

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

2nd Sunday of Lent

March 01, 2026

FORMED

Our Parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

RCCV: St James 2607-27th Street Vernon BC

Access to this site is FREE!

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

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.

NOTES/REMINDER

- March 01—1st Sunday of the month—Food for the Poor
- March 01—KofC—Pancake Breakfast after 8:30 mass—Parish Centre
- March 5—Fill the Valley—OLOV at 6:00 pm
- March 26—Lenten Confession—St James at 6:30 pm
- March 27—KofC **"Fish Fry" \$25**—tickets available at the office and at both churches (after weekend mass)

***** On Monday, March 02nd at 7:30 am Donald's Machine will be installing the front entrance roof of St James Church. For your safety, please avoid using the front entrance of St. James Church while the installation is on going*****

Pastor	Rev Fr Peter Nguyen	250-542-1276
Parochial Vicar	Fr Henry Nwaimo	250-214-4060
	Sacred Heart, Lumby and St Benedict/St Theresa	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

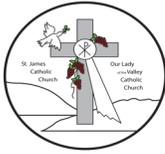
OFFICE

Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rcdk.org
Office Hrs.	8 am-2:pm	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 March

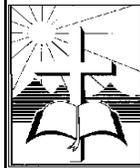
For disarmament and peace—Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

MASS INTENTIONS—March 02-08

March 02	Mon	8 am SJ	Radek Hysek	RIP
March 03	Tues	8 am SJ	Neil Brennan	RIP
March 04	Wed	8 am SJ	Private Intention	INT
March 05	Thurs	8 am SJ	Angela Mary King	INT
March 05	Fri	8 am SJ	Marcus Novel	RIP
March 07	Sat	9 am SJ	Georgette & David Elrick (60th Wedding Anniversary)	INT
		5 pm SJ	George Wilson	RIP
March 08	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Mieleen King	INT

PARISH MINISTRIES

CWL (St James)	7:00 pm 1st Tuesday of the month (Feb, 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:

March 08, 2026

Exodus 17.3-7

Ps 95.1-2, 6-7ab, 7c-9 (R. 7c+8a)

Romans 5.1-2, 5-8

John 4.5-15, 19-26, 39a, 40-42



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

54. Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace. (St. Pope Pius X)

Quote from St. John Vianney

"One day, our Lord said to St. Catherine of Sienna: "I want you to make a Retreat in your heart, and to come there to be alone with me and keep me company." Well, let us do the same..."



Last Sunday's Offertory

EFT (Jan) Electronic Fund Transfer

PAD (Jan) Pre-Authorized Debit

St James	\$ 3251	\$ 830	\$ 5775
OLOV	\$ 2457	\$ 1235	\$ 4043
St Benedict		\$ 20	



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.



Faith In Action Campaign 35 "Pilgrims of Hope"

Assessment Actual

St James	\$ 41546	\$ 54,965
OLOV	\$ 24520	\$ 40,003
St Benedict's	\$ 1887	\$ 4,300



LENTEN MASS and STATION OF THE CROSS at OLOV

Every Friday, mass will be celebrated at 11:00 am at OLOV, immediately followed by the Station of the Cross.

All are welcome—bring your family, friends and neighbors.

STATION OF THE CROSS at St. James 7:00 pm (every Friday during Lent)

Date	Ministry/Group to lead
February 20	CWL—St James
February 27	Parish Pastoral Care Ministry
March 06	St. James School
March 13	Knights of Columbus Council 4949—St James
March 20	Knights of Columbus Council 12202—OLOV
March 27	Fr. Peter

8 Tips for Spending More Time with Scripture This Lent

Step 1: Where to Begin

First, you need to determine where to begin, since the Bible is a collection of books from different genres and moments in history. If you haven't spent a lot of time with Scripture, you could work your way through one, multiple, or all of our four Gospels: Matthew, Mark, Luke, and John. The "Gospels have a special [preeminence, and rightly so, for they are the principal witness for the life and teachings of the incarnate Word, our savior? (*Dei Verbum*, 18). Beginning with the Gospels is an excellent way of preparing for Christ's mysteries.

Otherwise, you might consider some of the New Testament letters, or read through the Book of Job to contemplate suffering, or Exodus to consider the spiritual slavery of sin and the freedom that comes from God. You might also consider spending time with the Psalms, which are a collection of prayers expressing a wide range of human feelings in relation to God (*Verbum Domini*, 24).

Step 2: Start Apart the Time

Next, discern when best to spend time with the Lord reading the inspired Scriptures. Having a real goal of how you will make time for your Lenten observances is important. Appealing to St. Jerome, **Pope Benedict XVI** urged the frequent reading of Scripture. **Pope Leo XIV** said, "Sacred Scripture illuminates our lives in all circumstances and in every need...Therefore, I encourage you to read it everyday, especially the Gospels, and to know it ever netter under the guidance of the holy Spirit."

Step 3: Set a Reminder

Whether it is setting an alarm on your devices, similar to the role of church bells, or having written reminders, anyone that has worked hard to consistently develop a habit knows that it requires a lot of effort and help in the beginning.

Step 4: Don't get Discouraged by Scandal

While Scripture is "inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness" (**2 Tim. 3:16**), not every detail in Scripture is something to imitate. You will come across details of scandalous actions by famous biblical figures in their moments of sin. There is something to be learned from those moments, but their inclusion in Scripture is not a sign of God's tolerance of such actions. While there are details in Scripture that are explicit prescriptions for what to believe and how to act, some difficult details or events are descriptive of what fallen humans did within Salvation history.

Step 5: Embrace the Journey Towards Understanding

Not everything in Scripture is easy to understand. Sometimes it *seems* contradictory, but that does not mean it is contradictory. If Scripture is inspired, then either God made a mistake or the appearance of contradiction is due to something not yet resolved for the reader.

You don't need to settle every issue during this Lenten journey. The key is to remain within the Church: ask your priest questions, keep frequenting the sacraments, and keep learning the Faith. Benedict XVI taught:

*The Bible was written by the People of God for the People of God, under the inspiration of the Holy Spirit. Only in the communion with the People of God can we truly enter as a 'we' into the heart of the truth that God himself wishes to convey to us...An authentic interpretation of the Bible must always be in harmony with the faith of the Catholic Church. (*Verbum Domini*, 30)*

Step 6: Cultivate Your Interior Disposition

As you enter into the Scriptures and develop your routines, be mindful of how you read. Don't rush through it or approach it like entertaining novels, such as *The Lord of the Rings*. Practice acts and dispositions of reverence, wonder, and awe when reading Scripture, we come to know God as He revealed Himself in history (*Verbum Domini*, 18). St Jerome is known for saying 'ignorance of Scripture is ignorance of Christ,' which also means, knowing Scripture helps you to know Christ.

Step 7: Start Small

It may takes a few attempts to get the above going in any sort of routine. If you find it difficult, start small to establish routines. Eventually, you will want to move from intentions, scheduled, reverent readings of Scripture to occasions for more spontaneous, personal, prayerful readings. Pope Benedict XVI in *Verbum Domina* mentioned how the Church Fathers approached Scripture as a dialogue with God. He quotes St. Augustine: "Your prayer is the word you speak to God. When you read the Bible, God speaks to you; when you pray, you speak to God" (*Verbum Domini*, 86). He also recommends *Lectio Divina*. You can find many resources on this prayerful approach to Scripture on Catholic Exchange. ([Like this one!](#))

Step 8: Apply it to your Daily Life

As you grow in knowledge of, time spent, and prayer with Scripture, allow it to inform your day and how you live. People Francis explained that Scripture can be applied to daily life, but also that Scripture can help you discover the meaning of your experiences (*Aperuit Illis*, 4, 5). Think on it throughout that day, repeat ideas and phrases, return to things that came up in prayer, and discover how your day's thoughts, words, and actions can then become an extension of that dialogue with God.

The hope is that when you approach the Sacred Liturgies surrounding Holy Week and the Easter season, your Lenten observances have deepened your conversation away from sin and toward the Holy One, progressed your pilgrimage in and toward Him, and allowed the power of the resurrection to transform your way of seeing, thinking, and living.

By: Brandon Harvey—February 26, 2026

Source: Catholic Exchange

Catholic Book Club

On Wednesday, March 4 we will begin the discussion of our next book, **Unshakable** by Father Mike Schmitz, starting with a short video presentation. Meet at 9 am in the Monsignor Miles Hall. All are welcome

Easter Mass Schedule for 2026

	Holy Thursday (April 02)	Good Friday (April 03)	Easter Vigil (April 04)	Easter Sunday (April 05)
OLOV	7:00 pm	3:00 pm	7:00 pm	10:30 am
St. James		12:00 noon		8:30 am
St Benedict/ Theresa				1:00 pm 12 noon
Sacred Heart Lumby	7:00 pm	3:00 pm	8:00 pm	9:30 am

Note: NO! 7:00 pm mass on Easter Sunday

Barry Schick
General Manager
Email: bschick@acutruss.com



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