

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



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
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.

THE MONTH OF DECEMBER OF DEDICATED TO DIVINE INFANCY

NOTES/REMINDER

2026 Envelopes now ready to pick up at the church where you are registered. Please do not use the envelopes until next year as your number might be different from 2025. If you need an envelope please contact the office at 250-542-1276

- Dec 15—School Christmas Concert at 1pm. Call the school to reserve as tickets are limited
- Dec 18—Christmas Confession—St James at 6:30 pm
- Christmas and New Mass Schedule—see detail inside
- Dec 24—8am—morning mass **NO ADORATION** 24 & 25
- **Tax Receipt 2025**—FIA all donations must be received by Dec 29. Any donations received after the 29th will go towards the 2026 tax receipts

Faith In Action Campaign 35 "Pilgrims of Hope" THANK YOU FOR YOUR GENEROSITY!

	Assessment	Actual
St James	\$ 41546	\$ 46360
OLOV	\$ 24520	\$ 31378
St Benedict's	\$ 1887	\$ 3300



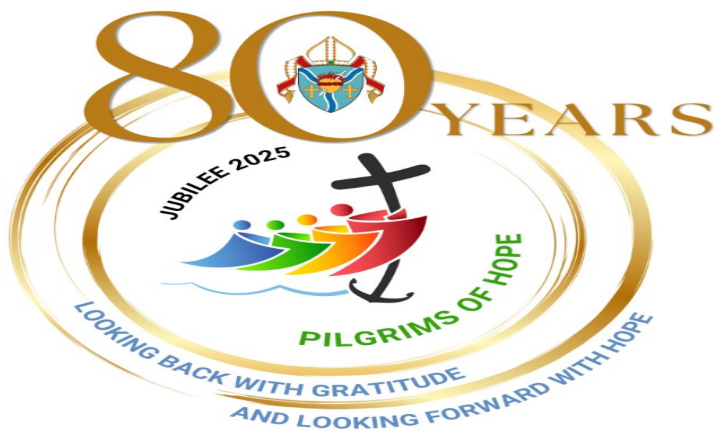
*We have successfully met our assessment goal for Campaign 35. Please continue to give! Any contributions received beyond our assessment goal will directly benefit our parishes.
Thank you Fr Peter*

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 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



The Holy Father's Intentions for the month of Dec.

For Christians in areas of conflict—Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and hope.

MASS INTENTIONS—Dec 15-21

Dec 15	Mon	8 am SJ	Neil Brennan	RIP
Dec 16	Tues	8 am SJ	Gail & Chris Mobbs	INT
Dec 17	Wed	8 am SJ	Private Intention	INT
Dec 18	Thurs	8 am SJ	Nicolina Balestra	RIP
Dec 19	Fri	8 am SJ	Joshua Enas	RIP
Dec 20	Sat	9 am SJ	Celine Lockert	RIP
		5 pm SJ	Allan de Rosier	RIP
Dec 21	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Fr. Jude Sharman Fernando	INT

PARISH MINISTRIES

CWL (St James)	7:00 pm 2nd Tuesday of the month (Jan, 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:

December 21, 2025

Isaiah 7.10-14

Ps 24.1-2, 3-4ab, 5-6 (**R.7c+10b**)

Romans 1.1-7

Matthew 1.18-24



Quote from St. John Vianney

"To receive the Blessed Sacrament worthily, one must have a great desire for union with Jesus Christ."



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.



Last Sunday's Offertory

EFT (Nov) Electronic Fund Transfer

PAD (Nov) Pre-Authorized Debit

St James	\$ 3494	\$ 685	\$ 5775
OLOV	\$ 2166	\$ 1390	\$ 4043
St Benedict	\$ 360	\$ 40	

2025 Christmas Eve and New Year Mass Schedule

		OLOV	St James
December 24th	Wednesday	5:00 pm	7:00 pm
			9:00 pm
December 25th	Thursday	10:30 am	8:30 am
			12 noon
December 31st	Wednesday	5:00 pm	7:00 pm
January 01st	Thursday	10:30 am	8:30 am

THANK YOU FOR SUPPORTING COATS FOR KIDS!

On behalf of the Knights of Columbus Council 12202, we extend our heartfelt gratitude for your incredible support of the Coats for Kids program. Your generosity and kindness help ensure that children in our community remain warm, cared for, and cherished throughout winter season.

Thanks to you contributions, we received \$1,050 in cash donations and 50 coats from both St. James and OLOV churches. With these resources we were able to distribute over 200 coats to children in need within our community. Your willingness to give truly makes a difference and brings comfort and joy to so many families.

We sincerely appreciate your ongoing support and the spirit of compassion you continue to share. May God shower you and your loved ones abundantly with his blessings this Christmas season.

THANK YOU!

I want to extend my heartfelt thanks to everyone who rolled up their sleeves to help clean the **St James Church** on November 28th, and to the wonderful team who brought our sanctuary to life with beautiful Christmas decorations on December 05th. Your hard and cheerful spirit made these tasks feel more like a joyful gathering than a chore, and I'm so grateful to be part of such a supportive, caring community.

May the joy and peace of Christmas fill your hearts and homes this season!

With love and gratitude.

Nella

Ordering Our Loves: The Secret Architecture of a Holy Life

By: Brandon Sexton—Prayer

The spiritual life grows the way a house does. Not all at once, and not because we force it to. It grows because the foundation is sound. Ignatius knew that, which is why he begins the Spiritual Exercises with the Principle and Foundation. Before you worry about anything else in your life or in your prayer, he says, remember what you were made for: to praise, reverence, and serve God, and to let everything else in your life serve that purpose.

Everything falls under that. Every desire. Every fear. Every plan you hold in your hands a little too tightly.

When that truth really begins to settle in a person, it does not usually arrive with a trumpet blast. It sneaks in quietly. You notice that certain patters in your life lean toward God while others pull away without you realizing it. You begin to see where you cling. You see what you reach for when you feel tired or unseen. It is an uncomfortable but honest grace.

Advent exposes all of this, not harshly but plainly. God comes as a Child, and nothing reveals the truth about our priorities faster than vulnerability. A child cannot be used. A child can only be loved. And love always rearranges things.

The attachments we prefer not to see

Ignatius talks about attachments, but he is not warnings us about obviously sinful things. Many attachments grow out of good desires. A steady income is good. A warm home is good. Wanting your children to succeed is good. Wanting to be respected is human.

But good things become burdens when we let them take the place of God. They bend the heart. They start making decisions for us. They swallow our peace when they wobble.

Most of the time we only discover an attachment when God lets something shift. A setback at work. A comment that stings. A plan that dies on the table. A moment when you have nothing left to lean on except God, and suddenly you realize how much you were leaning on something else instead.

Advent has a way of holding up a mirror to that. Not to shame us, but to show us the truth so God can rearrange it.

Would Mary Not Have Chosen Something Easier?

We sometimes imagine Mary floating above the difficulties of life. But the Gospels do not give us a woman untouched by inconvenience. They give us someone whose freedom was so complete that inconvenience did not own her.

Think about the birth of Jesus. There is no way she preferred a cold, crowded place far from home. She was young, exhausted, and far from her own mother. She gave birth with almost nothing: no midwife, no comfort, no familiar faces, no prepared space.

It is not unfaithful to imagine that she wished things were different. Preference is not sin. But Mary did not cling to her preferences. She received what God gave her, and her yes remained steady.

That is freedom. That is ordered love looks like.

Ignatian spirituality does not teach us to kill our desires. It teaches us to put them in the right place so they stop ruling us. Mary shows us that a heart ordered toward God loses none of its humanity. It simply becomes capable of saying yes without fear.

Learning to Let God Rearrange Us

Most of us will never face a moment as dramatic as giving birth in a stable. But every day brings smaller invitations that tug on our attachments.

1. A plan that collapses before it even starts.
2. The interrupted quiet moment you were counting on.
3. A bill that stretches you thin.
4. An uncomfortable truth about yourself that surfaces in prayer.
5. A child whose need arrives at the worst possible time.
6. A bout of exhaustion that ruins your sense of competence.

These are not random irritations. They are places where God gently presses a finger on something in us and asks, "Can I reorder this for you?"

Holiness is not built on heroic moments. It is built on this slow, steady willingness to let God rearrange what we cling to. The work is quiet, often invisible, but it frees the hearts piece by piece.

The God Who Comes Into Our Disordered Rooms

Ignatius ends the Principle and Foundation with something that sounds impossible at first. He says we should desire neither health nor sickness, wealth or poverty, honor nor dishonor, long life nor short life, but only draws us closer to God.

Most of us are not there yet. God knows that. Advent is not a test of spiritual skill. It is an invitation into freedom. The more God becomes the center, the more everything else can find its right proportion.

The God who comes in a manger does not wait for our lives to be tidy. He enters the mess. He enters the unfinished room. He steps right into the places where our loves have gotten tangled, and He does not flinch.

Mary shows us that holiness is not about perfect conditions. It is about trust. A heart ordered toward God is not a heart that never struggles. It is a heart that believes God can be found precisely where comfort cannot.

So let Advent do its work. Let God show you the places you cling. Let Him reorder them. Let your freedom grow a little at a time. And let your heart become, like Mary's, a place where Christ can enter exactly as He is.

This week's Meditation Challenge

1. Name one attachment you feel tugging at your peace this week. Do not analyze it. Simply name it in the presence of God. Tell Him honestly what you fear losing or what you fear might change.
2. Ask for the grace of interior freedom. Use Ignatius's simple request: "Lord, grant me the grace to desire only what leads me closer to You." Let this be a slow, sincere prayer rather than quick formula.
3. Practice one concrete act of detachment today. Choose something small: delaying a comfort, stepping away from a screen, setting aside a preference for someone else's good. Let the act become a quiet offering.
4. Spend two minutes sitting before God with empty hands. Literally open your hands on your lap. This physical posture trains the interior posture. Say: "Everything is gift. Everything is Yours."
5. Engage Scripture through imaginative prayer. Spend a few minutes with Luke 1:26-38. Enter the scene of the Annunciation. Notice Mary's freedom. Notice her surrender. Ask God to reveal where your own heart is clinging too tightly.

Source: Catholic Exchange—December 12, 2025



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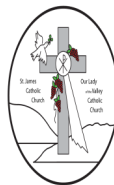


Vernon & Area Pro-Life Society

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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.



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to love and serve.

Vision Statement: Inspired by the Spirit to:
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