



St. Charles Garnier Parish

February 5, 2023

Fifth Sunday in Ordinary Time .

You are the light of the world.

Matthew 5



CONTACT US:

3645 Benvoulin Road, Kelowna, B.C. V1W 4M7

Website: www.stcharlesgarnier.ca

Pastor: Fr. Gabriel

Pastor's direct line: 778-478-6288

Office Manager: Carmen

Office Phone: (250) 860-6776

Office e-mail: charlesgarnier@gmail.com

Office hours: 9:00 am—2:00 pm Tuesday to Friday

PASTOR'S MESSAGE

Dear Brothers and Sisters in Christ,
"You are the Salt of the Earth & Light of the World" (Mt 5:13-14) Disciples of Christ are encouraged to become 'salt & light' to the World. 'Salt' seasons our food. It preserves our food. People love / like salty potato chips. Salt adds taste to our food. 'Light' gives vision to our path / way. 'The light of Christ / the teachings of Christ is salt and light to our faith life because it explains God's principles of 'spirituality & morality adding meaning to our life.

In the ancient world, 'Salt' was a valuable commodity and had been used as currency for trading. The Current English word, 'Salary' comes from the Word, 'Salt'. Modern chemical industries use salt for tanning, dyeing & bleaching. It's also understood to be an essential commodity for pottery, soap and chlorine.

Sodium, scientifically known as 'Sodium Chloride, is a mineral which is essential for life', says the National Health Institute. Sodium controls human body fluids. It also controls the nerve & muscle function of the human body. It's essential for human health, but too much or too little leads to health complications. Excess sodium leads to blood pressure & stroke. Therefore, we are recommended to reduce salt intake in our life.

Light is good. Without light, we would be in darkness. But Ultraviolet Sunlight is harmful on the human skin. Ultraviolet light is 'Electromagnetic Radiation' and we can't pick it up with our human eye because light has energy. Sun gives vitamin 'D' to strengthen our bones, muscles and body immune-system. It also helps to maintain our moods, skin conditions and the animal vision. Excess Sun causes 'Skin Cancer damaging the immune system & our eyes'.

WEEKLY MASS INTENTIONS

Mon	Feb 6	8:30am	+ John Leonardi 10 year anniversary
Tue	Feb 7	8:30am	+ Pauline Friend
Wed	Feb 8	8:30am	Int. Andrea Welder
Thu	Feb 9	8:30am	+ Marian Wloch
Fri	Feb 10	8:30am	+ Joe Mlikotic
Sat	Feb 11	5:00pm	+ Pete Weiler
Sun	Feb 12	8:30am	Int. Sister Nancy
		10:30	+ Ivan Mlikotic + Sr. Therese Messner-SSND SCGP

Next Week's Readings

1	Sirach —	15:15-20
2	1 Corinthians —	2:6-10
Gospel	Matthew —	5:17-37

Continue on page 2...

Like the Salt & Light for human life, Faith is key to our Spiritual life. The letter of Hebrews 4:2 tells, "Let our faith be Living and Active". The two images of the 'salt & light' of to-day's gospel refer to the good works of the Disciples of Christ. If we are able to live up to the teachings of Christ, we will be able to manifest the 'Goodness of God in our lives'. Therefore, we are recommended to live an Authentic Christian Life by sharing our gifts, talents and resources with the less-fortunate of our societies in the name of Christ and give honor and glory to the Father in Heaven. The best way is to follow the Commandments of God. Then we will be 'Ready & Willing to Rise & Shine' in the Love of God, which is our Salt & Light to our faith. We will become the "Salt of the Earth & Light of the World".

Affectionately in Christ!

Gabriel



Catholic Moms Connect is back!
 Wednesday mornings @
 9:30 to 11:00 am
 St. Charles Garnier Hall
 Childcare provided!
 Contact Abbey Ackerman
 for more information:
 250-899-4384
 or aerackerman@gmail.com

RETREAT OPPORTUNITY

Hi Families!

It's time to get excited! This February, we're super happy to announce a retreat experience especially for our youth!

On the weekend of February 17th – 20th, The Catholic Parishes of Penticton will be welcoming a travelling retreat team from NET Canada (National Evangelization Teams). NET is a reputable company with teams in many countries, who specialize in connecting with youth and bringing them a meaningful, Christ-centered experience. Whether your child is a practicing Catholic/Christian who is looking to take the next step in their faith, or one who doesn't know Jesus, but is looking to better understand their identity and purpose in life, this retreat will be impactful! As a youth coordinator who has been getting to know this role, this team is on a whole different level! I highly recommend signing up if you can.

This weekend will be broken into two different retreats: One for our junior youth (grades 6-9) and one for our senior youth (grades 9-12). Notice that grade 9 is in both categories. This is because for this borderline, I would like them to choose whether their experience would be more impactful with the younger group, or with the older group.

The junior youth retreat will run Friday, Feb 17th 5:30pm -10pm and Saturday, Feb 18th, 9am – 3pm
 The senior youth retreat will run Saturday, Feb 18th 5:30pm – 10pm and Sunday Feb 19th 8:30am – 2:30pm

All meals and costs associated with this retreat are being covered by the Catholic Parishes of Penticton, it's affiliate groups, and individual donations. So, there is no cost for your child to attend! There will be plenty of fun, plenty of growth, plenty of meaning... there's no down side. And if they really can't come for both days, please at least come for one.

For this event, I will require a formal registration, as there are multiple meals to plan and I have to give the retreat team numbers ahead of time.

Please register as soon as you're able at this link

<https://forms.gle/qLrKPsfSCCDu48Xb8>

**Understand Your Catholic Faith with
 The Catechism in a Year Podcast
 with Fr. Mike Schmitz!**

By listening to this podcast, Catholics will:

- Read the entire *Catechism of the Catholic Church* in 365 days
- Understand the essentials of the Catholic Faith and why they matter
- Transform their relationship with the Church that Christ founded

Get the FREE Reading Plan!
 Scan this QR code with your phone to learn more and get your free reading plan!
www.ascensionpress.com/ciy



SCG—Guide to Giving 2023						
January	1	8	15	22	29	Total
Monthly Parish Collection Budget	6,680	6,680	6,680	6,680	6,680	33,400
Monthly automatic bank donations received (SAG)				9,176		
Sunday Cash/Cheque Collection	3,770	5,138	4,000	2,535	3,930	
E-transfers received						
Monthly total to date	3,770	8,909	12,909	24,620	28,550	85.48

Roman Catholic Diocese of Nelson website:

<https://www.nelsondiocese.org/>

Holy Sacrifice of the Mass & Devotions

Live stream click [here](#)

St. Charles Garnier Parish

<http://stcharlesgarnier.ca/>

Holy Sacrifice of the Mass is being
live-streamed Sunday 8:30

Livestream click [here](#)

NEWS & ANNOUNCEMENTS—DIOCESE OF NELSON



News and Announcements from Diocese of Nelson please click [here](#).



For Canadian Conference of Catholic Bishops website click [here](#).

CHALICE



[Click here](#)

DONATIONS BY E-TRANSFER OR CREDIT CARD

E-transfers are accepted at St. Charles Garnier Parish
Send your offering via e-transfer to:
etransfer.SCGK@nelsondiocese.org
no password is required.

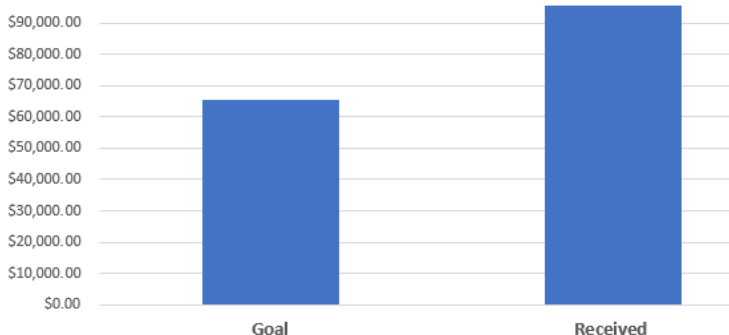


THANK YOU

Pilgrimage of Faith 2022 has been concluded
With heartfelt we thank all generous parishioners of St. Charles Garnier who donated to help us reach our Pilgrimage of Faith goal of 2022

Our goal: 65,500.00
Total received: 95,545.10
We exceeded: 30,045.10

Pilgrimage of Faith
2022



St. Charles Garnier Women's Ministry

REFRESH

*I will refresh the weary & satisfy the faint
Jeremiah 31:25*

Forgiveness

February 20th

7 - 9 PM

All women are invited to join us for prayer, music, and discussion in the church followed by socializing in the hall. Additional details to come.

Please bring a snack to share.

FORMED



The Starting Point will take you on an exciting journey to form a personal relationship with Christ and help you find answers to life's biggest questions through the context of the Catholic faith. Author Lisa Brennkemeyer designed this Bible study to inspire thoughtful consideration of the fundamental questions of faith—from why and how to pray, to the role of the Holy Spirit in our lives, to the purpose of suffering. Use the participant guide for each of the six videos that accompany the 22-lesson Bible study to explore the transforming power of God's unconditional love. Most women experience Walking with Purpose Bible studies in small group communities through parish-based programs, virtual groups, or home groups. Opening Your Heart Bible study guides are available at <https://walkingwithpurpose.com/formed/>.

Enjoy a free subscription:

stcharlesgarnier.formed.org

Don't have an account? Click on Register and enter your email and create a password.

Please contact Nicole Horsman at:

nicolehorsman@telus.net

if you have any further questions about

[Formed.org](https://formed.org)

DEVELOPMENT AND PEACE

Lent is beginning on February 22, so the ShareLent program will be around this theme, supporting individuals around the world who are standing up for their land against powerful extractive industries such as oil and gas, coal, mining and industrial agriculture, especially in sensitive areas like the Amazon—the lungs of the planet. The work of Development and Peace focuses on the global south, which has the most severe effects from climate change, although we're seeing it in the Okanagan and in the Canadian Arctic as well. Please check out the website and donate as you are able.

<https://www.devp.org/en/campaign/stand-for-the-land/>

https://www.devp.org/wp-content/uploads/2023/01/CECC_Campagne-2023_EN.pdf

<https://www.devp.org/en/blog/people-and-planet-first-campaign-successes/>



PARISH EVENTS

DATE	TIME	EVENT
Monday to Friday	8:30 am	Mass
Sunday, February 5	8:30 am 10:30 am	Mass Mass—Children's Liturgy
Monday, February 6	1:00—4:00 pm	Card Social Group
Tuesday, February 7	9:30—12:00	CWL General Meeting
Wednesday, February 8	9:30 am 9:15 am 4:00 pm	Catholic Moms Connect SSVP Meeting Catechism—1st Communion
Thursday, February 9	10:00 am 7:30 pm	Bible Study K of C—General Meeting



CATHOLIC WOMEN'S LEAGUE of CANADA

The Catholic Women's League (CWL) is a Roman Catholic lay organisation founded in England, in 1906 by **Margaret Fletcher**. Our Canadian League began in 1920, with a grant of 3,000.00 from the Knights of Columbus, given to Mrs. R. H. **Kneil** to travel across Canada organizing subdivisions. The membership continues to grow.

The CWL mission calls its members to grow in faith, and to witness to the love of God through ministry and service.

The League is consecrated to the Sacred Heart of Jesus through the patronage of Mary, Our Lady of Good Counsel, with the motto: **Faith, Service, Social Justice**

If you want to make a difference in the world, enrich your faith, and uphold family life, consider joining the CWL. Through your membership, of 4.15 a month for a total of 50.00 a year, you can support charitable outreach projects locally and around the world and have a collective voice in Ottawa.

The membership fee can be paid by: Cheque – mailed or put in the collection basket marked CWL or drop off at the office. Cash – put in an envelope addressed to CWL and placed in the collection basket or drop off at the office. **Please ensure your name, phone number & e-mail address is inside the envelopes.**

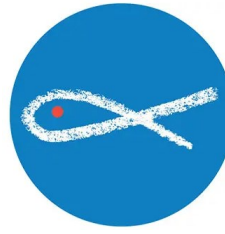
E-transfer to: bettyannrichard@gmail.com

Security question – What group? Answer - [cwl](http://cwl.org).



Please contact bettyannrichard@gmail.com if you have any questions

SSVP



The first Sunday of the month is St Vincent de Paul Sunday. Vincentians will be in the foyer to gratefully accept your donation.

Many thanks for your continued support to help our neighbours in need living in the Mission area and East

Kelowna. In 2022 you have helped us make 224 visits serving 345 adults and 140 children with food hampers, some financial help with utilities and a kind word. Also through your donations, our special project, InVincible Housing, has provided small rent supplements to 157 households, of which 53 were families with children under 18. We share your generosity with the conferences at the other Kelowna parishes.

Tax receipts will be included with the Parish tax receipt.

God Bless You.

RACHEL'S CORNER

“My emotions were finally released, an almost impossible task. This allowed God to enter in and begin the healing process.”
Testimonial

Does it feel like your emotions are trapped deep inside since the day of the abortion, and you don't have the place or the right way to release them? Sometimes the ability to release them is exactly what you need in order to let the healing begin and feel like the person you hoped to be. Join us on the next Rachel's Vineyard Retreat©.

info@rachelsvineyardkelowna.com

www.rachelsvineyardkelowna.com

f Rachel's Vineyard Kelowna
250-762-2273

The CHOSEN

WATCH NOW ON
"THE CHOSEN" APP



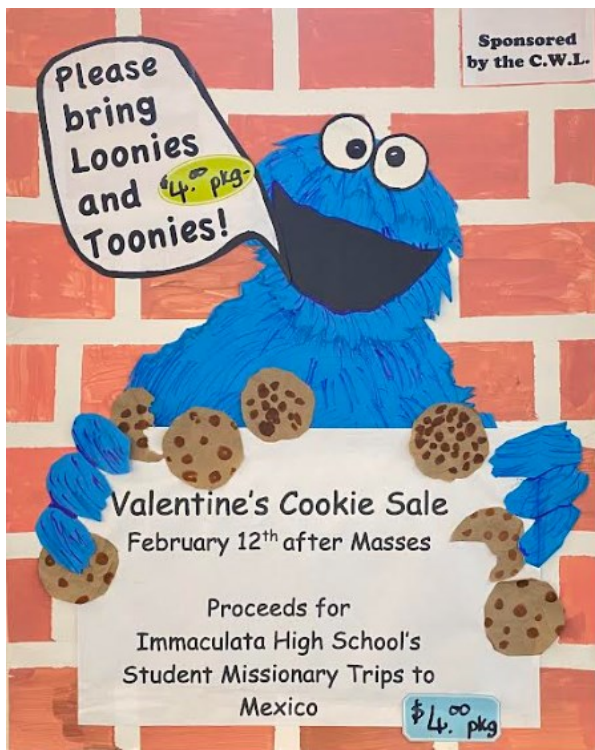
The series 'The Chosen' shows Jesus' life after He begins His Ministry. Season 1 starts with Mary Magdalene and the choosing of the 12 apostles. 'The Chosen' is now in Season 3 but you can start from the beginning by choosing 'The Chosen' from the App Store.

It's FREE.

It is extremely well written and professionally filmed. You will come to know Jesus, portrayed by Catholic actor, Jonathan Roumie, and each of the Apostles in a beautiful way. It is an episodic show about Jesus. 7 seasons; 8 episodes per season; each show lasting 1 hour; an in-depth hour showing the depth of relationships, healing, consolations, forgiveness and mercy. Over 450 million viewers from all over the world. You won't be disappointed. If you would like more information please see Margaret Radi after Mass.

Restore, Renew and Heal
-our support team is here for you...





Cookie Sale Fundraiser

Saturday, February 11th after 5:00 pm Mass and Sunday, February 12th after the 8:30 am and 10:30 am Masses

The Cookie Sale is to raise funds for the very worthy cause of supporting the Immaculata High School Students to go to Mexico to help build a house for a family desperately in need of a home.

Not only does it help this family but it helps to build character and a strong work ethic in the students who are participating in this beautiful act of giving.

ST. JOSEPH

Do you have a child entering Kindergarten this fall? Would you like to know why St. Joseph Catholic School is a great choice for your family?

Join us at our Ready, Set, Learn! Kindergarten sneak peek and discover why St. Joseph has the most innovative Kindergarten program in Kelowna!

These interactive information sessions will take place on Thursday, Feb. 2nd at 3:30 or 5:00pm.

RSVP to sjkoffice@cisnd.ca or 250-763-3371



Ready, Set, Learn!



OKANAGAN IRISH SOCIETY PRESENTS CELTIC FUSION



What is "CRAIC" you ask? It's the Irish word for FUN; entertainment, and enjoyable times!

CELTIC FUSION will supply all of the above and more!

Featuring:

- Ceol na hEireann (Music of Ireland)
- Blakey Okanagan Irish Dancers
- Kelowna Pipe Band
- Nelson Diocese Clergy
- Guest Singers: Angela Bittman & Tony Serka
- 50/50 Draw

You don't want to miss this family friendly concert. Come out and support Seton House of Prayer—our only remaining diocesan retreat house which welcomes everyone (not just Catholics) to retreat, refresh & recharge. Over the last few years your generous support helped to raise over \$85,000!

Tuesday, May 9, 2023
Kelowna Community Theatre
Doors @ 5:30 pm
Performance @ 6:30 pm
Tickets: \$33
Available at: BoxOffice@Kelowna.ca

February 11, 2023
WORLD DAY OF THE SICK

Take care of him

Compassion as a synodal exercise of healing



Scan to read the Pope's message



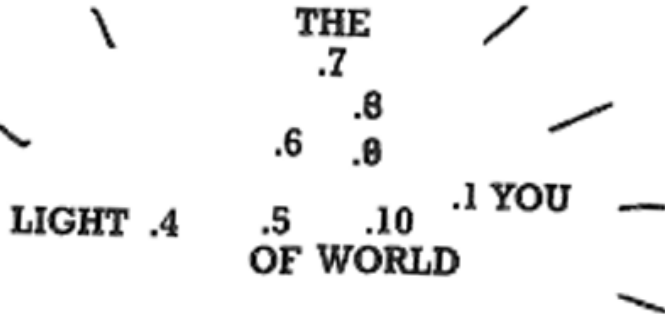
Fourth Sunday of the Year (A)

Matthew 5:13-16

Be a light for all to see

Jesus told his disciples to let their love shine out for all to see!

Join the dots to find Matthew 5:14



Can you find the names of the objects in this word puzzle?

THE .3

.2 ARE

Circle each word



P	S	M	O	O	N
H	C	T	A	M	R
T	B	A	F	L	E
M	O	I	A	L	T
K	R	R	D	E	N
E	P	N	C	M	A
L	A	M	P	H	L
C	R	S	U	N	T



PARISH PASTORAL COUNCIL



Pastor—Fr. Gabriel
Chair—
Liturgy—JoAnn Young
Financial—Kevin Schmidt
Maintenance—Don Korby
SSVP—Arnie Schneider
K of C—Duncan Boyczuk
CWL—Deborah Cloutier
Outreach—Stephen Horsman

PARISH ORGANIZATIONS

CATHOLIC WOMEN'S LEAGUE

Meet second Tuesday of the month at 9:30 am
 Contact: Diane Cey 250-868-9636
 Membership inquiries: . Betty Ann Richard bettyannrichard@gmail.com

FR. PANDOSY 4TH DEGREE ASSEMBLY—Knights of Columbus

Meet third Sundays of the month at 2:00 pm
 Inquiries Gino Servedio 250-764-3182

KNIGHTS OF COLUMBUS www.stcharleskoc.com

Meet second Thursday of the month at 7:30 pm.
 Grand Knight: Jarrod Stocker 250-869-2219
 Email: jjstocker@shaw.ca

St. Peregrine Prayer Circle (*An Apostolate of The Little Flowers of Saint Francis Fraternity of the Secular Franciscan Order.*)

If you have friends/family members with serious illnesses we will add them to our list and pray for them & their family daily. We meet once a month and pray together.
 Contact: Christine Reeves, OFS. 250-575-2043 E-mail: cbreevesac@shaw.ca

SECULAR FRANCISCAN ORDER - "*The Little Flowers of St. Francis Fraternity*"

Meeting the 2nd Sunday of the month @ St. Charles Garnier Parish Hall.
 Contact Sandy: 250-212-3596.

SOCIETY OF ST. VINCENT de PAUL 250-860-2536
 Meet second and fourth Wednesdays at 9:00 am St. Charles Garnier Parish—Hall

FIRST SUNDAY OF EACH MONTH—SSVP DONATIONS
SSVP DONATIONS-VEHICLE, RV & TRAILER- KEITH :250-300-1062

MINISTRY COORDINATORS

If you wish to become involved contact the Parish Office 250-860-6776
 Children's Liturgy Allison Knittig 778-477-3790
 Eucharistic Ministers Dave Crane 250-861-4085
 Catholic Moms Connect Group Abbey 250-899-4384
 Music JoAnn Young 250-317-8965
 Readers Marlene Crane 250-861-4085
 Sacristans Brenda Korby 250-859-0840
 Safe Environment Coordinator Jeremy Orr - jeremy@digitcontracting.ca
 Ushers Gino Servedio 250-764-3182
 Pilgrimage of Faith Rhonda Sali - rhondasali@gmail.com
 Development and Peace Karen Krout—karenikrout@gmail.com
 Hospital Visitation Ethel Robidoux 250-860-2101
 Home Care Visitation Christine Schmidt 250-763-4798

CONTACT NUMBERS

CANADIAN FOOD FOR CHILDREN Penticton-Barb. 250-493-1145
CLUBHOUSE DAYCARE 250-860-4393
CREIGHTON MODEL FERTILITY CARE 250-491-1088
DIOCESE OF NELSON—Catholic Pastoral Centre 250-448-2725
ELIZABETH SETON HOUSE OF PRAYER 250-764-4333
FREEDOM'S DOOR . info@freedomdoorkelowna.com 250-717-0472
GRIEF TO GRACE www.GriefftoGrace.org 250-870-8517
KELOWNA RIGHT TO LIFE . kelownarighttolife@hotmail.com 250-870-4103
OZANAM HOUSE . . . manager@ozanamhouse.com 250-762-4673
PREGNANCY CARE CENTRE 250-763-2112
RACHEL'S VINEYARD . . . info@rachelsvineyardkelowna.com 250-762-2273
REACH OUT YOUTH COUNSELLING & FAMILY SERVICES 250-763-7892
reachoutokanagan@gmail.com

Please remember:

OUR CHURCH IS A SCENT-FREE ZONE! Avoid wearing perfume, after-shave or heavily scented personal care products

DEADLINE FOR SUBMITTING ITEMS TO BE INCLUDED IN THE BULLETIN IS THURSDAY NOON.



**St. Charles Garnier Parish
 WELCOME NEW PARISHIONERS!**

Please complete this form and leave it in the collection basket or at the Parish Office.

New Parishioner: ____ **Information Change:** ____

Name (s) : _____ & _____

DOB (yyyy/mm/dd): _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

CHILDREN		
Name (s)	M/F	DOB (yyyy/mm/dd)

Would you like to be contacted by one of our parish groups?	
CWL ____	Music ____
Knights of Columbus ____	Reader ____
St. Vincent de Paul ____	Usher ____
R.C.I.A. ____	Altar Servers ____
Sacristan ____ (Set up for Mass)	

Would you like to pick up Sunday Offertory Envelopes from the ledge in the foyer next week? **Yes** ____ **No** ____

The label will have your name on it, the number identifies you and a tax receipt will be sent to you at the address that you registered with.

You may also register on-line @ www.stcharlesgarnier.ca where you can sign up for the bulletin to be emailed to you each week.