

**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

## 21ST SUNDAY IN ORDINARY TIME

**AUGUST 24, 2025**

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



### Faith In Action Campaign 35 (2025-26) "Pilgrims of Hope" Campaign Assessment

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

### Notes/Reminder

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

### 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

### INTERAC/E-TRANSFER DONATIONS

St James	givingstjamesvernon@rccv.org
OLOV	givingolov@rccv.org
St Benedict	givingstbenedict@rccv.org

### OFFICE

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

### 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.

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

**St James School**  
2700 28th Avenue  
Vernon, BC V1T 1V7

Melanie Inzunza — Principal  
(250) 542-4081  
Ascend Catholic School Online

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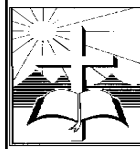


### MASS INTENTIONS—Aug 25-31

Aug 25	Mon	8 am SJ	John Toporchak	RIP
Aug 26	Tues	8 am SJ	Ceferino Calantuan	RIP
Aug 27	Wed	8 am SJ	Ann Jubenvill	RIP
Aug 28	Thurs	8 am SJ	Frank Flasch	RIP
Aug 29	Fri	8 am SJ	Dale Hofer	INT
Aug 30	Sat	9 am SJ	Betty Colineri	INT
		5 pm SJ	Ann Jubenvill	RIP
Aug 31	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Carmela Cuglietta	RIP

### 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: <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, Michael Flahiff Eric Hoffbauer, Lorena Clowes Email: <a href="mailto:ppcstjames@gmail.com">ppcstjames@gmail.com</a>
Parish Pastoral Council (OLOV)	Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence Email: <a href="mailto:ppcoulady@gmail.com">ppcoulady@gmail.com</a>
Parish Pastoral Care Ministry	Contact the Parish Office Email: <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>



### Next Sunday's Readings:

**August 31, 2025**

Sirach 3.17-20, 28-29  
Ps 68.3-4, 5-6a, 9-10 (R. 10)  
Hebrews 12.18-19, 22-24a



### SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

*30. There is no doubt that a flood of graces will descend upon your family and the world if more souls would become docile pupils of adoration. (Blessed Pope John XXIII)*

### Quote from St. John Vianney

*"The first thing about the angels that we ought to imitate, is their consciousness of the Presence of God."*



### Sunday Offertory - Aug 17

#### Regular

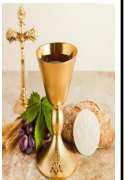
St James	\$ 4,266
OLOV	\$ 2,938
St Benedict	\$ 290

*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](mailto:stjamesvernon@rcdk.org) for Pastoral Care.



### 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

The next book study will begin on Sept 3, 2025; Jesus and Jewish Roots of Mary by Brant Pitre. Please read Chapters 1 and 2. Meet at 9 am in the library in the rectory basement. All are welcome.

### St James CWL Grocery Receipts

St. James CWL thanks everyone who is donating grocery receipts. For the six months ended, June 30, 2025, we have earned \$776 cash back from Nature's Fare Markets. \$400 in gift cards from Butcher Boys and \$80 in gift cards from Buy-Low Foods. To participate please drop your receipts for Nature's Fare Markets, Butcher Boys, and Buy-Low Foods into the white "Grocery Receipt" box located on the table in the vestibule of St. James' main entrance. We accept Freshco grocery receipts on behalf of Vernon Jubilee Hospital Auxiliary. Any question contact Amy at 250-308-9612.



### Funeral Service

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

### 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 adoror. 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](mailto:adorationstjames@gmail.com)

## Forgiveness is Required of Us

By: Constance T. Hull

One of my students told me a story about a project he did for his ethics class last year. He brought out a crucifix, placed it in front of the class, and talked about our call to forgive. He shared how Jesus forgives us is everything we do when we turn to Him, so we are required to forgive those who hurt us. The response from the students was passionate and intense wrath. They couldn't imagine forgiving the people who had hurt them. They didn't believe they had an obligation to forgive, believing instead that they had a right to demand punishment. The lesson of the cross and the call to forgiveness was totally lost on his interlocutors.

This is the state of our culture. One of the most prominent and obvious symbols of our age that demonstrates these students' sentiments is the closed strong-arm fist. Symbols matter because that tell us about deeper realities. In many ways this symbol is the antithesis of Christ Crucified. He opened His palms willingly out of love for us. He accepted the nails and was pierced for our transgressions. He reveals to us on the Cross that it is powerlessness in the face of evil and wickedness that so often conquers in the Kingdom of God.

Nihilistic power and dominance are in the very water we drink and air we breathe. Our "superheroes" are not particularly virtuous. They are the ones with more power and do whatever it takes—even if it brings destruction—to win. When young people have been raised on these myths and the power politics of our day, can we be surprised that forgiveness is foreign to them?

We are surrounded by unforgiveness and a culture increasingly devoid of mercy. The impacts of this reality are being felt as vengeance, cancel culture, and greater violence erupt in response to different events. My student uncovered a deeper reality undergirding his generation when he stepped in front of his class to share the forgiveness of Christ. They didn't want the perceived weakness of Christ Crucified; they want the strong arm of nihilistic power and vengeance.

He tried to reason with them and called them to consider the healing power of forgiveness, but they would not listen. The question of how weakness is better than raw power and vengeance has plagued mankind since the fall. These students wanted no part in it and could not be convinced that they had any obligation to forgive those who had hurt them. This will not bode well in the future as vengeance becomes the order of the day.

Forgiveness of those who harm us is a non-negotiable for disciples of Christ. It is the hardest of all His commands to us. How can it be that we must forgive those who abuse, abandon, reject, or persecute us? When we view this question within the framework of the eyes of faith, we see how this must be the way if we want to enter the Kingdom of Heaven. The Lord Himself has forgiven us for our transgressions. Each one of us caused His death on the Cross. Our sins are no less scarlet than those who hurt us.

On an even deeper level, it becomes clear that forgiveness leads to true freedom. The closest I have ever felt to hell was when I was battling wrath and unforgiveness against different people. It does not overlook the pain they cause me or the sins committed. But the strong arm and closed fist are the path to slavery, not freedom. Unforgiveness leaves us locked in a cycle of wrath, hatred, and bitterness. We cling—closed fist—at retribution, or in most cases, vengeance.

While justice is a virtue, and ought to be sought after, it is often not possible in a fallen world. This is why the Lord shows us through His crucifixion the path to mercy as the solution to our desire for vengeance. Justice ultimately belongs to God, and no one will be spared from His judgement. To forgive we must relinquish our desire for control and satisfaction and entrust others to God's mercy and judgement. In a very real sense, we must surrender to the Cross. We must open our palms and allow the nails to penetrate our flesh in order to forgive the offenses others commit against us.

The Cross is true freedom. It is the relinquishment of self and loving surrender to the Lord who loves us. When we forgive, we free ourselves and the other person. Often, when we are willing to forgive others, we discover that reconciliation is easier. Someone has to put their raised fist down in order for peace and healing to take place. As long as people are locked in a battle of wills and vengeance, conflicts will continue.

True power is won in forgiveness. It supplies the strength and peace that surpasses all understanding. Those trapped in wrath and hatred are powerless against the love and mercy given to them by a forgiving person. Their flaming arrows become useless and fall to the ground when they come into contact with the love and mercy of Christ flowing through each one of us.

It is not easy to forgive, and it is a gift of grace to be able to do so, but the truth of the matter is: we are required to forgive. The Lord tells us we will be forgiven in the measure we forgive. In last week's parable of the king taking account of his servants in Matthew 18, he goes so far as to say that, if we do not forgive, we will be cast into the hellfire. Why? It is forgiveness that is divine, not vengeance and hatred. A soul marred by forgiveness is already being dragged towards hell by demons in this life, which means turning away from the Lord and in on themselves in darkness. We cannot enter the Kingdom of Heaven in this state. It is impossible.

Our culture is in desperate need of our Christlike witness to forgiveness. If we are to be peacemakers—as we are called to through the Beatitudes—then we must pray for the grace to forgive and wage the battles to relinquish our desire for vengeance—and even justice—on those who have hurt us. It doesn't mean we have to let them go and open ourselves to be crucified spiritually with Christ. Forgiveness is a crucifixion of our own desires and ego. It leads us to love like Christ.

If it is difficult to forgive right now, pray these words from Fr. Gabriel of St. Mary Magdalene, O.C.D. and then trust that the Lord will give you the necessary graces to do so:

*In order to obtain forgiveness, I shall forgive; I shall pardon others, and I shall be pardoned. Because I wish to receive, I shall give, and it shall be given to me.*

*If it is hard for me to forgive someone who has offended me, I shall have recourse to prayer. Instead of repaying with more insults, I shall pray for the guilty one. When I fell like giving him a harsh answer, I shall speak to you, O Lord, in his favor. Then I shall remember that you promise eternal life, but You command us to forgive others. It is as if You said to me, "You who are a man, forgive other men, so that I, who am God can come to you" (St. Augustine).*

Source—Catholic Exchange August 21, 2025

## Thank You for Participating in the St. James Parish Ministry Survey

A heartfelt thank you to everyone who generously responded to the St. James Parish Ministry Volunteer Survey. Your willingness to share your time and talents is a great blessing to our parish, and we are truly grateful for your support and enthusiasm.

You can expect to be contacted in late September with information about the ministries you selected. We look forward to welcoming you into these roles and will provide all the details you need to begin serving our community.

If you missed the survey, it is not too late! Extra copies are available at St. James. Simply return your completed survey to the parish office or just drop it in the collection basket at mass—your participation is always welcome.





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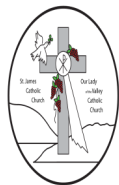
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## Mission Statement:

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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