

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

Our Lady of the Valley
10102 Middleton Drive
Coldstream, BC

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

St Theresa's Church
15 Royal Rd
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

Easter Mass Schedule

	Holy Thursday	Good Friday	Easter Vigil	Easter Sunday
St. James	7:00 pm	3:00 pm	7:00 pm	8:30 am
				1:00 pm
OLOV		12:00 noon		10:30 am
St Benedict				12:00 noon
Sacred Heart	7:00 pm	3:00 pm	8:00 pm	9:30 am

Notes/Reminder

- **April 15—Tuesday, NO MASS at 8am (due to Chrism Mass in Kamloops) Mass will be at 5pm**
- **NO ADORATION**—Thursday April 17 and Monday, April 21
- April 19—**Blessings of Easter Basket** Holy Saturday—St James-10:30am
- April 27—**Divine Mercy Sunday**
*****Regular Bulletin Format will be returning next week*****

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

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.

Pastor Rev Fr Peter Nguyen 250-542-1276
frpeter@shaw.ca
Parochial Vicar Fr Henry Nwaimo 250-214-4060
Sacred Heart, Lumby and 250-547-9070
St Benedict/St Theresa
Permanent Deacon Deacon Paul Murphy 778-212-2020
(call or text)
Diocese Kamloops Office 635A Tranquille Rd 250-376-3351
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PALM SUNDAY OF THE PASSION OF THE LORD

APRIL 13, 2025
STARTS OF THE HOLY WEEK





Sunday Offertory - April 13

	Regular	CCODP
St James	\$ 4,723	\$4,821
OLOV	\$ 2,141	\$1,179
St Benedict	\$ 150	\$70

MASS INTENTIONS—April 14-20

April 14	Mon	8 am SJ	Hans & Hildegard Novelletto	RIP
April 15	Tues	5 pm SJ	Francisco Sapanta	RIP
April 16	Wed	8 am SJ	Private Intentions	INT
April 17	Thurs	8 am SJ	Jill & Jodie Hodgkinson	INT
April 18	Fri	8 am SJ	GOOD FRIDAY	
April 19	Sat	9 am SJ	HOLY SATURDAY	
		5 pm SJ	HOLY SATURDAY	
April 20	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	EASTER SUNDAY	

A CATHOLIC'S GUIDE to HOLY WEEK

Holy Week is the most important week in Catholicism. This week of great reverence and reflection spans the final eight days of Jesus' life—from Palm Sunday to Easter Sunday. It is astounding how much wisdom, insight and inspiration are available to us during this one week. Here is just a sample of what happens during Holy Week:

- **Palm Sunday**, Jesus triumphantly enters Jerusalem
- **Monday** of Holy Week, Jesus clears out the temple with a whip
- **Tuesday** of Holy Week, Jesus is anointed with oil at Bethany and preaches on the Mount of Olives
- **Spy Wednesday**, Jesus is betrayed by Judas
- **Holy Thursday**, Jesus celebrates the Last Supper, prays in the Garden of Gethsemane, and is arrested
- **Good Friday**, Jesus sentenced to death, scourged, beaten, crucified, and dies on the Cross
- **Holy Saturday**, Jesus is buried in the tomb and descends into hell
- **Easter Sunday**, Jesus rises from the dead

We are all trying to make sense of life. One way for us to understand our lives is to look at them through the great experiences that happen during Holy Week. Just try this exercise—at the end of every day, ask yourself, “What sort of day did I have today? Did I have an Ash Wednesday day, or did I have an Easter Sunday day? Did I have a Good Friday day, or did I have a Holy Saturday day?”

What defines those sorts of days? Good Friday is an easy one—it's a day of suffering and sacrifice. There are some days you get to the end of, and you feel like that's the kind of day you've had. What's Holy Saturday? It's a day of darkness, doubt, anxiety, confusion, and a day where faith is tested. What's Easter Sunday? It's a day of new life. Maybe there's a birth of a child in the family, and we see it as a miracle, gift from God.

We're trying to make sense of our lives, and God is constantly trying to help us make sense of them. These great moments in the life of the Church and the life of Jesus provide powerful lenses through which we can see our lives in a new way, expanding our understanding of ourselves and others.

Keep reading for more information about each day of Holy Week and simple, yet powerful ways to engage with each moment along the way.

What is Palm Sunday?

Every day of Holy Week is one step on a spiritual pilgrimage, and Palm Sunday is the day that pilgrimage begins.

Palm Sunday takes place one week before Easter and commemorates Jesus' triumphant entry into Jerusalem. Catholics carry blessed palm branches into church, symbolizing the crowd's welcoming gesture as Jesus rode into the city on a donkey. The Gospel readings recount the story of Jesus' death and passion, inviting us to reflect on his sacrificial love and the profound significance of Holy Week. You can reflect on this passage by reading the Gospel of Mark Chapter 11, verses 1-11.

How to Observe Palm Sunday

Celebrating Palm Sunday begins with a uniquely powerful experience of Mass. This particular Mass includes two incredible readings from the Gospels. As Mass begins, we hear the account of Jesus triumphantly entering Jerusalem on a donkey and being praised by massive crowds. It is a special opportunity to begin a spiritual pilgrimage toward Easter.

Then, during the Liturgy of the Word, we dive into the entire Passion account. Many parishes present this account in an interactive format: the priest reads Jesus' lines, lectors narrate and read the parts of many characters, and everyone in the pews reads the part of the crowd. As you listen, place yourself there in the story. Imagine the sights and sounds. Who do you resonate with? What words or phrases stick out to you? It is a particularly long reading, so try to focus on the one thing God is trying to say to you.

At Palm Sunday Mass, you'll also receive blessed palm branches. Many people keep these palm branches all year, using them as a religious decoration in their home or weaving them into a cross shape. Since palm branches are a blessed item, they should not be thrown in the trash. If you do not want to keep your branch, you can return it to the church where it will be burned for ashes to following Ash Wednesday!

What is the Chrism Mass?

The word *Christ* means *Anointed One*. Many of the most significant moments in the life of a Catholic are marked by a special anointing. For instance, the Sacraments of Baptism, Confirmation, Holy Orders and Anointing of the Sick all use sacred oil to symbolize our union with Jesus and the outpouring of his grace.

All of that oil is set apart, blessed and distributed at the Chrism Mass.

Many dioceses celebrate the Chrism Mass on Tuesday, Wednesday, or the morning of Holy Thursday. During the Chrism Mass, the Oil of the Sick (used during the Sacrament of the Anointing of the Sick), the Oil of Catechumens (used during the Sacrament of Baptism), and the Chrism oil are consecrated by the Bishop. Large vessels of oils are carried to the altar for the blessings and consecration of Chrism, which is a mixture of oil and balsam. After Mass the oils are distributed to representatives of each parish. The oils are taken back to the parishes and used for the Sacraments throughout the year.

But that's not all. Another important moment of the Chrism Mass is that every priest within the diocese renews his priestly promise. We're also invited to pray for all priests and their ministry.

What is Holy Thursday?

What did Jesus do on his final night on earth? The Gospels are aligned. Jesus gathered together his closest friends for the Last Supper.

Holy Thursday is the first day of the Easter Triduum, the most sacred days of the Catholic faith. It begins with the Mass of the Lord's Supper, commemorating the last Supper celebrated by Jesus and his disciples on the Jewish holiday of Passover. It's not a Holy Day of Obligation, but many Catholics attend Mass. During this Mass, the priest washes the feet of some members of the parish in memory of Jesus washing the feet of his disciples.

But perhaps the most significant thing that happened on Holy Thursday was that Jesus instituted the Sacrament of the Eucharist.

In the words of Saint Luke, “And when the hour came, he sat at table, and the apostles with him. And he said to them, ‘I have earnestly desired to eat

this Passover with you before I suffer.’ And he took bread, and when he has given thanks he broke it and gave it to them, saying, ‘This is my body which is given for you. Do this in remembrance of me.’ And likewise the cup after supper, saying, ‘This cup which is poured out for you is the new covenant in my blood.’” (Luke 22:14-16; 19-20)

Jesus was clear. “This is my Body. Eat it.” And “This is my Blood. Drink it.” “Do this in remembrance of me.” It’s not a symbol or a metaphor. It’s a cleat and direct command. Jesus impresses upon his disciples that this is a sacred meal of his Body and Blood and that they should continue this practice after he is gone.

For over two thousand years, Catholics have taken Jesus at his word and obeyed the command he gave on his final night through the sacred ritual of the Mass.

How to Observe Holy Thursday

Since it’s the anniversary of the Last Supper, Holy Thursday is the perfect time to attend Mass. Some Catholics follow a beautiful tradition after Mass where they visit Jesus in the Eucharist at seven different churches in their area. Another way to celebrate Holy Thursday is to attend Adoration and spend time meditating on the gifts of the Eucharist. Jesus has given himself completely to you. Will you give yourself to him?

A Prayer for Holy Thursday

Jesus, Draw us nearer to you than ever before. Inspire us to spend time with you in the tabernacle. Fill us today with a whole new love and respect for the power of the Eucharist. Lord, take our miniscule understanding of what the Eucharist is and what it can do to a whole new level.

Jesus, help us realize what we are really hungry for in our lives today and give us the wisdom to realize that you want to feed our deepest needs with the Eucharist. Help us remain close to you as we prepare for Easter. And bless us in ways unimaginable. Amen

Why is it called Good Friday?

Good Friday is the day Jesus tortured, mocked, crucified, and died. It was a day of incredible suffering and hatred—so why do we call it *Good* Friday?

We call it *Good* Friday because the suffering and sacrifice of Jesus saved us from our sins. And even though it was an incredible tragic day, it was one of the greatest days in history.

As it says in Isaiah, “He was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed.”

There is no part to happiness in this life unless you can make sense of suffering, and Christianity is the only religion or philosophy that understands the transformative value of suffering. While the whole world is doing everything it can to avoid and drown out their pain and suffering, we are reminded each Sunday at Mass that our pain and suffering have tremendous value when united to the pain and suffering of Jesus on the Cross.

Separated from Jesus, our pain and suffering become meaningless, and that is why life is so depressing for so many in a world that has rejected God and the idea that suffering has value. Willing sacrifice out of love is a path most people have never tried. And it is a path that is essential if we are going to find our way back to thriving in the world.

How to observe Good Friday

One powerful way to remember Good Friday is by maintaining silence throughout the day, especially between 12 pm and 3 pm (when Jesus was on the Cross). Although there is no Mass, many people still visit their church to attend a [Stations of the Cross](#) service. You could also spend time meditating on the Passion of Jesus by reading the Passion accounts in the Gospel or watching a movie adaptation like *The Passion of the Christ*.

A Prayer for Good Friday

What was Jesus hoping to achieve by dying on a cross? What gave him courage and perseverance to go through with it? There are many answers, but consider this: he hoped his life and death would change what people placed at the center of their lives. What’s at the center of your life? Money, sex, food, drugs, shopping, image, ego, social media, your phone—or the love of God?

This Good Friday, let the death of Jesus rearrange your priorities like never before. Start by talking some time in prayer, reflecting on how he might be inviting you to bring him more fully into the center of your life:

Jesus, You give and take according to our needs and your wisdom. On this dark day you laid down your life to give us all a fresh start, a new beginning, and a never—ending stream of marvelous grace and beautiful mercy.

Give us the wisdom, Jesus, to use the minds you gave us to think for ourselves; teach us to develop and listen to our conscience; fill us with courage to stand up for justice and do exactly what you are calling us to do.

When we suffer ourselves, help us to offer that suffering to you. Teach us to carry our cross, remind us to go to you with our pain, and re—energize us with hope when we are ready to give up.

Jesus, today on Good Friday, we pray for anyone who is suffering physically. We ask you to fill them with the rare grace necessary to see and experience suffering as a way to get closer to you. We pray for all those we have wronged in our lives, and for those who have wronged us. We also pray is a special way for everyone who will die today. Hold them in their transition from this life to the next and comfort their loved ones as you comforted and consoled so many people while you walked on the earth. Amen

What is Easter Sunday?

Easter Sunday is the day we celebrate Jesus’ Resurrection. It is the most important day in history.

The whole world changed on Easter Sunday. It was an earth—shattering, life changing, history event, and the ultimate proof that Jesus truly is God. Catholics have been celebrating Easter Sunday for over 2,000 years.

How to Celebrate Easter

Easter is not just one—day celebration; it’s an entire season! The time of celebration begins on Easter Sunday and goes all the way through to Pentecost.

As Catholics, the one thing we do more than anything else is celebrate. We celebrate life, death, new life, and eternal life. We celebrate education, innovation, discovery, love, truth, beauty, goodness, forgiveness, reconciliation, unity, family, and new life. We are a People of celebration. And there’s the thing—you become what you celebrate. If you celebrate death and destruction, you will become death and destruction. If you celebrate life and creativity, you will become life and creativity. The Church’s constant invitation is to celebrate the right things with great vigor, enthusiasm, and regularly.

There are so many ways to celebrate Easter. The world celebrates with chocolate eggs, the Easter Bunny, and parties. While Catholics might join in on these festivities, that’s not where the celebration ends. First and foremost, Catholics celebrate Easter by attending Mass on Easter Sunday or the Vigil Mass on Holy Saturday. Another great way to celebrate is to read the accounts of the Resurrection in the Gospels and spend time in prayer, meditating on the scenes. How would you respond to the empty tomb? Who’s the first person you would tell? Third, reflect on how God is inviting you to bring new life into your relationships, your faith, and your community this Easter Season.

A Prayer for Easter Sunday

What is it in your life that needs to be resurrected this Easter? Perhaps it’s a relationship, maybe it’s your personal finances, perhaps it’s your health, or maybe it’s your career or spirituality. Bring it all to Jesus in prayer on Easter and you’ll be amazed at how he fills you with new life!

Jesus, Unleash the power of the Resurrection in my life today. Resurrect the area of my life that needs it today. Help me to stop resisting your grace, stay out of your way, and let your work in me and through me in whatever ways you want.

Jesus, you have conquered death and hatred with love. Teach me to do the same in some small way in my own life. Give me the courage to love when I feel rejected, ignored, unappreciated, forgotten, and taken for granted.

Thank you, Jesus. I pray I never let a day pass without these words crossing my lips. Jesus, on this Easter we pray for all those who have lost faith in you, and for anyone who has never encountered you in a way that allowed them to embrace you.

May the power of your Resurrection reignite faith in my life, in the lives of all those I love, and in the lives of the entire Church. Amen

Source: Dynamic Catholic



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