

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



Mass Times
5:00 pm Saturday
8:30 am Sunday
7:00 pm Sunday

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



Mass Times
12:00 pm Sunday
St Benedict—1st, 3rd and 5th Sunday
St Theresa—2nd and 4th Sunday

Our Lady of the Valley
10102 Middleton Drive
Coldstream, BC



Mass Times
10:30 am Sunday

Sacred Heart Church
2202 Park Ave
Lumby, BC V0E 2G0



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

29th Sunday in Ordinary Time Oct 20, 2024

The Month of October is dedicated to the Holy Rosary.

Welcome to Your Faith Family!

Please register! Registering is the official way to be a part of our parish family. Registration is our formal commitments to our faith family and to take part in the Church's mission to evangelize. Registration is also important for scheduling sacraments, attaining sponsor certificates, and getting donation statements for Income Tax purposes.

We have registration forms available at the office or go to the website!

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 Tues (Sept 10, Nov 12, Jan 14, April 08, 2025)
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, Randi Patterman, Jim Allaway Justin Sharma, Carmen Riguedell
Finance Committee (OLOV)	Garry Pielak, Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council (St James)	David Evans, Deanna Johnstone, Michael Flahiff Eric Hoffbauer, Lorena Clowes
Parish Pastoral Council (OLOV)	Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence

Mark your Calendar

- Oct 19—**Rosary Rally—St. James parking lot at 12:00 noon**
- Oct 20—World Mission Sunday (2nd Collection)
- **Oct 21-25—OLOV mass at 11 am followed by Diocesan Adoration**
- Oct 25—Altar Server Training - St James Church at 3pm (see detail)
- Oct 29—SJ CWL Christmas Bazaar Planning Meeting 7:15 pm Monsignor Miles Hall
- Nov 03—1st Sunday of the month - Food For the Poor
- Nov 07—Fill the Valley—OLOV at 6 pm
- Nov 23—CWL Christmas Tea & Bazaar 11 am—2 pm

OFFICE

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

Pastor	Rev Fr Peter Nguyen frpeter@shaw.ca	250-542-1276
Parochial Vicar	Fr Henry Nwaimo Sacred Heart, Lumby and St Benedict/St Theresa	250-214-4060 250-547-9070
Permanent Deacon	Deacon Paul Murphy	778-212-2020 (call or text)
Diocese Kamloops Office	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

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

Pope Francis' Prayer Intention for October

For a shared mission—We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

Mass Intentions Oct 21-27

Oct 21—Mon:	8am SJ	L'Heureux family—INT
Oct 22—Tue:	8am SJ	Private Intentions
Oct 23 —Wed:	8am SJ	Lorena Clowes—INT
Oct 24—Thurs:	8am SJ	Alana Belanger—INT
Oct 25—Fri:	8 am SJ	Vincent Czerwonka—†
Oct 26—Sat	9am SJ	In thanksgiving to God for 23 years of Eucharistic Adoration in St James
	5pm SJ	Anne & Andrew Peti—†
Oct 27— Sun	8:30am SJ	SJ Parish Families—INT
	10:30am OLOV	OLOV Parish Families—INT
	7:00pm SJ	Maria Romano—INT

Sunday Offertory October 13

Regular

St James	\$ 2779
OLOV	\$ 1442
St Benedict	\$ 150

Thank you for your generosity.

UPON THIS ROCK—Catholic Faith for Adults

Our Lady of the Valley from 7-9 pm

For details, reach out to Mark Langer at marklanger3@gmail.com, or call/text 250-919-8553.

Please support Faint In Action and thank you for your generosity

	Faith In Action Assessment	Faith In Action Actual
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St. James	\$ 41,987	\$ 48,750
OLOV	\$ 24,435	\$ 27,825
St Benedict	\$ 1,997	\$ 2500

Eucharistic Adoration of the Blessed Sacrament at St. James Church

Enhance your life by committing one hour a week as an adorers. Holy Eucharistic Adoration hours are 9 a.m. to 9 p.m. Monday—Thursday. Drop-in visitors are always welcome. We especially need adorers for these hours: **Monday 4-5 pm, Tuesday 3-4 pm, Wednesday 2-3 pm, Thursday 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

Catholic Book Club

Our next books is Real Religion: How to Avoid False Faith and Worship God in Spirit and Truth by Fr. Jeffrey Kirby. Copies available from Catholic Answers Press, Amazon or check with Loaves and Fishes. Next meeting: Oct 30, 2024 at 9 am in the Monsignor Miles Hall. All are welcome.



Next Sunday's Readings:
Oct 27, 2024

Jeremiah 31.7-9
Ps 126.1-2a, 2b-3, 4-5, 6 (R.3)
Hebrews 5.1-6
Mark 10.46-52



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

91. During our Holy Hour before the Most Blessed Sacrament of the altar we contribute to the sowing of the Gospel. (St. John Paul II)

Quote from St. John Vianney

"It is impossible to meditate with devotion upon the Mysteries of the rosary and live in a state of sin."

THE ST. JAMES CWL CHRISTMAS TEA AND BAZAAR.

November 23, 2024, 11 am—2 pm

We are asking for and are grateful to accept your donations.

Things needed are:

Jewellery: Please place your jewellery donations in the CWL basket on the table next to the washroom at St James Church. Don't delay, the earlier received the better. Contact Linda 250.545.8709.

Door Prizes & Silent Auction: Some ideas might be gift cards, gift baskets, gifts for children, new or never used items. Contact Amy 250.308.9612.

Craft Table: Knitted or crocheted toques, scarves, mitts, socks, slippers, bags and animals. Sewing, especially aprons, and any other craft items you wish to create. Contact Anne 250.542.0021.

Added Touch: Gently used fashion items; purses, handbags, scarves, pashminas, etc. New, regifted or gently used decorative items. Contact Emma 250.542.2008.

If you wish to get involved, the next planning meeting is Tuesday, October 29, 2024, at 7:15 pm in the Monsignor Miles Hall. This meeting is open to everyone. For more information, call Amy Bernhardt at (250) 308-9612.

Annual "Giving Tree"

Oct 20th will be the last day of the giving tree to be displayed at the OLOV entrance.

Please help the annual "Coats for Kids". Thank you for your generosity. The Knights of Columbus also accept monetary donations.

Our Lady of the Valley KOC Giving Tree Committee

Annual Mass for The Deceased Clergy

Sacred Heart Cathedral on Tuesday

November 5th at 11 am.

Everyone is welcome.

Diocesan Mass and Adoration—OLOV

Oct 21-25 at 11:00 am

Diocesan Adoration will be held everyday at OLOV after the mass

Readers Wanted—St James Church

We need a few more readers, especially for the 8:30 am and 7 pm Sunday Masses at St James. Orientation provided. If you are interested, please contact Kelly Wilson at kellywilson@gmail.com or call/text at 250-241-5285

FREE—Altar Server Training

October 25, 2024 (Friday) - St James Church at 3:00 pm

For Children and Youth from Gr. 4 & up who have received their First Communion; also those who need a refresher on how to serve properly

Register via the Altar Server Page on our website or email bernieramis@gmail.com

Beware the Hardened Heart

By Fr. Nnamdi Moneme, OMV

God has a great plan for marriage. It is a plan that is written into the very being of every human being in this world. The flourishing of the entire human race depends on our fidelity to this plan. The plan is beautiful and compelling enough to make a man “leave his father and mother and be joined to his wife and the two shall become one flesh.”

But what is the one thing that can frustrate that plan of God for marriage? It is not the state or the culture. Jesus described the one thing that can reject the plan of God for marriage when He enlightened the Pharisees on the reason why Moses permitted divorce: “Because of the hardness of your hearts he wrote you this commandment” (Mk 10:2-12). Moses was so utterly helpless in the face of the hardness of the human heart that he disregarded God’s plan and allowed divorce.

A hardened heart is strong enough to reject God’s plan for it because such a heart is utterly indifferent. It does not care about the laws of God and His glory in anything, much less in marriage. It does not seek the good of any other person but itself. It is deaf to the needs and miseries of others. It can neither receive love nor give love to God and to others. Because such a heart is closed to the love of God, it is opened to the presence and actions of evil spirits who easily communicate their wickedness to the soul. This explains why many hearts today remain completely indifferent to the slaughter of unborn babies in their mothers’ wombs.

When our hearts become hardened, we cannot be faithful in any of our commitments. Because it rejects God’s loving plan, the hardened heart is in darkness and confusion; it’s abandoned to its own weaknesses. One may have an authentic Christian vocation to marriage, but the vocation is lost as the person slowly gives in to a hardened heart. This is why we must be very careful not to allow our hearts to get hardened for any reason.

These are some ways that we can avoid or even begin to rectify our hardened hearts:

1. Practice Ongoing Conversion

Our hearts slowly harden when we obstinately hold on to our self-will and ignore the will of God in our lives. Without knowing it, the many excuses that we give to our disobedience of God’s commandments slowly harden our hearts and increase our affinity for sin.

Serious ongoing conversion from our sin opens our hearts again to the liberating love of God. This love of God is the only thing that can heal our hardened hearts and make them come alive again.

2. Trust More in God and Less in Ourselves

Our hearts are hardened when we place all our trust in ourselves, our abilities, gifts, or accomplishments. Our self-sufficient and self-reliant attitudes make us feel that we need God and others less. We begin to look down on others and to think ourselves indispensable. However, we become more hardened when our egos are wounded, and we become discouraged with ourselves. Our inability to rectify our hardened hearts on our own reminds us of our utter nothingness.

We must allow God to remedy our hardened hearts by placing all our trust in His grace and not in ourselves or other created things. Thus, a fervent prayer life, always open and ready to receive the graces that God offers us, becomes a great means to melt our hardened hearts. Regular reception of the sacrament of Reconciliation also gives God a chance to transform our hardened hearts.

3. Practice More Self-Denial

One of the things that make us hardened in heart is the hurts of life. We feel wounded and trampled upon by others whom we feel have treated us unjustly. Our hearts get more hardened as we hold on to our offences and bitterness. We may even nurture thoughts of revenge.

Holding on to the memories of our hurts and imagining evil things only aggravate our hardened hearts.

This is why Jesus demands that we must deny ourselves to follow Him. “For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it” (Mt 16:25). We must renounce and deny ourselves the right to hold on to these hurtful memories if we are going to be delivered from our hardened hearts.

4. Identify with Jesus in His Suffering

Jesus was made perfect through the suffering that He endured at the hands of others, “For it was fitting that He, for whom and through whom all things exist, in bringing many children to glory, should make the leader in their salvation through suffering” (Heb 2:10). We are brought into glory because Jesus did not harden his hearts in all the sufferings that He endured for our sake.

As long as we have not hardened our hearts to the love of God, we can also mature in our character through suffering and experience an invincible hope.

Afflictions produce endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured into our hearts through the Holy Spirit that has been given to us. (Rom 5:3-5)

To the extent that we share in Jesus’ suffering, we can also be sources of His consolation to other hurting souls: “He comforts us in our afflictions and thus enables us to comfort those who are in trouble with the same consolation we have received from Him” (2 Cor 1:3-4). We can be agents of divine consolation in our families, the Church, and the world today if only we do not harden our hearts when we experience suffering and pain.

God has a beautiful plan for us in our vocations, whether it is marriage, priesthood, religious life, or the single life. He wants to conform us to Jesus in and through our vocations. He wants to give us the fullness of life as we follow Him in our vocations” (I came that they may have life and have it abundantly” (Jn 10:10). Only our hardened hearts can thwart this plan of God for us in our commitments.

Yet we face so many things and persons that can easily cause our hearts to become hard and impervious to God’s will, His love, and the needs of others. We may be hurt by others. We may have lost loved ones or been abandoned. We may struggle with addictions or incessant strong temptations. We may even feel so abandoned by God that we harden our hearts towards Him.

No matter what we are going through in life, let us remember the blessing that Jesus offered to those who refused to harden their hearts towards Him: “Blessed are those who take no offense at me” (Mt 11:6). His love for us remains strong and constant.

This strong and constant love is offered to us in each Eucharist. If we keep our hearts open to this love and its healing power, our hearts will not become hardened, and we will surely enjoy the blessings that God offers to us in our vocations.

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

Source: Catholic Exchange October 15, 2024

“Go and Invite Everyone to the Banquet”
Are you ready to be part of World Mission Sunday 2024?
October 20, 2024

Make a donation: For further information visit the website:
<https://onefamilyinmission.org/wms/>



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Office: 250-545-5520 3105C 31st Ave

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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.



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St James Council 4949
Meeting Every 2nd
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401-3003 Gateby Place

(Columbus Court)

For Info call 250-542-9229

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