

# WELCOME TO HOLY FAMILY CATHOLIC CHURCH

2797 Sunset Drive, Kamloops, B.C. V2C 4K7

(250) 372-0205



A WARM WELCOME TO GUESTS, AND VISITORS!

WHETHER YOU ARE VISITING, LOOKING FOR A NEW HOME PARISH, OR RETURNING TO YOUR FAITH, WE ARE HAPPY YOU ARE HERE!

**THE MONTH OF FEBRUARY  
IS DEDICATED TO THE HOLY FAMILY**

**Parish Pastor:** Fr. Ajin George | **Email:** ageorge@rcdk.org | **Fax:** (250) 374-0781 | **Website:** www.holyfamilychurch.ca  
**Office Admin:** Dolores Thrower | **Email:** holyfamily@rcdk.org | **Office Hours:** Tuesday-Friday 9:00am-1:00pm

**Mass + Confession Times**

**Sundays:** 11:00am | **Wednesdays/Thursdays:** 8:00am | **Fridays during Lent:** 6:30pm | **Saturdays:** 9:00am  
**Confession:** Saturdays 8:30am-8:50am or by appointment

**St. Ann's Academy:** (250) 372-5452 | **Website:** www.st-anns.ca  
**Our Lady of Perpetual Help School:** 250-376-2343 | **Website:** https://olphschool.ca  
**Homeschooling:** 1-888-599-5775 | **Website:** https://ascendonline.ca  
**Diocese of Kamloops:** (250) 376-3351 | **Diocese Website:** www.rcdk.org

**THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF FEBRUARY 2024: FOR THE TERMINALLY ILL**

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

**MASS INTENTIONS**

**COMING UP**

| DAY       | DATE   | MASS INTENTIONS                        | COMING UP                                |
|-----------|--------|--|--|
| MONDAY    | FEB.12 |  |  |
| TUESDAY   | FEB.13 | 5:00PM MASS - TOM TURNER (INT)         | 5:30PM SHROVE TUESDAY SUPPER             |
| WEDNESDAY | FEB.14 | 6:30PM MASS - FR.SWANN KIM (BD)        | ASH WEDNESDAY                            |
| THURSDAY  | FEB.15 | 8:00AM MASS - TURNER FAMILY (INT)      |  |
| FRIDAY    | FEB.16 | 6:30PM MASS - FR.ANTHONY ACKERMAN (BD) | 6:00PM STATIONS OF THE CROSS BEFORE MASS |
| SATURDAY  | FEB.17 | 9:00AM MASS - DOUGLAS CAYNE (RIP)      | 10:00AM CWL GENERAL MEETING              |
| SUNDAY    | FEB.18 | 11:00AM MASS                           |  |



**Kids / Teen Fasting Ideas**

- Give up a favorite toy or game
- Fast from social media for a day
- Give up a favorite snack
- Drink only water at school
- Give up a favorite chair at home or seat at school
- Go without headphones/air pods for a day
- Allow others to pass in front of you in the lunch line

**General Ideas for Lenten Sacrifices**

- Give up coffee (or only brew it at home)
- Give up alcohol
- Give up certain social media sites, or limited them to certain days/time of day
- Give up electronics after a certain time in the day (i.e., no screens after 8 p.m.)
- Sleep without a pillow
- Shower without hot (with only lukewarm) water
- Park in the back of the parking lot and say a prayer as you walk to the grocery store
- Abstain from gossip

**Prayer Ideas**

- Pray on the way to school/work
- Pay special attention to the intercessions at Mass and choose one to pray for during the week
- Go to confession
- Spend a few minutes with Scripture each day
- Attend daily Mass once a week
- Attend or pray the Stations of the Cross every Friday
- Invite a friend to attend Mass with you

**Almsgiving Ideas**

- Spend time volunteering as a family
- Donate to a local charity
- Donate a service (free homework tutoring, free professional assistance, etc)
- Run an errand for an elderly neighbor
- Make a meal for a neighbor or new mom
- Give a smile to someone you pass who may be living on the street (instead of ignoring them)
- Give your time to a loved one

*"Lent is a season of intense prayer, fasting, and concern for those in need. It offers all Christians an opportunity to prepare for Easter by serious discernment about their lives, with particular attention to the word of God which enlightens the daily journey of all who believe."*  
 - Pope St. John Paul II

**ASH WEDNESDAY**

Mass at 4:00pm | Blessed Sacrament, Chase  
 Mass at 6:30pm | Holy Family



**HOLY HOUR - FOR VOCATIONS - SERRA CLUB OF KAMLOOPS**



**OLPH**  
 Monday to Friday  
 7:50AM to 8:50AM

**Sacred Heart Cathedral**  
 Wednesdays from 9:30AM to 9:00PM  
 Fridays from 7:00PM to 8:00PM

**HOLY FAMILY YOUTH + FAMILY GATHERING**  
 FEB.24 - MORE DETAILS TO COME!



The Knights of Columbus invite you to participate in the Praying of the Rosary on the last Sunday of every month before Mass at 10:30am

CATECHESIS TUESDAYS WILL RESUME ON FEB.20TH

## FEBRUARY 11: 6TH SUNDAY IN ORDINARY TIME



### CWL CORNER

The CWL Council invite you to attend the



#### SHROVE TUESDAY PANCAKE SUPPER

on Tuesday February 13 at 5:30PM. Enjoy a delicious pancakes, fruit and ham supper for \$10 per person or \$30 per family.

Gluten free pancakes will be available.

Contact Anne Fox: 250-372-3348.

Tickets will also be sold after mass today!

#### CWL [General Meeting/Get Together]

will be held on Saturday, Feb. 17th at 10:00AM, following the 9:00AM Mass

### FAITH IN ACTION CAMPAIGN 33

Faith And Action Campaign 33 has begun. Our parish project mission is to raise \$10,000 which will go towards much needed updates to our parish's interior maintenance. Will you prayerfully consider donating to this years campaign? It is with a heart of charity that we as a parish maintain our church and it's community.

You can still drop your donations off at the parish office or mail them in directly to FIA office. You may also choose to put in an envelope marked: Faith In Action Holy Family and drop it off at another parish's collection basket. It will then be dropped off directly to the chancery office. You may also give online at [fia@rcdk.org](mailto:fia@rcdk.org).

#### THANK YOU FOR YOUR SUPPORT!

We reached \$31,458.00 and will get a rebate of \$4,620.00 for our parish.

### FAITH & FAMILY DAY

Monday, February 19th at 2pm



Join the Kamloops Blazers on Monday, February 19th for Faith & Family Skate with the Blazers after the game! Church group tickets for Faith & Family Day are available at a discounted rate of \$15 for all ages! Tickets must be purchased as a group in advance of game day. Please contact the Cathedral office at 250-372-2581 or [cathedral@rcdk.org](mailto:cathedral@rcdk.org) if you would like to have a ticket purchased as a Church group.

### INTERAC EMAIL DONATIONS

Did you know that you can now E-Transfer your Sunday offering to [giving@holyfamilychurch.ca](mailto:giving@holyfamilychurch.ca)? Holy Family has set this up for auto-deposit, so a security password/question is not required. Thank you for your generous support!

### JOB OPPORTUNITIES

#### 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. For further information and a detailed job description, please contact the Parish office at [cathedral@rcdk.org](mailto:cathedral@rcdk.org).

#### SECRETARY/BOOKEEPER

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 the 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. Please send your resume to [stjohnvianney@rcdk.org](mailto:stjohnvianney@rcdk.org) to apply.

### SOCIETY OF SAINT VINCENT DE PAUL

We are looking for your gently used items for our thrift shop. Your donations may be dropped off there during our regular business hours of Thursday, Friday and Saturday from 10 a.m. to 3 p.m. We would love any winter clothing for adults and household items. Thank you!

GRIEF TO GRACE RETREAT for those who have experience 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. May 14-18, 2024, in Kelowna. Email: [griegtogracedkelowna@gmail.com](mailto:griegtogracedkelowna@gmail.com). Confidential Call: 250-808-6403

### RACHEL'S VINEYARD



Healing Retreat after Abortion.

Discover the depth of God's loving mercy and forgiveness.

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

[rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca) | Call/Text (Confidential): 250 267 5081

### PRO-LIFE \$1000 SCHOLARSHIP

Completed application due April 1st, 2024.

Requirements: Gr.12 completion by June 2024 (or in previous years), essay, volunteering in pro-life/life-affirming activities, references, acceptance by a post-secondary institution in fall of 2024.

Applicants should begin their volunteering now, if not before. For details and to access the application form, please email us at: [kamloopsprolife@gmail.com](mailto:kamloopsprolife@gmail.com)

## DAYS OF REFLECTION AT HIS FEET

ALL WOMEN ARE INVITED!

Friday, Mar.22 beginning at 7:00pm

Saturday, Mar.23 at 8:00am-3:30pm



Our Lady of Perpetual Help Parish Centre  
For more info contact Domenica Spina at [domenicaspina@yahoo.ca](mailto:domenicaspina@yahoo.ca)

Mass + Adoration

Presenters: Fr. Paul Simms, Christine Mason, Nancy Simms  
Breakfast, Lunch and Coffee breaks included

Event Sponsored by the Kamloops Diocesan CWL of Canada



Do you ever feel like it's almost impossible to raise holy kids who love God (and sit still in Mass!) in our modern world? You're not alone. Join us to watch video testimonials, group discussion and ideas to try at home. The Catholic families featured in this FORMED series reflect the rich diversity of families in the Church: large and small families, families with young children and older children, and single-parent families.

Mass at 9am, followed by coffee/tea, meeting at 10am.

Mar.2 Topic: Sacrifice

Mar. 16 Topic: Generosity

Please contact Alexis 778-321-7143 if you have any questions.