

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**

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

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 09-15

Feb 09	Mon	8 am SJ	Mike ffolliott	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: 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 Riguedell
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 15, 2026

Sirach 15.15-20
Ps 119.1-2, 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."



	Last Sunday's Offertory	EFT (Dec) Electronic Fund Transfer	PAD (Jan) Pre-Authorized Debit
St James	\$ 3775	\$ 6030	\$ 5775
OLOV	\$ 2762	\$ 1695	\$ 4043
St Benedict	\$ 456	\$ 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



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.



Our Parish has a FORMED subscription.
Visit 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 adorers.

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

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

Orton-Gillingham Certified Practitioner

Reading | Spelling | Writing intervention

For students ages 5-13 with dyslexia, language-based learning differences or those needing literacy instruction.


Based in Vernon | Online & In-Person Sessions
778-386-6859
laura@literacyskills.ca
www.literacyskills.ca



Come Visit the New and Exciting City Furniture!

- Furniture • Appliances
- Mattresses • Electronics
- Accessories

5401 Anderson Way
Between KalTire & Superstore **250-549-3121**



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., BSc.(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



COULCARE FOOTCARE
CREATING 'HAPPY FEET'
Helping seniors and those with foot concerns related to chronic health issues

Debbie Coulombe RPN ADPN PID Footcare Nurse
Mobile Footcare Nurse: 236-768-8802
Email: coulfeetio@gmail.com



Culos & Co.
Law Corporation

Robert M. Culos
Lawyer

3006 32nd Avenue
Vernon, BC V1T 2L7
vernon@culoslaw.com
Ph: 250-549-7168



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/>



Barry Schick
General Manager
Email: bschick@acutruss.com

Vernon
Kelowna
West Kelowna
Penticton
Winfield

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




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.



LINQ 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

LINQFLOORING.COM 250-281-1116



VALLEY WIDE CARPENTRY LTD.

TIMOTHY RIGUEDELL
OWNER + RED SEAL CARPENTER

250.307.1810
TIM@VALLEYWIDECARPENTRY.COM

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



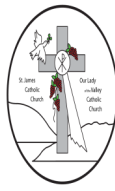
Mission Statement:
United in the Eucharist to love and serve.
Vision Statement: Inspired by the Spirit to:
-know our faith and vocation
-serve the needs of others

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

After joining online, please check your inbox for confirmation.



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