral@rcdk.org

WORDS FROM OUR SECONDARY PATRON, ST. JOHN VIANNEY

"My friend, dwell on the patience of our Lord!"



INSPIRATION FOR THE WEEK ~ In the desert, Jesus endured forty days of hardship and temptation. But he did not endure it alone: "the angels ministered to him," the Gospel tells us. Remember that you do not face Lent alone. God is beside you in your journey to the desert.

©LPi



HOPEWELL CLINIC AND PREGNANCY CENTRE

HOPEWELL Clinic + Pregnancy Centre is now launching their annual Baby Bottle Campaign. The campaign runs throughout Lent and wraps up on Easter Sunday.

Join the village of donors who help to ensure women have access to help through their pregnancy and into the early parenting years. There are 4 ways to donate: 1) Cash/Cheque Pick up a bottle at the Church and return it by Easter. 2) Credit Card www.hopewellkamloops.ca 3) E-transfer donate@hopewellkamloops.ca 4) Mail a cheque 429 Tranquille Road, Kamloops V2B 3G9. Your support will bring hope and healing to women and families in need.



MASS INTENTIONS There is one scheduled mass per week day per Priest. The Sunday masses and Holy Days of Obligation are for parishioners, We try to accommodate all masses on the day they are requested but this is not always possible. All others are sent to the Missions. Mass for souls of the deceased is indicated by the + symbol.

FEBRUARY 19 - FEBRUARY 25, 2024		
MONDAY	7:30 AM	+ Del Ferguson
TUESDAY	7:30 AM	+ Giuseppe Rondinelli
WEDNESDAY	7:30 AM	+ Arturo & Allen Arcangel
<i>St. PETER DAMIAN, BISHOP, DOCTOR</i>		
THURSDAY	7:30 AM	+ Armando Alterio
<i>CHAIR OF ST. PETER, APOSTLE</i>		
FRIDAY	7:30 AM	+ Francesco Bertuca
<i>St. POLYCARP, BISHOP, MARTYR</i>		
SATURDAY	5:00 PM	Intentions of OLPH Parishioners
<i>2ND SUNDAY OF LENT</i>		
SUNDAY	8:30 AM	Intentions of OLPH Parishioners
<i>2ND SUNDAY OF LENT</i>		
SUNDAY	10:30 AM	Intentions of OLPH Parishioners
<i>2ND SUNDAY OF LENT</i>		

COLLECTION FEBRUARY 11: Envelopes 1,776.25; Loose \$387.60; EFT \$743.00; Pre-authorized Debit \$8,133.55; **2ND COLLECTION CATHOLIC SCHOOLS** Envelopes \$1,256.75; Loose \$78.75; EFT \$110.00; Other Envelopes \$50.00; Vigil Lights \$115.90; Stole Offering - Funeral \$200.00; Funeral Reception \$160.00; Hall Rental \$200.00; Holy Childhood \$17.85;

UNTIL FURTHER NOTICE, SATURDAY CONFESSIONS WILL BE HELD FROM 3:30 PM - 4:30 PM.

In today's Gospel, Jesus urges his listeners to do two things: to believe in the Good News and to repent. Stewards are called to repent, to be humble enough to open their hearts so they may begin anew, to change existing attitudes and habits, and to act with faith in the Gospel. In this season of Lent, now is the time to ask ourselves whether or not we truly believe in the Gospel; and if we do, to what extent are we willing to change our prevailing habits and be more faithful to the Gospel?



THE SAINT VINCENT DE PAUL POOR BOX COLLECTION will be held at all three Masses **this** weekend February 18 -19. The amount for January was \$400.85. We thank you for your generous contributions which go a long way in assisting the less fortunate in our community.



The Month of February is dedicated to The Holy Family



Interac Now Available **e-Transfer**
OUR LADY OF PERPETUAL HELP PARISH IS ACCEPTING INTERAC E-MAIL TRANSFER DONATIONS. Using your bank's Interac transfer via online banking, please transfer your gift to **givingolph@rcdk.org.**

OLPH ELEMENTARY SCHOOL

PRINCIPAL: Mr. Brent Arsenault
WEBSITE: www.olphschool.ca
PHONE: 250-376-2343, Local 101 **FAX:** 250-376-2361



KNIGHTS OF COLUMBUS COUNCIL 8132
 Catholic - Family - Fraternity - Service
Meetings held in the OLPH Parish Centre
General Meeting - 2nd Thursday of the month, 7:00 pm
Explore your interest in joining the Knights
Contact: Peter Pel - 250-554-4612
Join online at: kofc.org/joinus

COMMITTEES

FINANCE COMMITTEE: Regena Cameron; Brent MacLeod, Yvonne Pereira, Rafael Santos, Ralph Sherbo

PARISH PASTORAL COUNCIL: Brian Bouthiller, Tony Bradwell, Alicia Bruneau, Nathan Bruneau, Clare Cyr, Cathy Garay, Clem LaSaga, Wendy Nordick, Peter Pel, Judy Robinson, Ralph Sherbo, Greg Sykes, and Beth Watling.



MARY'S PANTRY - Thank you for your kindness in sharing food and feeding hope! Our next collection date is the weekend of March 9 & 10th.

2023 DONATION TAX RECEIPTS are available for pick up on the table at the entrance to the Church. Please help save on postage and pick yours up today.



EL SHADDAI DWX1 CATHOLIC CHARISMATIC PRAYER GROUP
 Meets Sundays 12:00 - 2:00 pm
 In OLPH Church Basement
 FMI, contact Beth - 250-318-3783; Aida - 250-376-0523; Lilia - 250-819-1801 or Rowena - 250-574-7803



Please continue to pray ... for all the sick of our parish, those homebound, in the hospital, and nursing facilities.

POPE'S PRAYER INTENTIONS FOR THE MONTH OF FEBRUARY
FOR THE TERMINALLY ILL ~ We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



CATHOLIC INDEPENDENT SCHOOLS KAMLOOPS DIOCESE
CURRENT JOB POSTINGS can be found at www.ciskd.ca under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>

