

**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

## 5th Sunday of Easter May 03, 2026

### FORMED

Our Parish has a FORMED subscription.  
Visit [signup.formed.org](http://signup.formed.org) and select our parish name.

RCCV: St James 2607-27th Street Vernon BC

Access to this site is FREE!

| <b>St James</b>           |              |                               |
|---------------------------|--------------|-------------------------------|
| Daily Mass                | Mon-Fri      | 8:00 am                       |
|                           | Saturday     | 9:00 am                       |
| Reconciliation            | Saturday     | 9:30-10:30 am<br>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

- May 03—1st Sunday of the month—Food for the Poor
- May 07—Fill The Valley—OLOV—6pm
- May 10—Kof C4949 Mother's Day Pancake Breakfast (at Parish Centre)
- May 16—KofC 12202—Yard Sale (See details)
- May 16—Msgr Jerry Desmond 60th Anniversary Ordination (Kamloops) see details
- May 24—Pentecost Sunday
- June 06—"Padre Night" Msgr Jerry's 60th anniversary (Vernon) see details

|                                |  |                              |
|--------------------------------|--|------------------------------|
| <b>Pastor</b>                  | Rev Fr Peter Nguyen  | 250-542-1276                 |
| <b>Parochial Vicar</b>         | Fr Henry Nwaimo<br>Sacred Heart, Lumby and<br>St Benedict/St Theresa | 250-214-4060<br>250-547-9070 |
| <b>Permanent Deacon</b>        | Deacon Paul Murphy   | 778-212-2020(call or text)   |
| <b>Diocese Kamloops Office</b> | 635A Tranquille Rd<br>Kamloops, BC V2B 3H5                           | 250-376-3351                 |

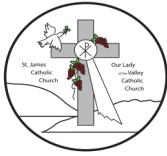
#### OFFICE

|             |              |  |
|-------------|--------------|--|
| Telephone:  | 250-542-1276 | <a href="http://www.rccv.org">www.rccv.org</a>                     |
| Email:      |              | <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a> |
| 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](http://www.stjamesvernon.com)  
[office@stjamesvernon.com](mailto:office@stjamesvernon.com)  
[www.rcdk.org/ascend-online-school](http://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 May**

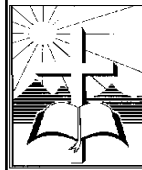
*That everyone might have food*—Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

**MASS INTENTIONS—May 04-10**

|        |       |               |                              |     |
|--------|-------|---------------|------------------------------|-----|
| May 04 | Mon   | 8 am SJ       | Linda Routley                | INT |
| May 05 | Tues  | 8 am SJ       | Bev Doyle                    | RIP |
| May 06 | Wed   | 8 am SJ       | Private Intentions           | INT |
| May 07 | Thurs | 8 am SJ       | Jason Wojcik                 | INT |
| May 08 | Fri   | 8 am SJ       | Harry Doyle family           | INT |
| May 09 | Sat   | 9 am SJ       | George & Margaret Hodgkinson | INT |
|        |       | 5 pm SJ       | Bodo Niedballa               | RIP |
| May 10 | Sun   | 8:30 am SJ    | SJ Parish Families           | INT |
|        |       | 10:30 am OLOV | OLOV Parish Families         | INT |
|        |       | 7 pm SJ       | Giovanni Cuglietta           | 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 & Nov)   |
| KofC (St James)                    | Council 4949: <a href="http://www.facebook.com/kofc4949">www.facebook.com/kofc4949</a>   |
| KofC (OLOV)                        | St Teresa Council 12202: <a href="http://www.kofc12202.ca">www.kofc12202.ca</a>  |
| 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<br>Email: <a href="mailto:ppstjames@gmail.com">ppstjames@gmail.com</a> |
| Parish Pastoral Council (OLOV)     | Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence<br>Email: <a href="mailto:ppcoulady@gmail.com">ppcoulady@gmail.com</a>       |
| Parish Pastoral Care Ministry      | Contact the Parish Office<br>Email: <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>                           |



**Next Sunday's Readings:**

**May 10, 2026**

Acts 8.5-8, 14-17  
 Ps 66.1-3a, 4-5, 6-7a, 16+20 (R.1)  
 1 Peter 3.15-18  
 John 14.15-21



**SERRA CLUB of KAMLOOPS DIOCESE**

*Holy Hour—for Vocations*

62. You will find visits to the Most Blessed Sacrament very conducive to increase in your Divine Love. (St. Mary Magdalene of Pazzi)

**Quote from St. John Vianney**

“The Apostles reflect Jesus Christ’s zeal and love for souls.”



|             | Last Sunday's Offertory | 2nd Collection Vocation | PAD (April) Pre-Authorized Debit |
|-------------|-------------------------|-------------------------|----------------------------------|
| St James    | \$ 2902                 | \$ 1824                 | \$ 5795                          |
| OLOV        | \$ 1501                 | \$ 465                  | \$ 3915                          |
| St Benedict | \$ 190                  | \$ 85                   |                                  |

**Prolife Nondenominational Memorial Prayer**

Thursday, May 14th  
 Cenotaph from 12 noon to 1pm

Everyone is welcome!

**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](mailto: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  |

**Catholic Book Club**

**On Wed May 13** we will begin the discussion Scott Hahn's **Lord Have Mercy: The Healing Power of Confession**. Please read the first 3 Chapters. Meet in the Monsignor Miles Hall at 9 am.  
 All are welcome.

**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 2-3 pm, 3-4 pm and 4-5 pm Tuesday 3-4 pm  
 Wed. 12-1 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](mailto:adorationstjames@gmail.com)

## **Meditation for the Fifth Sunday of Ester: Christian Spirituality**

The glorification of Christ was not completed by His resurrection from the dead. He goes to the Father also as a man, that He may take possession of His throne and, as the glorified Savior, share with God dominion over the world. "Sing ye to the Lord a new canticle" (Introit). He withdraws His visible presence from His disciples and from His Church that He may send them the Holy Spirit in His place. But by means of the Holy Spirit, He will always remain with them invisibly and spiritually. "If I go not, the Paraclete will not come to you; but if I go, I will send him to you" (Gospel).

"I go to him that sent Me" (Gospel). Jesus withdraws His visible presence from His disciples and from His Church. They must free themselves from their attachment to His human form; they must give up the comfort and the solace of having Him physically near them and associating with Him. They, too, must become spiritualized. Then only can He send them His Holy Spirit and make them bearers of the Spirit. They must acquire the strength of the Spirit if they are to become the rulers of the world and comfort mankind in all its trials and difficulties. "I go to Him that sent me." This is a call to become more spiritual, to become detached from all that is worldly.

In our piety we all too often act in a manner that is not spiritual, even with our Lord. We long for His sensible presence, for sensible devotion. We wish to have Him speak to us audibly and give us real visions or some tangible manifestation of His love; we long for sensible graces and consolations of many sorts. This is an unsound sort of spirituality, based on sensible devotion. But Christ tells us, "it is expedient to you that I go. "We must become more spiritual: that is the lesson taught by the liturgy during the time before Pentecost. We are taught that we must lift up our hearts to the glorified, heavenly Christ, and free ourselves from all that is perceptible to the senses, and live for the life above. We must seek a spirituality based on the spirit of faith and on a determined effort to overcome all our selfish desires and tendencies. Our spirituality must be based on a love that attends to God alone and occupies itself entirely with what comes from Him and leads to Him. "It is expedient to you that I go; for if I go not, the Paraclete will not come to you."

"I will send Him to you." Jesus leaves us; but since He is no longer bodily present, He sends us His Holy Spirit. He merited for us this greatest of all God's gifts, the Holy Spirit, through His suffering and death. Now He ascends into heaven that He may send Him to us as our comforter to take His place. But the Holy Spirit has not come to protect us from all suffering and adversity, from temptation and difficulties. He comes rather to fill us with the strength to live and work for Jesus under all circumstances; that is, to work in the spirit of truth and humility. He comes to help us live in voluntary poverty, humility, and suffering. In a word, the Holy Spirit comes to help us conform our lives perfectly to the life of Christ. The Holy Spirit induces us to live in Jesus and for Jesus. He makes us witnesses (martyrs) and this spirit we gladly embrace ridicule, injustice, suffering, the loss of our possessions, and even the loss of our life. How much we stand in need of such a helper and comforter! How fervently we should pray during this week that God may send this blessed comforter to us and to His Church!

With the newly baptized we perceive the sensible presence of the Lord in the great festivities and symbols of Easter day. Now the liturgy seeks to lead us from the joy of Easter back to the struggle and the sufferings of the world. She seeks to anchor our hearts in heaven, to elevate them above attachment to the world and the love of mere temporal things. She seeks to lift our hearts to heaven, "where true joys are to be found" (Collect). For us who are Christians, a higher world, a world of eternity, is the one reality. To help us reach that world, the glorified Lord sends us the Holy Spirit. We long for His coming and cry without ceasing: *Veni, Sancte Spiritus*: "Come, Holy Spirit, and fill the hearts of Thy faithful."

The most effective means of acquiring true Christian spirituality is through participation in the Mass. We must renounce our personal, human, egotistical spirit, and rid ourselves of all that is worldly and transient. For this reason we receive the Holy Eucharist, which is the spiritualized and glorified flesh and blood of the Lord, who pours forth the wealth and the riches of the Holy Spirit upon us.

- Benedict Bauer, O.S.B, from *The Light of the World*, Vol II, Fourth Sunday after Easter

## **Annual Parish Yard Sale KofC 12202 Chapter (OLOV) May 16, 2026 (7am—2pm)**

This is an important fund raiser for our Council! Lots of great stuff! Concession stand featuring "real" Costco hotdogs, drinks & snacks & treats! This is a wonderful community event!

For more information please contact Nicholas Rasquinha at 250-307-6777 or email [nprasquinha@hotmail.com](mailto:nprasquinha@hotmail.com)

## **St. Joseph's CWL—Armstrong "ELVIS LIVE" June 07th—1:30 pm**

St. Joseph's CWL in Armstrong is sponsoring a Matinee performance featuring "Elvis Live"! You are invited to join us for an amazing live performance. Tickets are \$20 for adults and children under 12 are free. Bring your own refreshments and snacks to enjoy a great afternoon of music.

Call Mary at 403-507-9214 and get your tickets early!  
A great Mother's Day idea!

## **Meet and Greet—POSTPONED until June 07th (Newly Registered Parishioners of St. James Parish)**

**Sunday, May 03rd**

after the 8:30 am mass -Parish Centre

Please RSVP to confirm your attendance to your Welcome Committee:

\* JoAn Davidson [jnjdairy@hotmail.com](mailto:jnjdairy@hotmail.com)

\* Lorena Clowes [lorenabc@telus.com](mailto:lorenabc@telus.com)

## **Vernon & Area Pro-life Society Scholarship Opportunity**

Vernon & Area Pro-Life Society is offering a \$1,500 scholarship for a 2026 Grade 12 graduating student. For an application email [prolifescholarship@gmail.com](mailto:prolifescholarship@gmail.com).

Deadline is May 22.



## **Knights of Columbus 4949 Mother's Day—Pancake Breakfast**

Sunday, May 10th —come and join us at the Parish Centre after 8:30 am mass at St. James.

## **Msgr. Desmond's 60th Anniversary of Ordination—Celebration**

**Saturday, May 16th**

Our Lady of Perpetual Help (Kamloops)

Tickets: \$45 per person (available at the parish office)

or

Online: <https://forms.gle/8JqPttd7hM42amKBA>


Deadline: May 05th

**Saturday, June 06th**

St. James Parish Centre (Vernon)

(Details to follow)

**Barry Schick**  
General Manager  
Email: bschick@acutruss.com



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3102 31<sup>st</sup> Ave  
Store 250-545-0777 Office 866-289-4715

Donations - the store accepts good quality clothing, household items, books, etc.  
Store hours - Monday to Saturday, 10am until 2pm  
Store volunteers needed  
For \$20.00 yearly become a member. If you need help or support for you and your child, please call the office.

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**STAY INFORMED ON EVENTS. GET INVOLVED.**

**VISIT OUR REFRESHED WEBSITE**

**[www.rccv.org](http://www.rccv.org)**

**ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)**

**INTERAC/E-TRANSFER DONATIONS**

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OLOV [givingolov@rccv.org](mailto:givingolov@rccv.org)  
St Benedict [givingstbenedict@rccv.org](mailto:givingstbenedict@rccv.org)

**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.