

2024 Choose Life Kamloops 40 Day Prayer Vigil September 25 – November 3, 2024

-sponsored by Kamloops Catholic Women's League, Knights of Columbus, and Pro-Life Society

-most events occur at Sacred Heart Cathedral unless otherwise indicated

-if registration required contact Kathy Dahl at (250)318- 9698 /
kathysdahlhouse@gmail.com

Something for everyone to do for Life...

Let's protect life and all its challenges from conception until natural death!

***Make a commitment to pray an extra prayer for life! Fast! Give alms!**

- <https://stpeterparish.com/pro-life-prayers>
- **Rosaries for Life:** indoors or outside, kneeling, walking, running. Pray everywhere!
https://www.usccb.org/prayers?key=rosary+for+life&items_per_page=20
- **Prayer, fasting, almsgiving for Life:**
www.40daysforlife.com/en/2018/09/25/practical-tips-for-spiritual-fasting-podcast-140/
- **Sunday, September 29 Pancake Breakfast** OLPH after Masses – all donations of goods and money for Hopewell Clinic and Pregnancy Centre (sponsors Knights of Columbus and Catholic Women's League)
- **Sunday, October 20 Pancake Breakfast** Sacred Heart Cathedral after 8:30 Mass (sponsored by Knights of Columbus)

***Stand for life! Sacred Heart Cathedral - Third Ave at Nicola St.**

- **September 24: 7:15 pm – join us for a Candlelight Pre-Vigil** beginning inside then outside to the Memorial to the Unborn
- **September 25 to November 3, 10-11am – Silent Prayer** on Third Ave or inside the Cathedral
- **October 1 – 31 Month of Mary** - Rosary before and after Mass
- **October 12, 11am to noon Rosary Rally** – join thousand of rallies across Canada on grassy median at Royal Inland Hospital entry Third Ave and Columbia St.
- **November 3, 7:15 pm – Candlelight Post-Vigil** inside and outside
- ***Host fundraisers! Donate!**
- **Hopewell Clinic and Pregnancy Care Baby Shower Join us for this Live event!**
 - **Saturday October 5, 10-11 am** at Sacred Heart Cathedral – outside plaza
 - Drop baby and parent items off at your church by Sunday September 29 – Sunday October 6 - See list at <https://www.hopewellkamloops.ca/babyshower>

- **St. Vincent de Paul Collection Join us for this Live event!**
 - **Saturday October 26, 10-11am** – outside Sacred Heart Cathedral
 - Drop items off at your church from Sunday October 22 to Sunday October 28: personal care, clothing and food items (List to be posted)

26 outside

***Attend presentations!** Contact Kathy Dahl at (250)318-9698 or

kathysdahlhouse@gmail.com

- **Pastoral Care Training** – 9 online sessions - Sponsored by Diocese of Victoria
 - **Saturdays Sept 28 to Nov 20 9:30 – noon**
 - Register by Sept. 20 – see bulletin announcement for details. Meet on Zoom. Sponsored by Diocese of Victoria.
- **Planning for the Future - Join us for this Live event!**
 - **Sunday October 27 12:30 pm - 3 pm Please register.**
 - **Seniors brunch** 12:30 – 1: 30 in Lower Hall of Sacred Heart (after Mass)
 - **Pre-Planning a Funeral** - 1:30 – 3:00 with Sara and Adela from Schoening
- **Advance Care Plans Workshop and Signing Party**
 - **Sunday October 6 and Sunday November 3 12:30 – 3:00**
 - **Drop-in to Boardroom/Lower Hall at Sacred Heart Cathedral** – assistance in wording, completing and witnessing paperwork!
 - Wouldn't it feel great to have your Advance Care Plan signed, shared and stored in a safe place for when it is needed!

***Stay home: research a topic, write about your life, read a book**

- **End of Life in BC:**
 - My Voice booklet and printable forms are available online at <https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/myvoice-advancecareplanningguide.pdf> or contact Kathy Dahl
 - **Advance Care Plans** – Get informed on Canadian legalization of Euthanasia/ Assisted Suicide/ Medical Assistance in Dying. During Choose Life 40 Days, let's work towards completing our paperwork. How about taking part in the above **Workshop and Signing Party** See above
 - <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care>
 - <https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/care-end-life>
 - <https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/advance-care-planning><https://patientpathways.ca/navigating-the-bc-healthcare-system-1/understanding-palliative-care-and-hospice>
 - <https://www.interiorhealth.ca/health-and-wellness/palliative-and-end-of-life-care>
- **40 Day Book Club:**
 - **Embracing** (the end of) **Life:** Help for Those Who Accompany the Dying by Michelle O'Rourke and Eugene Dufour (Novalis Publishing)
 - Contact Kathy if you would like to meet on Zoom or in person Sept 30 - Nov 4 Mondays from 11 – 1 for lunch and discussion.