



ROMAN CATHOLIC
DIOCESE OF KAMLOOPS

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

December 10, 2024

The Month of December is dedicated to the **Divine Infancy**.

The Holy Father's Intentions for the Month of December 2024

For pilgrims of hope

We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.

Words from our secondary patron, St. John Vianney

"We should say every morning: "My God, send me thy Holy Spirit to teach me what I am and what thou art!""



Holy Hour – for Vocations

Serra Club of Kamloops Diocese

Prayer is a moving force in vocational 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).

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



99. A Holy Hour becomes a magister and teacher. Theological insights are gained not only from the covers of a treatise, but on two knees before the Blessed Sacrament. (Bishop Fulton Sheen)

Prayerful wishes to Fr. Emmanuel Onumadu who celebrates his 21st Anniversary of Priestly Ordination on December 21st, to Fr. Thomas Arackal who celebrates his 42nd Anniversary of Priestly Ordination on December 26th and to Fr. Ajin George who celebrates his 17th Anniversary of Priestly Ordination on December 27th!



Jubilee 2025 - In the Diocese of Kamloops, the Holy Year will commence on the feast of the Holy Family of Jesus, Mary and Joseph on December 29, 2024, with a special liturgy at 1:30 PM followed by Holy Mass at Sacred Heart Cathedral.

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>

CCCB - Journey through Advent

The Canadian Conference of Catholic Bishops presents Journey through Advent with the Most Rev. Frank Leo, Metropolitan Archbishop of Toronto. Join us as we reflect on the Scriptures for the Sundays of Advent 2024.

A joint initiative of the National Liturgy Office, the Office national de liturgie and the Office for Evangelization and Catechesis.

Third Sunday of Advent 2024



St. Joseph Carmelite Monastery

You are invited to pray the Novena to the Infant Jesus for Christmas. You can view the invitation by going to the website: carmelspall.org. You will find the novena under [Announcements and News](#) Or **CLICK THE FOLLOWING LINK TO OPEN PDF AND PRINT:** <http://carmelspall.org/wp-content/uploads/2024/12/Christmas-Novena.pdf>



CHRISTMAS
NOVENA PRAYER
(December 16th to 24th)

O Christ, our Lord and King, come for the sake of your Church, your people, that by her strength and unity of love she may proclaim to all the world the glory and joy of your kingdom. In bond of union, draw mankind to your reign of love, your reign of gentleness, of mercy and of truth. Help each of us to build your kingdom, to prepare our hearts in love as your Christmas light shines clear.
Sweet Infant Jesus, bless us. Amen.



J.M.+J.T.

Peace of Christ!
Dear Friends of Carmel,

Carmel of St. Joseph
4815 Salmon River Rd.
Spallumcheen, B. C.
V4Y 0L8 Canada
www.carmelspall.org

We invite you to join with us in your home by saying each day for nine days the novena prayer to the Infant Jesus, (December 16th to the 24th inclusive).

As Christmas draws near, let us rejoice that once again our Saviour comes to us as a little child full of light and hope for our world so beset with violence and turmoil. May His peace and great love penetrate through this darkness so that all hearts will experience His saving power and great love for each one of us. Truly, God has loved the world so much that He sent His only Begotten Son so that we may have life and have it more abundantly.

We take this opportunity to thank those who sent the names of their beloved faithful departed for the month of November.

A Blessed Christmas to all!

Your humble sisters and servants in Jesus, Mary and Joseph,
The Carmelite Nuns

----- please cut here -----

Name:
Address:
City or Town:
Postal Code:
Telephone number:

Rachel's Corner

***"Do not fear; I am with you; do not be anxious: I am your God. I will strengthen you; I will help you,
I will uphold you with my victorious right hand."*** Isaiah 41:10

Did it feel like she was the only one who could have thoughts and feelings of guilt and shame after the loss due to an abortion decision? What you think and feel is very real, and you don't have to carry that alone anymore. Come join us on a Rachel's Vineyard Retreat.

www.rachelsvineyardkamloops.org
rvkamloops@yahoo.ca
250-267-5081

2024 Christmas and New Year's Mass Times

Christmas Day, the Solemnity of the Nativity of the Lord, and New Year's Day, the Solemnity of Mary, Mother of God are Holy Days of Obligation in Canada.

When to attend Mass:

Christmas (holy day of obligation)

Anticipatory Mass on Dec. 24 after 4 pm
OR Mass on Dec. 25

Solemnity of Mary, Mother of God (holy day of obligation)

Anticipatory Mass on Dec. 31 after 4 pm
OR Mass on Jan. 1

Christmas and New Year's Mass times throughout the Diocese can be found on the diocesan website at: <https://www.rcdk.org/post/2024-christmas-and-new-year-s-mass-times>



Hey Young Adult! Do you want to have an epic New Years? Check out Rise Up 2024. Rise Up is the largest catholic young adult conference in Canada. It exists to facilitate a personal encounter with Jesus, provide leadership skills, and commission young people to proclaim the Gospel in their mission field back home. At this conference, participants will attend dynamic sessions and workshops given by amazing speakers, and praise and worship leaders. Rise Up is open to young adults ages 18-35 and will take place in Calgary at the Hyatt Regency Calgary from Dec. 29, 2024 - Jan 1, 2025. Rise Up is hosted by Catholic Christian Outreach™ (CCO™) for more information and to register visit cco.ca/riseup or email riseup@cco.ca.



Do you know a young adult looking for a vibrant experience of the Catholic faith? Invite them to Rise Up 2024. Rise Up is the largest catholic young adult conference in Canada. It exists to facilitate a personal encounter with Jesus, provide leadership skills, and commission young people to proclaim the Gospel in their communities. Participants will attend dynamic sessions and workshops, experience praise and worship, and meet hundreds of other young adults looking to grow in their faith. Rise Up is open to young adults ages 18-35 and will take place in Calgary at the Hyatt Regency Calgary from Dec. 29, 2024 - Jan 1, 2025. Rise Up is hosted by Catholic Christian Outreach™ (CCO™) for more information and to register visit cco.ca/riseup or email riseup@cco.ca. **Registration is open until December 27th.**



BC/ Yukon Catholic Women's League Literary Contest

The topic is:

"What are the joys and rewards of being a
Catholic Women's League member"

- 1) A 300-500 word essay, poem, or song due January 1, 2025.
(No late entries.)
- 2) Three award certificates will be given for:
 - a) Most humorous,
 - b) Most creative
 - c) Best written
- 3) You must include your full name, address and parish council.
- 4) Please send your submissions to president@bcyukoncwl.com



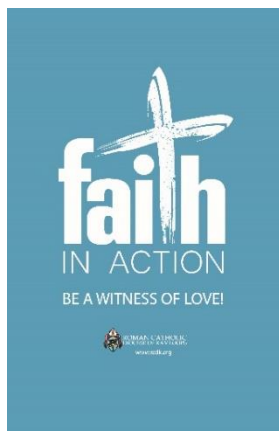
Winning certificates will be awarded at the provincial convention held in Kelowna. June 19-21, 2025

**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 kathysdahlhouse@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

Tax Receipt 2024 reminder for parishioners.

Faith in Action donations must be received by Monday, December 23rd. **This includes E-Transfer donations as well.**

Due to the ongoing postal strike, donations must be delivered (either by hand or courier) directly to the

Chancery office (Attn: Faith in Action) to be eligible for the 2024 tax receipt. All donations received after December 23rd will go towards the 2025 tax receipt.

Faith In Action Campaign 34 Video <https://youtu.be/XM8HXoRFvQ8>



ST. ANN'S ACADEMY
ESTABLISHED 1880

**ARE YOU AN ALUMNI OF ST. ANN'S ACADEMY?
WE WOULD LIKE TO HEAR FROM YOU.**

Register on our website and follow us on our LinkedIn and Instagram pages and receive information on community points of pride, networking opportunities and events like the next Homecoming!



www.st-anns.ca



St. Ann's Academy



[saa.alumni](https://www.instagram.com/saa.alumni)

STAY CONNECTED & STAY CRUSADERS!

CURRENT JOB POSTINGS IN THE DIOCESE OF KAMLOOPS



Catholic Independent Schools of Kamloops

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/>