

**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**  
1:00 pm Sunday  
(St Benedict only)

**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

## 1st Sunday of Lent

## Feb 18, 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	
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
			<b>(no 7pm mass)</b>
		OLOV	10:30 am

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

**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.

**Mass Intentions Feb 19-25**

Feb 19—Mon:	8am SJ	Beth Johnson—INT
Feb 20- Tues:	8am SJ	Colleen Couves—†
Feb 21—Wed:	8am SJ	Private Intentions
Feb 22—Thurs:	8am SJ	Robert Desmarais—†
Feb 23—Fri:	8am SJ	Ronald Kampman—†
Feb 24—Sat:	9am SJ	Lucille M. Haines—†
	Sat 5pm SJ	Anne & Andrew Peti—†
Feb 25— Sun	8:30 SJ	SJ Parish Families—INT
	10:30am OLOV	OLOV Parish Families—INT
	7pm SJ	Father Ian Boyd—INT



**Remembering Vocations in your Lenten Devotions—2024**

**Meditation in the words of His Holiness, Pope Francis:**

“Dear friends, Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take.” “Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share to the full the joy of Easter.”

**Weekly Meditations  
February 18, First Sunday in Lent**

“We are continually immersed in God’s merciful grace like the air that permeates us ... Do not pray for easy lives; pray to be stronger people. Do not pray for tasks equal to your powers; pray for powers equal to your tasks.”

Blessed Solanus Casey O.F.M. Cap.

**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

	Sunday Offertory	Faith In Action Assessment	Faith In Action Actual
St. James	\$3,637	\$ 42,529	\$ 76,410
OLOV	\$ 1,593	\$ 24,408	\$ 52,880
St Benedict	\$ 70	\$ 2,206	\$ 2,960



**Next Sunday's Readings:**

**February 25, 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



**SERRA CLUB of KAMLOOPS DIOCESE**

*Holy Hour—for Vocations*

**58. Let us never forget that an age prospers or dwindles in proportion to its devotion to the Eucharist. This is the measure of its spiritual life, charity, and virtue.**  
*(St. Peter Julian Eymard)*

**Quote from St John Vianney**

“My friend, dwell on the patience of our Lord!”

**Fr Peter's Vacation**

**March 04—23rd**

Fr Peter will be away on vacation starting March 04 until the 23rd. Monsignor Jerry Desmond will preside.

Let us pray and wish for Fr Peter to have safe and blessed holiday in Vietnam with his family.

On the side note there will be **no MASS at 9:00 am on March 09** due to Monsignor's prior commitment.

**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 03—Pancake Breakfast—KoC 4949—Parish Centre

**DAYS OF REFLECTION AT HIS FEET**

**All Women are Invited**

Friday, March 22nd beginning at 7:00 pm  
Saturday, March 23rd at 8:00 am to 3:30 pm

**Our Lady of Perpetual Help Parish Centre**

635 Tranquille Road, Kamloops, BC

For more information

Contact: **Domenica Spina** at [domenicaspina@yahoo.ca](mailto:domenicaspina@yahoo.ca)

**Catholic Book Club**

Next meeting: **February 21, 2024** at 9 am in the Monsignor Miles Hall. We will discuss the Conclusion and Appendices of **In the School of the Holy Spirit** by Fr. Jacques Philippe. Our next book study will begin in March with **Jesus and the Jewish Roots of the Eucharist** by Brant Pitre. This is one of the books brought in by Father Peter for our parishioners this past Christmas. There are still copies available for \$2 at the parish office. All are welcome. Call Jan for more information 250-309-4123

**Eucharistic Adoration of the Blessed Sacrament at St. James**

We kindly request you take into consideration enhancing your life by committing one hour a week as an adorer. Holy Eucharistic Adoration hours are 9 a.m. to 9 pm Monday—Thursday. Drop in visitors are always welcome. We especially need adorers for these hours: Wed 2-3 pm, Thurs 12-1 pm & 8-9 pm

Anyone interested in reaping the tremendous benefits of Holy Eucharistic Adoration, please contact Amy & Bruce Bernhart (250) 308-9612 or [adorationssthames@gmail.com](mailto:adorationssthames@gmail.com)

## Giving Thanks During Hard Times

By Alexandra Greeley



People from every walks of life and in every culture surely go through times of stress and despair. As problems increase, people may be filled with anger and the inability to find hope. But no matter how challenging and worrisome those issues are, people should turn to God and to the Bible for prayers of thanksgiving. God offers hope to all, and the Bible contains many verses that offer thanksgiving to help all those in stress.

“Thankfulness is a complicated state of being,” [wrote](#) Bethany Verrett. “When life is good, and someone is getting what they want, it is easy to achieve. “When life is hard and nothing goes right, it is hard to have a spirit of gratitude. In fact, for many people, difficult times or circumstances are the easiest excuse to justify ingratitude ... The Bible has much to say about being thankful, and its message runs counter to the instincts of man.” Ash she quoted, “*Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you*” (1 Thessalonians 5:16-18).

She has also listed several ways to give thanks, even when life is hard:

- Count your blessings
- Reflect on how God had redeemed your troubles in the past
- Give back to others in a meaningful way
- Spend some time reading about heaven
- Start small and make gratitude a habit
- Focus on the blessed assurance of the future

Author Lynette Kittle spells our clearly why giving thanks is a blessing and so good for the soul. As she quoted, “Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.” (Colossians 3:17). She then lists 10 meaningful steps for people to find peace and hope in giving thanksgiving. Of those steps, these really stand out:

- Giving thanks is good for us: Give thanks to the Lord, for He is good; His live endures forever. (Psalm 107:1)
- Giving thanks honors God: **Psalm 50:23** explains how giving God a thank offering brings honor and glory to His name.
- Giving thanks keeps our heart in check: Israel’s King David knew how to give thanks in the midst of trouble, writing, “I will thanks to you , Lord, with all my heart; I will tell of all wonderful deeds.” (Psalm 9:1)
- Giving thanks strengthens our trust in God: ... giving thanks to God frees us from fear and strengthens our trust in Him.
- Giving thanks cultivates perseverance: As James 1:2-3 wrote, ‘Consider it pure joy, my brothers and sister, whenever you face trials of many kinds because you know that the testing of your faith produce perseverance.’
- **Giving thanks chases away anxiety: Focus on thankfulness and not on worries.”**

And in all difficult times, always pray these inspiring words by St Teresa of Avila:

“Let nothing disturb your let nothing frighten you, all things will pass away. God never changes; patience obtains all things, whoever has God lacks nothing. God alone suffices. Amen.”

Source: Catholic Exchange

## Supper + Sacrifice

Parish Mission 2024

Come to a series of five talks that explore the important biblical connections that foreshadowed the sacrifice that was made once and for all on Calvary.

When : 5 Wednesdays (different but connected topics)  
February 21 and 28, March 6, 13, and 20  
7:00 PM to 8:30 PM

Where : Our Lady of the Valley Church

Cost : FREE. ALL ARE WELCOME.



### JESUS and the JEWISH ROOTS of the EUCHARIST

Unlocking the Secrets of the Last Supper

BRANT PITRE

Foreword by SCOTT HAHN



### Jesus and the Jewish Roots of the Eucharist

These books are now  
available for \$2

Get your copy at the  
church at OLOV, St  
James or at the Office

### Vernon and Area Or-life Society Prayer for Reference for Life

It is our responsibility to advocate for the sanctity of human life from conception to its natural end. The Vernon and Area Pro-life Society would like to share the Prayer for Reverence for Life as well as some contact information. In the pews of our churches, you will find a small prayer card with this prayer as well as a list of websites for pro-life information and contacts on the back. Please take a card/ cards, pray for life and share the pro-life information with family, friends or anyone who needs it. Keep this card close you never know when it might save a life.

Hallow  
Pray with your family  
wherever, whenever



ENTRE CODE:  
CISKD-SJVPARENTS23-24  
ENJOY 90 DAYS FREE ACCESS





Your Local Handyman Service

# Small Projects & Repairs.



Call Today! (250) 540 9837 [www.250handyman.com](http://www.250handyman.com)




Come Visit the New and Exciting City Furniture!

- Furniture • Appliances
- Mattresses • Electronics
- Accessories

5401 Anderson Way  
Between KallTire & Superstore 250-549-3121

EXPERIENCE BETTER VISION  
iris.ca




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/](http://www.facebook.com/KnightsofStPeterandStPaul/)  
[www.knightsofstpeterandstpaul.com](http://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](http://www.pleasantvalleydental.ca)



# Rieger Farms

Armstrong, BC

## Free Range Eggs

Guenter & Regina Rieger  
[www.RiegerFarms.com](http://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

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



## 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




RON LA ROSE  
Licensed Funeral Director  
vernon@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/>



## AcuTruss INDUSTRIES

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

Vernon Kelowna West Kelowna Penticton Winfield



## COBBLER'S RACK SHOES AND REPAIRS

SHOE /WORK BOOT REPAIRS  
ALTERATIONS - ZIPPER REPAIRS  
BAG/ACCESSORIES REPAIRS

QUALITY FOOTWEAR FOR EVERY OCCASION  
250-542-0264


3204-30th Ave, Vernon cobbler'srack.com

## 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



## 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, toys, 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: [diaconpaul@brock.org](mailto:diaconpaul@brock.org)  
For additional information or questions:  
Fr Dale Normandeau (604) 905-9897  
Deacon Paul (778) 212-2020

"Not to be served, but to serve"