

# JANUARY 5TH: EPIPHANY OF THE LORD

## Welcome to **HOLY FAMILY** CATHOLIC CHURCH

2797 Sunset Drive, Kamloops, B.C. V2C 4K7  
[www.holyfamilychurch.ca](http://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 January is dedicated to*  
**HOLY NAME OF JESUS**

**Parish Pastor:** Fr.Ajin George | **Email:** [ageorge@rcdk.org](mailto:ageorge@rcdk.org)

**Email:** [holyfamily@rcdk.org](mailto:holyfamily@rcdk.org) | **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](http://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](http://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

### MASS INTENTIONS

MONDAY January 6 8:00am Mass

TUESDAY January 7 No Mass

WEDNESDAY January 8 No Mass

THURSDAY January 9 8:00am Mass - Nuno Ramos (RIP)

FRIDAY January 10 8:00am Mass - Wilma Clements (INT)

SATURDAY January 11 9:00am Mass - CWL Intentions

SUNDAY January 12 10:30am Mass

### COMING UP

7:30am Adoration, St. André Bessette

St. Raymond of Penyafort

7:30am Adoration

7:30am Adoration, 6:00pm Children's Catechesis Classes

8:00am Adoration, CWL General Meeting

### 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.

### CATECHESIS TUESDAYS AT HOLY FAMILY



## SYMBOLON

— THE FAITH OF THE CHURCH —

Join us on a journey through salvation history and the core teachings of the Catholic faith. Embolden your faith with the truth and beauty shared in this incredible series as you explore the Church.

**Starts: Tuesday, January 14th**

**Mass at 6:30pm followed by Symbolon video program and group discussion.**

### NATIONAL VISITATION OF THE RELICS

**Sacred Heart Cathedral  
Friday, January 17th  
Starting after 9am Mass until 8pm**

The relics of the Canadian Martyrs (St. Jean de Brébeuf and companions) and St. Kateri will be visiting the Diocese of Kamloops on January 17, 2025 and will be available for veneration at Sacred Heart Cathedral after 9 am Mass until 8 pm. This is the first time the major relics have come to Western Canada. Come start the Holy Year with an encounter with the Canada's great saints and join together in praying for healing and reconciliation in your lives and in the life of our nation.



### 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/>



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## 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>

## 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

By being faithful to our Holy Hour, and letting nothing interfere with it, we use it as the sign and symbol of our victimhood with Christ. (Archbishop Fulton Sheen)

## SAVE THE DATE - THE SANCTUARY - MENTAL HEALTH COURSE FOR CATHOLICS:

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 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](mailto:kathysdahlhouse@gmail.com)

## 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.

## SESSION III - END OF LIFE PLANNING

Thursday, January 9th, 1:30 pm  
St. Joseph Hall, Armstrong

There will be ample time for questions. Coffee, tea and desserts to follow. For more information, please contact Carol Stephens (250) 535-0536.

## NEW PARISHIONERS

ARE YOU A REGISTERED PARISHIONER? HAVE YOU MOVED? ARE YOU NEW TO THE PARISH? Has your email or telephone number changed?

Registering in the Parish makes the process much easier when it is time for baptism, Catechism registration, weddings and when asked to be a sponsor for baptism or confirmation. We welcome anyone who wants to share in the life of our Parish regardless of where they live. While the Diocese is divided into parish geographical areas, you have the option of choosing another parish according to your personal preferences. If you would like to register as a member of Holy Family Parish, there are forms in the foyer. Please fill it out and drop off at the office or leave in the mailbox across from the kitchen door.

## 2025 DONATION ENVELOPES

The donation envelopes for 2025 are ready to pickup in the foyer. Please verify that your address is correct and that you received the right type of envelope.

Please contact the parish office if you need to make any changes, or if you would like to receive envelopes for 2025.

## 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!

## 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>

## PARISH ASSESSMENT

\$27,068

## NUMBER OF PLEDGES

75

## TOTAL PLEDGED

\$32,919

## CASH RECEIVED

\$32,739

## SPIRITUALITY & PSYCHOLOGY JANUARY 11, 2025 10 - 11 AM

Come and join in on a discussion/dialogue with Fr. Derrick and Adele Huculak, a parishioner at Sacred Heart Cathedral, on how Catholic Spirituality and Psychology meet and on the topic of SILENCE. Adele has a Master's in Clinical Mental Health Counselling and is a Registered Clinical Counsellor with the BCACC. **This will be held in the basement hall of the Cathedral.** Optional Mass at 9 am followed by a light breakfast. The talk will start at 10 am. Everyone welcome - bring a friend.

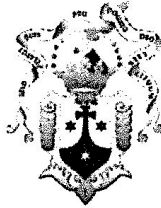
## RACHEL'S VINEYARD



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

"This retreat unlocked a beautifully profound healing process that my spirit desperately needed. I had felt that I didn't belong near God because I disobeyed Him. The retreat has reminded me He wants me back with Him and no matter how far I have fallen" Testimonial

After such a life changing loss, we create our own story as far as God not wanting us near Him, when it is really the opposite. He seeks us and wants to embrace us, no matter what has happened. Join us on a Rachel's Vineyard™ Retreat and see what that is like.



Monastery of the Carmel of St. Joseph  
4815 Salmon River Rd  
Spallumcheen, B.C. V4Y 0L8  
Canada

November 27, 2024

Dear Friends,

As this year draws to a close and we look forward to the New Year, we take the opportunity to let you know of the very sad and difficult decision of our community to work toward the closure of our monastery.

During the last few years our hope for new vocations has not been realized and we are below the number of sisters required by the Holy See for a community of cloistered Nuns, enabling us to live fully our contemplative charism. In the light of these realities, after much prayer, discussion and community discernment we feel God is leading us according to His will. Thus, we look forward with joy and hope in God's Providential plan for this Diocese and for each sister.

We truly love the people of the Kamloops Diocese and this beautiful setting in the North Okanagan where our monastery is located, surrounded by mountains. We are so grateful to Bishop Joseph Nguyen for his constant kindness and deep appreciation for the witness of our silent presence in his Diocese. It is his desire and hope that this property will become the home of another religious order. We are certainly happy about that.

We owe a debt of gratitude to our previous Bishops; Emeritus Bishop David Monroe, and to Emeritus Bishop Lawrence Sabatini CS who graciously invited us to this Diocese thirty three years ago.

We hold in our hearts all those who during these past thirty three years have shown us such devotion and dedication. We are grateful to all of you our dear friends, families and benefactors, far and near who deeply value our life of prayer. Thank you for your loving prayers and generous financial support.

The Masses that have been requested will be offered here, but after December 31<sup>st</sup>, we will no longer be accepting Mass stipends. However, Mass will continue to be celebrated in our chapel as usual.

Obviously, the process of closure will take some time. We ask for your prayers and support during this difficult time of transition. We will keep you updated with further notices on our website.

Know that you will always be carried in our hearts and in our prayers.

In Christ,  
Mother Ann OCD and Sisters