

**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

## 5th Sunday in Ordinary time February 08, 2026

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

<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 @ St Benedict	Mon -Thursday	9 am—9 pm
	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.

### **ASH WEDNESDAY—February 18th MASS SCHEDULE**

**St. James**  
8:30 am  
7:00 pm

**OLOV**  
11:00 am

### NOTES/REMINDER

- **2026 ENVELOPES** - please pickup your envelope at the Office
- Feb 11—World Day of Sick
- Feb 12—Holy Hour of Knights of Columbus 4949 (see details)
- Feb 16—Family Day—Office is closed
- Feb 18—Ash Wednesday (schedule above)
- Station of the Cross Schedule—see details
- Easter Mass Schedule—see details

<b>Pastor</b>	Rev Fr Peter Nguyen	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

### **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 Closed	Mon-Tues-Thurs-Fri 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 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.



### Next Sunday's Readings:

February 15, 2026

Sirach 15.15-20

Ps 119.2.1-2, 4-5, 17-18, 33-34 (R. 1)

1 Corinthians 22.6-10

Matthew 5.17-37



### SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

51. In the course of the day the faithful should not omit to visit the Blessed Sacrament! (Pope Paul VI)

### Quote from St. John Vianney

“O my God, why have you sent me into the world?” “To save your soul.” “And why do you wish me to save my soul?” “Because I Love you.”

### MASS INTENTIONS—Feb 09-15

Feb 09	Mon	8 am SJ	Mike ffollott	RIP
Feb 10	Tues	8 am SJ	Juliana Rasquinha	INT
Feb 11	Wed	8 am SJ	Private Intention	INT
Feb 12	Thurs	8 am SJ	Jill Hodgkinson	INT
Feb 13	Fri	8 am SJ	Hildegard Novelletto	RIP
Feb 14	Sat	9 am SJ	Jill & Simon Hodgkinson	INT
		5 pm SJ	John Toporchak	RIP
Feb 15	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Gwen Twerdun	INT

### PARISH MINISTRIES

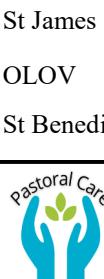
CWL (St James)	7:00 pm 1st Tuesday of the month (Feb, Apr, Sept, Nov) Monsignor Miles Hall
CWL (OLOV)	11:00 am 1st Sat (Feb, April, June Sept & Nov)
KofC (St James)	Council 4949: <a href="http://www.facebook.com/kofc4949">www.facebook.com/kofc4949</a>
KofC (OLOV)	St Teresa Council 12202: <a href="http://www.kofc12202.ca">www.kofc12202.ca</a>
Finance Committee (St James)	Alex Dantzer, Randi Patterman, Jim Allaway Justin Sharma, Carmen Riguadell
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:ppcourlady@gmail.com">ppcourlady@gmail.com</a>
Parish Pastoral Care Ministry	Contact the Parish Office Email: <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>



### Last Sunday's Offertory

### EFT (Dec) Electronic Fund Transfer

### PAD (Jan) Pre-Authorized Debit



### 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

### 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

### 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	(emailed the Ministry lead)
March 06	St. James School
March 13	(emailed the Ministry lead)
March 20	(emailed the Ministry lead)
March 07	(emailed the Ministry lead)

## World Day of the Sick (February 11, 2026)

When speaking of the final judgement, Jesus told his followers that they would be judged on whether they visited the sick (Matthew 25:36, 43). This is because visiting and caring for the sick is to visit and care for Jesus himself (Matthew 25:40).

In his sharing of our human nature, Jesus took on our weakness and humbled himself to the point of death (cf. Phil 2:8). St. Paul even goes so far as to say that “power is made perfect in weakness” (2 Cor 12:9).

It is not surprising, then that Jesus identifies himself with the sick, since Jesus’ saving mission is connected to him becoming weak for us (cf. Isaiah 53:3-5). Every sick person is an icon of the Lord not only because they are created divine image but because of their identification with the human weakness of Jesus. Love and care for those who are sick is not an option: it is necessary for us as Christians.

The World Day of the Sick was established by St. John Paul II in 1992 and is observed annually on the liturgical memorial of Our Lady of Lourdes, a significant day of devotion to the Blessed Mother, who is a powerful intercessor for the sick. In a particular way on this day, the faithful are invited to reflect more deeply on the Church’s teachings about sickness and caring for the sick, as well as to express solidarity with the sick through works of charity and special prayers, including the option of attending Mass, and by encouraging and expressing appreciation toward caregivers.

Source: Canadian Conference of Catholic Bishops—cccb.ca

## Theology Class on the Eucharist

Our Lady of the Valley—7:00 pm  
(5 Wednesdays) Jan 14th, 21st, 28th, Feb 4th and 11th

A deep appreciation of the Eucharist is fundamental for not only understanding the Catholic faith, but also for understanding the Mass and how to properly worship God and live your faith.

Join us for a transformative 5-lesson journey as we trace the story of salvation from the opening pages of Genesis to the crowning glory of Revelation! You’ll discover how the Old Testament foreshadowed the promise of the Eucharist and how Jesus Christ brings those promises to life in the New Testament. If you want to deepen your experience of the Mass and deepen your daily walk with God, this course is for you!

Come and see why Eucharist is not just a ritual, but the “source and summit of the Christian life” and the ultimate encounter with the Living God.

## Blessing Bags

Last Monday, St James students filled over 180 Blessing Bags, small bags of essentials that help people on the street get through a day. Through their participation, students were made aware of those in our community who are in need and provided a concrete means for them to help. Prayer cards and messages from the children were included and show recipients that they are respected and not forgotten. Blessing Bags are now available at the school and at the entrances of St James and OLOV for parishioners to take and give to those they meet on the streets who are in need. Thanks to the staff and students of St. James School and the generous financial support of the Knights and CWL councils of both parishes, the members of the Outreach Team and parishioners.

## 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**

## Holy Hour in Preparation for Lent

In preparation for Lent 2026, The Knights of Columbus of St. James Council 4949 organize a **Holy Hour lead by Deacon Paul Murphy on Thursday February 12 from 7-8pm**.

We will pray for fallen away Catholics, and listen to a hope filled message about Trust in God, and how we can continue to grow in that Trust. The evening will include public and private prayer, and the breaking hope of scripture. Please plan to attend, and bring a friend.

## 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

## 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 visitors 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)

## 2025 Income Tax Receipts Notice

If you moved within the past year, please make sure to update your contact information with your new address. This will ensure you receive your 2025 Income Tax without delay. Call the Parish Office at 250-542-1276.

Income Tax Receipts for your generous donations in 2025 are currently being prepared. They will be ready for distribution soon. Thank you for your continued support!

## 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!

**Laura Hathway**

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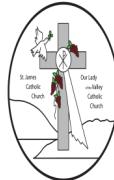
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Donations - the store accepts good quality clothing, household items, books, etc. Store hours - Monday to Saturday, 10am until 2pm Store volunteers needed.

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