

MARCH 9TH: 1ST SUNDAY OF LENT

Welcome to  
**HOLY FAMILY**  
CATHOLIC CHURCH

2797 Sunset Drive, Kamloops, B.C. V2C 4K7  
www.holyfamilychurch.ca



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 March is dedicated to St. Joseph.

**Lent**



Parish Pastor: Fr. Ajin George | Email: ageorge@rcdk.org

Email (for office): holyfamily@rcdk.org | Email (for online-giving): giving@holyfamilychurch.ca | Phone: (250) 372-0205

Office Admin: Tarlene DeFouw | Office Hours: Tuesdays and Thursdays 8:30am-1pm, Fridays 8:30-12pm

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

Home Learning: 1-888-599-5775 | Website: https://ascendonline.ca

Diocese of Kamloops: (250) 376-3351 | Diocese Website: www.rcdk.org

ADORATION

M/W/Th/F (not last Fridays): 7:30am  
Saturdays: 8:00am  
First Sundays of the month: 10:00am

MASS TIMES

Sundays: 10:30am  
M/W/Th/F: 8:00am  
Tuesdays: 6:30pm  
Last Fridays of the Month: 5:30pm  
Saturdays: 9:00am

RECONCILIATION

Saturdays: 8:30am-8:50am, or by appointment  
Tuesday, April 17th: 7:00pm

MASS INTENTIONS

Monday	March 10	8:00am Mass - Linda Edwardson (RIP)
Tuesday	March 11	6:30pm Mass- Wilma Clements (INT)
Wednesday	March 12	8:00am Mass - Domingos & Deolinda Medeiros (RIP)
Thursday	March 13	8:00am Mass - Gaetano & Margherita Donato (RIP)
Friday	March 14	8:00am Mass
Saturday	March 15	9:00am Mass - Luigi Collavini (RIP)
Sunday	March 16	10:30am Mass

COMING UP

7:30am Adoration  
7:00pm Symbolon  
7:30am Adoration  
7:30am Adoration  
6:00pm Children's Catechesis + 1st Reconciliation  
6:45pm Stations of the Cross  
8:00am Adoration

THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF MARCH 2025: FOR FAMILIES IN CRISIS

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

Tuesdays AT HOLY FAMILY

MASS AT 6:30PM FOLLOWED BY VIDEO PROGRAM AND GROUP DISCUSSION. ALL ARE WELCOME!

WHEN: TUESDAYS (MARCH 11 + 18)

RICH HISTORY | CORE TEACHINGS | SPIRITUAL PRACTICES

**SYMBOLON**  
— THE FAITH OF THE CHURCH —

WHEN: TUESDAYS (MARCH 25, APRIL 1, APRIL 8)

EXPLORES THE GRACE AND HEALING OFFERED IN CONFESSION

**FORGIVEN**  
THE TRANSFORMING POWER OF CONFESSION

LENTEN PARISH MISSION AT SACRED HEART CATHEDRAL

Monday, March 17th (5:30pm Confessions, 6:30pm Mass, 7:00pm Talk followed by social)  
and Tuesday, March 18th (5:30pm Confessions, 6:30pm Mass, 7:00pm Talk/Adoration followed by social)  
'Restored by Jubilee' - by Fr. Andrew L'Heureux

Please say a special prayer for all the children receiving the Sacrament of Reconciliation for their first time this Friday! We hope that they continue to receive God's grace and draw closer to Him as they prepare for 1st Holy Communion in May.

Shenindra, Brooklyn, Kristen, Jordan, Francisco, Sarai, Cecilia, Adela, Mathias, Isabella, Marianna, Aedine, Gabriel, Stefano, Olivia-Rae, Aleida, Micaela, Caelan, Karel, and Elizabeth

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## CWL CORNER

Applications are now open for the annual CWL Bursary for young people studying at the post-secondary level. Several packages are posted on the bulletin board for potential recipients to access. The date for submission and all submission requirements are described in the package. One award of \$500 will be given.

**There will be Mass celebrated at Sun Peaks one Saturday a month from February to April 2025 at 5:00pm in the Annex.**

**Dates are as follows: March 15th, April 12th**

We will need some help setting up and cleaning up.. If you would like to help, please arrive at the Annex around 4:30pm. If you have any questions, please contact St. John Vianney at [stjohnvianney@rcdk.org](mailto:stjohnvianney@rcdk.org).

## 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).

**Holy Family:** 8am - 9am Saturday before 9am Mass

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

**Sacred Heart:** 7:50am - 8:50 am Mon, Tues, Thurs. Fri.

before 9 am Mass, Wed. 9:30 am - 9 pm  
and Fri. 7-8 pm following 6:30 pm

## REMEMBERING VOCATIONS IN YOUR LENTEN DEVOTIONS—2025

### Meditation

**March 9—First Sunday of Lent:** "For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us. Then the atrophied and isolated heart will revive. Slow down, then, and pause! The contemplative dimension of life that Lent helps us to rediscover will release new energies. In the presence of God, we become brothers and sisters, more sensitive to one another ..."

**Cor exists to form and strengthen Catholic men in faith and virtue** as missionary disciples by drawing them into a deeper relationship with Jesus Christ through prayer, formation, and fraternity. We follow the "Into the Breach" video series.

**Cor will be held following 9:00 am Mass until 11:30 am on Saturday March 22 at the Cathedral basement hall.** Come join your brother parishioners for coffee and donuts, prayer and fraternity.

## THE HOPEWELL BABY BOTTLE CAMPAIGN



Starts Sunday, March 9th, until Sunday, April 20th.

Hopewell's mission is to bring hope to women and families affected by an unplanned pregnancy or family crisis and it is all done in Jesus' name. Care is offered from the moment they find out they are pregnant until her child is entering kindergarten. Every woman needs a place where she can find hope and healing for her future. To learn more, watch Isabella's story here: <https://youtu.be/fwRbZmTqzkc>

You can support women and families by giving to their annual Baby Bottle Campaign. You can donate to support women in need in 4 ways: Online ([www.hopewellkamloops.ca](http://www.hopewellkamloops.ca)), Etransfer ([donate@hopewellkamloops.ca](mailto:donate@hopewellkamloops.ca)), mailing in a cheque (429 Tranquille Rd. Kamloops, BC V2B 3G9), or by picking up a bottle in the foyer and returning it by Easter Sunday. Your donation brings hope and healing to women and families affected by an unexpected pregnancy. We recommend you start bringing your bottles back when you wish to return the filled bottles.



## HOLY FAMILY - CHOIR INVITATION

We are looking for new singers or musicians to join our parish choir. Please join if you think that God has given you the talent of music to praise Him and to elevate the community to pray and worship better. Practices are held either upstairs or downstairs before Mass on Sundays. For more information, please contact the parish office or speak with the choir after Mass.

## ST. JOSEPH'S BOOKSTORE

Need resources for Lent? St. Joseph's Christian Store has a selection of books, prayer books, devotions for seniors, Stations of the Cross and much more, to help you in your Lenten journey.

Store hours: Tuesday - Friday 10 am - 4 pm (closed 1-2pm for lunch)

Saturday - 10 am - 2 pm

Phone: 778-471-6100 Email: [stjosephkamloops@gmail.com](mailto:stjosephkamloops@gmail.com)

## CATHOLIC MEN'S CONFERENCE

**APRIL 4 & 5 - IMMACULATE CONCEPTION CHURCH - KELOWNA, BC**

Join us for the Catholic Men's Conference at Immaculate Conception Church in Kelowna, BC, on April 4th and 5th. This inspiring event will feature esteemed speakers Fr. Troy Nguyen and David Paul.

Please see poster on bulletin board for more details!

## PARISH ASSESSMENT

\$27,068

### NUMBER OF PLEDGES

77

### TOTAL PLEDGED

\$33,469

### CASH RECEIVED

\$33,349

## Faith in Action Campaign 34

If anyone still needs a pledge form, you can find it in the foyer by the bulletin board. Thank you to everyone who has responded. Your generosity and support makes a meaningful difference. Faith in Action also 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>

## GRIEF TO GRACE

Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, 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. For more information, please email [griefftogracekelowna@gmail.com](mailto:griefftogracekelowna@gmail.com) or make a confidential call to 250-808-6403.



## RACHEL'S CORNER

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

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

**"The LORD will fight for you; you have only to keep still." Exodus 14:14**

After everything you have been going through since your abortion, being still and knowing the Lord will fight for you, seems almost hard to believe.

Believe it! It is God's promise to you! Join us on a Rachel's Vineyard Retreat and learn how that happens.

Registration for the 2025 Bishop Thomas Lobsinger Bursary has just opened. We are offering 14 - \$1,000 bursaries to post secondary Catholic students in British Columbia up to the age of 25. Please see the bulletin board for more info or visit <https://kofcbc.org/bursary-program-2025/>



Kamloops Pro-life Society offers a **\$1000 annual scholarship** towards post secondary tuition. Those eligible will have completed their 2025 Grade 12 courses and will have successfully enrolled in a post-secondary institution for the fall of 2025. Due date: April 1st, 2025. Visit <https://voices4life.com/news.html> for more details!