



ROMAN CATHOLIC  
DIOCESE OF KAMLOOPS

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**Weekly News and Bulletin Information from the  
Chancery Office to all Parishes and Catholic Schools**

**January 14, 2025**

The Month of January is dedicated to the **Holy Name**.

**The Holy Father's Intentions for the Month of January 2025**

**For the right to an education**

Let us pray for migrants, refugees, and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

**Words from our secondary patron, St. John Vianney**

***"The greatest saints were those who suffered the most"***



**Holy Hour – for Vocations**

***Serra Club of Kamloops Diocese***

Prayer is a moving force in vocational development. Few are called to the 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).

**Kamloops:**

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

7:50am – 8:50 am Mon., Tues, Thurs. & Fri. 7:50am – 8:50am before 9 am Mass.

Wednesday 9:30 am – 9 pm and Fridays 7-8 pm following 6:30 pm Mass at Sacred Heart Cathedral

8am – 9am Saturdays at Holy Family Parish



***2. The spiritual lives of our families are strengthened through our Holy Hour. (Blessed John Paul II)***



## Jubilee 2025

To bring the blessings of this Jubilee Year closer to you, there are three designated churches in our diocese as pilgrimage sites, each with its own Holy Door through which the faithful may pass and receive the graces of a plenary indulgence: Sacred Heart Cathedral, Kamloops

St. James, Vernon

Sacred Heart, Williams Lake

Prayerfully visit these holy sites during the Jubilee Year and experience the richness of God's grace. This is a time for renewal, healing, and growth as disciples of Christ.

Information can be found on the Diocesan website:

<https://www.rcdk.org/jubilee2025>

## *Rachel's Corner*

***"If we can share our story with someone who responds with empathy and understanding, shame can't survive." Brene Brown***

Sometimes there is so much pain, mixed with guilt and shame inside, we wish we could have a safe place where we are understood, not judged or condemned, where we can tell someone confidentially how much it hurts. You have found us!

Join us on a Rachel's Vineyard Retreat.

[www.rachelsvineyardkamloops.org](http://www.rachelsvineyardkamloops.org)

[rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca)

250-267-5081

# ST. ANN'S ACADEMY INFORMATION NIGHT

THURSDAY  
FEBRUARY 6,  
2025 AT 6:30PM

KINDERGARTEN  
AND  
GR. 8 FAMILIES



**NOW ACCEPTING APPLICATIONS FOR PRESCHOOL-GRADE 12!**

- Enriched in the Catholic Faith
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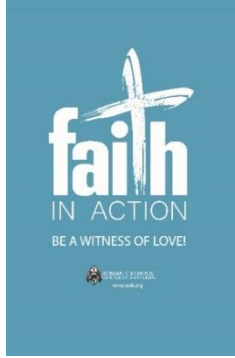
Grief to Grace helps those who have endured neglect, physical, emotional, sexual, and/or spiritual abuse in their family of origin, their community, from spouses/partners, and/or coworkers or supervisors, find healing and journey to wholeness. Through a retreat program facilitated by mental health professionals and centered on Jesus Christ. The next retreat in Canada is May 2025 in Kelowna. For more information please email [griegtograncelowna@gmail.com](mailto:griegtograncelowna@gmail.com) or make a confidential call to 250-808-6403.

**Save the Date - The Sanctuary - Mental Health Course for Catholic:  
January 18, 25 and February 4, 2025, 10 am - 11:30am**

Facilitated by Adele Huculak

How can a church become a sanctuary—a place where individuals living with mental health challenges feel safe, supported, and a sense of belonging? The Sanctuary series explores key mental health topics and examines meaningful ways to offer companionship, support recovery, and promote wellbeing. Appropriate for anyone who wants to learn about faith and mental health, it requires no previous training or expertise—just a willingness to engage in dialogue with other believers.

This course and films address difficult and sensitive topics and may not be appropriate for a young audience. It is not recommended for people ages 17 and younger. Adele Huculak, the facilitator, has a master's in clinical Mental Health Counselling and is a Registered Clinical Counsellor with the BCACC. See the preview video at <https://portal.sanctuarymentalhealth.org/the-sanctuary-course-for-catholics> Two ways to attend the three sessions: live at Sacred Heart Cathedral 255 Nicola St Kamloops OR by Zoom at home or with a group from your parish. An important theme in our times, please commit to learning more about mental health issues and being a person of faith. For more information and to register contact Kathy Dahl at (250)318-9698 [kathydahlhouse@gmail.com](mailto:kathydahlhouse@gmail.com)



### Faith in Action Campaign 34 - Be a Witness of Love

Faith in Action accepts Interac E-Transfers. Simply send your e-transfer contribution to [fia@rcdk.org](mailto:fia@rcdk.org)

Faith In Action Campaign 34 Video

<https://youtu.be/XM8HXoRFvQ8>

*Save  
The  
Date*



ST. ANN'S ACADEMY

# ALUMNI HOMECOMING

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CELEBRATING 145 YEARS OF COMMUNITY  
ST. ANN'S AUDITORIUM  
MAY 2026

**MORE INFORMATION COMING SOON**

## CURRENT JOB POSTINGS IN THE DIOCESE OF KAMLOOPS



### Catholic Independent Schools of Kamloops

Current Job Postings can be found at [www.ciskd.ca](http://www.ciskd.ca) under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>