

JULY 5, 2026 ~ YEAR A
14TH 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.

"I Heard the Voice of Jesus Say: Come Unto Me And Rest"

Today's reading from Matthew's Gospel comes after a discourse in which Jesus reproaches people who have witnessed his mighty deeds yet still lack belief. In this context, today's Gospel explains the reason for this unbelief and reveals what is necessary for faith. Today's Gospel also continues to enhance our understanding of discipleship as last week's Gospel did.

Jesus first prays in thanksgiving to God who has made himself known to Jesus' disciples. He praises God who has made himself known to the "little ones" and not to the wise and learned. As in other readings from Matthew's Gospel, a contrast is made here between the wise, learned, but unbelieving Pharisees, and the faithful disciples and sinners with whom Jesus keeps company.

The second part of this reading calls to our attention the unity between the Father and the Son. God has made himself known through Jesus, and in knowing Jesus, we come to know the Father. In Jesus' life and in his person, God reveals himself to us.

In the concluding sentences of today's Gospel, Jesus' teaching is again contrasted to the teaching of the Pharisees. This common theme of Matthew's Gospel probably reflects tension that existed between Jesus and the Pharisees and between the Pharisees and the community of Christians for whom Matthew wrote. Here that tension is expressed as alternative paths of holiness. The careful observance of the Mosaic law taught by the Pharisees could be experienced as difficult and burdensome. In contrast, Jesus' way of holiness is presented as uncomplicated and even restful. Courtesy of loyolapress.com

JULY IS DEDICATED 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.

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.

We are: refurbishing and reorganizing the P.C. Kitchen, P.C. storage garages and other rooms; repainting various areas of the P.C., refurbishing the church basement washrooms, decluttering the rectory garage; and other small, miscellaneous tasks.

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 tasks 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

BISHOP JOSEPH'S 10TH EPISCOPAL ORDINATION

Tuesday, August 25th

Bishop Joseph will celebrate 9AM morning Mass which will be followed by social in the Cathedral Basement.
Everyone is welcome to come and celebrate with Bishop Joseph!

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 "+".

JULY 6 - JULY 12, 2026		
MONDAY <i>Ferial</i>	7:30 AM	+ Maria Oliveira
TUESDAY <i>Ferial</i>	7:30 AM	+ Danilo Coveceuzach
WEDNESDAY <i>Ferial</i>	7:30 AM	Intentions Al & Sharon Ludwig
THURSDAY <i>Ferial</i>	7:30 AM	+ Donna Tilberg
FRIDAY <i>Ferial</i>	7:30 AM	+ Mike Horrocks
SATURDAY <i>St. Benedict, Abbot</i>	8:30 AM	+ Sam & Hilda Loschiavo
SATURDAY <i>15th Sunday in Ordinary Time</i>	5:00 PM	Intentions of OLPH Parishioners
SUNDAY <i>15th Sunday in Ordinary Time</i>	8:30 AM	Intentions of OLPH Parishioners
SUNDAY <i>15th Sunday in Ordinary Time</i>	10:30 AM	Intentions of OLPH Parishioners

OCIA (Order of Christian Initiation for Adults)

is the step-by-step process used to welcome new members into the Catholic Church. Not simply a standard classroom course, it is a journey of prayer, learning, and spiritual growth in the life of a seeker.

Who needs it?

OCIA is designed for three distinct groups: **1)** Adults or children (7 yrs up) who have not been baptized; **2)** Christians who were baptized in another Christian Faith (Anglicans, Lutherans, Baptists, etc); **3)** Catholic adults who were baptized but did not receive their 1st Communion or Confirmation.

What are the stages?

- 1) Inquiry or Pre-Catechumenate:** a time to ask questions and explore the basics of the faith
 - 2) Catechumenate:** The longest phase, consisting of Bible studies, learning the teachings of the Church, and attending Mass on Sundays and Holy Days of obligation
 - 3) Purification & Enlightenment:** Taking place during Lent, this is the time of intense spiritual preparation for Baptism and/or other sacraments.
 - 4) Mystagogy:** Taking place during the Easter Season, this is a time of reflection as a new Catholic.
- Of course, the timeframe for each person's formation depends on the readiness of the individual.*

What are the requirements?

- 1)** Weekly/Regular attendance of sessions, **2)** weekly attendance at Sunday Mass and days of Obligation, **3)** a sponsor to be a spiritual mentor (found by you or the parish of prospective baptism).

(Usually) at the Easter Vigil, the unbaptized will be baptized, confirmed, and given the Eucharist. Those validly baptized but not yet received into the Catholic Church will make a Profession of Faith, and receive Confirmation and the Eucharist.

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.

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!



Kamloops Catholic Youth Group News

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



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 28: Sunday Envelopes and Loose Cheques: \$1,767.50; Loose: \$550.45; EFT: \$470.00; Holy Childhood: \$41.15

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