

JUNE 28, 2026 ~ YEAR A

13TH SUNDAY IN ORDINARY TIME



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

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.

Do Not Fear!

Today's Gospel is the conclusion of the instructions and consolations that we have heard Jesus offering to his disciples during the past few weeks. In this passage, Jesus summarizes both the costs of discipleship and its rewards. Once again our understanding of the Gospel is strengthened by considering the context in which it was written and the perspective of Matthew's audience.

The conditions of discipleship outlined in Matthew's Gospel may appear harsh. Yet they underline for us a truth—choosing anything with one's whole heart has consequences. Choosing life with Christ means that every relationship we have must be understood from a new perspective. For many in Matthew's community, this choice brought division to their family.

Matthew also outlines the reward of hospitality offered to Jesus' followers. In today's Gospel, Jesus explains the difficulties of discipleship, yet reveals that those who welcome the disciples have also welcomed him.

Today's Gospel also highlights for us the importance of hospitality in the Christian life. To welcome another in Jesus' name is to extend hospitality to Jesus himself. We have many opportunities in our daily life to reach out to others, to be a welcoming presence and a sign of God's love.

Courtesy of loyolapress.com

OUR PATRONAL FEAST IS HERE

June 27 is the feast day of Our Lady of Perpetual Help.

On Sunday, June 28, after the 10:30am Mass, there will be a small procession with the image of our patroness on the church grounds, followed by a reception in the church basement. Bring a dish to share! If you wish to bring something, please bring it to the basement kitchen before Mass begins.

We shall be using the yellow prayer cards for the prayers to Our Lady before the procession.

Everyone is encouraged to come and join together as a parish family to express our honour and devotion to Our Lady, and also to ask for her intercession for all our needs.

The Parish Office will be closed on July 1 for Canada Day.
The office will reopen on Thursday, July 2, for normal working hours.

FATHER THOMAS IS ON VACATION...

...but he is returning soon. Monsignor Jerry is at our Parish for Mass during Father Thomas' absence. **Father Thomas is back on June 30.**

Vocation Live-in Opportunity

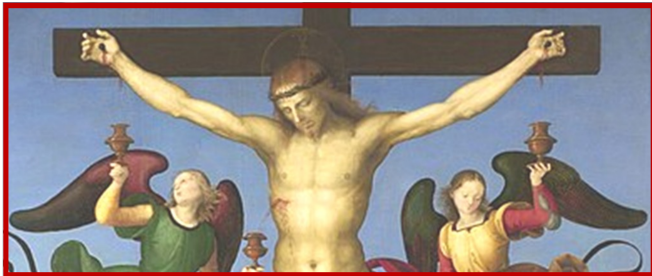
On July 4-5, there will be a seminary live-in for young men (from Grades 8-12) at Christ the King Seminary, Mission, BC. Activities include daily Mass, spiritual reading, group discussion, and a tour of the seminary. F.M.I. please contact Fr. Derrick Cameron. 250-372-2581

WHAT IS OCIA?

The Order of Christian Initiation of Adults or "OCIA" is the normative way to receive formation and preparation to enter the Catholic Church. This process was previously known as RCIA, the Rite of Christian Initiation of Adults. OCIA has [four phases](#) designed to intellectually form and spiritually prepare participants who have attained the age of reason to become Catholic.

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 MONTH OF JULY IS DEVOTED TO THE PRECIOUS BLOOD OF JESUS

We are encouraged to meditate on the profound sacrifice of Jesus and the pouring out of his blood for humanity.

On The Cross Jesus gave his life – his blood – for the sake of all humanity, atoning for every form of human sin. The devotion to the Most Precious Blood is thus understood to be a call to repentance and reparation. Until 1969, July 1 was kept as the feast of the Precious Blood. While the Feast of the Precious Blood is not on the liturgical calendar, the option remains for priests to celebrate the Votive Mass of the Precious Blood on days where no obligatory commemoration is scheduled.

POPE LEO'S INTENTION FOR JULY:

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

Parish Center Cleanup Days (July 20-24)

Our Parish will be undertaking a major Parish Centre maintenance and renewal project from **July 20-24, 2026**, and we are asking for your help. Volunteer work will take place daily from **9:00 AM to 3:00 PM**, and we are asking for your help. The Parish Centre is one of the most important facilities in our community. It serves the parish, supports our school, hosts numerous community events, and is regularly rented by sports organizations and other groups. These rentals provide a significant source of income that helps support the ongoing work and ministries of OLPH.

The planned projects include:

- Kitchen – painting, inventory organization, and deep cleaning
- Change Rooms – painting
- Hallway to the Field – painting
- Gym Storage Areas – painting
- Gym Garage – cleanout and relocation of equipment to the school and storage areas
- Church Basement - refurbishing washrooms
- Boiler Room – removal of accumulated garbage and cleanup
- Rectory Garage – cleanout and organization

You do not need to commit to the entire week. Whether you can offer a few hours, a half day, a full day, or several days, your assistance will make a meaningful difference. Every helping hand will help us complete more of these projects and improve the facilities for everyone who uses them. **Painting supplies and cleaning materials will be provided.**

Many hands make light work, and even a few hours of your time makes a big difference. If you are able to assist, please take a moment to sign up using the volunteer form: <https://forms.gle/SQ56d4X8qCT3ywHs8>
Or contact the parish office. 250-376-5541, olph@rcdk.org

Thank you so much for your consideration!

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:** Tuesday June 30
Time: 7pm - 8:15pm; **Where:** Holy Family Parish, 2797 Sunset Drive, Kamloops

Green is the colour of Ordinary Time. Green represents growth, life, and freshness. Likewise, the Word of God always offers something that will grow our faith, help us to live life according to God's Plan, and is always relevant to our situation. Green is also the colour of hope, since hope in God should always be constant; we should not give into despair or grow presumptuous.

The History of the Icon of Our Lady of Perpetual Help

Having read of the significance of the different details of the icon in previous installations, we now turn to the history of the icon.

The icon of Our Lady of Perpetual Help is a copy of an original image (unfortunately destroyed in 1453) that was allegedly painted by St. Luke the Evangelist himself

According to the Keras Kardiotissas monastery in the Heraklion region of Crete, Greece, the icon was painted by a Lazarus Zographos between 810-865AD. Overpainting and the vicissitudes of time have slightly altered the image's original appearance. By 1415, the icon was seen as miraculous.

In the year 1498, the icon was taken (allegedly stolen) from the Keras monastery and taken to Rome by a merchant, and placed in his house for private veneration. Before his death, the merchant gave it to a friend with the intention of having it placed in a church. The friend did not comply with the merchant's request. Our Lady then, according to legend, appeared to the friend, asking that her image be placed in a church. The friend refused to do so, at his wife's urging. Shortly after his refusal of Our Lady's request, the man died.

Soon after, Our Lady appeared to the man's daughter and commanded her to tell her mother and grandfather to remove the icon of "Holy Mary of Perpetual Help" (the first time the icon was named as such) from the house, even (allegedly) threatening them with death, and to place the icon in the church located "between St. John Lateran and St. Mary Major". Historical records show that on March 27, 1499, the Church of St. Matthew in Rome received an icon from a wealthy Roman family.

The icon hung at a side altar of St. Matthew's in Rome for nearly 300 years, with many stories of miraculous cures and other favours surrounding it. From 1740, the Augustinian order staffed the church of St. Matthew.

In the year 1798, French troops occupied Rome as part of the Franco-Revolutionary Wars, during which St. Matthew's was destroyed. The icon was brought to two separate churches in Rome for safe-keeping. A certain Michael Marchi had encountered the icon and learned of its history from Agostino Orsetti, an Augustinian monk, shortly before St. Matthew's was demolished.

In the year 1855, the Redemptorist order bought a piece of land on the Via Merulana of Rome, with the intent to build a church and headquarters. Unbeknownst to them at the time, the Via Merulana road was the same road on which St. Matthew's church had stood on.

10 years later, Pope Pius IX asked the Redemptorist order to set up another centre for Marian devotion. The current church of St. Alphonsus was built in response to this request. Michael Marchi, seeing an opportunity for the icon of Our Lady, sent word to the Father General Nicholas Mauron, who then petitioned Pope Pius IX for the custodianship of the icon. In response, Pope Pius IX ordered that the Augustinians give the icon to the Redemptorists (with the reimbursement of another good image). In 1866, the icon was brought to the new church of St. Alphonsus. On June 23, 1867, the icon was canonically crowned.

Since then, the Redemptorist order spreads devotion to Our Lady under the title of "Perpetual Help". Indeed, this depiction of Our Lady is seen the world over. Given the popularity and efficaciousness of this title of Our Lady, it should be no surprise our Parish is dedicated to Our Lady under this title.

Pro-Life Help Not Harm Campaign



Bill C218 You are invited to visit HelpNotHarmCanada.ca to quickly and respectfully contact your Member of Parliament and ask for their support of Bill C-218 (The Right to Recover Act). This proposed legislation would amend the Criminal Code to ensure that Medical Assistance in Dying (MAiD) is not extended to individuals whose sole underlying condition is mental illness. If the law is not amended, MAiD will become available for those suffering from mental illness alone beginning in March 2027. Many of us know someone living with mental illness — a loved one, friend, neighbour, or colleague. As Catholics and Canadians, we are called to respond with compassion, accompaniment, and genuine care, safeguarding the dignity and lives of those who are vulnerable. Visit HelpNotHarmCanada.ca today and ask your MP to support Bill C-218.

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 29 - JULY 5, 2026		
MONDAY <i>SAINTS PETER AND PAUL</i>	7:30 AM	+ Angela Rajkovic
TUESDAY <i>FERIAL</i>	7:30 AM	+ Nicodemo and Rosa Vinci
WEDNESDAY <i>FERIAL</i>	7:30 AM	+ Joe and Betty Stokes
THURSDAY <i>FERIAL</i>	7:30 AM	+ Elsie Moodie
FRIDAY <i>ST THOMAS THE APOSTLE</i>	7:30 AM	+ Pietro Muraca
SATURDAY <i>OUR LADY'S SATURDAY</i>	8:30 AM	+ Eleonora Simonetta
SATURDAY <i>14TH SUNDAY IN ORDINARY TIME</i>	5:00 PM	Intentions of OLPH Parishioners
SUNDAY <i>14TH SUNDAY IN ORDINARY TIME</i>	8:30 AM	Intentions of OLPH Parishioners
SUNDAY <i>14TH SUNDAY IN ORDINARY TIME</i>	10:30 AM	Intentions of OLPH Parishioners



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.

COLLECTION JUNE 21: Sunday Envelopes and Loose Cheques: \$1,487.46; Loose: \$462.35; EFT: \$1,019.00; Holy Childhood: \$17.75

FIA CAMPAIGN 35-PILGRIMS OF HOPE

PARISH ASSESSMENT: \$ 41,208.00;

NUMBER OF PLEDGES: 137;

TOTAL PLEDGED: \$ 60,820.00;

CASH RECEIVED: \$ 60,280.00;

CASH OVER (FOR PARISH PROJECT): \$ 19,072.00

JOB OPPORTUNITY AT SHC

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

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

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.

OLPH ELEMENTARY SCHOOL



PRINCIPAL: Mr. Brent Arsenault

WEBSITE: www.olphschool.ca

PHONE: 250-376-2343 **EMAIL:** 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



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

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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!



Catholic INDEPENDENT Schools of Kamloops



CURRENT JOB POSTINGS can be found at www.ciskd.ca under the CAREERS tab:

<https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>

Kamloops Catholic Youth Group News

There are a few events for youth Grades 7-12 happening during the summer.

Saturday, July 4, 7:00PM: Board Game Night at Holy Family Parish

Saturday, August 1, 7:00PM: Sports Night at St. John Vianney

Tentative: Mass and Hike, Date & Time TBA

FMI contact kcyg@rcdk.org