

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

4th Sunday in Ordinary time February 01, 2026

THE MONTH OF FEBRUARY IS DEDICATED TO THE HOLY FAMILY

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

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

- **2026 ENVELOPES** - please pickup your envelope at the Office
- Feb 01—Pancake Breakfast—St James Parish Centre
- Feb 01—1st Sunday of the month—Food for the Poor
- Feb 05—Fill The Valley—OLOV 6:00 pm
- CWL General Meeting—Feb 03 Monsignor Miles Hall at 7pm
- Feb 01-08—Catholic Schools Week
- Feb 11—World Day of Sick

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

OFFICE

Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rccv.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 02-08

Feb 02	Mon	8 am SJ	Alison Henry	INT
Feb 03	Tues	8 am SJ	Patricia Ann Mercier	RIP
Feb 04	Wed	8 am SJ	Private Intention	INT
Feb 05	Thurs	8 am SJ	Elizabeth Mullan	RIP
Feb 06	Fri	8 am SJ	Marcus Novel	RIP
Feb 07	Sat	9 am SJ	Patrick Heaney	RIP
		5 pm SJ	Olga Tehir	INT
Feb 08	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Beverly Doyle	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: ppcowlady@gmail.com
Parish Pastoral Care Ministry	Contact the Parish Office Email: stjamesvernon@rcdk.org



Next Sunday's Readings:

February 08, 2026

Isaiah 58.6-10++
Ps 112.4-5, 6-7, 8a-9 (R. 4)
1 Corinthians 2.1-5
Matthew 5.13-16



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

50. We represent those in the world who do not know Jesus during our Holy Hour of Adoration. (St. John Paul II)

Quote from St. John Vianney

"The life of a saint is just the imitation of Jesus Christ."



	Last Sunday's Offertory	EFT (Dec) Electronic Fund Transfer	PAD (Jan) Pre-Authorized Debit
St James	\$ 3111	\$ 6030	\$ 5775
OLOV	\$ 1770	\$ 1695	\$ 4043
St Benedict		\$ 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 04, 2026 we will continue the discussion of **He Leadeth Me** by **Fr. Walter Cizek** chapters 9-14.. Meet at 9 am in the Monsignor Miles Hall. All are welcome



Welcome to Kindergarten

St James School

We are now taking names and contact information for Kindergarten registrations in 2026-2027!

- Full Time Kindergarten, Full Time Literacy Specialist, Full Time Hot Lunch Program, Before & After School Care included in tuition
- Faith based education, Music specialist, Core French K-7, Outdoor learning, Caring school community

Ready Set Learn—Thurs. Feb 5, 2026 9:00—10:30 am—Ages 3-5

Please contact office@stjamesvernon.com and/or 250-542-4081 for more information..

Knights of Columbus 4949 -Pancake Breakfast

February 01st—come and join us at the Parish Centre after 8:30 am mass at St. James.

World Day for Consecrated Life

February 2

The purpose of the day is “to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels” as well as “to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord” (Saint John Paul II, 1997).

World Day of the Sick

February 11

The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

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.

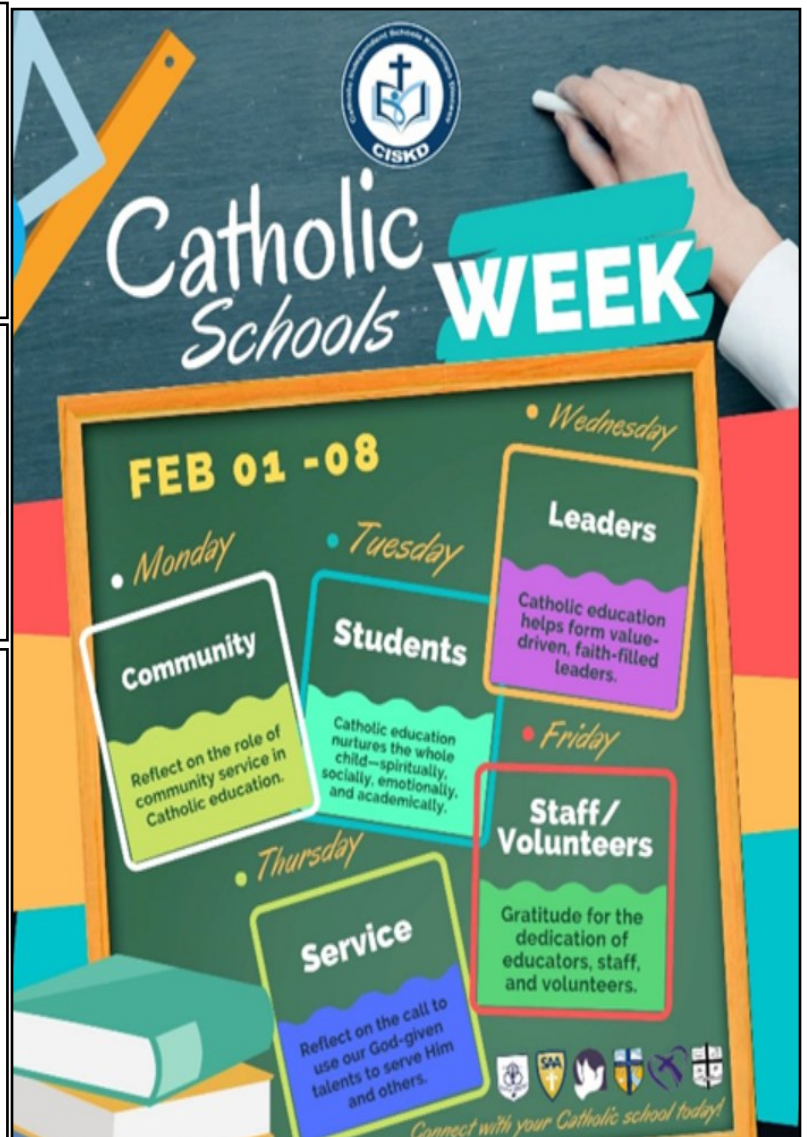
2025 Income Tax Receipts Notice

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!

Blessing Bags

On Monday, the first day of Catholic Schools week, St. James students will be filling Blessing Bags, small bags of essentials that help people on the street get through a day. Through their participation, students will be made aware of those in our community who are in need and provide a concrete means for them to help. Prayer cards and messages from the children will show recipients that they are respected and not forgotten. Blessing Bags will be available at the school and at the entrances of St. James and OLOV next weekend 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 support of the Knights and CWL councils of both parishes and the members of the Outreach Team.



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!

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 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

Vocation Live-In

Seminary of Christ the King in Mission, B.C.

February 7-8, 2026

Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information:

* call 604-826-8975 or email: rector.minors@scck.ca



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Culos & Co.

Law Corporation

Robert M. Culos
Lawyer

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



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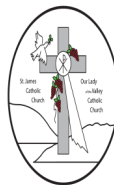
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3105C 31st Ave

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United in the Eucharist
to love and serve.

Vision Statement: In-
spired by the Spirit to:
-know our faith and vo-
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