

JULY 12, 2026 ~ YEAR A
15TH 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.

"A Sower Went Out to Sow"

Today's Gospel marks the beginning of the third long discourse given by Jesus in the Gospel of Matthew. Over the next few weeks, the Gospel readings will consist of the entire 13th Chapter of Matthew's Gospel, a lengthy teaching discourse.

Throughout this discourse, Jesus will offer several parables to illustrate for his listeners what he means by the kingdom of heaven. He begins with the parable of the sower, which appears rather straightforward—of course seeds grow best in good soil. Seeds that miss the soil, are sown on rocky ground, or are sown among other plants will not grow. The surprise in the parable is the enormous yield of the seed that is sown on good soil.

Jesus then explains his use of parables. Jesus seems to suggest that he uses parables to teach because the meanings of parables are not self-evident. The hearer must engage in some degree of reflection in order to comprehend the message of a parable. In this way, the medium—the parable—models the point of the parable of the sower. Those who are willing to engage themselves in the effort to understand will be rewarded by the discovery of the message and will bear fruit.

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JULY IS DEDICATED TO THE PRECIOUS BLOOD OF JESUS

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.

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 Anniversary of His 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 13 - JULY 19, 2026		
MONDAY <i>FERIAL</i>	7:30 AM	+ Mary & Hartley Davies
TUESDAY <i>FERIAL</i>	7:30 AM	+ Theodore Saat
WEDNESDAY <i>ST. BONAVENTURE</i>	7:30 AM	+ Carmela Sherbo
THURSDAY <i>FERIAL</i>	7:30 AM	+ Carmela DeCicco
FRIDAY <i>FERIAL</i>	7:30 AM	+ Katherine & Frank Provo
SATURDAY <i>OUR LADY'S SATURDAY</i>	8:30 AM	+ Giovannina Mercuri
SATURDAY <i>16TH SUNDAY IN ORDINARY TIME</i>	5:00 PM	Intentions of OLPH Parishioners
SUNDAY <i>16TH SUNDAY IN ORDINARY TIME</i>	8:30 AM	Intentions of OLPH Parishioners
SUNDAY <i>16TH 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.

St. Vincent De Paul Society



The Society of St. Vincent de Paul is a lay Catholic organization whose mission is: To Live the Gospel message by serving Christ in the poor with love, respect, justice and joy. Your monthly donation to our 'Poor Box' is very much appreciated and allows us to help the needy in various ways. \$270.00 was collected from OLPH in June. Collection will be next weekend, July 18/19. E-TRANSFER donations can be made at ssvpkamloops@gmail.com. If you want a receipt, write in the message part of the e-transfer, "DONATION" & your name & address.
Thank you for your generosity!

Holy Family Caminos @ O.L. Mountains, Whistler

The Parish of Our Lady of the Mountains in Whistler is offering hiking pilgrimages.

The next one is from July 26-31, from St. Joseph's in Squamish, to OLM. The other is from September 4-7, from Mount Currie to OLM.

For more information contact:
whistlercatholicchurch@telus.net or
whistlercatholicchurch.ca

Kamloops Catholic Youth Group Summer Events

Sports Night: August 1 @ St. John Vianney
Tentative: Mass and Hike, Date/Time TBA
FMI: kcyg@rcdk.org



Don't know what to do during the dog days of summer? Well, enjoy a free subscription to formed.org an incredible online gateway to the best Catholic content, all in one place. FORMED provides quality content for you to grow in your faith. FREE and EASY to Register!

Visit FORMED.org; Click Sign Up as a Parishioner; Find our parish by name (Enter "Kamloops" BC, Our Lady of Perpetual Help); Enter your email; browse!



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 JULY 5: Sunday Envelopes and Loose Cheques: \$2,597.00; Loose: \$514.65; EFT: \$535; Holy Childhood: \$29.10

FIA CAMPAIGN 35-PILGRIMS OF HOPE

PARISH ASSESSMENT: \$ 41,208.00;
NUMBER OF PLEDGES: 137;
TOTAL PLEDGED: \$ 60,840.00;
CASH RECEIVED: \$ 60,800.00;
CASH OVER (FOR PARISH PROJECT): \$ 19,592.00