

**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

## 24TH THE EXALTATION OF THE CROSS SEPTEMBER 14, 2025

**THE MONTH OF SEPTEMBER IS DEDICATED  
TO OUR LADY OF SORROWS**



### Faith In Action Campaign 35 (2025-26) "Pilgrims of Hope" Campaign Assessment

St James	\$ 41,546
OLOV	\$ 24,520
St Benedict's	\$ 1,887

#### 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.

### PLEASE BE AWARE!

It has come to our attention that some individuals received suspicious emails that appear to originate from **Fr. Peter**. If you receive an unexpected or unusual email claiming to be Fr. Peter—especially one asking for money, gift cards, or personal details—**do not respond or click on any links**. Call the parish office to verify.

May God bless you and keep our community safe.

### Notes/Reminder

- Sept 14—Children's Liturgy starts at OLOV—10:30 am mass
- Sept 15—Memorial of Our Lady of Sorrows (see details for the seven sorrows of Mary)
- Sept 17—Upon This Rock program begins (see detail inside)
- Sept 24—Legacy Lavender Tea (see detail inside)
- Sept 26-28—**"Come, See and Be Amazed!"** Women's Retreat in Kamloops. All women invited! *God's Unfinished Works of Art*. Register by Sept 15 at: <https://forms.office.com/r/dEgpyCEk8E>
- **FIA Campaign 35**—please go to the parish website to watch the video <https://www.youtube.com/watch?v=Xs5yYuzUoJU>  
Please give generously!

### OFFICE

Telephone:	250-542-1276	<a href="http://www.rccv.org">www.rccv.org</a>
Email:		<a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>
Office Hrs.	8 am—2:pm	Mon-Tues-Thurs-Fri
	Closed	Wednesday

<b>Pastor</b>	Rev Fr Peter Nguyen <a href="mailto:frpeter@shaw.ca">frpeter@shaw.ca</a>	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

**St James School**  
2700 28th Avenue  
Vernon, BC V1T 1V7

Melanie Inzunza — Principal  
(250) 542-4081  
Ascend Catholic School Online

[www.stjamesvernon.com](http://www.stjamesvernon.com)  
[office@stjamesvernon.com](mailto:office@stjamesvernon.com)  
[www.rcdk.org/ascend-online-school](http://www.rcdk.org/ascend-online-school)



### MASS INTENTIONS—Sept 15-21

Sept 15	Mon	8 am SJ	Lorraine Bru	RIP
Sept 16	Tues	8 am SJ	Stewart & Lorena Clowes	INT
Sept 17	Wed	8 am SJ	Lilian Novotney—90th Birthday	INT
Sept 18	Thurs	8 am SJ	Private Intention	INT
Sept 19	Fri	8 am SJ	Deceased family members of Mosquera & Sarmiento family	RIP
Sept 20	Sat	9 am SJ	Celine Lockert	RIP
		5 pm SJ	Shirley Bourgeois	INT
Sept 21	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Private Intention	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: <a href="http://www.facebook.com/kofc4949">www.facebook.com/kofc4949</a>
KofC (OLOV)	St Teresa Council 12202: <a href="http://www.kofc12202.ca">www.kofc12202.ca</a>
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: <a href="mailto:ppcstjames@gmail.com">ppcstjames@gmail.com</a>
Parish Pastoral Council (OLOV)	Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence Email: <a href="mailto:ppcoulady@gmail.com">ppcoulady@gmail.com</a>
Parish Pastoral Care Ministry	Contact the Parish Office Email: <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>



### Next Sunday's Readings:

**September 21, 2025**

Amos 8.4-7  
Ps 113.1-2, 4-6, 7-8 (R.1a, 7a)  
1 Timothy 2.1-7++  
Luke 16.1-13



### Quote from St. John Vianney

*"It is confidence which God looks for from us above all things. When we have entrusted our interests to him alone, his justice and goodness are pledged to aid us."*

### The Holy Father's Intentions for the month of

**For our relationship with all creation**—Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.



### Last Sunday's Offertory

### EFT (July)

### PAD (Aug)

### FIA #35

St James	\$ 4235	\$ 808	\$ 5932
OLOV	\$ 2493	\$ 970	\$ 3793
St Benedict	\$ 245		

**Thank you for your generosity.**



### 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](mailto:stjamesvernon@rcdk.org) for Pastoral Care.



### Diocese of Victoria Pastoral Care Training Fall 2025

September 27 to November 29, 2025  
(with no session on October 11)

**The valuable and free Pastoral Care Outreach Training series will be offered online this fall. Nine sessions will be held via Zoom on Saturday mornings from 9:30 – noon.**

**Please register through your parish by September 16, 2025.**

For further information, please email [moiraking@shaw.ca](mailto:moiraking@shaw.ca)

### Catholic Book Club

On Sept 17 we will discuss Chapters 3 and 4 of **Jesus and the Jewish Roots of Mary** by Brant Pitre. Meet at 9 am in the Monsignor Miles Hall (St James Church basement). All are welcome.

### SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

**33. See, my children, the first virtue is Humility, the second Humility, and the third Humility...The saints thought themselves nothing,...and God gave them all they asked. On Humility**

### 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 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](mailto:adorationstjames@gmail.com)

### St James—Parish Ministry Survey—Update

Thank you to all of you who generously responded to our Parish Ministry Survey. Our Parish is working to organize workshops for those ministries requiring them. Please expect to be contacted in late September or early October with details.

### Upon This Rock/RCIA Starting Sept 17th at 7:00 pm—OLOV

Come explore the biblical foundations of the Catholic faith in an adult group setting designed to take your love for God deeper and make your faith stronger through weekly group classes that dive into the depth and beauty of Catholic theology. Upon This Rock is great for Catholic enrichment for those already Catholic, as well as those exploring the Catholic faith for the first time, and those that desire to receive the sacraments for the first time.

Any questions please contact Mark at [marklanger3@gmail.com](mailto:marklanger3@gmail.com)

### Legacy Lavender Tea

Wednesday, September 24, 2025  
10:30—12:00 pm—Parish Centre at St. James School

Come and enjoy a cup of tea and slice of dessert while checking out our newest selection of books for our Literacy program, including the newest titles for our Whale of a Tale Reading Extravaganza!

We need your generous support to purchase these new books! We will be prepared to accept cash, cheque or interact payment.

Find a book that you connect with. After purchasing it a sticker nameplate will be placed in the inside cover of the book for yourself or your family. "In Memory" nameplates will also be available for loved ones we wish to remember.

Interesting fact is, we have books in our library with nameplates dating back 25 years. By simply opening a book families are remembered!

### 33 Days to Morning Glory Retreat

Every Thursday from Oct 30 until Dec 04 (7:00 pm—8:30 pm)  
Monsignor Miles Hall (St. James church basement)

To celebrate the Jubilee Year for both St. James and Our Lady of the Valley Parish, the Mission of the Immaculata warmly invites you to participate in the "33 Days to Morning Glory" Retreat. This enriching spiritual journey designed to deepen faith and nurture a sense of community among all participants.

The journey will culminate in a beautiful Consecration Mass, celebrated at 8:00 am on December 12, 2025, in honor of the feast of Our Lady of Guadalupe.

All necessary printed materials will be supplied to support participants throughout the retreat, ensuring everyone is equipped for the daily reflections and spiritual exercises that are the heart of the "33 Days to Morning Glory".

Registration is open to all interested. To reserve your place, contact the St. James Parish Office by phone at 250-542-1276 or email at [stjamesvernon@rcdk.org](mailto:stjamesvernon@rcdk.org) on or before October 12, 2025.

Spaces may be limited, so early registration is encouraged. Whether you are new to the retreat or returning, this is a wonderful occasion for spiritual renewal and to be part of a joyful, faith-filled community during this special Jubilee Year.

### Memorial of Our Lady of Sorrows September 15th

Below are the Seven Sorrows of Mary:

1. The prophecy of Simeon, (*Luke 2:25-35*)
2. The Flight into Egypt, (*Matthew 2:13-15*)
3. Loss of the Child Jesus for three days, (*Luke 2:41-50*)
4. Mary meets Jesus on his way to Calvary, (*Luke 23:27-31; John 19:17*)
5. Crucifixion and Death of Jesus, (*John 19:25-30*)
6. The body of Jesus being taken from the Cross (deposition from the Cross, (*Psalms 130; Luke 25:50-54; John 19:31-37*))
7. The burial of Jesus, (*Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47*)

Source: Catholic Culture—Liturgical Year

### St James—CWL 2025 Bursary Award

The St. James Catholic Women's League is pleased to announce that Jeff Curtis is the recipient of our 2025 Bursary Award of \$1000. We extend our warmest congratulations to Jeff and wish him every blessings and success in his studies.

KCYG & CISKD invite you to:

# The Feast!

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Saturday, October 11  
10:00 AM – 4:00 PM (ending with Mass)  
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Registration deadline is Friday October 3<sup>rd</sup>

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For more information, or if you have any questions, contact Andy at [kcyg@rcdk.org](mailto:kcyg@rcdk.org) or 250-319-7722



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## Culos & Co.

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3006 32nd Avenue  
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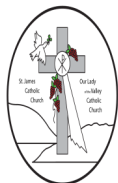
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to love and serve.

**Vision Statement:** Inspired by the Spirit to:  
-know our faith and vocation  
-serve the needs of others

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