

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

1st Sunday of Lent February 22, 2026

THE MONTH OF FEBRUARY IS DEDICATED TO THE HOLY FAMILY

LEARN MORE ABOUT OUR FAITH & OUR PARISHES
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VISIT OUR REFRESHED WEBSITE
www.rccv.org
ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)

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.

NOTES/REMINDER

- 2025 Income Tax Receipts are now available at both churches
- **Feb 26—Mass at St. James at 5pm**
- March 01—1st Sunday of the month—Food for the Poor
- March 01—KofC—Pancake Breakfast after 8:30 mass—Parish Centre
- March 5—Fill the Valley—OLOV at 6:00 pm
- March 26—Lenten Confession—St James at 6:30 pm
- March 27—KofC “Fish Fry” \$25—tickets available at the office and at both churches (after weekend mass)
- Station of the Cross Schedule—see details
- Easter Mass Schedule—see details
- April 04—Blessings of Easter Basket Holy Saturday—St. James—10:30am

Pastor	Rev Fr Peter Nguyen	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

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 23-March 01

Feb 23	Mon	8 am SJ	Dan Ruggeiro	RIP
Feb 24	Tues	8 am SJ	Chloe Ferrigno	INT
Feb 25	Wed	8 am SJ	Private Intention	INT
Feb 26	Thurs	5 pm SJ	Jarka Olsova	RIP
Feb 27	Fri	8 am SJ	Gino Balestra	RIP
Feb 28	Sat	9 am SJ	Dennis Brooks	INT
		5 pm SJ	Anne Kopp	RIP
March 01	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Colin Burke	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 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:

March 01, 2026

Genesis 12.1-4
Ps 33.4-5, 18-19, 20+22 (R. 22)
2 Timothy 1.8b-10
Matthew 17.1-9



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Holy Hour—for Vocations

53. Christians should make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a "Holy Hour". (Pope Pius XI)

Quote from St. John Vianney

"If you are attached to the things of this earth, you should give alms sufficient to enable you to punish your avarice by depriving yourself of all that is not absolutely necessary for life."



Last Sunday's Offertory

EFT (Jan) Electronic Fund Transfer

PAD (Jan) Pre-Authorized Debit

St James	\$ 3424	\$ 830	\$ 5775
OLOV	\$ 1754	\$ 1235	\$ 4043
St Benedict	\$ 175	\$ 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	Parish 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

What Helps Us Choose Between Two Goods?

By: Constance T. Hull

There are many time in our lives when we must make decisions between competing goods. These decisions are much harder because there is not the black-and-white good-versus-evil dichotomy which renders the decision clear and easy. Instead, we must prayerfully discern God's will and where He is calling us. We must seek to be obedient to His will even if we don't fully understand why He is calling us to one good over another.

I found myself in this position recently. I had to spend months prayerfully discerning between two goods: being at home full-time with my daughter and serving in campus ministry. These two goods were beginning to rub up against one another, causing greater friction. Coupled with a year of death, emergencies, and health issues, the tension became too great, and my family began to suffer. As difficult as the decision was for me to make, I had to choose to resign from campus ministry at the end of this semester.

The issue was not that the ministry was not working out or bearing fruit. During my time, I have seen multiple students experience deeper conversations and witnessed a foundation being laid in a ministry that had very nearly died out. (Quite literally, one student kept it going during COVID.) Even though this ministry is a total uphill climb, I love my students. And my daughter loves the students, too; however, it was becoming clear that things were suffering at home. I knew that I needed to die-to-self and resign for now.

I don't fully understand God's plan in all of this. He seems to send me in for short bursts of very intense ministry activity—a year or two, often during a crisis—and then, when the dust settles or a major change occurs, He pulls me back out again. What I do know for certain is that this is God's will. He is asking me to crucify my desires for the good of my primary vocation.

Bishop Erik Varden in his brilliant book *Entering the Twofold Mystery* states:

By obeying what I understand to be God's will, I acknowledge that my life depends on God; that he has made me, know what is good for me, and would have me live in intimate union with himself. To obey him is to be established in an ecstatic relation, as I look to God for the fulfillment of my deepest longing.

My role is all of this is to obey what I understand to be God's will. I don't have to fully understand it or understand where He is leading me, my family, the students I minister to, and the chaplain I serve with in His ultimate plan.

This obedience also teaches humility. The ministry is not dependent on me. It depends on God. There are many God-gifted people who can take my place, and I am praying for my replacement right now. The Lord used me in the measure He ordained from all eternity. My role is to humbly accept the time He allotted to me and go where He calls me to go.

Months ago, I was struck by this quote from Bishop Varden's book. He reminds us:

Who knows whether our part is to thrive or simply to maintain a delicate continuity; to breathe on embers that will only burst into flame when we are gone, to warm and delight future generations we will not know? If the Lord gives fat years, let us praise him. If the years ahead are lean, let us praise him. Our task is to be faithful, truthful, trustful, joyful. What his task is, he knows best.

When we are given a mission or task from the Lord, we don't know at the time how long He will utilize us. All we know is that we are called to be faithful. He assigned this task to me when a priest was in crisis with a brand-new cancer diagnosis. The ministry had been without a coordinator for nearly a year. The priest is thankfully doing well but was unable to return. I had to be a stabilizing force for the students. Now the ministry is ready to grow.

At the same time, it became clear that my family needs me at home for this season of life. My daughter will be an adult in 3.5 years. In the blink of an eye, my primary role of taking care of her will come to an end. I am unable to have any more children, and our other five children are with the Lord. I won't get these years back, so I need to dedicate this time to my daughter.

The Lord is calling me back into the home for two reasons. (1) because my family needs my full attention and care and (2) because He has made me primarily to be a Mary, not a Martha. We live in a Martha world, but many of us have been given the souls of Mary. I feel this tension keenly when I am called out into very active ministry roles.

The Lord uses me primarily in an intercessory role. This would explain the short-term missions because there is much I am entrusted with in prayer that needs attention—attention I cannot give when I am serving my family and in active ministry. In the rhythm of family life, I am able to give a lot more time to prayer.

The keys to choosing between two goods is obedience to God's will over our own and humility. We must accept others can and will take our place in accordance with God's designs, and we must submit to what He is asking of each one of us. He knows what will make us a saint. Dying—to—self produces more fruit and spiritual growth than getting things the way we want them all the time.

As we enter the Lenten season, may we humbly seek God's will for our lives and embrace His will over our own even when what we desire is good. We can trust that Our Loving Savior knows best and that He will provide what is needed at those times when He asks us to walk away from a particular good.

Source: *Catholic Exchange*

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

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(250) 308-9612 or adorationstjames@gmail.com

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				12 noon
Sacred Heart Lumby	7:00 pm	3:00 pm	8:00 pm	9:30 am

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

Barry Schick
General Manager
Email: bschick@acutruss.com



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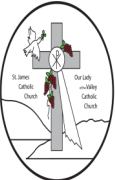
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Mission Statement:
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RCCV: St James 2607- 27th Street Vernon BC

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