

**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

## 17th Sunday in Ordinary Time

**July 26, 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<br>4:00-4:45 pm |
| Eucharistic Adoration<br>@ St Benedict | Mon -Thursday | 9 am—9 pm                     |
|                                        | 1st Friday    | 10 am                         |
| 4 Mysteries of the Rosary              | 1st Saturday  | 7:30-8:40 am                  |

|                                |                                                                       |                            |
|--------------------------------|-----------------------------------------------------------------------|----------------------------|
| <b>Pastor</b>                  | Rev Fr Peter Nguyen                                                   | 250-542-1276               |
| <b>Parochial Vicar</b>         | Fr Paul coung Do<br>Sacred Heart, Lumby and<br>St Benedict/St Theresa | 250-547-9070               |
| <b>Permanent Deacon</b>        | Deacon Paul Murphy                                                    | 778-212-2020(call or text) |
| <b>Diocese Kamloops Office</b> | 635A Tranquille Rd<br>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

- NO CHILDREN'S LITURGY**—Summer break—resume on Sunday, September 13, 2026
- July 26—**World Day for Grandparents and the Elderly**
- Aug 02—1st Sunday of the month—**Food the Poor**
- Aug 06—Fill the Valley—OLOV—6:00 pm
- 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                                                                            | \$ 2896                 | \$ 1075                            | \$ 5756                        |
| OLOV                                                                                | \$ 2005                 | \$ 1995                            | \$ 3766                        |
| St Benedict                                                                         | \$ 285                  |                                    |                                |

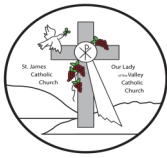
### OFFICE

|             |              |                        |
|-------------|--------------|------------------------|
| 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 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 27-Aug 02

|         |       |               |                      |     |
|---------|-------|---------------|----------------------|-----|
| July 27 | Mon   | 8 am SJ       | Ralph Will           | RIP |
| July 28 | Tues  | 8 am SJ       | Carlos Miranda       | RIP |
| July 29 | Wed   | 8 am SJ       | Private Intention    | INT |
| July 30 | Thurs | 8 am SJ       | Ada Banducci         | RIP |
| July 31 | Fri   | 8 am SJ       | George Yamada        | RIP |
| Aug 01  | Sat   | 9 am SJ       | Bernie Frohlic       | RIP |
|         |       | 5 pm SJ       | Linda M. Fedyniak    | RIP |
| Aug 02  | Sun   | 8:30 am SJ    | SJ Parish Families   | INT |
|         |       | 10:30 am OLOV | OLOV Parish Families | INT |
|         |       | 7 pm SJ       | Simon Talbot         | INT |

### 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, <b>Sept 12</b> & 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<br>Justin Sharma, Carmen Riguedell                                              |
| Finance Committee (OLOV)           | Gord Adams, James Lockwood, Ewen Pitt                                                                                      |
| Parish Pastoral Council (St James) | Deanna Johnstone, Allan Clear, Lorena Clowes<br>Email: <a href="mailto:ppcstjames@gmail.com">ppcstjames@gmail.com</a>      |
| Parish Pastoral Council (OLOV)     | Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence<br>Email: <a href="mailto:ppcoulady@gmail.com">ppcoulady@gmail.com</a> |
| Parish Pastoral Care Ministry      | Contact the Parish Office<br>Email: <a href="mailto:stjamesvernon@rcdk.org">stjamesvernon@rcdk.org</a>                     |



### 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*

72. Eucharistic Adoration is an invaluable converse with Christ where we learn more deeply of the mysteries of His Divine and human life. (St. John Paul II)

### Quote from St. John Vianney

"The heart is drawn towards what it loves most. The heart of a good Christian turns towards Heaven, where God is, who is his treasure."



### 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.



### 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.

### 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 | <a href="mailto:lorenabc@telus.net">lorenabc@telus.net</a>             |
| OLOV         | Maureen Rinn  | 250-260-0978 | <a href="mailto:maureenrinn5@gmail.com">maureenrinn5@gmail.com</a>     |
| St Benedict  | Gwen Torres   | 250-558-7474 | <a href="mailto:glouistorres@hotmail.com">glouistorres@hotmail.com</a> |
| Sacred Heart | Rosa Lowen    | 250-542-4342 | <a href="mailto:rosaloewen@yahoo.ca">rosaloewen@yahoo.ca</a>           |

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

**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.

**“I will never forget you”  
World Day for Grandparents and the Elderly  
(July 26, 2026)**

Sunday, July 26, 2026 marks the sixth World Day for Grandparents and the Elderly. Established by Pope Francis, this day is celebrated annually on the Sunday nearest to feast of Sts. Joachim and Anne, grandparents of Jesus. This year, the date coincides with the feast of Sts. Joachim and Anne.

**“I will never forget you”** (Isaiah 4.15) is the theme chosen by the Holy Father for this day, which aims to emphasize how God’s love for each person never fails, even in the fragility of old age. Taken from the book of the prophet Isaiah, the chosen verse is intended to be a message of consolation and hope for all grandparents and the elderly, especially those who live in solitude or feel forgotten. At the same time, it is a call to families and ecclesial communities not to forget them, recognizing them as a precious presence and a blessing.

World Day for Grandparents and the Elderly is an important opportunity for forging relationships between young and old, helping them to recognize their mutual dependence and desire to be respected and cherished. May the young seize this opportunity to reach out to the elderly, visiting them and supporting them by praying with them and for them. And may the elderly and grandparents be encouraged, knowing that even though bodies weaken, we all remain precious in the eyes of God.

CCCB Office for Family and Life

**World Day for Grandparents and the Elderly 2026  
Sunday, July 26, 2026**

The theme chosen by Pope Leo XIV for the 6th World Day for Grandparents and the Elderly—“I will never forget you” (Is 49:15) - reminds us that God’s unwavering love is the ultimate answer to the isolation and neglect so often experienced by the elderly. It brings comfort and hope, assuring us that the Lord knows each of us personally, forgets no one, and loves us unconditionally, even through the frailties of old age.

**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](mailto:stjamesvernon@rcdk.org)

Call: Angie at 250-542-1276

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

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

**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](mailto:amybernhardt5@icloud.com)

**August**

**10<sup>th</sup> - 14<sup>th</sup>**

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](http://www.rccv.org)  
or scan QR



**Summer Blessing Bags**

**Summer Blessing Bags** are at the entrances to St. James and OLOV this weekend only, **July 25 and 26**.

Please take several to distribute to the needy on Vernon streets and use this opportunity to show kindness and offer prayers for each person you encounter/



**Barry Schick**  
General Manager  
Email: bschick@acutruss.com



**AcuTruss INDUSTRIES**  
2003 43rd Street  
Vernon, BC, V1T 6K7  
Phone: (250) 545-3215 Fax: (250) 545-2953  
www.acutruss.com

Vernon  
Kelowna  
West Kelowna  
Penticton  
Winfield

Central Okanagan  
Western Wood Truss Association  
Canadian Wood Truss Association



*Come Visit the New and Exciting City Furniture!*

- Furniture • Appliances
- Mattresses • Electronics
- Accessories

**5401 Anderson Way**  
**Between Kal Tire & Superstore** **250-549-3121**

**Dr. Mark Langer**  
Optometrist  
**250.542.2239**



EXPERIENCE BETTER VISION  
iris.ca

4900 27th Street, Suite 760  
Vernon, BC, V1T 7G7  
mark.langer@iris.ca  
fax: 1.866.875.3081

**Confraternity of the Knights of St. Peter and St. Paul**  
Grand Chapter of British Columbia  
Grand Prior Chev.  
Guenter A. Rieger



[www.facebook.com/KnightsofStPeterandStPaul/](http://www.facebook.com/KnightsofStPeterandStPaul/)  
[www.knightsofstpeterandstpaul.com](http://www.knightsofstpeterandstpaul.com)

**PLEASANT VALLEY DENTAL**  
Dr. Sean Bicknell D.M.D., BSc.(Dent.)  
General, Cosmetic, and Implant Dentistry



3607 - 27th Street, Vernon, BC  
250-558-4222  
[www.pleasantvalleydental.ca](http://www.pleasantvalleydental.ca)

**Rieger Farms**  
Armstrong, BC  
**Free Range Eggs**  
Guenter & Regina Rieger  
[www.RiegerFarms.com](http://www.RiegerFarms.com)

**Vernon LANDSCAPE Centre**  
Marc Fortier  
Owner



- Soils & Garden Mix
- Bark Mulches
- Decorative Rock & Shale
- Sand & Gravel
- Natural Rock & Stone
- Flagstone • Concrete
- Pavers & Slabs
- Retaining Wall Blocks
- Landscaping Supplies
- Pond Supplies
- Outdoor Lighting
- Delivery Available

4620 - 23rd Street Vernon, BC V1T 4K9  
Tel: (250) 542-8191  
Fax: (250) 542-8660  
Cell: (250) 309-8997  
**FREE ONSITE LOADING**

**LINQ Flooring**  
Create Your Space, Your Way.



**Official Flooring Supplier to St. James Parish**  
Gratitude and Blessings...  
Residential & Commercial Flooring  
Tile | Cabinet Hardware | Quartz Countertops | Synthetic Turf

[LINQFLOORING.COM](http://LINQFLOORING.COM) 250-281-1116

**NICHOLAS RASQUINHA**  
REALTOR



250-307-6777  
rasquinhanic@gmail.com  
nicholas-homes.com



ROYAL LEPAGE  
KELOWNA

**CYPRESS FUNERAL & CREMATION SERVICES**  
RON LA ROSE  
Licensed Funeral Director  
vernon@cypressfuneral.ca



4417 29 Street Vernon, BC V1T 5B7  
T 250.558.0866 F 250.558.0882  
cypressfuneral.ca

**GREEN LION FARMS**



**Fresh Sustainable Local Produce**  
365 days a year  
3922 Hullcar Rd  
Armstrong, BC V0E 1B4  
Call us today 250-938-0076  
On-Line order: <https://www.greenlionfarms.ca/>

**Vernon & Area Pro-Life Society**  
3102 31<sup>st</sup> Ave  
Store Office  
250-545-0777 866-289-4715

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

**Knights of Columbus** - Free 1 Year On-Line Membership. You can enjoy the benefits of being a Knights of Columbus member including Accidental Death Benefit and the famous Columbia Magazine. Goto: [www.kofc.org/joinus](http://www.kofc.org/joinus) Promo Code: BLESSEDMCGIVNEY After joining, please check your INBOX for confirmation.

**Free One Year On-Line Membership**  
Enjoy the benefits of being a Knights of Columbus Member.

Goto: [www.kofc.org/joinus](http://www.kofc.org/joinus)  
PROMO CODE: BLESSEDMCGIVNEY



After joining online, please check your inbox for confirmation.

**VALLEY WIDE CARPENTRY LTD.**  
TIMOTHY RIGUEDELL  
OWNER + RED SEAL CARPENTER



250.307.1810  
TIM@VALLEYWIDECARPENTRY.COM



Specializing in commercial and residential renovations and additions.  
SERVING THE OKANAGAN VALLEY

[WWW.VALLEYWIDECARPENTRY.COM](http://WWW.VALLEYWIDECARPENTRY.COM)

**FORMED**

Our Parish has a FORMED subscription. Visit [signup.formed.org](http://signup.formed.org) and select our parish name.

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

**LEARN MORE ABOUT OUR FAITH & OUR PARISHES**  
**STAY INFORMED ON EVENTS. GET INVOLVED.**  
**VISIT OUR REFRESHED WEBSITE**  
**[www.rccv.org](http://www.rccv.org)**  
**ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)**