

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

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

Our Lady of the Valley
10102 Middleton Drive
Coldstream, 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
1:00 pm Sunday
(St Benedict only)

Mass Times
10:30 am Sunday

Mass Times
5:30 pm Saturday
9:30 am Sunday

2nd Sunday of Lent

Feb 25, 2024

FASTING

The law of "*abstinence for meat*" binds those who are 14 and older
The law of "*fasting*" binds those from 18-59 years of age

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

PARISH MINISTRIES

CWL (St James)	7:00 pm 1st Tues each month
CWL (OLOV)	11:00 am 1st Sat (Feb, April, June Sept & Nov)
KOC (St James)	Council 4949: www.facebook.com/kofc4949
KOC (OLOV)	St Teresa Council 12202: www.kofc12202.ca
Finance Committee (St James)	Alex Dantzer, Randy Patterman, Jim Allaway
Finance Committee (OLOV)	Garry Pielack, Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council	Ben Allen, Brian Trafford, Rob Hillis, Gwen Torres, Jeff Routely, Rita Eng

Holy Week and Easter Schedule

Lenten mass	Every Friday	OLOV	11: 00 am
Lenten Confession	March 20th, Wednesday	St James	6:30 pm

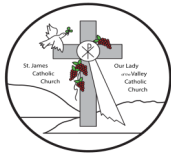
Station of the Cross		7:00 pm	St James
Feb 16	Fr Peter	March 15	St James School
Feb 23	CWL—St James	March 22	Kasia
March 01	KofC—OLOV		
March 08	Fraternus/Exodus 90 men		
Holy Thursday	March 28	OLOV	7:00 pm
Good Friday	March 29	St James	12:00 noon
		OLOV	3:00 pm
Easter Vigil	March 30	OLOV	7:00 pm
Easter Sunday	March 31	St James	8:30 am
		St James	1:00 pm
			(no 7pm mass)
		OLOV	10:30 am

Pastor	Rev Fr Peter Nguyen frpeter@rcdk.org	250-542-1276
Parochial Vicar	Fr Thomas Arackal Sacred Heart, Lumby and St Benedict/St Theresa	250-547-9070
Permanent Deacon	Deacon Paul Murphy deaconservant1@gmail.com	778-212-2020
Diocese Kamloops Office	635A Tranquil 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

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



Next Sunday's Readings:

March 03, 2024

Genesis 22.1-2, 9-13, 15-18
 Ps. 116.10+15, 16-17, 18-19 (R. 9)
 Romans 8.31b-35, 37+
 Mark 9.2-10



Pope Francis' Prayer Intention for February

For the Terminally Ill - We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

59. During a Holy Hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate.
 (St. Mother Teresa of Calcutta)

Mass Intentions Feb 26-March 03

Feb 26—Mon:	8am SJ	CWL St James—INT
Feb 27- Tues:	8am SJ	Gino Ballestra—†
Feb 28—Wed:	8am SJ	Private Intentions
Feb 29—Thurs:	8am SJ	Robert Desmarais—†
March 01—Fri:	8am SJ	Margaret I. Kennedy—†
March 02—Sat:	9am SJ	Madeleine Stephens—INT
	Sat 5pm SJ	Tomas Kmet—INT
March 03— Sun	8:30 SJ	SJ Parish Families—INT
	10:30am OLOV	OLOV Parish Families—INT
	7pm SJ	Nobert Pinto—†

Quote from St John Vianney

"In the soul which is united to God, it is always Spring."

WORLD DAY OF PRAYER

March 01st @ 1:30 pm—Our Lady of the Valley
 On Friday, March 1 thousands of people will be celebrating WORLD DAY OF PRAYER in over 170 countries across the world. Imagine Christians from over 170 countries coming together in spirit, uniting on a common day to pray for relevant issues affecting women and children. This is a reality: the movement has been active for nearly 100 years. This year (2024), the writing committee is Palestine. "I Beg You ... Bear With One Another in Love" Ephesians 4:1-3.

Mark your Calendar

- **INCOME TAX Receipt** - ready to pick up at the churches
- March 01—World Day of Prayer—OLOV—1:30 pm
- March 03—1st Sunday of the month—Food For The Poor and for the Healing, Reconciliation and Forgiveness with Indigenous Peoples
- March 07—Fill the Valley—OLOV @ 6:00 pm

Message from Fr Peter

My dear parishioners and visitors,

I will leave Vernon on Monday, March 04th for a short holiday to be with my mother and be back on Sat. March 23rd. Msgr. Jerry Desmond will come to be with you while I'm away.

I am deeply grateful for your kindness, prayers and love for me and for my mother, sisters, brothers and their families.

I prayerfully wish you all a blessed Lenten season and looking forward to celebrating the 2024 Holy Week and Easter with you.

Together in prayersFr Peter Hoan Nguyen

2024 PARISH ENVELOPES & E-TRANSFER DONATIONS

Envelopes are available for pickup in the churches
 (Please do not use 2023 envelopes, as your number changed.)

If you have registered for PAD, there is a smaller box of Special Collection envelopes for you.

Interac E-transfer Donations

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



Knights of Columbus
 St. Teresa Council

It's back!



Calling all Catholic men: come and join us for an hour of fraternity, burgers, and beverages!

When : 5-March-2024
 6pm to 7pm
 Where : Our Lady of the Valley Church
 Cost : FREE
 RSVP : jameslockwood@hotmail.com
 250.540.8384



Knights of Columbus Fish Fry

Friday, March 22nd @ the Parish Centre
 \$ 20 Adults \$ 10 Child 6-12 yrs.
 Tickets @ Parish Office, SJS, Columbus Court and after weekend masses.

Knights of Columbus—Silver Rose Service

Dedicated to the Sanctity of Life
 Thursday, March 14th @ 7:00 pm
 St James Church

Knights of Columbus—Pancake Breakfast

March 03rd
 April 07th
 May 12th (Mother's Day)
 June 02nd

Sunday Offertory Faith In Action Assessment Faith In Action Actual

St. James	\$3,424	\$ 42,529	\$ 76,410
OLOV	\$ 3,665	\$ 24,408	\$ 52,880
St Benedict	\$ 220	\$ 2,206	\$ 2,960

Catholic Book Club

Next meeting: **March 6** at 9 am in the Monsignor Miles Hall. We will discuss the first 2 chapters of **Jesus and the Jewish Roots of the Eucharist** by Brant Pitre. There are still copies available for \$2 at the parish office. All are welcome.
 Call Jan for more information 250-309-4123.

Cultivate the Right Attitude to Sin this LENT

Fr. Nnamdi Moneme, OMV

I had concluded Holy Mass in a parish and was rushing for my next engagement when I noticed that a parishioner had parked behind my car in the parking lot making it impossible for me to depart immediately as I had planned. I waited anxiously for the owner to arrive and move the car. The owner casually arrived about half an hour later, entered her car, and drove out without a single word of apology to me. By then I was already way too late for my next engagement.

I could feel the anger rising within me. The thoughts of offense were going full throttle in my mind, “How rude, proud, selfish, arrogant, and insensitive she is.” It was only after a few minutes that I realized that while focusing so much on the annoying attitude of the parishioner, I had completely forgotten the presence of the Lord Jesus that I had just received in holy Communion. As long as I was giving in to and nurturing the angry thoughts in my head, the more I disconnected myself from God’s loving presence with me and within me.

Nothing affects our relationship with God more than our attitude towards sin—our own sins and the sins of others against us. Then we do not have a good attitude towards sin, our relationship with God is wounded and our faith in Him begins to dwindle.

Jesus in Mk 1:12-15 shows us the two attitudes that we must have towards sin if we are going to have a healthy relationship with God—**Resist and Repent.**

We must resist and overcome temptations to sin now. Jesus, the Holy One of God, freely chose to be tempted by the devil because He wanted to be faithful to His Father who had recently declared to Him and His baptism in the Jordan, “You are my beloved Son in whom I am well pleased.” All the temptations that Jesus faced were aimed at rupturing His filial relationship with His Father. But Jesus came and left the desert of temptation an ever-faithful Son of His Father.

St. Augustine reminds us that we too share in the victory of Jesus over temptations, “He (Christ) suffered temptation in your nature, but by His own power gained victory for you.” Because of the victory of Jesus, we too can and should resist and overcome temptations by His grace. His victory is both an example and an inspiration for our own victory over temptations. Jesus even promises that we will overcome greeted temptations, “Whoever believes in me will do the works that I do, and will do greater ones than these.” (Jn. 14:12)

We should also begin to resist now, no matter the past defeats and failures. We should not postpone the day of our resistance to sin as we can resist tomorrow while giving in to sin today. The truth is that we become spiritually weaker the more that we give in to sin.

First, we must have patient trust in Jesus always. He suffered and died for our sins, and He is with us now, leading us to God along the same path of loving obedience that He has traveled victoriously, “Beloved, Christ suffered for sins once, the righteous for the sake of the unrighteous, that He might lead you to God.” (1Pet 3:18) We must place all our trust in Him and not in ourselves, our firm resolves, past victories, deep sorrow for the past sins, etc. Remember His words, “Without me, you can do nothing.” (Jn 15:4)

Secondly, we must pray always. Prayer opens our hearts to receive the light and grace that Jesus offers us in our temptations. Jesus prayed in Gethsemane and He invited the disciples to do the same, “Watch and pray that you may not enter into temptation.” (Mt 26:41) We do not stand a chance against temptations when we are not praying fervently.

Through authentic prayer that is focused on Jesus, we also begin to desire the same things that Jesus desires. We can resist sins only when we have

A deep share in the desires of Jesus. Praying to Mama Mary and with her in times of temptation is powerful because, as the Mother of Jesus who never ceased contemplating Christ, Mary helps us focus on Jesus with receptive hearts ready to receive all that He offers to us at the moment of temptation.

Thirdly, we must self-denial and fasting. We are so weak against temptations when we are indulging in material things like food, drink, pleasures, gadgets, entertainment, etc. Though these things are good and innocent in themselves, overindulgence weakens our wills, making them slaves of our senses, and sluggish in regards to the things of God.

Practicing moderation in these things and even denying ourselves what is sometimes necessary train our wills to obey God and resist temptations. Unless we train our wills, we cannot respond to the graces that God is always offering us.

Fourthly, we must know and love the truth always. We cannot resist temptations to sin when we were making choices only based on our emotions or on public opinions. We must study the sacred scriptures and know our Catechism well enough to know what is right and wrong, and why they cannot change. We can no longer depend on the priests to teach us everything at Mass without making our own personal efforts at knowing and growing in our knowledge of truth.

This knowledge of the truth is indispensable today when we are witnessing widespread deception even in the Church. For over two thousand years, the Church has been calling and equipping her children to repent and to resist sin. For the very first time in the history of the Church, a declaration, *Fiducia Supplicans*, completely deviated from scripture and tradition in giving permission for the blessings of people in homosexual relationships without any call whatsoever to repent and resist homosexual actions. It is more saddening to note how some Catholics remain oblivious to the wicked deception in that declaration. We just cannot hope to resist any temptation when we have a warped and ever-changing send of good and evil.

Lastly, we must examine our conscience frequently and approach the sacrament of confession. We must get accustomed to dealing with the small sins before they become big sins that completely destroy our freedom and close our hearts to the life of God’s grace.

Our sins grow and multiply in the dark when we try to hide them or ignore them. We need the grace of sacramental confession to enlighten us, cleanse us of our sins and give us strength to resist the sins that we have confessed. We will be remiss to ignore the frequent reception of this sacrament.

My dear brothers and sisters in Christ, our relationship with God by faith is the most powerful thing in this world, “The thing that conquers the world is your faith.” (1Jn 5:4) This relationship is the source of all the many blessings and benefits we deeply need and desire—joy, hope, strength, peace, etc. **We lose all these and more because of our bad attitude towards sin.**

Jesus Christ suffered and died for our sins to bring us into this relationship with God as His beloved children. He comes to us in each Eucharist to strengthen us in this relationship with God by giving us a share in His Holy Spirit, the very Spirit that led and empowered Him to victory over temptation and the devil. He knows our sins of the past and our present struggles with sin. With His Spirit is in us, our own victory is possible and paid for already. All we need to do is cultivate and maintain the right attitude to sin—**Resist and Repent now and always.**

Glory to Jesus !!! Honor to Mary !!!

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FORMED

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Visit signup.formed.org and select our parish name.

RCCV: St James 2607- 27th Street Vernon BC




Vernon & Area Pro-Life Society

Store: 250-545-0777 3102 31st Ave
Office: 250-545-5520 3105C 31st Ave

Donations - the store accepts good quality clothing, household items, books, etc.

Store hours - Monday to Saturday, 10am until 2pm

Store volunteers needed, or for \$20.00 yearly become a member. If you need help or support for you and your child, please call the office.



Knights of Columbus


St James Council 4949
Meeting Every 2nd Tuesday of the month

401-3003 Gateby Place
(Columbus Court)
For Info call 250-542-9229

Please support your fellow Parishioners' Businesses in our Community.

DIOCESE OF KAMLOOPS

Permanent Diaconate Formation



Mission Service
Ministry of Liturgy
Ministry of Charity
Ministry of Word

Contact the formation team at: deaconpaul@rcdck.org
For additional information or questions:
Fr Dale Normandeau (604) 905-9897
Deacon Paul (778) 212-2020

"Not to be served, but to serve"