

# MAY 31, 2026 ~ YEAR A

## THE MOST HOLY TRINITY



### *God in Three Persons, Blessed Trinity*

This week we return to the liturgical season of Ordinary Time. This Sunday and next, however, are designated as solemnities—special days that call our attention to central mysteries of our faith. Today on Trinity Sunday we celebrate the mystery of the Holy Trinity, one God in three persons.

In the context of today's focus on the mystery of the Holy Trinity, the reading calls our attention to the action of God, who reveals himself in three persons: God the Father, Jesus the Son, and the Holy Spirit. God the Father, out of love for the world, sent his Son into the world in order to save it. Through the death and resurrection of the Son, we have been given the gift of the Holy Spirit. As three persons, God acts always as a God of love; he does not condemn the world but acts to save it.

The Gospel also calls attention to the response that is required of us. God's love for us calls us to respond in faith by professing our belief in God's son, Jesus, and the salvation that he has won for us. This profession of faith is a sign of the work of the Holy Spirit in our lives.

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### **OUR LADY OF PERPETUAL HELP PARISH**

635 Tranquille Road Kamloops, BC V2B 3H5

**Pastor:** Fr. Thomas Arackal

**Office Staff:** Nathaniel Flores

**Phone:** 250-376-5541

**Email:** olph@rcdk.org

**Website:** [www.olphkamloops.ca](http://www.olphkamloops.ca)

**Office Hours:** 8:30 am - 3:30 pm  
Tuesday to Friday

**CLOSED on MONDAYS**

### **MASS TIMES**

Sunday:

Saturday 5:00 PM

Sunday 8:30 AM

10:30 AM

Weekdays:

Monday-Friday 7:30 AM

Saturday 8:30 AM

Saturday Devotion to Our Lady of Perpetual Help 8:10 AM

### **SACRAMENT OF RECONCILIATION**

Monday-Friday 6:45-7:15 AM

Wednesday 8:15 - 8:50 AM

Saturday 10:00 - 11:00 AM

### **ADORATION OF THE BLESSED SACRAMENT**

Wednesday 8 - 9:00 AM

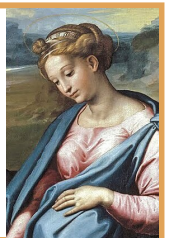
**WEDDINGS** - Please call the office for an appointment at least six months before planning the wedding date.

**BAPTISMS** - A pre-Baptism course is required. Please call the office for an appointment.



### **Did You Know?**

Although not observed liturgically this year (due to the Solemnity of the Most Holy Trinity), in other years May 31 is the Feast of the Visitation of Our Lady to St. Elizabeth (Luke 1:39-56). We get part of the Hail Mary, and the Magnificat from the Visitation.



### **THE MONTH OF JUNE IS DEVOTED TO THE SACRED HEART OF JESUS**

The Sacred Heart of Jesus represents his ardent, self sacrificing Love for all humanity.

### **CORPUS CHRISTI 2026**

The Solemnity of the Body and Blood of Our Lord Jesus Christ falls **next Sunday, June 7**. Please note that all Sunday morning Masses in the Parishes of the city will be cancelled that day, in order to draw all the faithful of the city to the one celebration at the Riverside Park Bandshell.

The schedule for the celebration will be as follows: Rosary at 10:00am, Mass at 10:30, Procession with the Blessed Sacrament to the Cathedral at 11:30am, ending with a light lunch.

*For those who will have much difficulty in attending the Sunday Mass and Procession at Riverside Park, the Saturday Vigil Mass at all city parishes will still be held at their regular times.*



### **POPE LEO'S INTENTION FOR JUNE:**

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

### **Metanoia: A Journey With Christ Into Conversion**

Everyone is welcome to join us for an inspiring series with Fr. Dave Pivonka that focuses on the call to repentance, conversion, and a deeper relationship with Jesus.

**When:** Tuesdays Apr 28 - Jun 30

**Time:** 7pm - 8:15pm

**Where:** Holy Family Parish, 2797 Sunset Drive, Kamloops

### **LADIES LUNCHEON - CHANCES BARSIDE GRILL, 1250 HALSTON DRIVE.**

On Tuesday June 9, 11:30am, come join the ladies of the parish in conversation, fellowship, and friendship.

FMI: Contact Judy Robinson @ 250-682-7932

### **JOB OPPORTUNITY AT SHC Cleaning person**

Sacred Heart Cathedral is looking for a full-time cleaning person with possibility to discuss days and hours of work.

Janitorial experience will be an asset. Preference is for a practicing Catholic. We appreciate all the application but only those considered for an interview will be contacted. For more information or to send your resume, please contact Fr. Derrick Cameron at [dcameron@rcdk.org](mailto:dcameron@rcdk.org)

### **LOBSTERMANIA 2026...**

Join the Knight of Columbus on *June 13, 2026* at the OLPH Parish Centre. Join us for a fun filled night of succulent Nova Scotian Lobster and dinner buffet. And dance the night away with: "JERRY DE SOUZA AND THE MELODYMAKERS"

Get a group of relatives, friends, or coworkers together and enjoy an East Coast Lobster evening. Tickets are \$85.00 each and available from Anthony Muzzillo (250-851-1111), Garry Mayhew (250-572-5429), John Giddens (250-682-4600).

### **Vocation Live-in Opportunity**

On July 4-5, there will be a seminary live-in for young men at Christ the King Seminary, Mission, BC. Activities include daily Mass, spiritual reading, group discussion, and a tour of the seminary and grounds. For more information please contact Fr. Derrick Cameron, our Diocesan Vocations Director. 250-372-2581

### **Dedication of A New Church in Whistler**

On Holy Trinity Sunday, May 31st, the new church of Our Lady of the Mountains will be dedicated.

This church was built by Fr. Andrew L'Heureux and the parishioners. 6299 Lorimer Rd, Whistler. If you are interested in going on a bus (day trip from Kamloops to Whistler, and back to Kamloops) please call Dianne at 250-819-2875. You will be provided with further information and can confirm your participation.

### **40th Anniversary of Ordination**

Father Fred Weisbeck will be celebrating 40 years of priestly service on May 31, 2026.

Our Lady of the Lake Parish in Blind Bay will be having a celebration on May 31. Mass will be at 11:15AM, and then followed by a potluck lunch.

For more information contact [amlatoski@gmail.com](mailto:amlatoski@gmail.com) or call (250) 463-3559

**Our Lady of the Lake Parish, 2385 Golf Course Drive, Blind Bay**

### **Monsignor Jerry Desmond and Family...**



Would like to extend their heartfelt gratitude for all the love and prayerful support for Monsignor's 60 years of service. May God bless your kindness!

### **St. Vincent De Paul Society**

At this time we would like to welcome our new president Caroline King, and also to thank the many volunteers who work in the store, or as kitchen crew for our luncheons.



### **Okanagan Catholic Family Camp**

This camp will run from September 11-13 at Camp Winfield, Lake Country, BC. Registration runs from May 15-June 30. For more information go to [www.okanagancatholic.ca](http://www.okanagancatholic.ca)

### **Bursary Opportunities**

The Sacred Heart Cathedral Knights of Columbus (Council 1614) is offering two \$500.00 bursaries to a current or former student of St. Ann's Academy for those pursuing post secondary education.

Applicants must be 25 or younger, a member of a Kamloops parish, and entering the 1st/2nd/3rd year of post secondary studies within B.C.

Deadline is May 31st 2026. An application is available by emailing: [jagiddens1@gmail.com](mailto:jagiddens1@gmail.com).

The Bishop Thomas J. Lobsinger, OMI, Memorial Bursary Program is underway. If you are a student under the age of 25 (as of June 30/26) going into post-secondary education, and are interested in applying, contact the Parish office for details. Deadline for application is June 1, 2026

## Magnifica Humanitas

Pope Leo's First Encyclical Letter

To accompany the release of Pope Leo XIV's first encyclical letter, the Canadian Conference of Catholic Bishops has prepared a collection of additional resources on the topic of artificial intelligence. You can view the CCCB's full statement on the encyclical and the links to the resources and the encyclical letter here:

<https://www.cccb.ca/media-release/pope-leo-xiv-s-first-encyclical-letter-magnifica-humanitas/>

The encyclical in English (Vatican website):

<https://www.vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html>



### ETERNAL REST

*We offer our prayers for the repose of Kenneth Funk. Please keep his family in your prayers. The Funeral Mass will be on Thursday, June 4, at 11AM. Reception in the hall to follow.*

### 2nd Collection June 7



This 2nd Collection is for the *Needs of the Canadian Church*. This will go towards the work of the Church in Canada, especially for the work of the Canadian bishops all over the country.



### Grief to Grace Retreat 2026

Grief to Grace is a program rooted in our Catholic faith. Designed to express the healing ministry of Jesus Christ. It is an integrated healing process of the body, mind, and spirit using the principles of trauma-informed care. It helps those who have endured abuse to find healing for neglect, abandonment, physical, emotional, sexual, clerical, and spiritual abuse, whether in childhood, adolescence, or as an adult. The next retreat in Canada is 22-27 September 2026 in Kelowna.

For more information, please email [griegtogracekelowna@gmail.com](mailto:griegtogracekelowna@gmail.com) or make a confidential call to 250-808-6403. The deadline for the intake process is 15 June 2026.

FMI: <https://www.griegtogracecanada.org/>



### Further Reading...

About Mary and her role in salvation history can be read in many books. One good recommendation: *Jesus & the Jewish Roots of Mary: Unveiling the Mother of the Messiah* by Brant Pitre

## Mary: Mother and Pattern of the Church

Last Monday, the Church celebrated the memorial of Mary, Mother of the Church. While this feast was placed in the liturgical books only in 2018, this aspect of Mary has been discussed and believed in since the 4th century. In fact, the words of Jesus on the cross (John 19:25) to his mother and John the Beloved have been always understood by the Church, not just as a one time event, but as a constant spiritual reality: John represents all Christians, and Mary is the spiritual Mother of all who believe in Christ.

Mary's life is not confined to the timeline of her earthly life. Her life serves as the pattern of the life of the Church as a whole: both in its historical origin and in its spiritual operation.

The Marian Dogmas, whilst primarily historical events in the life of Mary, also serve as images of the origin, the life, and the fulfillment of the Church as a whole.

*Mary's immaculate conception* is the prefiguration of the origin of the Church, the bride of Christ without spot or wrinkle. Mystically, the origin of the Church was seen in the blood (the Eucharist) and water (Baptism) flowing from the side of the crucified Lord. As Eve was taken from the side of Adam, so the Church, mystically, proceeds from the side of Christ.

*Mary as the mother of God* reminds us that our primary mission is to bring Christ into the world. While Mary's physical motherhood was a singular vocation, it serves as the pattern of our Christian life: confident, unreserved faith, and humble submission to God's will, even if we find ourselves standing by the Cross.

*Mary's perpetual virginity* is an image of the Church's dedication to God alone; though members of the Church, in its history, have been shaken and sometimes forgetful of their mission, the Church, as a whole, sees in Mary's virginity its total reservation for the purposes of God.

*Mary's assumption into Heaven* is an embodiment of the Christian hope of the Resurrection. As Jesus Christ promised new life to his followers, Mary stands as the first of all believers to enjoy the fulfillment of this promise, the first disciple to enjoy things that "no eye has seen, no ear has heard (1 Cor. 2:9)".

These dogmas, far from exalting Mary above God or making her superhuman, always pointed back to God. If Mary, who is only a creature, was blessed in such a manner, how much more awesome and magnificent must God, the Creator and source of all blessings, be?

So let us thank God for his superabundant blessings in our life; in addition to all he does for us, he has even given us a Mother who we can call on, and whose virtues we can emulate.

### MASS INTENTIONS:

There is one scheduled Mass per week day. The Sunday Masses and Holy Days of Obligation are for the intentions of all Parishioners. We try to accommodate all Masses on the day they are requested but this is not always possible. All others are sent to the Missions. Mass for the deceased is indicated by the "+".

| JUNE 1 - JUNE 7, 2026  |          |                                 |
|--|----------|---------------------------------|
| <b>MONDAY</b><br><i>St. JUSTIN MARTYR</i>                    | 7:30 AM  | + Tony Nigro                    |
| <b>TUESDAY</b><br><i>FERIAL</i>                              | 7:30 AM  | + John and Bernice Armstrong    |
| <b>WEDNESDAY</b><br><i>St. CHARLES LWANGA AND COMPANIONS</i> | 7:30 AM  | + Cathy Donato                  |
| <b>THURSDAY</b><br><i>FERIAL</i>                             | 7:30 AM  | + Conrad Bermier                |
| <b>FRIDAY</b><br><i>St. BONIFACE, MARTYR</i>                 | 7:30 AM  | + Giovaninna Mercuri            |
| <b>SATURDAY</b><br><i>OUR LADY'S SATURDAY</i>                | 8:30 AM  | Community of Tumbler Ridge      |
| <b>SATURDAY</b><br><i>CORPUS CHRISTI</i>                     | 5:00 PM  | Intentions of OLPH Parishioners |
| <b>SUNDAY</b><br><i>CORPUS CHRISTI</i>                       | 8:30 AM  | NO MASS at OLPH                 |
| <b>SUNDAY</b><br><i>CORPUS CHRISTI</i>                       | 10:30 AM | MASS AT RIVERSIDE PARK          |



*"The way to destroy bad habits is by watchfulness and by doing often, those things which are the opposites to one's besetting sins."*  
**St. John Marie Vianney**

**COLLECTION MAY 24:** Sunday Envelopes and Loose Cheques: \$1,683.00; Loose: \$440.05; EFT: \$545.00; Holy Childhood: \$39.75



**OUR LADY OF PERPETUAL HELP PARISH IS ACCEPTING INTERAC E-MAIL TRANSFER DONATIONS.**

Using your bank's Interac transfer via online banking, please transfer your donation to [givingolph@rcdk.org](mailto:givingolph@rcdk.org).

### FIA CAMPAIGN 35-PILGRIMS OF HOPE

**PARISH ASSESSMENT: \$ 41,208.00;**

**NUMBER OF PLEDGES: 137;**

**TOTAL PLEDGED: \$ 60,740.00;**

**CASH RECEIVED: \$ 60,200.00;**

**CASH OVER (FOR PARISH PROJECT): \$ 18,992.00**

Faith in Action donations are also being accepted by E-transfer. Interac e-transfer to [fia@rcdk.org](mailto:fia@rcdk.org)

### OLPH ELEMENTARY SCHOOL

**PRINCIPAL:** Mr. Brent Arsenault

**WEBSITE:** [www.olphschool.ca](http://www.olphschool.ca)

**PHONE:** 250-376-2343 **EMAIL:** [office@olphschool.ca](mailto:office@olphschool.ca)

**OFFICE HOURS:** Monday to Friday 8am-4pm

### KNIGHTS OF COLUMBUS COUNCIL 8132

Catholic - Family - Fraternity - Service

**Meetings held in the OLPH Parish Centre**

**General Meeting** - 2nd Thursday of the month, 7pm.

**Explore your interest in joining the Knights**

**Contact: Rick Kirkwood - 778 821 4228**

**Join online at: [kofc.org/joinus](http://kofc.org/joinus)**



### OUR LADY OF PERPETUAL HELP CATHOLIC WOMEN'S LEAGUE

We invite all women of OLPH Parish to come together to serve through Faith, Service, and Social Justice. Meetings are on the 2nd Wednesday of the month, September to June in the Parish Hall Meeting Rooms. Please join us!

FMI contact Heather Giles at 250-573-5230



### EL SHADDAI DWXI

#### CATHOLIC CHARISMATIC PRAYER GROUP

Meets Sundays 12:30 - 3:00 pm  
In OLPH Church Basement

Contact Beth - 250-318-3783; Aida - 250-376-0523; Lilia - 250-819-1801 or Rowena - 250-574-7803

**EVERYONE WELCOME!**



### OLPH COMMITTEES

**FINANCE COMMITTEE:** Regena Cameron, Judy Robinson, Rafael Santos, and Ralph Sherbo

**PARISH PASTORAL COUNCIL:** Brian Bouthiller, Tony Bradwell, Alicia Bruneau, Cathy Garay, Rick Kirkwood, Diane Nadeau, Peter Pel, Judy Robinson, Ralph Sherbo, Greg Sykes, and Beth Watling.

### HAPPY ANNIVERSARY!

Prayerful wishes to our Bishop, *Most Rev. Joseph Nguyen* who celebrates his 34th Anniversary of Priestly Ordination on May 30th, and to *Fr. Fred Weisbeck* who celebrates his 40th Anniversary of Priestly Ordination on May 31st.

May God bless you and strengthen you in your priestly service!

### HOLY HOUR OF PRAYER FOR VOCATIONS *Serra Club of the Kamloops Diocese*

Prayer is a moving force in vocations. 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). At OLPH, Adoration is held from 8:00am - 9:00am on Wednesdays.

"The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship." (Archbishop Fulton Sheen)

