

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

18th Sunday in Ordinary Time

Aug 02, 2026

The month of August is dedicated to the Immaculate Heart of Mary

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

Pastor	Rev Fr Peter Nguyen	250-542-1276
Parochial Vicar	Fr Paul coung Do 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

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.

NOTES/REMINDER

- HAPPY LONG WEEKEND!**
- NO CHILDREN'S LITURGY**—Summer break—resume on Sunday, September 13, 2026
- Aug 02—1st Sunday of the month—**Food the Poor**
- Aug 06—Fill the Valley—OLOV—6:00 pm
- Aug 06—The Feast of the Transfiguration (see details)
- Aug 10-14—**VACATION BIBLE SCHOOL** (see details)
- Sept 25-26—**WOMEN'S RETREAT** (see details)
- Sept 12—OLOV-CWL September meeting

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	\$ 3470	\$ 1075	\$ 5756
OLOV	\$ 1534	\$ 1995	\$ 3766
St Benedict	\$ 290		

OFFICE

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

For evangelization in the city—Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

MASS INTENTIONS—Aug 03-09

Aug 03	Mon	8 am SJ	Mike ffoliott	RIP
Aug 04	Tues	8 am SJ	Bev Doyle	RIP
Aug 05	Wed	8 am SJ	Private Intention	INT
Aug 06	Thurs	8 am SJ	Marcus Novel	RIP
Aug 07	Fri	8 am SJ	Steve Banducci	RIP
Aug 08	Sat	9 am SJ	Catherine Lach	RIP
		5 pm SJ	Gertrude Niedballa	RIP
Aug 09	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7 pm SJ	Barb Griffin	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 12 & 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:

August 02, 2026

Isaiah 55.1-3
Ps 145.8-9, 15-16, 17-18 (**R.916**)
Romans 8.35, 37-39
Matthew 14.13-21



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

73. Do you realize that Jesus is there in the Blessed Sacrament expressly for you, for you alone? He burns with the desire to come into your heart! (St. Therese of Lisieux)

Quote from St. John Vianney

“To love God with our whole strength is to employ our possessions, our health, and our talents in serving him and glorifying him. It is to refer all our actions to him as our last end.”

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)

Please contact the parish office if you are interested.



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.



**Parishes' Pictorial Directory
Group Pictures**

All Parishes—All groups involved in the life of our church are warmly invited to have their group photos taken for the upcoming Parish Directory. This directory will be a wonderful way to celebrate the many ministries, committees, and parish groups that help make our parish communities so vibrant and welcoming.

Please gather your members and book for photo time according to the photo schedule.



Parish Pictorial Directory 2026

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

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!**

The Feast of the Transfiguration of the Lord

August 06th

The **Feast of the Transfiguration of the Lord** became widespread in the West in the 11th Century and was introduced into the Roman calendar in 1457 to commemorate the victory over Islam in Belgrade. Before that, the Transfiguration of the Lord was celebrated in the Syrian, Byzantine, and Coptic rites. The Transfiguration foretells the glory of the Lord as God, and His Ascension into heaven. It anticipates the glory of heaven, where we shall see God face to face. Through grace, we already share in the divine promise of eternal life.

From the *Catechism of the Catholic Church*, #554:

From the day Peter confessed that Jesus is the Christ, the Son of the living God, the Master “began to show his disciples that he must go to Jerusalem and suffer many things...and be killed, and on the third day be raised.” Peter scorns this prediction, nor do the others understand it any better than he. In this context the mysterious episode of Jesus’ Transfiguration takes place on the high mountain, before three witnesses chosen by himself: Peter, James and John. Jesus’ face and clothes become dazzling with light, and Moses and Elijah appear, speaking “of his departure, which he was to accomplish at Jerusalem”. A cloud covers him and a voice from heaven says: “This is my Son, my Chosen; listen to him!”

The transfiguration

Our divine Redeemer, being in Galilee about a year before His sacred Passion, took with him St. Peter and the two sons of Zebedee, Sts. James and John, and led them to a retired mountain. Tradition assures us that this was Mount Tabor, which is exceedingly high and beautiful, and was anciently covered with green trees and shrubs, and was very fruitful. It rises something like a sugar-loaf, in a vast plain in the middle of Galilee. This was the place in which the Man-God appeared in His glory.

Whilst Jesus prayed, he suffered that glory which was always due to his sacred humility, and of which for our sake, he deprived it, to diffuse a ray over His whole body. His face was altered and shone as the sun, and his garments became white as snow. Moses and Elias were seen by the three apostles in his company on this occasion, and were heard discoursing with him of the death which he was to suffer in Jerusalem.

The three apostles were wonderfully delighted with this glorious vision, and St. Peter cried out to Christ, “Lord, it is good for us to be here. Let us make three tents: one for thee, one for Moses, and one for Elias” Whilst St. Peter was speaking, there came, on a sudden, a bright shining cloud from heaven, an emblem of the presence of God’s majesty, and from out of this cloud as heard a voice which said, “This is my beloved Son, in whom I am well pleased; hear ye him” The apostles that were present, upon hearing this voice, were seized with a sudden fear, and fell upon the ground; but Jesus, going to them, touched them, and bade them to rise. They immediately did so, and saw no one but Jesus standing in his ordinary state.

This vision happened in the night. As they went down the mountain early the next morning, Jesus bade them not to tell any one what they had seen till he should be risen from the dead.—Excerpted from *Butler’s Lives of the Saints*, Benziger Bros. ed. [1894]

In the Transfiguration Christ enjoyed for a short while that glorified state which was to be permanently His after His Resurrection on Easter Sunday. The splendor of His inward Divinity and of the Beatific Vision of His soul overflowed on His body, and permeated His garments so that Christ stood before Peter, James, and John in a snow-white brightness. The purpose of the Transfiguration was to encourage and strengthen the Apostles who were depressed by their Master’s prediction of His own Passion and Death. The Apostles who were made to understand that His redeeming work has two phases: The Cross, and glory—that we shall be glorified with Him only if we first suffer with Him.—Rt. Rev. Msgr. Rudolf G. Bandas

Foundational Workshop For Lay Liturgical Ministries (Group 3—Last Workshop for 2026)

If you are aspiring to become a Lay Liturgical Minister (Reader, Extraordinary Minister of Holy Communion, Ushers, Choir Member, or Alter Server), this is the time to sign up and get involved!

Go to <https://www.rccv.org/events/liturgical-training> to register for the next Foundational Workshop, which will be held on **August 15 (Saturday)**, 3-4:45 pm at Msgr. Miles Hall.

Understanding the Mass (Parish Liturgical Renewal Initiative)

Starting July 19th and continuing for the next seven Sundays, we will share a brief, 7-minute liturgical review just before Mass begins. These short reflections are designed to help us all better understand the beauty and sacredness of our liturgy.

We warmly invite you to arrive at least 10 minutes before Mass to quiet your heart, settle into your pew, and join us for these weekly insights.

Catholic Book Club

On **Wed Aug 05** we will discuss chapters 7 and 8 of **Not Finished Yet** by Marcus B. Peter. Meet in the Monsignor Miles Hall at 9 am. All are welcome.

Women’s Retreat—“Embracing God’s Plan”

All women are invited!

Sept 25-26, 2026

You are invited to join **God’s Unfinished Works of Art** as they lead us to discover and explore Embracing God’s Plan.

Monsignor Miles Hall (St. James Church Basement)
Mass, adoration & confession

Lunch & coffee breaks included—Cost \$30.00

Contact Amy Bernhardt 250-308-9612 (text or call)

Email: amybernhardt5@icloud.com

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
or scan QR



Children’s Liturgy Volunteers Needed!

OLOV—10:30 mass every Sunday

We are looking for volunteers and helpers for Children’s Liturgy, which will begin again in September. This is a wonderful opportunity to share your faith with the children of our parish in a simple and meaningful way. Training and support will be provided.

If you are interested or would like more information, please contact the parish office.

Barry Schick
General Manager
Email: bschick@acutruss.com



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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
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RCCV: St James 2607- 27th Street Vernon BC

Access to this site is FREE!

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
Thursday 3-4pm

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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