

**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

## 3rd Sunday of Lent

### March 08, 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
		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 22-28—OLOV Diocesan Adoration (Friday, March 27th Special Mass Adoration from 11 am until noon)
- **March 22—2nd Collection—Share a Lent**
- 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)
- April 05—1st Sunday on the month—Food for the Poor
- April 09—Fill the Valley—OLOV at 6:00 pm

**\*\*\*Note starting Tuesday, March 10th—until April 17th the Parish Office will have a short hours from 8am to 1:30 pm. If you need immediate assistance please contact Fr. Peter directly.\*\*\***

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

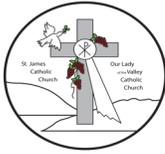
### **OFFICE**

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.	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](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 March**

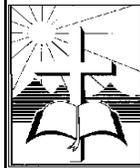
**For disarmament and peace**—Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

**MASS INTENTIONS—March 09-15**

March 09	Mon	8 am SJ	Neil Brennan	RIP
March 10	Tues	8 am SJ	Private Intention	INT
March 11	Wed	8 am SJ	Ark Banasek	RIP
March 12	Thurs	8 am SJ	Cindy Frano	INT
March 13	Fri	8 am SJ	Modesta Calantuan	RIP
March 14	Sat	9 am SJ	Robert Engel	RIP
		5 pm SJ	Colin Burke	RIP
March 15	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Vergenia Stancati	RIP

**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: <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 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:**  
**March 15, 2026**

1 Samuel 16.1b, 6-7, 10-13  
Ps 23.1-3a, 3b-4, 5, 6 (R. 1)  
Ephesians 5.8-14  
John 9.1-41



**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**

*"There is nothing easier then to pray to God and nothing is more comforting."*



**Last Sunday's Offertory**

**EFT (Jan) Electronic Fund Transfer**

**PAD (Jan) Pre-Authorized Debit**

St James	\$ 4375	\$ 830	\$ 5775
OLOV	\$ 2623	\$ 1235	\$ 4043
St Benedict	\$ 455	\$ 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](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



**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](mailto:adorationstjames@gmail.com)

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

Date	Ministry/Group to lead
March 13	Knights of Columbus Council 4949—St James
March 20	Knights of Columbus Council 12202—OLOV
March 27	Fr. Peter

## From the Gospel of the 3rd Sunday of Lent, Year A

Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." (Jn 4:13-14)

\*\*\*\*\*

The Church begins the second phase of Lent—an extended meditation on Baptism—with one of the key gospel passages that were taught to the catechumens of the early Church as the prepared to receive the sacraments of initiation at the Easter Vigil: Baptism, Confirmation and the Eucharist. Today's story of Jesus and the Samaritan woman, the longest dialogue in the four gospels, is such an important moment in the Forty Days that, although other gospel passages are appointed for this Sunday in years B and C of the Lectionary cycle, the Church asks that, in those years, this Gospel of "living water" be read on one weekday of the following week. Those who will be called to renew their baptismal promises at the Easter Vigil, as well as those being baptized or received into the full communion of the Catholic Church, are being addressed by the Lord in a special way today through his dialogue with the foreigner from whom he asks a drink of water: a conversation that teaches the entire Church something very important about prayer.

- George Weigel, *Roamn Pilgrimage: the Station Churches*

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### Commentary on the Mass Readings for the 3rd Sunday of Lent

The **First Reading** is taken from the Book of *Exodus 17:3-7*. The Israelites, the Chosen People of God, were suffering slavery and the threat of total extermination in Egypt; God miraculously set them free and, with Moses as their leader, he led them towards the promised land of Canaan. But they soon forgot what God had done for them and began to murmur and rebel because of the difficulties of the long desert journey. One of these rebellious murmurings is put before us today.

The **Second Reading** is from the St. Paul's letter to the *Romans 5:1-2; 5-8*. This brief section is an encouragement to all who have given the gift of the Christian faith to persevere in spite of adversity.

The **Gospel** is from *St. John 4:5-42*. This gospel, about the Samaritan woman, is exceptionally rich. Every time we read it we are passionately moved by that intense conversation between Jesus and the Samaritan woman. The Holy Father, Pope Benedict XVI, recalling the great teaching of Saint Augustine, with regard to Christ's request to the woman, "give me something to drink", said: "Yes, God thirsts for our faith and our love. As a good and merciful father, he wants our total, possible good, and this is he himself. The Samaritan woman, on the other hand, represents the existential dissatisfaction of one who does not find what he seeks. She had "five husbands" and now lives with another man; her going to and from well to draw water expresses a repetitive and resigned life. However, everything changes for her that day, thanks to the conversation with the Lord Jesus..." (Benedict XVI, Angelus 24 February 2008).

To recognize that is we entrust ourselves to God, we receive every "possible good" which, as the Pope remind us, is God himself, means living the dynamic of conversation to God: renouncing a self-centered mentality, which deceives self-sufficient man, in order to receive the gift of God. Man without God is inevitably destined to dissatisfaction, limited and eternal love, the living water of which, precisely, Jesus speaks with the Samaritan woman.

Happiness, another word for the living water, can only be given by the One who possesses it, and man does not possess it. God alone can share it with those who place their trust in Him and follow Him.

The living water, the gift of the Holy Spirit, can only be given by the Lord Jesus whom the Father sent into the world to give to all men and women eternal life, that is, never ending happiness. As the Pope remind us "only the water that Jesus offers, the living water of the Spirit, can quench"

man's "thirst for the infinite" (Benedict XVI, homily 24 February 2008). Man is able to give his fellow humans, affection, money, power, human glory, honor. Career ... but not endless happiness which, since it is an unlimited good belongs to the divine, infinite sphere!

The living water flows only from the divine source. The Samaritan woman went to a well which was deep, but limited, whereas unlimited was her thirst for happiness and love. The woman, the Holy Father tells us, "represents the existential dissatisfaction of one who does not find what he seeks". How often man seeks the infinite, the eternal, well—being...but sadly wells, deep but empty, how many wells of stagnant water, we have met on our way! We carry within us immense desires and easily deceive ourselves that we can meet them.

On our path to conversion, what a great grace is to find the Lord Jesus waiting patiently for us besides our senseless wells. When, like the Samaritan woman, we are tired of the things of this world, of almost empty wells, then the Divine Master is especially close to us. He asks us to give him something to drink, he asks us to trust Him to satiate our heart and if we trust in Him we discover the joy of finding the true well, the source of crystal clear water.

Then, as if in a dream, as it was for the Samaritan woman, everything which before was important, no longer counts, true reality is something else, it becomes that Man—God who begs to give himself! The secret of happiness is to invert the process of selfishness: to forget self in order to make room for Another Person, the Lord of life and happiness. Give up self and find God! If I renounce sin, I find grace, if I renounce myself, I find God and my brothers and sisters. "If you only knew what God is offering," happiness is what He wants to give you! How often a priest should ask himself this question, of a woman who wonders "shall I have a child or not", "am I thinking of myself, or of the child who cannot come into the world without my help?" If you knew what gift of Life, you would throw yourself into that well and there you would find the strength to renounce self.

Mother Teresa of Calcutta, with wisdom typical of saints, explained why we should give ourselves to God: "Why should we give ourselves completely to God? Because God has given Himself to us. If God who owes us nothing less than Himself, can we respond with only a small part of ourselves? Giving ourselves totally to God is a way of receiving God. I am for God and God is for me. I live for God and renounce myself, in this way I allow God to live for me. To possess God we must allow Him to possess our souls. (Blessed Tereza di Calcutta).

- Mgr Luciano Alimandi, *Ave Maria* Agenzia Fides 27/2/2008

*Source: Catholic Culture*

### Easter Mass Schedule for 2026

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

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