

Saint James Church
2607 27 St
Vernon, BC V1T 4W1

St. Benedict's/St Theresa's
Head of the Lake Rd
Vernon, BC

Our Lady of the Valley
10102 Middleton Drive
Coldstream, 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
1:00 pm Sunday
(St Benedict only)

Mass Times
10:30 am Sunday

Mass Times
5:30 pm Saturday
9:30 am Sunday

5th Sunday of Easter April 28, 2024

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



The month
of May
is dedicated
to the Blessed Virgin Mary.



Mark your Calendar

- May 05—1st Sunday of the month—Food For The Poor and for the Healing, Reconciliation and Forgiveness with Indigenous Peoples
- May 12—Pancake Breakfast Mother's Day
- May 18—OLOV K of C Yard Sale
- Aug 19-23 Vacation Bible School M-F mornings

LEARN MORE ABOUT OUR FAITH & OUR PARISHES

STAY INFORMED ON EVENTS. GET INVOLVED.

VISIT OUR REFRESHED WEBSITE

WWW.RCCV.ORG

ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)

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, Randi Patterman, Jim Allaway Justin Sharma, Carmen Riguedell
Finance Committee (OLOV)	Garry Pielak, Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council	Ben Allen, Brian Trafford, Rob Hillis, Gwen Torres, Jeff Routely, Rita Eng

OFFICE

Telephone	250-542-1276	www.rccv.org
email		stjamesvernon@rcdk.org
Office Hrs.	8 am—2:pm	Mon-Tues-Thurs-Fri
	Closed	Wednesday

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



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 May

For the formation of religious and seminarians. We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.

Mass Intentions April 29- May5

April 29—Mon: 8am SJ	Larry O.Kennedy—†
April 30 Tues: 8am SJ	Graver Family INT
May 1—Wed: 8am SJ	Private Intentions
May 2—Thurs: 8am SJ	Donna Patterson INT
May 3—Fri: 8am SJ	Bea Walkem—†
May 4—Sat 9am SJ	Dianne Lutes—†
5pm SJ	Pauline Kurylo INT
May 5— Sun 8:30am SJ	SJ Parish Families—INT
10:30am OLOV	OLOV Parish Families—INT
7:00pm SJ	Wade De Rosier—†

Vernon Pro-Life Flower Procession MAY 12 Mothers Day

After 10:30 Mass at OLOV, we will be making a procession from church to the Madonna and Child grotto where we will leave flowers that we supply to Honor Mary, Mother of Jesus and to ask Mary's protection for mothers and their preborn babies. Encourage your child to join you in this short celebration.

Eucharistic Adoration of the Blessed Sacrament at St. James

We kindly request you consider enhancing your life by committing one hour a week as an adorer. Holy Eucharistic Adoration hours are 9 a.m. to 9 p.m. Monday-Thursday. Drop-in visitors are always welcome. We especially need adorers for these hours:

Tues 12-1pm 3-4pm 5-6pm.
Wed 2-3 p.m. 6-7pm,
Thurs 12- 1 pm, 6-7pm
Thurs 8- 9 pm Filled Thank you Allan!

For anyone interested in reaping the tremendous benefits of Holy Eucharistic Adoration, please contact Amy & Bruce Bernhardt (250) 308-9612 or adorationstjames@gmail.com.

MUSICIANS WANTED

The Parishes of St James & Our Lady of the Valley are in need of musicians! If you have musical talents that you would like to share, please contact Eric Hoffbauer at 905-758-6133 or email hoffbaue@gmail.com

Your support to our Parishes is greatly appreciated.

	Sunday Offertory	Vocations
St. James	\$ 2385	\$ 3126
OLOV	\$ 1873	\$ 782
St Benedict	\$60	\$100



Next Sunday's Readings:

May 5, 2024

Acts 10.25-26,34-35,44-48
Ps. 98.1,2-3ab,3cd-4R. 2b)
1 John 4.7-10
John 15.9-17



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

69. Even a quarter of an hour's prayer in front of the Eucharist perhaps gains more graces than all the other spiritual exercises of the day (outside of Mass). (St. Alphonsus Ligouri)

Quote from St John Vianney

"Almighty God sends no trial without consolation"



TAKE AN ACTIVE ROLE IN THIS INITIATIVE! CONTACT BERNIERAMIS@GMAIL.COM

Novena to the Holy Spirit Starts on Friday, May 10th

The novena in honor of the Holy Ghost is the oldest of all novenas since it was first made at the direction of Our Lord Himself when He sent His apostles back to Jerusalem to await the coming of the Holy Ghost on the first Pentecost.

Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

KNIGHTS OF COLUMBUS ST JAMES 4949

Holy Hour for Vocations Tues April 30th 7pm



Please come to join us to offer an hour for the increase in vocations to priesthood and consecrated life. Fr Peter will lead us in prayers and adoration.

Our Lady of the Valley—Knights of Columbus

St Theresa Council 12202

12th Annual yard sale - May 18th, 2024

We are inviting donations of good used items for this major fund raiser. We will be accepting items every Sunday before and after 10:30 mass, at the garage at the East end of the church. We are available for pick up of items if required.

Please e-mail or call James, Ben or Ron
jameslockwood@hotmail.com
benjaminjoel32@gmail.com
patron1962@telus.net(250 550 6867)

Catholic Book Club

Next meeting: **May 1, 2024** at 9am in the Monsignor Miles Hall. We will conclude our discussion of ***Jesus and the Jewish Roots of the Eucharist*** with a video presentation on the Eucharist. All are welcome. On May 15, we will begin the Diary of St. Faustina. Copies are available through Loaves and Fishes in Kelowna.

Call Jan for more information 250-309-4123.

God's Love: Perfect Justice combined with Perfect Mercy

Love, suffering, and death have a uniquely interrelated relationship. To understand love, one must know sacrifice and therefore be acquainted with suffering. Jesus modeled this relationship by sacrificing Himself on the Cross for us. We all experience this in our human relationships as well. For example, spouses sacrifice for the good of one another, parents willingly lose sleep to care for their children, and our best friends will drop whatever they are doing to pick us up from the airport. This is meaningful love: the love of sacrifice.

To search for love is to search for God and in some sense for perfection as well. God made man in His own image so that man could become like Him, to become unified with Him, and to share in His eternal joy. He established the universe for man's benefit, giving us the power to share in the carrying out of His plan (CCC, 1992, para. 299, 306). God entrusted us with the responsibility of "subduing the earth and having dominion over it" while experiencing both good and evil, so that we could discern whether we want to live the Christian life, striving for God's kingdom, or to live sinfully without repentance, resulting in permanent separation from Him (CCC, para. 307).

Furthermore, through His mercy, God meets each man "where he is," and directs him through his laws to live according to His will. To ponder how God brings good even out of evil, we can consider how He makes His laws fully apparent through the painful consequences of our evil actions—even to those who do not have access to written versions of the law. When we rebel against the good that God has planned for us, or when we misuse it, we encounter suffering. In a way, suffering can be an arbiter of God's will.

As I explained in *Why All People Suffer* (Sophia Press, 1991), there are four tasks of suffering that lead us from sin to salvation: (1) to teach us proper self-love by creating feedback loops which make vice uncomfortable and lead us to virtue; (2) to reorient the soul to God; (3) to unleash our love of neighbor; and (4) to redeem the sufferer who is willing to suffer for the good of another. In this way, God paradoxically uses suffering to intensify our ability to love and to bring us to eternal life. Once we realize this, we will realize that God loves us and that suffering is not a curse but a compass to help us find our way back to God. Love is a theological virtue infused in us by God. Love is a capability that is built up by use and lost through disuse, like any other human capability. It is not a commodity that is depleted by use. Virtuous habits increase our love, and all sin is a failing to love. Yet God gives us the gift of sacramental confession as the means of restoring the fullness of love achieved by sacramental union with God, which is the supreme example of God's balance of justice and mercy.

God's balance of justice and mercy is critical for the motivation of growth and spiritual evolution in man. Many people have a hard time comprehending how God can be perfectly just and perfectly merciful at the same time. They incorrectly view perfect mercy in God as total permissiveness, and perfect justice as holding all sins against us indefinitely. However, consider how forgiveness by God without repentance on our part does not hold as much power; we would be far less likely to change our ways, and it would, in a way, propagate error. Similarly, if our sins were held against us perpetually, even after we repented, the motivation to repent and amend our ways would also be diminished. God is perfectly merciful for forgiving us when we reconcile with Him sacramentally, and He is totally just by holding us accountable for unconfessed sins. This combination of mercy and justice, administered by the Church through the Sacrament of Reconciliation, exhibits God's powerful love for us and gives us the motivation to grow in His divine love, neither condoning sin nor condemning us for past mistakes.

Death also leads and motivates us to love divinely. If life didn't end, it

would not give us the opportunity to be with God in heaven, and if we weren't judged by a just and merciful God, then our motivation to sacrifice for the good of others would decrease. Man is motivated to improve himself morally by the end goal of reaching heaven. The first step in achieving this goal is to die in the state of grace, with no mortal sins. A mortal sin is the lack of love, either by failing to come to the aid of others or by seeking to exploit them for our benefit. To learn to love is learn to live as God intended. Matthew's Gospel includes three complementary definitions of the way to Heaven, each involving loving God and neighbor. In Matthew 5, Jesus gives us the Beatitudes, the virtuous attributes required for harmony and happiness. In Matthew 19, the rich young man asks Jesus how to gain eternal life. He tells him first to follow the 10 Commandments, then to give his worldly goods to others out of love for God. Finally, in Matthew 25, Jesus tells us the parable of the Final Judgment where he teaches that the deciding factor in our judgment whether we cared for the least of our brothers. If we follow these ways to love in our lives and reconcile with God sacramentally when we fail, we will build up love, heaven's currency.

In the words of St. Paul, love never fails. Love is a capability that cannot be stolen, and it is the only thing you take with you when you die. Everything else will be lost at the moment of death, so all worldly possessions, all the wealth, power, and fame accumulated should be used charitably on your neighbors, building up heavenly currency before you die and it becomes worthless to you. But love also requires self-sacrifice and that is not achieved by leaving money to charities to enhance your legacy among the living. It must be done for the love of God, while you still live, to have spiritual merit. God loves us perfectly, mercifully giving us an infinite number of chances to reconcile with Him and our neighbors, but He is also perfectly just, so love remains a self-sacrificial act of the will. To join God in eternal life, we must choose to give of ourselves for the love of God.

Paul Chaloux Catholic Exchange April 18, 2024

Grocery Receipt Program

St James CWL is collecting receipts from Butcher Boys, Nature's Fare Markets & Buy-Low Foods. We are accepting FreshCo grocery receipts on behalf of Vernon Jubilee Hospital Auxiliary. Please put your receipts in the white "Grocery Receipt Program" box located on the table in the vestibule of the main entrance of St. James Church.



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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, 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
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For Info call 250-542-9229



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