



**OUR LADY OF
PERPETUAL HELP PARISH**

635 Tranquille Road Kamloops, BC V2B 3H5

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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 10:00 - 11:00 AM

**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!**

MAY 05, 2024 ~ YEAR B

6TH SUNDAY OF EASTER

**REFLECTION: "This is My Commandment,
That You Love One Another."**

6TH SUNDAY OF EASTER - God is Love

What gives us joy? Our response to that question would likely lead to a variety of answers. The deepest source of Jesus' joy, however, was his loving relationship with his heavenly Father, his Abba. Jesus tells us that wherever he might go, whatever he might do, he remains in his Father's loving embrace.

Jesus wants us to have this joy, too. He tells us this in today's Gospel (John 15:917): "I have told you this that my joy may be in you and your joy might be complete." And he adds: "Remain in my love." How do we do this? Jesus explains at once: "If you keep my commandments, you will remain in my love."

What is the commandment above all, that Jesus is talking about? He tells us this: "Love one another as I love you." That is setting the bar pretty high, don't you think? Jesus goes on to explain the kind of love he is talking about not just a warm, fuzzy feeling, but an active being. A committed love that gives and goes on giving. "No one has greater love than this, to lay down one's life for one's friends." This is what Jesus did for us. That, too, is setting the bar pretty high.

In our Second Reading today, from the First Letter of John (1 John 4:710), we hear this same message. "Let us love one another," John says, "because love is of God; everyone who loves is begotten by God and knows God." And God revealed this love to us through the complete offering of himself, in the form of his Son, so that we could come to know God, love God, and have life in God. Who wouldn't find joy in experiencing that kind of lifegiving love?

Saying that love is the basis of authentic Christian joy does not mean that love is easy. Loving others is difficult at times. Not in the sense of how we feel, and whether we "like" them, but because of the selflessness and sacrifice that genuine love demands of us. And yet, it is precisely these demands that give love its joy: for the more we give of ourselves in love, the more room we make in ourselves for God who is nothing but love. As St. Francis of Assisi famously said, "It is in giving that we receive."

To love is to completely will the good of another; to desire nothing other than another's flourishing and growth in virtue. Let us pray for the grace to do and be as God asks of us; and may the Eucharist, the tangible Presence of God's unending love for us, transform us with that grace.

<https://fatimachurchabq.org/bulletins>



LIVE-IN RETREAT, SETON HOUSE OF PRAYER, KELOWNA, JUNE

14-16TH HAS A FEW OPENINGS!! Don't miss out on this wonderful weekend!

The whole purpose of the Live-In is to lead those who come to a deeper personal relationship with **Jesus Christ**. People who make the Live-In seem to always experience "Jesus as someone real". They experience a new peace and deeper faith. Many people say that during their Live

-In, they have received a whole new outlook on life, an understanding of God's love for them, and a new desire to pray and read scripture. The program involves a series of instructions and slides on the basis of Christian life. There are a variety of speakers from all walks of life. It is Roman Catholic funded and based. It includes the celebration of Reconciliation and the Eucharist. FMI Shannon Moleski: moleskism@gmail.com or call or text 250-255-3444

The Pope's Pastoral Works special collection will be held at all Masses this weekend. The funds collected are passed on to the Holy Father for immediate response in countries that are stricken by war, famine and natural disasters. Please give generously and thank you for your donation.





National
Family & Life Week
May 13-19, 2024 *Love hopes all things*

www.cccb.ca

"[Love] bears all things,
believes all things, hopes
all things, endures all
things." (1 Corinthians 13:7)n



NATIONAL HOSPICE AND PALLIATIVE CARE WEEK, MAY 5-11, 2024

FUNERAL PRE-PLANNING PRESENTATION - Following 9:00 am Mass. Light refreshments will be served with presentation beginning at 10 am. in the **SHC Lower Hall 10:00 am - noon on Thursday May 10, 2024**

- Sara Lawson of Schoening Funeral Services will present on Funeral Planning, an important but challenging topic. Sara will provide information and forms to start the pre-planning process for you and your loved one's funerals. Small group discussion and support to get started will be available.

- Kathy Dahl will provide Pre-planning End of Life in Canada: information specifically from Catholic Health Association, Delta Hospice and BC Advance Directives.

- **No matter your age, it is never too early to plan ahead.** Working parents? Healthy middle-aged person? Interested but unable to attend?

- Contact Kathy by phone or text (250) 318-9698 or email kathydahlhouse@gmail.com to **REGISTER**, for more information to request an evening or week-end session.

MY VOICE: ADVANCED CARE PLANNING, Saint John Vianney Hall, Friday, May 11th from 1 pm – 3 pm with light refreshments <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

Watch for additional activities at the other Kamloops parishes in upcoming bulletins.

The virtue of hope, together with faith and love, allows us to foster deep and lasting relationships within our families, with others, and with God. Through God's love, we see others with 'the light of hope' (AL,117), adopting the compassionate gaze of Christ and witnessing to his steadfast and merciful love.

The CCCB Standing Committee for Family and Life and its corresponding Office have prepared a pastoral toolkit to support dioceses, eparchies, parishes, families, schools and other related movements and associations in promoting National Family and Life Week (NFLW) from 13 to 19 May 2024.

The 2024 celebration of National Family and Life Week draws its theme, "Love hopes all things," from the words of St. Paul: "[Love] endures all things, trusts all things, hopes all things, endures all things." (1 Corinthians 13:7).

[National Family and Life Week - Canadian Conference of Catholic Bishops \(ccb.ca\)](http://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/)

OLPH CWL- MAY 12TH MOTHER'S DAY PANCAKE BREAKFAST with a display of pamphlets available to everyone from Canadian Catholic Church Bishops (CCCB). The display will be manned after both Masses (at 9:30 and 11:30) with information from Pro-Life as well. This event also kicks off **NATIONAL FAMILY AND LIFE WEEK (CCCB) MAY 13-19** <https://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/>

Watch for additional Life affirming activities from the other Kamloops parishes in upcoming bulletins.

CWL monthly meeting is **WEDNESDAY, MAY 8TH** in the Parish Centre. 6:30PM for fellowship. 7:00PM Spiritual Program followed by short meeting. All ladies of the Parish are welcome. FMI call Judy Robinson at 250-682-7932



PANCAKE BREAKFAST - Treat mom for Mother's Day and join the Knights and CWL after both morning Masses next **SUNDAY, MAY 12TH**, for one of their delicious Pancake, scrambled egg and sausage breakfasts. Donations of \$5.00 per person or \$15.00 per family will be gratefully accepted.



INSPIRATION FOR THE WEEK ~ Christ's love for us is radical - it changed the whole world. It will not be easy to love as Christ loved, but this is the mission for which we have been chosen by God. So let us love one another. Let us change the world. ©LPI

"As the Father has loved me, so I have loved you; abide in my love." John 15.9

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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!



FIRST COMMUNION AND CONFIRMATION
Please remember our candidates in your prayers as they prepare for these special Sacraments -
MAY 5, 10:30 AM FIRST COMMUNION MASS
MAY 30, 6:00 PM CONFIRMATION REHEARSAL
MAY 31, 5:00 PM. CONFIRMATION MASS





Corpus Christi Mass and Procession Sunday, June 2, 2024

ON SUNDAY, JUNE 2, THERE WILL ONLY BE ONE MASS IN THE MORNING IN KAMLOOPS, THAT IS AT 10:30 AM AT THE RIVERSIDE PARK BANDSHELL. WE WILL RECITE THE ROSARY STARTING AT 10 AM.

There will be NO 8:30 am or 11:30 am Mass at the Cathedral, or 11 am Mass at Holy Family, or 8:30 am or 10:30 am Mass at OLPH, or 10:30 am Mass at Saint John Vianney or 8:30 am Mass at Heffley (Our Lady of Lourdes). ALL MORNING MASSES ON SUNDAY, JUNE 2, IN ALL PARISHES IN KAMLOOPS WILL BE CANCELLED.

We will celebrate the Holy Mass outside at the park, and then bring Jesus (the most Holy Eucharist) through the park and up 3rd Avenue to the Cathedral. We will have a short time of Adoration with Jesus in the Monstrance in the Church, with food and fellowship outside in the courtyard of the Cathedral.

Going to Mass is the most important thing, but we are also encouraged to walk up to the Cathedral in a procession with a flower (that we will provide) and place it in a vase provided before Jesus who will be placed on the altar in the Cathedral. Then food and fellowship will follow outside. Should be wrapped up by 12:30 pm (ish). So if you can join the procession, all the better.

PLEASE NOTE THAT THERE WILL BE THREE OTHER MASSES TO GO TO IN KAMLOOPS ON THAT SATURDAY NIGHT/SUNDAY NIGHT ON THE SAME WEEKEND:

- ✦ 5 pm OLPH Saturday night (June 1) Mass
 - ✦ 7 pm Saturday night (June 1) Mass at the Cathedral
 - ✦ 6 pm Sunday night (June 2) Mass at the Cathedral
- These are provided (as the usual Mass times every week) for those who can not make to the one morning Mass at the Riverside Park on Sunday June 2.

We will try to address many of your questions before the celebration, so please do contact Parish office if you have any. However, here are some common questions:

WHAT ABOUT MY DONATIONS?

Please insert your donation to the envelope and write clearly your name and the Parish you belong to or would like to make the donation too. All the loose money without any information will cover some of the expenses of the event.

DO I HAVE TO PARTICIPATE IN THE PROCESSION, OR I CAN ONLY ATTEND THE MASS?

You don't need to participate in the procession, but you need to fill your Sunday obligation, so you need to come to the Mass. You have other options (mentioned above) if you cannot make it to the Mass at the park.

WILL THERE BE BUSES PROVIDED FOR THOSE THAT DON'T DRIVE?

Yes. There will be buses picking up people from other Parishes and drive them to the park. More detailed information to come.

WILL THERE BE PARKING AVAILABLE?

Please do carpool if possible. There will be designated parking areas around the Cathedral and at Riverside park. More detailed information to come.



CHILDREN'S LITURGY of the WORD will be offered **Every other SUNDAY DURING THE 10:30 AM MASS. WE WILL HAVE CHILDREN'S LITURGY NEXT SUNDAY. THERE WILL BE NO CHILDREN'S LITURGY ON MAY 5TH.** We look forward to having your children join us this Sunday.



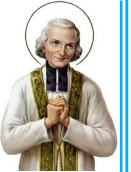
KNIGHTS OF COLUMBUS COUNCIL 1614
Sacred Heart Cathedral is hosting
LOBSTERMANIA 2024
SATURDAY MAY 25, 2024 at
OLPH Parish Centre.



Join us for a fun filled night of succulent Nova Scotian Lobster and dinner buffet.
Dance the night away with live music by '**JERRY DE SOUZA and the MELODYMAKERS**'
Get a group of friends, relatives or co-workers together and enjoy an East Coast Lobster evening.
Tickets are \$80.00 each and are available from **Ed Barker 250-319-3331, Anthony Muzzillo 250-851-1111, Gary Mayhew 778-471-6100 and John Giddens 250-682-4600.**

WORDS FROM OUR SECONDARY PATRON, ST. JOHN VIANNEY

"A SOUL in which the Holy Spirit dwells is never weary in the presence of God; it gives forth a breath of love."



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).
8:00am - 8:45am Wednesday following
7:30 am Mass at OLPH

7:50am - 8:50 am before 9 am Mass on Mon., Tues, Thurs. & Fri. Wednesday 9:30 am - 9 pm and Fridays 7-8 pm following
6:30 pm Mass at Sacred Heart Cathedral



70. "Visit the Blessed Sacrament of some Church at least once a day." (Pope John XXIII)

ARE YOU LOOKING FOR 1st HOLY COMMUNION or CONFIRMATION GIFTS?



Your local Catholic store, St. Joseph's Christian Book, Gift and Church Supply will help you find the right gift for your young Communicant or Confirmand.



STORE HOURS:

TUESDAY-FRIDAY 10 am - 4 pm
(Closed 1-2 pm for lunch)

EXTENDED HOURS: SATURDAY MAY 4 - 0 am - 4 pm

256 Nicola Street Tel: 778-471-6100
Email: stjosephskamloops@gmail.com

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.

MAY 06 - MAY 12, 2024		
MONDAY <i>St. FRANCOIS DE LAVAL, BISHOP</i>	7:30 AM	+ Isabella Montoro + Atlas Puentevella
TUESDAY	7:30 AM	+ Dean Miller + Carolyn Blucher
WEDNESDAY <i>BLESSED CATHERINE OF AUGUSTINE, VIRGIN</i>	7:30 AM	Intentions of Ronald Batino + Luigi & Juliana Torchia
THURSDAY	7:30 AM	+ Joseph & Isabella Murphy + Francesco DeBartolo
FRIDAY <i>St. JOHN OF AVILA, PRIEST, DOCTOR</i>	7:30 AM	+ Maybelle Nordick Intentions Alex Gurney
SATURDAY <i>ASCENSION OF THE LORD</i>	5:00 PM	Intentions of OLPH Parishioners
SUNDAY <i>ASCENSION OF THE LORD</i>	8:30 AM	Intentions of OLPH Parishioners
SUNDAY <i>ASCENSION OF THE LORD</i>	10:30 AM	Intentions of OLPH Parishioners

COLLECTION APRIL 28: Envelopes \$2,014.00; Loose \$295.85; EFT \$570.00; Other Envelopes \$100.00; Vigil Lights & Candles \$79.15; Holy Childhood \$77.95; Kitchen Rental \$1,600.00

In today's Gospel, Jesus commands his disciples, whom he calls "friends," to love one another as he loves them. Jesus uses the word "love" as a verb or a noun nine times. He also employs the word "command" or "commandment" five times. His command to love one another is explicit. Those who understand the depth of Christ's love for us have reason to be joyful. We are called to be stewards of this loving friendship; to love one another as Jesus loves us. Do we give serious attention to what this love requires of us? What is the price of this friendship with the Lord? Are we willing to pay this price to keep Christ's friendship?



Prayerful wishes to Fr Udoka Christopher Nwosu who celebrates his birthday on May 5th, to Fr. Paul Simms who celebrates his 12th Anniversary of Priestly Ordination on May 11th and to Fr. Andrew L'Heureux who celebrates his 18th Anniversary of Priestly Ordination on May 12th!

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**.

Eternal Life

We offer the sympathy, love, and prayers of our parish family to the family of **ALBERT (BERT) MALFAIR**. Bert's Funeral ~ **THURSDAY, MAY 9TH AT 11:00 AM**



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



MARY'S PANTRY - Thank you for your generosity in sharing food and feeding hope! Our next collection date is the weekend of May 11 & 12th! Thank you

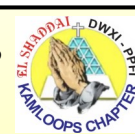
POPE'S PRAYER INTENTIONS FOR THE MONTH OF MAY

FOR THE FORMATION OF RELIGIOUS AND SEMINARIANS ~ We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.



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. and for all the souls in purgatory.

OUR NEXT LADIES LUNCHEON will be **TUESDAY, MAY 14TH AT 11:30AM.** **CHANCES CASINO BARSIDE LOUNGE. 1250 HALSTON AVE.** Come enjoy great fellowship and food. All ladies of the Parish are welcome. FMI call Judy at 250-682-7932.



The Month of May is dedicated to the Blessed Virgin Mary