

**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



## 12th Sunday in Ordinary Time June 21, 2026

**The month of June is dedicated to the Sacred Heart of Jesus**



### 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 @ St Benedict	Mon-Thursday	9 am-9 pm
	1st Friday	10 am
4 Mysteries of the Rosary	1st Saturday	7:30-8:40 am

<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

### 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

- June 21—**Last Day!** Photo Sessions Signed up Sheet available after the mass
- June 21—**Confirmation**—1 pm—OLOV
- June 23—CWL Potluck Wind-up Party 4-7pm church basement
- June 24—Photo Sessions sign up available online
- **July 20 & 21—Bishop and Priests' Holiday in the Okanagan** (see details)
- July 25th—The Feast of St. James our patron saints. Mass at 9am followed by brunch at the Church parking lot.
- Aug 10-14—**VACATION BIBLE SCHOOL** (see details)
- Sept 25-26—**SAVE THE DATE! WOMEN'S RETREAT** (details to follow)

	Last Sunday's Offertory	EFT (May) Electronic Fund Transfer	PAD (May) Pre-Authorized Debit
St James	\$ 2572	\$ 1075	\$ 5756
OLOV	\$ 2450	\$ 1995	\$ 3766
St Benedict	\$ 390		

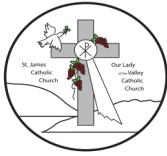
### OFFICE

Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rcdk.org
Office Hrs.	8am-2pm	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 June**

**For the values of sports**—Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote value such as respect, solidarity, and personal growth.

**MASS INTENTIONS—June 22-28**

June 22	Mon	8 am SJ	Cornelius P. Brennan	RIP
June 23	Tues	8 am SJ	Private Intention	INT
June 24	Wed	8 am SJ	Gigino Merenda	RIP
June 25	Thurs	8 am SJ	Paul Nobakowski	RIP
June 26	Fri	8 am SJ	Elfriede Pilz & family	INT
June 27	Sat	9 am SJ	Bill Thompson	RIP
		5 pm SJ	Olga Mulvey	INT
June 28	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7 pm SJ	Knights of Columbus Corporate Sunday	INT

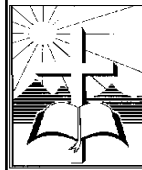
**July 20 & 21—Bishop and Priests' Holiday in the Okanagan.**  
**Need accommodation** for one or two priests on Monday, July 20.  
 If you can help please call the office.  
*No meals or transportation needed.*

**Bishop's Office Announcement**

- June 30—**Fr. Fred Weisbeck retirement**
- July 01—Our Lady of the Lake in Blind Bay will be served by **Fr. Emmanuel Onumadu** of St. Joseph's Parish, Salmon Arm
- July 01—Blessed Sacrament Parish in Chase will be served by **Fr. Ajin George** of Holy Family Parish

**Effective July 16th**

- **Fr. Paul Cuong Do—Parochial Vicar**, Sacred Heart, Lumby and St. Benedict/Theresa, Head of the Lake
- **Fr. Henry Nwaimo—Parochial Administrator**, St. Ann's Parish, Quesnel, and its associated missions
- **Fr. Swann Kim—Parochial Administrator**, Sacred Heart Parish, Merritt, and its associated missions
- **Fr. Brendan Mgbenwelu—Parochial Vicar**, Sacred Heart Cathedral, Kamloops, and its associated missions
- **Fr. Francis Onyealusi—Parochial Administrator**, St. Jude's Parish, 100 Mile House, and its associated missions
- **Fr. Ignatius Opara—Parochial Vicar**, Sacred Heart Parish, Williams Lake, and its associated missions



**Next Sunday's Readings:**

**June 28, 2026**

2 Kings 4.8-12a, 14-16  
 Ps 89.1-2, 15-16, 17-18 (R.1a)  
 Romans 6.3-4, 8-11  
 Matthew 10.37-42



**SERRA CLUB of KAMLOOPS DIOCESE**

*Holy Hour—for Vocations*

68. Society will again someday become Christian won to Jesus Christ by the apostolate of Eucharistic Prayer. (St. Peter Julian Eymard)

**St. James School, Vernon**

**Temporary Part-Time 0.4 FTE Classroom Teacher**

To apply: Go to [www.ciskd.ca](http://www.ciskd.ca) under the CAREERS tab: <https://www.makeafuture.ca/bc-schools-and-districts/catholic-independent-schools-kamloops-diocese/>



**Parish Pictorial Directory 2026**

**Photo Sessions—August & September**

**Sign-up sheet available June 07, 14 & 21 after each mass**

We are please to announce that parish photo sessions will be taking place this August and September (see schedule below) for **St. James, OLOV, St. Benedict** and **Sacred Heart** (Lumby).

**REMEMBER**, it's free, and we need you to participate! Thank you in advance for your support and participation in the program. This directory will embrace young and old, families, couples and single members. **You are all members of our church family, our directory is not complete without you.**

**Photo Session Schedule**

Dates	St James	OLOV	St Benedict/ Teresa	Sacred Heart
Aug 03 and 04			X	
Aug 05 to 08	X			
Aug 10 to 15	X			
Aug 17 to 22		X		
Sept 08 to 10				X
Sept 14 and 15		X		
Sept 16 to 19	X			

**To book through a coordinator (see below) -> Ensure to book your appointment to the church you are currently registered**

	Name	Tel. No.	E-mail
St James	Lorena Clowes	604-779-0984	<a href="mailto:lorenabc@telus.net">lorenabc@telus.net</a>
OLOV	Maureen Rinn	250-260-0978	<a href="mailto:maureenrinn5@gmail.com">maureenrinn5@gmail.com</a>
St Benedict	Gwen Torres	250-558-7474	<a href="mailto:glouistorres@hotmail.com">glouistorres@hotmail.com</a>
Sacred Heart	Rosa Lowen	250-542-4342	<a href="mailto:rosaloewen@yahoo.ca">rosaloewen@yahoo.ca</a>

**\*Please note: you must contact your Parish coordinator to make any changes to your appointment. Please do not double book. Thank You!**

## Confirmation Celebration at OLOV

Join Us in Celebrating This Milestone

June 21, 2026 at 1:00 pm

On Sunday, June 21st, a joyous celebration will take place at Our Lady of the Valley as **14 dedicated students and 2 adults** receive the Sacrament of Confirmation. This significant milestone in their spiritual journey marks a deepened commitment to their faith and their parish community.

## From today's Gospel: (Matt 10:26-28)

Jesus said to the Twelve: "Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. (Matt 10:26-28)

## Commentary from the Gospel of St. Matthew 10:26-33

What our Lord said to his Apostles applies to all Christians in the practice of their faith. By the very fact of living our faith openly and fully we are apostles by example. If we are always truthful and faithful to our promises, if we are honest in all our dealings, if as employers we pay a just wage and treat those working for us not as "hands" but as whole men and women, if as employees we give an honest day's work for an honest day's pay, if we live chaste lives whether in single life or in marriage, we are true Christians. Above all, if we have true love of God and show our appreciation of all that he has done for us, and if we prove that love, by helping his other children, our neighbors, we are light shining in the darkness, because we are helping others to see the true meaning of the Christian religion.

This true light is needed more today perhaps than ever before. Our world is three quarters pagan or neo-pagan. The neo-pagans are those who once were Christians but abandoned their religion, sometimes through their own fault, but more often than not, because of the bad example they were given by their fellow Christians. These are worse off spiritually than the pagans who have never heard of Christ or the true God. These latter have at least some idols, some ancestral deities, to whom they pay respect. The neo-pagans have only themselves to venerate, and they can find little spiritual uplift in this form of religion.

A large majority of today's teenagers, in most so-called Christian countries, have come to despise, or at least to neglect, the religion of their ancestors. In most cases the cause of this is that Christianity was never really put into practice in their own homes, but these are cases of weak personality—they prefer to follow mob rather than try to force their way against it. On the whole, the decline of religion among today's youth is due to bad example from their elders.

In today's gospel message, our Lord is asking each one of us to be fearless apostle. We will be, if we live up to our religion at home and abroad. "Have no fear of men," He tells us, "don't mind what your fellow men think of you, if you object to obscene language in your work—place. Don't fear what will be thought of you if you say your grace before and after meals in a public restaurant or hotel. Don't take that extra drink just because your companions at the party might ridicule your control..."

These acts and many others like them, may seem trivial to some but they are giving testimony to the faith that is in us. Those who scoff at such things at first, may begin later to look into their own hearts, and come to realize what it is to be a man of principle. Eventually they may become men of principle themselves.

Let us remember our Lord's promise "everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven."

- Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M

Source: Catholic Culture

## FUNERAL SERVICE

June 29—**Alice Cooper**—St James at 11am  
July 11—**Maureen McElligot**—St James at 11am  
July 25—**Roger Schwing**—OLOV at 11am



August

10<sup>th</sup> - 14<sup>th</sup>

Monday to Friday

9am - 12pm

Ages: 4 to 11

\$35 per child

At: Our Lady Of  
the Valley Church

REGISTER TODAY

Vacation Bible School  
2026



More info at  
[www.rccv.org](http://www.rccv.org)  
or scan QR



## Catholic Book Club

On Wed June 24 we will begin our discussion of **Not Finished Yet** by Marcus B. Peter. Please read the first 3 chapters. Meet in the Monsignor Miles Hall at 9 am. All are welcome.

## Volunteers Needed!

The **Vernon Pro-Life Thrift Store** is seeking volunteers to assist with sorting donations, cashier duties, and maintaining the store. Hours are Monday to Saturday from 10 am to 2:00pm.

All proceeds goes to helping pregnant women in need and lobbying for a law abolishing abortion.

For inquiries, please contact Linda 250-306-0586.

## VOCATION LIVE-IN

Seminary of Christ the King on Mission, BC  
July 4-5, 2026

HIGH SCHOOL Grades 7-11 or anyone wishing to enter the Seminary in the next couple of years is welcome.

For more information phone 604-826-8975 or email  
[rector.monirs@sck.ca](mailto:rector.monirs@sck.ca)

## Quote from St. John Vianney

"When we leave the holy banquet of Communion, we are as happy as the wise men would have been if they could have carried away the Infant Jesus."

## CWL WIND UP EVENT


"Cake, Crafts & Connection"  
Saturday, June 27th 1-3pm, Narthex, OLOV

All women are welcome!

Come for cake & fellowship, make bookmarks for our seniors or put together activity bags for children at the Archway Society.

Please sign up on the CWL Bulletin board  
Or contact Kasia Ryan at [kasiacan@hotmail.com](mailto:kasiacan@hotmail.com)

**Barry Schick**  
General Manager  
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**Grand Prior Chev. Guenter A. Rieger**

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250-545-0777 866-289-4715

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

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**RCCV: St James** 2607- 27th Street Vernon BC

Access to this site is FREE!

**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 2-3 pm, 3-4 pm and 4-5 pm Tuesday 2-3pm, 3-4 pm, 4-5 pm and 6-7 pm Wed. 12-1 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)

**LEARN MORE ABOUT OUR FAITH & OUR PARISHES**  
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ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)

**Pastoral Care Ministry**



If you are in the hospital, in the homes, please phone the office at 250-542-1276 or email at [stjamesvernon@rccv.org](mailto:stjamesvernon@rccv.org) for Pastoral Care.

