

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

14th Sunday in Ordinary Time July 04, 2026

The month of July is dedicated to Precious Blood of Jesus Christ

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

NOTES/REMINDER

- **NO CHILDREN'S LITURGY**—Summer break—resume on Sunday, September 13, 2026
- July 05—1st Sunday of the month—Food for the Poor
- **July 20 & 21—Bishop and Priests' Holiday in the Okanagan** (see details)
- Aug 10-14—**VACATION BIBLE SCHOOL** (see details)
- Sept 25-26—**SAVE THE DATE! WOMEN'S RETREAT** (details to follow)

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



	Last Sunday's Offertory	EFT (May) Electronic Fund Transfer	PAD (May) Pre-Authorized Debit
St James	\$ 3056	\$ 1075	\$ 5756
OLOV	\$ 1896	\$ 1995	\$ 3766
St Benedict	\$ 325		

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.

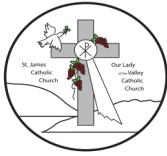
OFFICE

Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rccv.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.rccv.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 July

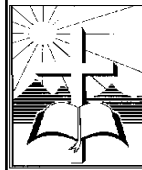
For respect of human life—Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

MASS INTENTIONS—July 06-12

July 05	Mon	8 am SJ	Linda M. Fedyniak	RIP
July 07	Tues	8 am SJ	Bev Doyle	RIP
July 08	Wed	8 am SJ	Private Intention	INT
July 09	Thurs	8 am SJ	Cesira Malnis	RIP
July 10	Fri	8 am SJ	Harry Doyle & family	INT
July 11	Sat	9 am SJ	William Patrick O'Connell	RIP
		5 pm SJ	Irene Stromecky	RIP
July 12	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7 pm SJ	Michael Mauro	RIP

PARISH MINISTRIES

CWL (St James)	7:00 pm (Sept 15 and Nov 10, 2026; Feb 9 and April 13, 2027) 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)	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:

July 12, 2026

Isaiah 55.10-11
 Ps 65.9abcd, 9e-10, 11-12, 13 (R.Lk 8.8)
 Romans 8.18-23
 Matthew 13.1-23



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. Alphonsos Ligouri)

Quote from St. John Vianney

"My friend, dwell on the patience of our Lord."



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.



THANK YOU!

A big thank you to the following parishioners; **Bruce and Amy Bernhardt, Maria Doyle, Allan Clear and Terry Kopp** who helped keep our church grounds and gardens free of weeds. Your time and care help make our parish home beautiful and welcoming.



Parish Pictorial Directory 2026

Online registration is now open. Please book your appointment through the Parish website.

Photo Session Schedule

Dates	St James	OLOV	St Benedict/Teresa	Sacred Heart
Aug 03-04			X	
Aug 05-08	X			
Aug 10-15	X			
Aug 17-22		X		
Sept 07-10				X
Sept 11-15		X		
Sept 16-19	X			

Parish Coordinators:

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

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

Commentary on the Sunday Mass Readings

For the Fourteenth Sunday in Ordinary Time, year A:

From Today's Gospel: "I give praise to you, Father, Lord of Heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father and anyone to whom the Son wishes to reveal him" (Matt 11:25-27).

The **First Reading** is taken from the *Book of the Prophet Zechariah 9:9-10* and indicates that the humility asked for by Jesus is the kind that he himself endured, for he came in meekness and without pageantry, yet his dominion would be to the ends of the earth. The example of the humble servants is the very person of Jesus himself who invites us in the second part of the gospel to come to him for refreshment and rest.

The **Second Reading** is from the *Letter of St. Paul to the Romans 8:9, 11-13* and contains one of the most important yet often misunderstood themes of St. Paul. The Hellenistic dichotomy between the lower and higher nature is not found here, for flesh and spirit mean to whom man and the man stands in need of man is redeemed and part of him is damnable. Rather man's whole personality is redeemed by the sacrifice of Christ. The vocation of the Christian, both "body" and "soul", is to conform his already redeemed person to the same Spirit he has already received at baptism. — *A Celebrants Guide to the New Sacramentary*—A Cycle by Kevin W. Irwin

The **Gospel** is from *St. Matthew 11:25-30*. Pagans and Jews had the same hardships of life to face as we have, and even greater ones. They earned their daily bread with the sweat of brow and body. Their illnesses were more frequent and less bearable than ours, for they had not the medical helps that we have. Death came to young and old then as it does now, but for them it was a final parting from loved ones, and no hope of a future happy meeting served to lighten their sorrow. All their crosses were crushing weights, sent to make life more miserable. Life on earth was passed in gloom and darkness and there was no shining star in the heavens to beckon them on or give them hope.

Surely God is good to us, to put us into this world at this day and age, and give us the light of faith, and the knowledge of God and of his loving plans for us, which make the burdens of this life so relatively light and even so reasonable for us. We still have to earn our bread. We still have sickness and pains. We still have death stalking the earth, but unlike the people before Christ we now see a meaning to all these trials.

The yoke of Christ is not really a yoke but a bond of love, which joins us to Him, and through Him, to our loving Father in heaven. The rule of life which He asks us to keep, if we are loyal followers of His, is not a series of prohibitions and don'ts. It is rather a succession of signposts on the straight road to heaven, making our journey easier and safer. He does ask us to carry our cross daily, that is, to bear the burden of each day's duty, but once the cross is grasped firmly and lovingly it ceases to be a burden.

Ours is a world which is in all-out search for new idols. It is a world which has left the path marked out by Christ, and forgotten or tried to guide to forget, that man's life does not end with death. To be a Christian and to have the light of faith to guide our steps in this neo-pagan darkness, is surely a gift, and a blessing from God, for which we can never thank Him enough. Thank you, God, for this gift. Please give us the grace and the courage to live up to it and to die in the certainty that we shall hear, as we shut our eyes on the light of this world, the consoling words, "come you blessed on my Father, possess the kingdom prepared for you."

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

Source: Catholic Exchange

Pastoral Care Training Program: Fall 2026 Series

Nine free online sessions to be held via Zoom

Saturdays from 9:30 am—noon PST

Sept 26-Nov 28, 2026 (no session Oct 10)

As Most Reverend Gary Gordon, Bishop of Victoria has said:
"In these sessions, you learn tools necessary to tenderly touch the lives of those who are in need of the healing ministry of Christ."

Session Topics

1. Basics of Pastoral Care
2. The Healing Ministry
3. Active and Compassionate Living
4. Elderly Isolation, Loneliness and the Journey with Dementia
5. Palliative Care and the Healing Ministry of Dying
6. The Grieving Process
7. Bereavement: Ministering to Families
8. Ministry of God's Presence and Compassion
9. Spouse Caregiving, and Healthy Boundaries & Self—Care

Participants who complete all sessions will receive a **Certificate of Completion** and you will have an opportunity to join the **Parish Pastoral Care Ministry of St. James/OLOV**.

Registration

If you're interested please register through the parish by **September 16, 2026**

Email: stjamesvernon@rcdk.org

Call: Angie at 250-542-1276

For further information, please email moiraking@shaw.ca

Everyone is welcome to participate in this valuable ministry formation opportunity.

Bishop and Priests' Holiday in the Okanagan July 20 & 21

Need accommodation for one or two priests on Monday, July 20.

If you can help please call the office.

No meals or transportation needed.

Catholic Book Club

On **Wed July 08** we will continue our discussion of the 3 chapter of **Not Finished Yet** by Marcus B. Peter. Meet in the Monsignor Miles Hall at 9 am. All are welcome.



FUNERAL SERVICE

July 11—**Maureen McElligot**—St James at 11am

July 25—**Roger Schwing**—OLOV at 11am

August
10th - 14th

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
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Barry Schick
General Manager
Email: bschick@acutruss.com



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Store hours - Monday to Saturday, 10am until 2pm
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Eucharistic Adoration of the Blessed Sacrament
at St. James Church (9am—9pm Mon-Thurs)

Adorers needed for:
Mon 2-3 pm, 3-4 pm and 4-5 pm
Tuesday 12-1pm, 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

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www.rccv.org

ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)