

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 of Lent

March 15, 2026

FORMED

Our Parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

RCCV: St James 2607- 27th Street Vernon BC

Access to this site is FREE!

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.

Easter Mass Schedule for 2026

	Holy Thursday (April 02)	Good Friday (April 03)	Easter Vigil (April 04)	Easter Sunday (April 05)
OLOV	7:00 pm	3:00 pm	7:00 pm	10:30 am
St. James		12:00 noon		8:30 am
St Benedict/ Theresa				1:00 pm
Sacred Heart Lumby	7:00 pm	3:00 pm	8:00 pm	9:30 am

Note: NO! 7:00 pm mass on Easter Sunday

NOTES/REMINDER

- March 12—**NO CHILDREN'S LITURGY** (Spring break) back on April 12th
- March 22-28—OLOV Diocesan Adoration (Friday, March 27th Special Mass Adoration from 11 am until noon)
- **March 22—2nd Collection—Share a Lent**
- March 26—Lenten Confession—St James at 6:30 pm
- March 27—KofC **"Fish Fry" \$25**—tickets available at the office and at both churches (after weekend mass)
- April 05—1st Sunday on the month—Food for the Poor
- April 09—Fill the Valley—OLOV at 6:00 pm

****Note starting Tuesday, March 10th—until April 17th the Parish Office will have a short hours from 8am to 1:30 pm. If you need immediate assistance please contact Fr. Peter directly.****

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 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 March

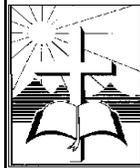
For disarmament and peace—Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

MASS INTENTIONS—March 16-22

March 16	Mon	8 am SJ	Neil Brennan	RIP
March 17	Tues	8 am SJ	Private Intention	INT
March 18	Wed	8 am SJ	Ida Mauro	RIP
March 19	Thurs	8 am SJ	Pawel Preis	INT
March 20	Fri	8 am SJ	Josef & Bozena Vala	RIP
March 21	Sat	9 am SJ	Stano Frano	RIP
		5 pm SJ	Stanislaw Nazarek	RIP
March 22	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Jassmin Bilny	INT

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, March 28 , 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: ppcestjames@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:

March 22, 2026
Ezekiel 37.12-14
Ps 130.1-1, 3.-4, 5-6, 7b-9(**R.7b**)
Romans 8.8-11
John 11.1-45



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Holy Hour—for Vocations

55. The devotion which God sends to the succor of His Church and of the nations at the present time is the devotion to the Holy Eucharist. It is the highest of all devotions. (Pop Leo XIII)

Quote from St. John Vianney

"A HOUSE founded on the Cross will fear neither wind, nor rain, nor storm.



	Last Sunday's Offertory	EFT (Jan) Electronic Fund Transfer	PAD (Jan) Pre-Authorized Debit
St James	\$ 3011	\$ 830	\$ 5775
OLOV	\$ 2121	\$ 1235	\$ 4043
St Benedict	\$ 385	\$ 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



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 2-3 pm, 3-4 pm and 4-5 pm Tuesday 3-4 pm

Wed. 12-1pm and 2-3pm 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

STATION OF THE CROSS at St. James 7:00 pm (every Friday during Lent)

Date	Ministry/Group to lead
March 20	Knights of Columbus Council 12202—OLOV
March 27	Fr. Peter

Commentary for the Mass Readings for the Fourth Sunday of Lent, Year A:

The **First Reading**, from the *first Book of Samuel 16:1b, 6-7, 10-13a*, contains, at best, oblique references to the other two readings. The anointing of David as king may be a reference to the anointing in the responsorial psalm both of which may refer to Christ the good shepherd. The figure of David may also be a prefigurement of the anointing to Messiahship of Jesus for his mission. Whatever the reason for its selection for this day, the theme of the liturgy is better reflected in the other two readings for they present implications and applications of the baptism of the believer.

The **Second Reading** from the *Letter of St. Paul to the Ephesians 5:8-14* is particularly significant because throughout the season of Lent the community has been urged to cast aside deeds of darkness and walk in the brilliance of the light of Christ. In this reading, for the first time during Lent, the darkness-light theme which will be so predominant at Easter is enunciated. The believer must leave the deeds of darkness and live according to the justice and truth of God through the light of Christ. The selection of this reading for the Sunday liturgy of the second scrutiny emphasizes clearly that the preparation of a person coming to the faith is one of moral formation as well as in-formation about the faith. The preparation of adults to be baptized has more to do with choices and deeds than it does with dogmatic teaching.

The **Gospel** reading from *John 9:1-41*, dominates the liturgy by the length of the reading and its significance. Already, in Old Testament Revelation, the Lord God had shown the People of Israel how the justice of the Creator was so much more profound and true than the thoughts of men. We have, in fact, heard in the first reading *'God does not see as human beings see; they look at appearances but the Lord looks at the heart.'* (1 Sam 16:76). The Lord pointed out in this way the true, unique, criteria on which men are judged. He also indicated the unique place in which man can meet God's gaze and enter into a relationship with Him—in his heart. Obviously, by the word 'heart' the Bible doesn't mean the center of pulsation, but man's 'shrine', his conscience where he can really listen and recognize God's voice and so benefit from the Light: *'for the effects of the light are seen in complete goodness and uprightness and truth'*. (Eph 5:9)

Man, incapable of remaining faithful to the truth that is in him, falls back to his own limited criteria. This criteria produces every malice, injustice and falsehood and is used to govern himself, to decide between good and evil, whilst hoping that what he obtains will be to his benefit and so in this way he acts *'like God'* (Gen 3:5).

God doesn't give up but comes to meet everyone of us in the two fold way described in today's Gospel. Firstly, *'he spat on the ground and made clay with the saliva, and smeared the clay on his eyes'* (Jn 9:6). God made man, who is a creature. He united Himself to 'our earth' so that man would never need to flee Him, but could come to recognize Him through a meeting with His Holy Humanity. St. John wrote in the Prologue to his Gospel, *'The Word became flesh, he lived among us'* (Jn 1:14).

In the second place from the Gospel account we read, *'He said to him, "Go wash in the Pool of Siloam"—which means Sent—'* (Jn 9:7a). Christ, sent by the Father, takes onto Himself all our sins, which are ultimately the consequences of our blindness, as far as allowing Himself to be stripped, crowned with thorns, nailed to the cross, rejected by His own people and abandoned by His closest friends. Christ's unprecedented love can't but definitively overcome, with time, every fear in the face of our limitations because there isn't anything that can stop Him from loving us. From the loving assumption of our rejection to our obtuseness murder, the Lord has worked extraordinary feats in history. He frequently offered His Body to the Father for our salvation and therefore has consecrated His entire Person for every one of us. He has introduced us into His Most Holy Heart, inflamed with love for us, which is the same as God's light.

In the Light of the Resurrection he made us a *'new creation'* (cfr 2 Cor 5:17) and in the Gospel account we have heard *'he went and washed, and came back able to see'*. (Jn 9:7)

The indestructible link with Christ, which is founded on His love and fidelity, is the 'new creation' that was given to us on the day of our Baptism. Through the Sacraments of Christian initiation we are more profoundly linked with Christ. This 'new creation' can not bring fourth fruit in us without the full and renewed consent of our liberty that, in this earthly life, is expressed, reinvigorated and triumphs through the extraordinary events that Christ works in our lives. The blind man was interrogated by the world as to the precise details of his cure and with great simplicity he explained what happened to him: *'The man called Jesus made clay and anointed my eyes and told me, "Go to Siloam and wash." So I went there and washed and was able to see.'* (Jn 9:11)

Let us ask Most Holy Mary to help us to be faithful to the truth, to the events of our lives, taking the hand that always takes us to live totally for Him, in this life and eternity. *'Wake up, sleeper, rise from the dead, and Christ will shine on you.'* (Eph 5:14).
—From the [Congregation for the Clergy](#)



Saloon Night

Saturday, May 02, 2026
Parish Centre—6:30pm—11pm

We would like to invite parishioners to attend our annual Saloon Night! Funds raised to towards PSG initiatives including new turf for the back field this summer.

Tickets: \$25 per person available at the school office for this 19+ event. Thank you for supporting our school!



Annual Parish Yard Sale Donation Drive KofC 12202 Chapter (OLOV)

We are accepting donations of gently items in good working condition for our upcoming Parish Yard Sale (May 09, 2026 from 7am—2pm).

For more information please contact Nicholas Rasquinha at 250-307-6777 or Ron Frohlick at 778-915-7667 or nprasquinha@hotmail.com to arrange for pick-up.



Knights of Columbus 4949 Pancake Breakfast—Parish Center

April 05th—come and join us at the Parish Centre after 8:30 am mass at St. James.

Catholic Book Club

On Wednesday, March 18 we will discuss the 8 sections of Part 1 of, **Unshakable** by Father Mike Schmitz. Meet at 9 am in the Monsignor Miles Hall. All are welcome

St James CWL Grocery Receipts

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.

These stores will donate back a percentage of the amount of the receipt.

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.

Barry Schick
General Manager
Email: bschick@acutruss.com



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Vernon & Area Pro-Life Society

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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.

Pastor	Rev Fr Peter Nguyen	250-542-1276
Parochial Vicar	Fr Henry Nwaimo Sacred Heart, Lumby and St Benedict/St Theresa	250-214-4060 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

INTERAC/E-TRANSFER DONATIONS

St James givingstjamesvernon@rccv.org

OLOV givingolov@rccv.org

St Benedict givingstbenedict@rccv.org