

JULY 19, 2026 ~ YEAR A
16TH 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.

"Let Anyone With Ears Listen!"

In today's Gospel, Jesus offers three parables to describe the Kingdom of Heaven. He also explains why he speaks to the crowds in parables and interprets the parable of the sower for the disciples. This reading is a continuation of Jesus' discourse that we began reading last Sunday.

All three parables use commonplace experiences to describe aspects of the Kingdom of Heaven. The first parable is longer and more detailed than the next two, and it alerts us to the two-fold reality of the Kingdom of Heaven. The beginnings of the Kingdom of Heaven can be found in this world. The fruition of the Kingdom of Heaven, however, will not be realized until the final judgment. In the meantime, as Jesus' explanation to the disciples cautions, any effort to judge the progress of the Kingdom of Heaven is premature. Only God, in the final judgment, will distinguish the fruit of the Kingdom of Heaven and offer its reward.

Contained within these parables are words of caution as well as words of consolation. In the parable of the sower we are warned against judging others. To judge and uproot the "weeds" prematurely will harm the wheat; final judgment rests with God. In the parables of the mustard seed and the yeast, we are consoled by the message that God can work wonders and produce abundance from even the smallest beginnings of the Kingdom of Heaven. Courtesy of loyolapress.com

JULY IS DEDICATED TO THE PRECIOUS BLOOD OF JESUS

NOTICE: There will be no morning Mass at OLPH on Monday and Tuesday next week; Father Thomas and the other diocesan priests will be in Vernon for a few days of summer recreation. Mass intentions will still be honoured.

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 20 - JULY 26, 2026		
MONDAY <i>Ferial (NO MASS AT OLPH)</i>	7:30 AM	+ Rita & Leonard Carol
TUESDAY <i>Ferial (NO MASS AT OLPH)</i>	7:30 AM	+ Roy & Patricia Reid
WEDNESDAY <i>SAINT MARY MAGDALENE</i>	7:30 AM	+ Wilfredo Corpuz
THURSDAY <i>Ferial</i>	7:30 AM	+ Nicodemo & Rosa Vinci
FRIDAY <i>Ferial</i>	7:30 AM	+ Tony Renzullo
SATURDAY <i>SAINT JAMES THE APOSTLE</i>	8:30 AM	+ Teresa Pel
SATURDAY <i>17TH SUNDAY IN ORDINARY TIME</i>	5:00 PM	Intentions of OLPH Parishioners
SUNDAY <i>17TH SUNDAY IN ORDINARY TIME</i>	8:30 AM	Intentions of OLPH Parishioners
SUNDAY <i>17TH 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 will be having the Poor box Collection this weekend, July 18/19 \$270.00 was collected from OLPH in June. 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. FMI: whistlercatholicchurch@telus.net or whistlercatholicchurch.ca

Did you know that July 26 is the World Day for Grandparents and the Elderly? Established by Pope Francis in 2020, this day falls on the fast of Jesus' grandparents Sts. Joachim and Anne.

Kamloops Catholic Youth Group Summer Events

Sports Night: Aug 1, 7PM @ St. John Vianney
Tentative: Mass and Hike, Date/Time TBA
FMI: kcyg@rcdk.org

COLLECTION JULY 12: Sunday Envelopes and Loose Cheques: \$1,612.00; Loose: \$395.80; EFT: \$250.00; Holy Childhood: \$19.20

Income and Expense for June 1-30, 2026

Income: Sunday Collections: \$19,689.96; 2nd Collections: \$1,254.45; Other Receipts: \$3,651.64; Parish Hall: \$13,180.00.

Total: \$37,776.05

Expense: Church/Office: \$1,051.95; Maintenance/Utilities: \$7,004.72; Payroll: \$6,343.53; School Subsidy: \$900.00; Misc. \$: 479.72; **Parish Hall:** Repairs/Maintenance: \$6,475.79; Utilities: \$2,106.31

Total Expense: \$24,362.02



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.

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