

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

29TH SUNDAY IN ORDINARY TIME

OCTOBER 19, 2025

THE MONTH OF OCTOBER IS DEDICATED TO THE MOST HOLY ROSARY

*****SPAM ALERT**—when you received an e-mail request that appear to be from Fr. Peter requesting actions such buying gift cards or making purchases at Amazon—**DO NOT RESPOND**—Report as **SPAM and DELETE IMMEDIATELY*****

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 @ St Benedict	Mon -Thursday 1st Friday	9 am—9 pm 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 Henry Nwaimo Sacred Heart, Lumby and St Benedict/St Theresa	250-214-4060 250-547-9070
Permanent Deacon	Deacon Paul Murphy	778-212-2020(call or text)
Diocese Kamloops Office	635A Tranquille Rd Kamloops, BC V2B 3H5	250-376-3351

OFFICE

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

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.

NOTES/REMINDER

- Oct 17-24th—Fr Peter is away (Fr Paul Simms and Fr Henry will be celebrating mass with us)
- Oct 19—World Mission Sunday—**2nd Collection** (see detail)
- Oct 19—FFC starts—every Sunday, 5:30-6:30 pm at St James Basement
- Oct 23—Thurs **Mass at 5pm—St James**
- Oct 23—**Holy Hour for Vocation**—St James Church at 7pm sponsored by Knights of Columbus St. James Council 4949
- Oct 28—SJ CWL Christmas Bazaar Planning Meeting 7:15 pm (St James Church basement)
- Oct 30—starts “Marian Consecration—The Fastest And Easiest Way to Sainthood”

All Souls Day Graveside visit schedule:

St. Nicholas Cemetery—Sun, Nov 2nd—after 10:30 mass
Pleasant Valley Cemetery—Sat, Nov 08th at 11am
Coldstream Cemetery—Sun, Nov 09th at 12 noon

Faith In Action Campaign 35 “Pilgrims of Hope” Please give generously!

	Assessment	Actual
St James	\$ 41546	\$ 19605
OLOV	\$ 24520	\$ 4778
St Benedict's	\$ 1887	\$ 2000



SACRAMENT OF BAPTISM

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

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



The Holy Father's Intentions for the month of Oct.

For collaboration between different religious traditions—Let us pray that believers in different religious traditions might work together to defend and promote peace, justice and human fraternity.

MASS INTENTIONS—Oct 20-26

Oct 20	Mon	8 am SJ	Celine Lockert	RIP
Oct 21	Tues	8 am SJ	Frank Flasch	RIP
Oct 22	Wed	8 am SJ	Carlos Miranda	RIP
Oct 23	Thurs	5 pm SJ	Lorena Clowes	INT
Oct 24	Fri	8 am SJ	Jan Novotny	RIP
Oct 25	Sat	9 am SJ	Nenette Sharma	INT
		5 pm SJ	Stephen King	RIP
Oct 26	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Emma Brooks	INT

PARISH MINISTRIES

CWL (St James)	7:00 pm 2nd Tuesday of the month (Jan, Apr, Sept, Nov) Monsignor Miles Hall
CWL (OLOV)	11:00 am 1st Sat (Feb, April, June Sept & 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)	David Evans, 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:

October 26, 2025

Sirach 35.15-17, 20-22
Ps 34.1-2, 16-17, 18+22 (R.6)
2 Timothy 4.6-8, 16-18
Luke 18.9-14



Quote from St. John Vianney

"All the angels and saints are engaged in trying to prevent us from committing sins."

SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

37. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul an fetid atmosphere of the world. (Archbishop Fulton Sheen)



Last Sunday's Offertory

EFT (Sept)

PAD (Oct)

St James	\$ 2912	\$ 1530	\$ 5856
OLOV	\$ 1989	\$ 1410	\$ 4043
St Benedict	\$ 282	\$ 120	



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.



World Mission Sunday October 19, 2025

World Mission Sunday stands as a powerful testament to our shared Catholic identity. Held annually on the second to last Sunday of October, this special day unites Catholics across continents in a singular purpose: supporting the Church where it faces its greatest challenges. Instituted by Pope Pius XI nearly a century ago, this collection remains unique as the only worldwide effort directly sustaining 1,124 mission territories where the Church is nascent, vulnerable, or facing persecution.

World Mission Sunday calls Catholics worldwide to support the Church where it's young or challenged. Your prayers and donations provide essential resources for communities that cannot sustain themselves—funding church construction, pastoral care, education, and healthcare. When your parish participates, you join Catholics everywhere in making possible the work of missionaries who build churches, train seminarians, support catechists, and serve vulnerable communities. Together, we fulfill our baptismal call to share the Gospel and become one Church bringing hope to all peoples. Pray and Give generously to the World Mission Sunday Collection. Thank you for your generosity!

<https://www.missionsocieties.ca/world-mission-sunday-2025>

Holy Hour for Vocation October 23rd at 7pm—St James Church

Knights of Columbus St. James Council 4949 is sponsoring a Holy Hour for Vocation. Everybody is most welcome!

THANK YOU!

Volunteers—flower decorators at OLOV

A special thank you to Angela Durfeld, Myrtel Hobbs and Jennifer McKerracher for volunteering!

THE ST. JAMES CWL CHRISTMAS TEA AND BAZAAR

November 22, 2025, 11 am – 2 pm

Please Support our bazaar with your generous donations”

- **Christmas Decorations**—all items accepted except Christmas lights and trees
- **Jewelry**—early donations preferred to allow time for cleaning, repair, and pricing (basket on the CWL table at the back entrance of the church)
- **Door Prizes & Silent Auction**—gift baskets (consider sponsoring a custom-made basket), gift cards/certificates, new or unused items
- **Fashion Accessories**—scarves, purses, and similar items.
- **Baking & Cookies**—start planning your best Christmas baking and cookie recipes.
- **Knitting, Crocheting, Sewing & Crafts**—handmade contributions always welcome.

For info call: Amy Bernhardt—250-308-9612

Email: amybernhardt5@icloud.com

Seminary of Christ the King Vocation Live-in

Nov. 15-16, 2025 in Mission, BC

High School Grades 6-11

The High School Live-in will include interaction with priests, brothers and seminarians, daily Mass and prayer, recreational activities, sports, and some reflective reading.

For more information please visit our website.

Musicians/Choirs Wanted

If you are musically talented, please consider using those talents to praise God and lead others in song, by joining the music ministry at St. James or Our Lady of the Valley. Choirs or individuals/small groups that are willing to lead music at Mass are all welcome. If you would rather not lead on your own but would like to join an existing choir that is also welcomed.

For all inquiries, please contact the Parish office at 250-542-1276 or email stjamesvernon@rcdk.org.

Youth Faith Formation Program—2025/2026

OLOV Beginning Oct 16 at 7pm

Calling for High School Students. No registration is required. Contact Chantelle Hoffbauer at choffbauer88@gmail.com for more information.

St James School Christmas poinsettias fundraiser

Order due date is Nov 17

Delivery is Dec 2

To order follow the link below

<https://stjamescatholic.growingsmilesfundraising.com/home>

Volunteers Needed Flower Decorators—St James

We are seeking enthusiastic volunteers to join our Flower Decorators team. If you have an eye for beauty, an interest in floral arrangements, or are simply eager to help enhance the welcoming spirit of our church, we encourage you to volunteer.

If you're interested, please contact the parish office.

St. Teresa of Avila Says Prayer Is More Than Words—It's Friendship

By: Thomas Griffin

For St. Teresa, holiness begins not in lofty thoughts but in daily conversation with the One who loves us most.

St. Teresa of Avila (1515-1582), a Carmelite nun, devoted herself to prayer and to teaching others about how to grow closer to God through it. The following are some of her most powerful quotes, centering on how prayer brings us into deep contact with the person of Christ and allows us to act for him in the real world.

Teresa wrote that “prayer is nothing else than being on terms of friendship with God. ...Mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with him who we know loves us.” Making time for him is the starting point and can be the most challenging for us. Our calendars are so full that we often neglect to make time for Jesus. Teresa reminds us that friendship requires time and attention for growth. This simple reminder can make all the difference in our spiritual lives.

Once we become committed to a life of daily prayer, we can become more attuned to discovering how God is inviting us to act for him in our practical lives. Teresa wrote that “many remain at the bottom of the [mountain of prayer] who could ascend to the top. ... I repeat and ask that you may always have courageous thoughts. As a result of these, the Lord will grant you the grace for courageous deeds.”

The more frequently we meet Christ in prayer, the more we can hear how he is inviting us to accept the heroic holiness that we are all challenged to enter into. This can arise through realizing in prayer that we need to have a tough conversation with someone in our life, or that God is asking us to change something about our own personal life so we can become less attached to sinful tendencies. Only once prayer becomes intimate can we respond in this way. But once it does, we will be transformed into the saints we are called to be.

This is the call of all Christians because, as Teresa notes, “Christ has no body now but mine. He prays in me, works in me, looks through my eyes, speaks through my words, works through my hands, walks with my feet and loves with me here.”

The friendship we grow in prayer with Jesus allows us to become bold enough to live for him in the real aspects of our lives. This means that we can radically impact the lives of others by recalling the fact that to ignore the other person in need is to ignore Jesus and that to serve the one in need is to serve Christ and grow in relationship with him.

All of these moments of prayer and service to others become access points to experiencing the living God. For this reason, Teresa writes that “we shall never learn to know ourselves except by endeavoring to know God; by beholding his greatness, we realize our own littleness; his purity shows us our foulness; and by meditating upon his humility we find how very far we are from being humble.”

The direction of our lives is determined by Whose we are. We belong to God. The more we know him intimately through a commitment to intentional prayer time, the more we will see him in those around us. The more we see him in those around us, the more we will love others. And the more we love others, the more we will reside in the communion of the Trinity. As we contemplate the holiness of God, we will realize that we are dependent on him for all things. He is always providing for us and constantly calling us to go deeper into the eternal union that we were crafted for.

Today, may our prayer be that St. Teresa of Avila's intercession sparks in us a deeper desire for nothing less than that union.

Source: National Catholic Register



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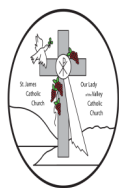
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Vision Statement:

Inspired by the Spirit to:
-know our faith and vocation
-serve the needs of others

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