

Saint James Church
2607 27 St
Vernon, BC V1T 4W1

Our Lady of the Valley
10102 Middleton Drive
Coldstream, BC

St. Benedict's
122 Head of the Lake
Rd, Vernon, BC

St Theresa's Church
11365 Westside Road
Vernon, BC

Sacred Heart Church
2202 Park Ave
Lumby, BC V0E 2G0



Mass Times
5:00 pm Saturday
8:30 am Sunday
7:00 pm Sunday

Mass Times
10:30 am Sunday

Mass Times
12:00 pm Sunday
1st, 3rd and 5th Sunday

Mass Times
12:00 pm Sunday
2nd & 4th Sunday

Mass Times
5:30 pm Saturday
9:30 am Sunday

19th Sunday in Ordinary Time Aug 09, 2026

"The month of August is dedicated to the Immaculate Heart of Mary"

St James

Daily Mass	Mon-Fri	8:00 am
	Saturday	9:00 am
Reconciliation	Saturday	9:30-10:30 am
		4:00-4:45 pm
Eucharistic Adoration	Mon -Thursday	9 am—9 pm
@ St Benedict	1st Friday	10 am
4 Mysteries of the Rosary	1st Saturday	7:30-8:40 am

Pastor	Rev Fr Peter Nguyen	250-542-1276
Parochial Vicar	Fr Paul coung Do	250-547-9070
	Sacred Heart, Lumby and St Benedict/St Theresa	
Permanent Deacon	Deacon Paul Murphy	778-212-2020(call or text)
Diocese Kamloops Office	635A Tranquille Rd Kamloops, BC V2B 3H5	250-376-3351

NOTES/REMINDER

- *Due to the fire near St. Benedict's Church the Photo Sessions were re-scheduled in September (watch for the date)!*
- **NO CHILDREN'S LITURGY**—Summer break—resume on Sunday, September 13, 2026
- Aug 10-14—**VACATION BIBLE SCHOOL** (see details)
- Sept 25-26—**WOMEN'S RETREAT** (see details)
- Sept 12—OLOV-CWL September meeting

Eucharistic Adoration of the Blessed Sacrament at St. James Church (9am—9pm Mon-Thurs)

Adorers needed for:

*Mon 2-3 pm, 3-4 pm and 4-5 pm
Tuesday 2-3pm, 3-4 pm, 4-5 pm and 6-7 pm
Thursday 3-4pm*

For anyone interested in reaping the tremendous benefits of Holy Eucharistic Adoration, please contact Amy and Bruce Bernhardt (250) 308-9612 or adorationstjames@gmail.com

INTERAC/E-TRANSFER DONATIONS

St James	givingstjamesvernon@rccv.org
OLOV	givingolov@rccv.org
St Benedict	givingstbenedict@rccv.org



Last Sunday's Offertory

EFT (May) Electronic Fund Transfer

PAD (May) Pre-Authorized Debit

St James	\$ 9513	\$ 1075	\$ 5756
OLOV	\$ 2438	\$ 1995	\$ 3766
St Benedict			

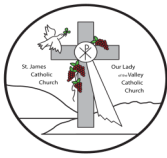
OFFICE

Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rcdk.org
Office Hrs.	8am—2pm	Mon-Tues-Thurs-Fri
	Closed	Wednesday

St James School
2700 28th Avenue
Vernon, BC V1T 1V7

Melanie Inzunza — Principal
(250) 542-4081
Ascend Catholic School Online

www.stjamesvernon.com
office@stjamesvernon.com
www.rcdk.org/ascend-online-school



Mission Statement: United in the Eucharist to love and serve.

Vision Statement: Inspired by the Spirit to:
-know our faith and vocation
-serve the needs of others
-welcome new parishioners into our faith community
-share our excitement about Jesus

Pope's Prayer Intention for the month of August

For evangelization in the city—Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

MASS INTENTIONS—Aug 10-16

Aug 10	Mon	8 am SJ	Michael Gallagher	RIP
Aug 11	Tues	8 am SJ	Michael Gallagher	RIP
Aug 12	Wed	8 am SJ	Private Intention	INT
Aug 13	Thurs	8 am SJ	Jean Hagel	RIP
Aug 14	Fri	8 am SJ	Harry Doyle family	INT
Aug 15	Sat	9 am SJ	Lennie Doncaster	RIP
		5 pm SJ	Lennie Doncaster	RIP
Aug 16	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7 pm SJ	Bernie Frohlick	RIP

PARISH MINISTRIES

CWL (St James)	7:00 pm (Sept 15 and Nov 10, 2026; Feb 9 and April 13, 2027) Monsignor Miles Hall
CWL (OLOV)	11:00 am 1st Sat (Feb, April, June, Sept 12 & Nov)
KofC (St James)	Council 4949: www.facebook.com/kofc4949
KofC (OLOV)	St Teresa Council 12202: www.kofc12202.ca
Finance Committee (St James)	Alex Dantzer, Randi Patterman, Jim Allaway Justin Sharma, Carmen Riguedell
Finance Committee (OLOV)	Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council (St James)	Deanna Johnstone, Allan Clear, Lorena Clowes Email: ppcstjames@gmail.com
Parish Pastoral Council (OLOV)	Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence Email: ppcoulady@gmail.com
Parish Pastoral Care Ministry	Contact the Parish Office Email: stjamesvernon@rcdk.org



Next Sunday's Readings:

August 16, 2026

Isaiah 56.1-67
Ps 67.1-2, 4-5, 6-7 (R.5)
Romans 11.13-15, 29-32
Matthew 15.21-28



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

74. Offering their entire lives with Christ (at Eucharistic Adoration) to the Father in the Holy Spirit, they derive from this an increase of faith, hope, and charity. (Congregation of Divine Worship—201)

Quote from St. John Vianney

“Virtue demand courage, constant effort, and above all, help from on high,”

Pastoral Care Training Program: Fall 2026 Series

Nine free online sessions to be held via Zoom
Saturdays from 9:30 am—noon PST
Sept 26-Nov 28, 2026 (no session Oct 10)

Please contact the parish office if you are interested.



Pastoral Care Ministry

If you are in the hospital, in the homes, please phone the office at 250-542-1276 or email at stjamesvernon@rcdk.org for Pastoral Care.



Parishes' Pictorial Directory Group Pictures

All Parishes—All groups involved in the life of our church are warmly invited to have their group photos taken for the upcoming Parish Directory. This directory will be a wonderful way to celebrate the many ministries, committees, and parish groups that help make our parish communities so vibrant and welcoming.

Please gather your members and book for photo time according to the photo schedule.



Parish Pictorial Directory 2026

Online registration is now open. Please book your appointment through the Parish website.

Parish Coordinators:

	Name	Tel. No.	E-mail
St James	Lorena Clowes	604-779-0984	lorenabc@telus.net
OLOV	Maureen Rinn	250-260-0978	maureenrinn5@gmail.com
St Benedict	Gwen Torres	250-558-7474	glouistorres@hotmail.com
Sacred Heart	Rosa Lowen	250-542-4342	rosaloewen@yahoo.ca

***Please note: you must contact your Parish coordinator to make any changes to your appointment. Please do not double book. Thank You!**

Commentary on the Sunday Mass Readings for the Nineteenth Sunday in Ordinary Time, Year A:

From **Sunday's Gospel**: During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid" (Matt. 14:25-27).

The **First Reading** is taken from the *First Book of Kings 19:9a, 11-13a* and relates the story of Elijah in the cave and the Lord coming to him in a "still small voice."

The **Second Reading** is from the *Letter of St. Paul to the Romans 9:1-5* in which St. Paul speaks of the sorrow of heart that he has because the Jews, as a nation, had refused to see Christ as the Messiah who was promised to them by God through their patriarchs and prophets.

The **Gospel** is from *St. Matthew 14:22-33*. Our Lord send His disciples to row across the lake, knowing that they would meet strong, gale-force head-winds and be in danger. He did this because He wanted to strengthen their faith and trust in Himself. He intended to come to them at the right moment, working two miracles—walking on the water and calming the storm. This He did and the result was as He intended—their faith in Him was strengthened, they declared He was the Messiah, the Chosen of God. Peter, already the recognized leader and always the most daring among them, showed himself ready to risk drowning in order to prove his trust and confidence in Christ. While he trusted in Christ, all went well, but when his faith weakened he would have been lost were it not for the outstretched helping hand of his master. This was also a very necessary lesson in the education of Peter and his companions.

For us, too there is a necessary lesson in this incident. It is that we must continue to trust in Christ and his loving Father, even when God seems to have deserted us. Most of the troubles and trials of our lives are caused by the injustice and lack of charity of our fellowmen. The remainder can be attributed to our own defects and sins or to some weakness in our mental and bodily make-up. But God foresees all these misfortunes, and can prevent them. Instead he lets them take their course. Because they can and should be the means of educating us in our knowledge of life's true meaning and they should draw us closer to him.

Christ foresaw the storm and the grave risk His Apostles would run when He sent them off across the lake. But that trial and the grave danger they ran was their own good, because they learned to realize that He was from God and they could always trust Him. Our trials and our earthly ailments are also foreseen by God and permitted by him (even if inflicted on us by a sinful fellowman) so that they will draw us closer to Him and help us on the road to heaven.

This they will do, if we accept them and bear with them until He comes to our aid. Our troubles in life are like the growing pains of our youth—they are necessary if we are to arrive at our full stature as sons of God. They form, mold and share our religious character and bring us closer to God—if we allow them to do so. For the lukewarm Christian who rebels against God because of his earthly sufferings, they can do the opposite. He cannot see the purpose and value of suffering because he has never seriously pondered or grasped the real meaning of this life and God's loving plans for him.

As in the first reading today, God may not be in the tornadoes or earthquakes or roaring fires, nor does He cause them perhaps, but He is ever near to His true children when such calamities occur. He has a purpose in every trial or tribulation which crosses the path of our lives, a purpose always to our eternal advantage if only we will see and accept his will in these trials.

- Excepted from *The Sunday Reading* by Fr. Kevin O'Sullivan, O.F.M.

Foundational Workshop For Lay Liturgical Ministries (Group 3—Last Workshop for 2026)

If you are aspiring to become a Lay Liturgical Minister (Reader, Extraordinary Minister of Holy Communion, Ushers, Choir Member, or Alter Server), this is the time to sign up and get involved!

Go to <https://www.rccv.org/events/liturgical-training> to register for the next Foundational Workshop, which will be held on **August 15 (Saturday)**, 3-4:45 pm at Msgr. Miles Hall.

Understanding the Mass (Parish Liturgical Renewal Initiative)

Starting July 19th and continuing for the next seven Sundays, we will share a brief, 7-minute liturgical review just before Mass begins. These short reflections are designed to help us all better understand the beauty and sacredness of our liturgy.

We warmly invite you to arrive at least 10 minutes before Mass to quiet your heart, settle into your pew, and join us for these weekly insights.

Catholic Book Club

On **Wed Aug 19** we will discuss the last two chapters of **Not Finished Yet** by Marcus B. Peter. Meet in the Monsignor Miles Hall at 9 am. All are welcome.

Women's Retreat—"Embracing God's Plan"

All women are invited!

Sept 25-26, 2026

You are invited to join **God's Unfinished Works of Art** as they lead us to discover and explore Embracing God's Plan.

Monsignor Miles Hall (St. James Church Basement)
Mass, adoration & confession

Lunch & coffee breaks included—Cost \$30.00

Contact Amy Bernhardt 250-308-9612 (text or call)

Email: amybernhardt5@icloud.com

August
10th - 14th

Monday to Friday

9am - 12pm

Ages: 4 to 11

\$35 per child

At: Our Lady Of
the Valley Church

REGISTER TODAY

Vacation Bible School
2026



More info at
www.rccv.org
or scan QR



Children's Liturgy Volunteers Needed!

OLOV—10:30 mass every Sunday

We are looking for volunteers and helpers for Children's Liturgy, which will begin again in September. This is a wonderful opportunity to share your faith with the children of our parish in a simple and meaningful way. Training and support will be provided.

If you are interested or would like more information, please contact the parish office.

Barry Schick
General Manager
Email: bschick@acutruss.com



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RCCV: St James 2607- 27th Street Vernon BC

Access to this site is FREE!

SACRAMENT OF MARRIAGE

In preparation for your marriage celebration at the Catholic Church, please contact the office **at least 6 MONTHS** prior to your requested wedding date.

SACRAMENT OF BAPTISM

Please contact the Parish Office **at least 6 WEEKS** prior to your requested date to ensure time for your preparation.

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