

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

20TH SUNDAY IN ORDINARY TIME

AUGUST 17, 2025

THE MONTH OF AUGUST IS DEDICATED TO THE IMMACULATE HEART OF MARY

Notes/Reminder

- Sept 04—Fill The Valley—OLOV—6:00 pm
- Sept 07—1st Sunday of the month—Food for the Poor
- * Sept 07—KofC Pancake Breakfast—St James Parish after 8:30 am mass

OFFICE

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

Pastor	Rev Fr Peter Nguyen frpeter@shaw.ca	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

Welcome Fr. Paul Simms

With warmth and gratitude, we welcome Fr. Paul Simms to our parish community. Your willingness to join us and serve our pastoral needs during Fr. Peter's time away is deeply appreciated by all.

Your presence brings comfort and continuity to our parish family. We are grateful for your guidance, your faith, and your commitment to supporting our spiritual journey. As you assist in our worship, sacramental life, and daily needs, know that you have our full support and heartfelt thanks.

May your time with us be rewarding, and may our community be enriched by your ministry.

Welcome, Fr. Paul—thank you for answering our call and walking with us in faith.

SACRAMENT OF BAPTISM

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

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.

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

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



MASS INTENTIONS—Aug 18-24

Aug 18	Mon	8 am SJ	John Toporchak	RIP
Aug 19	Tues	8 am SJ	Jill Hodgkinson	INT
Aug 20	Wed	8 am SJ	Jill & Simon Hodgkinson	INT
Aug 21	Thurs	8 am SJ	Gwen Twerdun	INT
Aug 22	Fri	8 am SJ	Pauline Bowcok	INT
Aug 23	Sat	9 am SJ	Celine Lockert	RIP
		5 pm SJ	Michael Gerard Francis Gallagher	RIP
Aug 17	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	BC CWL Life Members	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)
KOC (St James)	Council 4949: www.facebook.com/kofc4949
KOC (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, Michael Flahiff Eric Hoffbauer, 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 24, 2025

Isaiah 66.18-21
Ps 117.1, 2 (**R. Mk 16.15**)
Hebrews 12.5-7, 11-13
Luke 13.22-30



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

29. Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer. (St. Alphonsus Liguri)

Quote from St. John Vianney

"Do your work, not in order to grow rich or to win the approval of men, but for God's sake."



Sunday Offertory - Aug 10

Regular

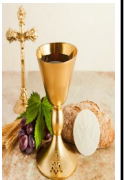
St James	\$ 3,906
OLOV	\$ 2,014
St Benedict	\$ 260

Thank you for your generosity.



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.



The Holy Father's Intentions for the month of August

For the mutual coexistence—Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethic, political, religious or ideological reasons.

Prayer Shawl Ministry

A Prayer Shawl is a tangible message of caring, it is simple, universal and enduring. St James Prayer Shawl Ministry began in 2010 with the support of the Catholic Women's League. Our Knitters/Crocheters have given over 500 shawls. We are always in need of those who would like to join our group. We meet on the first Thursday of the month from 1-3 pm in the Monsignor Miles Room. If you would like more information, call 250-542-8690

Catholic Book Club

We will conclude our discussion of Interior Castle on Aug 20, 2025. The next book study will begin on Sept 3, 2025; **Jesus and the Jewish Roots of Mary** by Brant Pitre. Meet at 9 am in the library in the rectory basement. All are welcome.



Prayer/Funeral Services

Agnes Marie Claire Nogue—Funeral—Tuesday, Aug 26 at 11 am—OLOV

George Wilson—passed away last week. *No funeral mass/service required as per the family.*

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

Enhance your life by committing one hour a week as an adorer. Drop-in visitor are always welcome.
We especially need adorers for these hours.
Mon 3-4 pm and 4-5 pm Tuesday 3-4 pm
Wed. 12-1, 2-3pm and 6-7 pm Thurs 12-1 pm
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

How Envy Prevents Happiness

By: Dr. Donald Demarco

Envy is the second of the Deadly Sins. It is particularly deadly because it is linked with pride, ranked first among the Deadly Sins. Envy is sorrow at another's good fortune. A proud person cannot bear the fact that someone else is better than he is in some way. Envy flows from pride. A person who thinks too highly of himself feels that another person is robbing him of his illusion of superiority.

Just as envy is rooted in pride, it is also a root of anger. A proud person is envious of others and that makes him angry. And so, the first three of the Deadly Sins combine to form a highly combustible disposition. Envy, nonetheless, is a prevalent as it is poisonous. It is ruinous to the soul.

Envy is played out between the sexes in a way that prevents men and women from becoming happy. Sigmund Freud, to his everlasting discredit, characterized women as suffering from "penis envy." Female psychologists fought back and characterized men as suffering from "womb envy," introduced by German American psychoanalyst Karen Horney, indicating that men might envy women's reproductive capabilities, especially motherhood. As a consequence, Horney argues, men strive to compensate through creative activities. Several other academics, especially feminists, supported the theory of "womb envy" and turned Freud's theory upside down.

In the Broadway musical *Annie Get Your Gun*, Annie and Frank spar with each other in a comic mixture of envy and pride: "Anything you can do I can do better, I can do anything better than you (Frank). No, you can't (Annie). Yes I can (Frank). No you Can't (Annie)," and so on. Envy is common, and sometimes comical, but it gets people nowhere.

If we replace envy with admiration, we get a different picture, one that does not keep the sexes apart, but actually unites them. Consider the words of the great Hungarian prelate, Cardinal Mindszenty:

The most important person on earth is a mother. She cannot claim the honor of having built Notre Dame Cathedral. She need not. She has built something more magnificent than any cathedral—a dwelling for an immortal soul, the tiny perfection of her baby's body.

Here, the Cardinal is not merely being chivalrous, but announcing something that a mother has experienced. The American journalist and social activist, Dorothy Day, has this to say concerning her own motherhood: "If I had written the greatest book, composed the greatest symphony, painted the most beautiful painting or carved the most exquisite figure, I could not have felt more the exalted creator than I did when they placed my child in my arms."

It is clear enough that Mrs. Day does not envy men. She is as happy as can be in her divinely blessed motherhood. When the troubadours sang their ballads to their fair damsels, it was not because they envied them, but because they were inspired by the feminine beauty they perceived. Men write poems to their ladies, not because they are motivated by envy, but because they were being true to their affection.

The fundamental problem with "penis envy" and "womb envy" is that in both instances, the whole person is lost. Only a fragmented person would be driven by a mere part of his body. Love is not something of the glands. It is an expression of the whole person. And it is precisely the whole person who experiences happiness. Envy and the other six Deadly Sins stand in the way of happiness because they are essentially despotic. They represent the phenomenon of the part rising up to overtake the whole.

This despotic activity of the part has been employed time and again in horror movies. The disembodied hand, for example, featured in several films, acts on its own and terrifies people. Frankenstein's monster operates without a heart as do zombies and other creatures that lack wholeness.

In Plato's *Symposium*, the idea is put forth that human beings at one time were androgynous, that is, a unification of both the male and the female. Then, According to the hypothesis, this being was cut in half, bisected (which is the etymology of the word "sex") into the male and the female. Love, then, is the search for one's missing part. The male searches for the female and vice versa.

The Christian model is close to what we read in the *Symposium*. The difference is that Christians do not believe that our soul was once bisected, and we now seek to be reunited with our missing part. Christians believe that the two sexes do belong to each other, but not as the reunion of wholeness, but as complementary individuals who are destined to be united in love. This complementary, however, cannot be realized without mutual respect for each other's differences. In other words, they must admire what is unique in each other and refrain from any hint of envy.

Envy is counterproductive. Be envying another's good fortune, we neglect the development of our own personalities. Furthermore, envy is blind. We may envy another because of his superior musical skills, for example, but we have no idea of the pains and problems that other person is experiencing. Avoid envy. Admire the accomplishments of others with an open heart. A mutual admiration society is not a bad idea. In fact, it is a road to happiness.

Source: Catholic Exchanged

Together in Prayer and Gratitude

A Farewell Blessing for Sister Maria Thanh

As we part ways, let us remain united in spirits, holding one another close in our prayers. On Tuesday, August 12th, Sister Maria departed for Vietnam, leaving Vernon with a heart overflowing with gratitude—a gratitude that will accompany her and be shared abundantly with her community.

Returning to her home at Our Lady Queen of Peace convent in the province of Dak Lak, Sister Maria carries not only her fond memories of Vernon but also the warmth and generosity she experienced here. Your kindness will ripple outward, touching many lives in her village and beyond.

With deepest thanks for your welcoming hearts and generous gifts, may we continue to lift each other up, no matter where our journeys lead. Let gratitude be the bridge that connect us, and prayer the gentle thread that binds our souls together.

With every blessing,
Fr Peter

Faith In Action Campaign 35

Campaign Assessment
34 (2024-2025)

Campaign Assessment
35 (2025-2026)

St James	\$41,987	\$41,546
OLOV	\$24,435	\$24,520
St Benedict's	\$1997	\$1,887

St James CWL Grocery Receipts

CWL is collecting receipts from Butcher Boys, Nature's Fare Markets & Buy-Low Foods. We are accepting Freshco grocery receipts on behalf of Vernon Jubilee Hospital Auxiliary.

These stores will donate back a percentage of the amount of the receipt. Please put your receipts in the white "Grocery Receipt Program" box located on the table in the vestibule of the main entrance of St. James Church.



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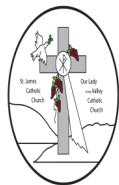
Vernon & Area Pro-Life Society

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Office: 250-545-5520 3105C 31st Ave

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Store hours - Monday to Saturday, 10am until 2pm

Store volunteers needed, or for \$20.00 yearly become a member. If you need help or support for you and your child, please call the office.



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

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