

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

6th Sunday in Ordinary time February 15, 2026

**THE MONTH OF FEBRUARY IS
DEDICATED TO THE HOLY FAMILY**

ASH WEDNESDAY—February 18th MASS SCHEDULE

St. James
8:30 am
7:00 pm

OLOV
11:00 am

NOTES/REMINDER

- **NO CHILDREN'S LITURGY THIS SUNDAY**
- **2025 Income Tax Receipts are now available at both churches (St James and OLOV) - Thank You for your donations!**
- Feb 16—Family Day—Office is closed
- Feb 18—Ash Wednesday (schedule above)
- March 26—Lenten Confession—St James at 6:30 pm
- Station of the Cross Schedule—see details
- Easter Mass Schedule—see details
- *Please return the old palm to the church*

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

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.

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

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 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's Prayer Intention for the month of February

For children with incurable diseases—Let us pray that children suffering from incurable diseases and their families receive the necessary care and support, never losing strength and hope.

MASS INTENTIONS—Feb 16-22

Feb 16	Mon	8 am SJ	Pauline Bowcock	INT
Feb 17	Tues	8 am SJ	BC CWL Life Members	INT
Feb 18	Wed	8 am SJ	Private Intention	INT
Feb 19	Thurs	8 am SJ	John Toporchak	RIP
Feb 20	Fri	8 am SJ	Maria Kotai	RIP
Feb 21	Sat	9 am SJ	Celine Lockert	RIP
		5 pm SJ	Dany Danyluk	RIP
Feb 22	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Lorraine Bru	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: www.facebook.com/kofc4949
KofC (OLOV)	St Teresa Council 12202: www.kofc12202.ca
Finance Committee (St James)	Alex Dantzer, Randi Patterman, Jim Allaway Justin Sharma, Carmen Rignedell
Finance Committee (OLOV)	Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council (St James)	David Evans, Deanna Johnstone, Allan Clear, Lorena Clowes Email: ppcstjames@gmail.com
Parish Pastoral Council (OLOV)	Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence Email: ppcoulady@gmail.com
Parish Pastoral Care Ministry	Contact the Parish Office Email: stjamesvernon@rcdk.org



Next Sunday's Readings:

February 22, 2026

Genesis 2.7-9, 16-18, 25; 3.1-7 ++
Ps 51.1-2, 3-4a, 10-11, 12+15
(R. 1a+4a)
Romans 5.12-19
Matthew 4.1-11



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

52. No less than His contemporaries in Palestine adored and implored Him for the favors they needed, so we should praise, thank Him, and implore Him at Adoration. (Pope Pius XII)

Quote from St. John Vianney

"MY child, use your voice always for the glory of God and the salvation of souls."



Last Sunday's Offertory

EFT (Dec) Electronic Fund Transfer

2nd Collection Catholic Schools

St James	\$ 3277	\$ 6030	\$ 1924
OLOV	\$ 2205	\$ 1695	\$ 745
St Benedict	\$ 260	\$ 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 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



LENTEN MASS and STATION OF THE CROSS at OLOV

Every Friday, mass will be celebrated at 11:00 am at OLOV, immediately followed by the Station of the Cross.

All are welcome—bring your family, friends and neighbors.

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

Date	Ministry/Group to lead
February 20	CWL—St James
February 27	Pastoral Care Ministry
March 06	St. James School
March 13	Knights of Columbus Council 4949—St James
March 20	Knights of Columbus Council 12202—OLOV
March 27	Fr. Peter

Why Fasting and Abstinence?

An explanation of fasting and abstinence, and the Church's attitude toward fasting and abstaining throughout the year.

DIRECTIONS

The regulations of Lenten fasting and abstinence were once quite strict. Neither meat nor animal products (such as dairy and eggs) were to be eaten throughout the forty days, and only one meal per day was allowed. The restrictions were for every day of Lent, except Sundays, which were a day to relax from fasting.

We are required by Church law to observe the prescribed days of fasting and abstinence according to the fifth precept of the Church. Today, the regulations are not as prohibitive. In 1966, Pope Paul VI issued his Apostolic Constitution on Penance, *Poenitemini*, which states:

The time of Lent preserves its penitential character. The days of penitence to be observed under obligation throughout the Church are all Fridays and Ash Wednesday, that is to say the first days of "*Grande Quaresma*" (Great Lent), according to the diversity of the rite. Their substantial observance binds gravely.

Abstinence and fasting are to be observed on Ash Wednesday or, according to local practice, on the first day of 'Great Lent' and on Good Friday.

1. The law of abstinence forbids the use of meat, but not eggs, the products of milk or condiments made of animal fat.
2. The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned—approved local custom.

To the law of abstinence those are bound who have completed their 14th year of age. To the law of fast those of the faithful are bound who have completed their 18th year and up until the beginning of their 60th year. As regards those of a lesser age, pastor and souls and parents should see to it with particular care that they are educated to a true sense of penitence.

The United States Bishops issued their document on Penance and Abstinence the same year to give the US Catholics spiritual guidelines in implementing the directives if *Poenitemini*:

Wherefore, we ask, urgently and prayerfully, that we, as people of God, make of the entire Lenten season a period of special penitential observance. Following the instructions of the Holy See, we declare that the obligation both to fast and to abstain from meat, an obligation observed under a more strict formality by our fathers in the faith, still binds on Ash Wednesday and Good Friday. No Catholic Christian will lightly excuse himself from so hallowed an obligation on the Wednesday which solemnly opens the Lenten season and on Friday called "Good" because on that day Christ suffered in the flesh and died for our sins.

In keeping with the letter and spirit of Pope Paul's constitution *Poenitemini*, we preserve for our dioceses the tradition of abstinence from meat on each of the Fridays of Lent, confident that no Catholic Christian will lightly hold himself excused from this penitential practice.

The US Bishops not only reinforce the fasting and abstinence guidelines, they give recommendations on how to continue this spirit of Lent throughout the 40 days.

For all other weekdays of Lent, we strongly recommend participation in daily Mass and a self-imposed observance of fasting. In the

light of grave human needs which weigh on the Christian conscience in all seasons, we urge particularly during Lent, generosity to local, national, and world programs of sharing of all things needed to translate our duty to penance into a means of implementing the right of the poor to their part in our abundance. We also recommend spiritual studies, beginning with the Scriptures as well as the traditional Lenten devotions (sermons, Station of the Cross, and the Rosary) and all the self—denial summed up in the Christian concept of mortification."

Let us witness to our love and imitation of Christ, by special solicitude for the sick, the poor, the underprivileged, the imprisoned, the bed-ridden, the discouraged, the stranger, the lonely, and persons of other color, nationalities of background other than our own. A catalogue of not merely suggested but required good works under these headings is provided by Our Blessed Lord himself in his description of the Last Judgement (cf. Mt 25:30-40). This salutary word of the Lord is necessary for all the year, but should be heeded with double care during Lent.

Source: Catholic Culture

Easter Mass Schedule for 2026

	Holy Thursday	Good Friday	Easter Vigil	Easter Sunday
OLOV	7:00 pm	3:00 pm	7:00 pm	10:30 am
St. James		12:00 noon		8:30 am
				1:00 pm
St Benedict/ Theresa				

Note: NO! 7:00 pm mass on Easter Sunday

Message from Fr. Peter—Happy Lunar New Year

As many people in Asia celebrate the Lunar New Year, my mom, my brothers and sisters join me in wishing all of you a very Happy New Year. Please know that we hold you in our prayers, and we remain united in faith.

Together in Prayer

Fr. Peter

Catholic Book Club

On February 18, 2026 we will conclude the discussion of **He Leadeth Me** by **Fr. Walter Ciszek** chapters 15 to the end.. Meet at 9 am in the Monsignor Miles Hall. All are welcome

Blessing Bag—Thank You!

Many thanks to the Knights and CWL Councils of both parishes and several individual parishioners who financially supported the Blessing Bag project. Thank you also to the staff and students at St James School, who embraced this project with enthusiasm, filling the bags and adding prayers and Valentine messages.

This project would not have been possible without the support of you, our parishioners who took all the bags and distributed them to people in need on the streets of Vernon. The feedback from recipients has been positive. Distributors of the bags were met with delight, surprise and gratitude. The recipients' encounters with people who care were as appreciated as the small gifts.

Your feedback is welcome.

Please email us at parishoutreachteam@hotmail.com

Parish Outreach Team

Barry Schick
General Manager
Email: bschick@acutruss.com

AcuTruss INDUSTRIES

2003 43rd Street
Vernon, BC, V1T 6K7
Phone: (250) 545-3215 Fax: (250) 545-2953
www.acutruss.com

Vernon
Kelowna
West Kelowna
Penticton
Winfield

Central Okanagan
Western Wood Truss Association
Canadian Wood Truss Association

City Furniture
"We Don't Sell - We Help You Buy"

Come Visit the New and Exciting City Furniture!

- Furniture • Appliances
- Mattresses • Electronics
- Accessories

5401 Anderson Way
Between Kal Tire & Superstore **250-549-3121**

EXPERIENCE BETTER VISION
iris.ca
IRIS

Dr. Mark Langer
Optometrist
250.542.2239

4900 27th Street, Suite 760
Vernon, BC, V1T 7G7
mark.langer@iris.ca
fax: 1.866.875.3081

Confraternity of the Knights of St. Peter and St. Paul

Grand Chapter of British Columbia

Grand Prior Chev. Guenter A. Rieger

www.facebook.com/KnightsofStPeterandStPaul/
www.knightsofstpeterandstpaul.com

PLEASANT VALLEY DENTAL

Dr. Sean Bicknell D.M.D., B.Sc.(Dent.)
General, Cosmetic, and Implant Dentistry

3607 - 27th Street, Vernon, BC
250-558-4222
www.pleasantvalleydental.ca

Rieger Farms
Armstrong, BC

Free Range Eggs

Guenter & Regina Rieger
www.RiegerFarms.com

Vernon LANDSCAPE Centre

Marc Fortier
Owner

- Soils & Garden Mix
- Bark Mulches
- Decorative Rock & Shale
- Sand & Gravel
- Natural Rock & Stone
- Flagstone • Concrete
- Pavers & Slabs
- Retaining Wall Blocks
- Landscaping Supplies
- Pond Supplies
- Outdoor Lighting
- Delivery Available

4620 - 23rd Street Vernon, BC V1T 4K9
Tel: (250) 542-8191 Fax: (250) 542-8660
Cell: (250) 309-8997 **FREE ONSITE LOADING**

LIQ Flooring
Create Your Space, Your Way.

Official Flooring Supplier to St. James Parish

Gratitude and Blessings...

Residential & Commercial Flooring
Tile | Cabinet Hardware | Quartz Countertops | Synthetic Turf

LIQFLOORING.COM 250-281-1116

VALLEY WIDE CARPENTRY LTD.

TIMOTHY RIGUEDELL
OWNER + RED SEAL CARPENTER

250.307.1810
TIM@VALLEYWIDECARPENTRY.COM

WWW.VALLEYWIDECARPENTRY.COM

SCAN FOR FREE ESTIMATE

Specializing in commercial and residential renovations and additions.
SERVING THE OKANAGAN VALLEY

CYPRESS FUNERAL & CREMATION SERVICES

RON LA ROSE
Licensed Funeral Director
vernong@cypressfuneral.ca

4417 29 Street Vernon, BC V1T 5B7
T 250.558.0866 F 250.558.0882
cypressfuneral.ca

GREEN LION FARMS

Fresh Sustainable Local Produce
365 days a year
3922 Hullcar Rd
Armstrong, BC V0E 1B4
Call us today 250-938-0076
On-Line order: <https://www.greenlionfarms.ca/>

NORSEMEN DEVELOPMENTS
FULL SERVICE GENERAL CONTRACTING

Construction • Renovations • Project Management
Interiors • Exteriors • Outdoor Structures

CALL FOR A FREE QUOTE
250-351-7949
norsemendevlopments.com

Knights of Columbus - Free 1 Year On-Line Membership. You can enjoy the benefits of being a Knights of Columbus member including Accidental Death Benefit and the famous Columbia Magazine. Goto: www.kofc.org/joinus Promo Code: BLESSEDMCGIVNEY After joining, please check your INBOX for confirmation.

Free One Year On-Line Membership
Enjoy the benefits of being a Knights of Columbus Member.

Goto: www.kofc.org/joinus
PROMO CODE: BLESSEDMCGIVNEY

www.kofc.org/joinus **Knights of Columbus**

After joining online, please check your inbox for confirmation.

NICHOLAS RASQUINHA
REALTOR® | Sales Representative

250.307.6777

rasquinhanic@gmail.com

www.nicholas-homes.com

COLDWELL BANKER EXECUTIVES REALTY

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

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

FORMED

Our Parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

RCCV: St James 2607- 27th Street Vernon BC

INTERAC/E-TRANSFER DONATIONS

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