

Saint James Church
2607 27 St
Vernon, BC V1T 4W1



Mass Times
5:00 pm Saturday
8:30 am Sunday
7:00 pm Sunday

St. Benedict's/St Theresa's
Head of the Lake Rd
Vernon, BC



Mass Times
1:00 pm Sunday
(St Benedict only)

Our Lady of the Valley
10102 Middleton Drive
Coldstream, BC



Mass Times
10:30 am Sunday

Sacred Heart Church
2202 Park Ave
Lumby, BC V0E 2G0



Mass Times
5:30 pm Saturday
9:30 am Sunday

12th Sunday in Ordinary Time June 23, 2024

The Month of June is dedicated to the Sacred Heart.

Mark your Calendar

- Summer Break—**NO Children's Liturgy**—return on September
- June 22—**Fr Peter's Anniversary dinner** - 6:30pm at St James Parish Centre
- June 22—**"Build a Bed"** work bee—OLOV @9am (KoC)
- June 23—Tea Party Mrs. Tara Moore (see details)
- June 30—Baby Bottle drive—due!
- July 19-21—Marriage Encounter—OLOV (see details)
- Aug 19-23—Vacation Bible School
- Nov 23—CWL Christmas Tea & Bazaar (info to follow)

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

OFFICE

Telephone	250-542-1276	www.rccv.org
email		stjamesvernon@rcdk.org
Office Hrs.	8 am—2:pm	Mon-Tues-Thurs-Fri
	Closed	Wednesday

PARISH MINISTRIES

CWL (St James)	7:00 pm Tues (Sept 10, Nov 12, Jan 14, April 08, 2025)
CWL (OLOV)	11:00 am 1st Sat (Feb, April, June Sept & Nov)
KOC (St James)	Council 4949: www.facebook.com/kofc4949
KOC (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)	Garry Pielak, Gord Adams, James Lockwood, Ewen Pitt
Parish Pastoral Council	The formation of each parish council is in the process.

Pastor	Rev Fr Peter Nguyen frpeter@rcdk.org	250-542-1276
Parochial Vicar	Fr Thomas Arackal Sacred Heart, Lumby and St Benedict/St Theresa	250-547-9070
Permanent Deacon	Deacon Paul Murphy deaconservant1@gmail.com	778-212-2020
Diocese Kamloops Office	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
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 Francis' Prayer Intention for June

For migrants fleeing their homes—We pray that migrants fleeing from war or hunger, forced to undertake journeys full of danger and violence, find welcome and new opportunities in the countries that receive them.

Mass Intentions June 24-30

June 24—Mon:	8am SJ	Luigi Gentile—†
June 25—Tue:	8am SJ	Private Intentions
June 26—Wed:	8am SJ	Dolores Greenwall—†
June 27—Thurs:	8am SJ	Patrick Heaney—†
June 28—Fri:	8am SJ	Ramsis Shehata & family—INT
June 29—Sat:	9am SJ	Ruby & Nenette Sharma—INT (50th Wedding Anniversary)
	5pm SJ	Anne & Andrew Pete—†
June 30—Sun:	8:30am SJ	SJ Parish Families—INT
	10:30am OLOV	OLOV Parish Families—INT
	7:00pm SJ	Clarke family—INT

Children's Liturgy—Summer Break

As of Sunday, June 16th, OLOV Children's Liturgy is on break for the summer and will return in September. A heartfelt thank you to all our dedicated volunteers for their invaluable service. We are always looking for more helpers, so please consider joining us in this rewarding ministry! Reach out to Justin or Haley Giddens with any questions.

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.

Sunday Offertory June 16

Regular Needs of Church in Canada

St James	\$ 3113	\$ 1329
OLOV	\$ 2095	\$ 597
St Benedict	\$ 155	\$ 135

Thank you for your generosity.

Eucharistic Adoration of the Blessed Sacrament at St. James

We kindly request you consider enhancing your life by committing one hour a week as an adorer. Holy Eucharistic Adoration hours are 9 a.m. to 9 p.m. Monday-Thursday. Drop-in visitors are always welcome. We especially need adorers for these hours:
Monday 4-5 p.m., Tuesday 12-1 p.m., 3-4 p.m., 5-6 p.m., Wednesday 12-1 p.m., and Thursday 12-1 p.m.

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.



Next Sunday's Readings:

June 30, 2024

Wisdom 1.13-15; 2.23-24
Ps.30.1+3, 4-5, 10+11a+12b (R.1a)
2 Corinthians 8.7, 9, 13-15
Mark 5.21-43



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

76. I beg you to show the greatest possible reverence for the Eucharist through whom all things have been brought to peace and reconciled with Almighty God. (St. Francis of Assisi)

"We complain when we suffer. We have much more reason to complain when we do not suffer, since nothing so likens us to our Lord as the bearing of his Cross."



SAVE THE DATE
STAY TUNED FOR MORE INFO.



ADULT & TEEN VOLUNTEER OPPORTUNITIES!
CONTACT CHANTELE
CHOFFBAUER@GMAIL.COM

AUGUST 19-23, 2024
MON.-FRI. MORNINGS (UNTIL NOON)



You're Invited to a

Tea Party Celebrating Mrs., Tara Moore

Sunday, June 23, 2024 2:30—4:30 pm

St James Parish Centre

RSVP To: office@stjamesvernon.com



BE PART OF SOMETHING SPECIAL!!!

"Build a Bed" Work bee

Saturday, June 22nd - 9am at OLOV

The Knights of Columbus (Mother Teresa Council—12202) has received funding from KOC Supreme council for 20 complete beds (\$9000.00). In partnership with "Sleep in Heavenly Peace" Vernon Chapter, we will be conducting a "Build a Bed" work bee so that children in Vernon have a safe, comfortable place to lay their heads.

All tools & training are provided (lunch is supplied). Couples & High School aged children are most welcome!

For more information or to volunteer contact Ron @ 250-550-6867 or patron1962@telus.net

BABY BOTTLES FOR VERNON WELNESS CLINIC

Baby bottles are available at St James church.

Please return it (full or empty) no later than June 30th.

Thank you for participating in this well worth fundraiser.

Catholic Book Club

Next meeting: **June 26, 2024** at 9 am in the Monsignor Miles Hall. Book: **Divine Mercy in My Soul; Diary of Saint Maria Faustina Kowalska**. We will discuss paragraphs 301-400. Copies are available through Loaves and Fishes in Kelowna. Call Jan for more information 250-309-4123.

A Catholic MARRIAGE ENCOUNTER Weekend
Live Our Seminar

Priest: "Weekend Spiritual Director"

July 19-21, 2024
Our Lady of the Valley 10102 Middleton Drive Coldstream, BC

Facilitated by **Bukás Loób sa Diyós (OPEN IN SPIRIT TO GOD)**
Catholic Charismatic Covenant Community
Vancouver District

REGISTER ONLINE
Seminar Fee: \$150 per couple
rosstinamina@gmail.com

Fr. Peter Nguyen's 33rd Anniversary
22-June-2024
6:30 - 8PM @ St. James Gym

Tickets:
• \$25 - 13 yrs old and up
• \$5 - 6 to 12 yrs old
• Free - 5 yrs and below

Come celebrate our dear pastor's priestly ordination anniversary through a simple dinner promoting priestly vocations, and love for the Blessed Sacrament.

*All proceeds will be donated to support the congregation of Fr. Peter's sister who is a nun.

Jesus' Eucharistic Interior Life

By: Patrick O'Hearn

Few Catholics have ever pondered what Jesus does all day in the Holy Eucharist. Besides waiting for us to visit Him, He is on fire with love for His Heavenly Father. St. Peter Julian Eymard, "Apostle of the Holy Eucharist," provides incredible insights into Jesus' Eucharistic Life with these words:

In the Most Blessed Sacrament, Jesus lives an entirely interior life. His life is a perpetual homage of Himself to the love and the glory of His Father, Whose perfections His Human soul contemplates. In His sacramental state, Jesus continues the virtues of self-abasement of His mortal life, the humility that led Him to lower Himself unto the form of a slave; here He humbles Himself unto the form of bread, He unites Himself to the appearance of being, He reaches the last limit of nothingness.

In the Eucharist, Jesus continues His life of prayer; much more prayer becomes the one occupation of His soul. Jesus contemplates His Father, His greatness and His goodness. He adores Him by His profound abasement, which He associates with His state of glory. He thanks Him unceasingly for His gifts and kindness to man. He implores the grace of divine mercy and patience for sinners. He begs continually the charity of the Heavenly Father for the redeemed of the Cross.

This veiled state gives most glory to the Heavenly Father, for Jesus thus renews and glorifies all the conditions of His mortal life. What He cannot do in the glory of heaven, He does by His state of annihilation on the altar. What loving looks the Heavenly Father casts upon earth, where He beholds His Son, whom He loves as Himself, in a state of poverty, humility, and obedience.

Our Lord had found the means of perpetuating and incessantly renewing the sacrifice of Calvary. He desires that His Father should have constantly under His eyes the heroic act by which He renders Him infinite glory, by immolating Himself for the destruction of the reign of Satan, His enemy.

Jesus Christ still continues to subject pride to the struggle that conquers it. As nothing is so hateful to God as pride, so nothing glorifies Him so much as humility. The glory of His Father is the first reason for Jesus' hidden state in the Eucharistic.

On the most amazing and forgotten Eucharistic realities is this: "Jesus contemplates His Father." There in your nearby Catholic Church, Jesus is glorifying the Father from the Most Blessed Sacrament just as He did on earth. How incredible! Our Eucharistic Lord lives a life of unceasing gratitude and praise to the Father. Jesus' Eucharistic Heart beats for His Father.

As we gaze upon the Blessed Sacrament, do we realize the depths of Jesus' love for the Father? Our Lord forgets Himself entirely and abases Himself to the "limit of nothingness." As we contemplate the Holy Eucharist, we must not only see Jesus, but also the Father, whom He is glorifying through the Holy Spirit.

And the Father, seeing His Eucharistic Son so obedient, so poor, and so humble, calls out from Heaven, "This is my beloved Son, with whom I am well pleased; listen to him" (Matt. 17:5). One could argue that Jesus glorifies the Father more in His Eucharistic abasement—because He is reduced to almost nothing—than in His glorified state in heaven. In the Holy Eucharist, Calvary is perpetuated where Jesus remains mystically on the Cross, glorifying the Father.

Do you realize that Jesus' sole occupation in the Holy Eucharist is one of prayer, even more so than in His mortal life (according to St. Peter Julian Eymard)? On earth, Jesus had many missions, including teaching, preaching, and healing, but in the Holy Eucharist, Jesus' sole mission is that of prayer. If we draw near to His Eucharistic Presence, Jesus will teach us the secrets of His Heart and the secrets of contemplation, for He is the Master of the Interior Life. To become like Jesus, the par exemplar of prayer, our interior life must be the foundation of the exterior life. We must seek to forget ourselves and pray with deep gratitude, praise, and intercession by entering Jesus' contemplation of the Father. Prayer ought to be our greatest mission. We must never lose sight of our nothingness before the majesty of God. Above all, we must lose ourselves in the splendor of God's glory, goodness, greatness, and mercy found in the Holy Eucharist, which is already a participation in Heaven.

Besides glorifying the Father, our Eucharistic Lord "implores the grace of divine mercy and patience for sinners. He begs continually the charity of the Heavenly Father for the redeemed of the Cross." His Eucharist Heart beats for sinners as He relentlessly pursues us at every moment by offering the merits of His Passion and Death to the Father. Truly, the tabernacle is the throne of Divine Mercy. And Our Lord invites us to pray for the conversion of sinners.

There is another important lesson. We give the Father the greatest glory when we resemble His Son in the Holy Eucharist. "For you have died, and your life is hidden with Christ in God" (Col. 3:3). Our Lord spent thirty years, the bulk of his life, hidden from the eyes of man to reveal to us the necessity of the interior life and the necessity of becoming small. And now, until the end of time, Our Lord remain hidden in the Holy Eucharist. While pride tells us we should be great and noticed by man, our Eucharistic Lord remains us that we must become little and forgotten by others, known to the Father alone. Yes, Jesus wants us to glorify the Father rather than to be glorified by man by following the path of the interior life.

Source: Catholic Exchange

Baby Bottle Campaign
FILL A BOTTLE CHANGE A LIFE

VERNON
LIVE WELL CLINIC
unexpected pregnancy | sexual health | care & education



ST. JOSEPH CONTRACTING, INC.

RELIABLE & HONEST
RESIDENTIAL AND
COMMERCIAL SERVICES

1-778-2129-JOE
(1-778-212-9563)

info@stjosephcontracting.ca
www.stjosephcontracting.ca



Come Visit the
New and Exciting
City Furniture!

- Furniture • Appliances
- Mattresses • Electronics
- Accessories

5401 Anderson Way
Between KalTire & Superstore 250-549-3121

EXPERIENCE
BETTER VISION
iris.ca
IRIS

Dr. Mark Langer
Optometrist
250.542.2239


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/
www.knightsofstpeterandstpaul.com



PLEASANT VALLEY DENTAL

Dr. Sean Bicknell D.M.D., B.Sc.(Dent.)
General, Cosmetic, and Implant Dentistry

3607 - 27th Street, Vernon, BC
250-558-4222
www.pleasantvalleydental.ca

Rieger Farms
Armstrong, BC

Free Range Eggs

Guenter & Regina Rieger
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

FREE ONSITE LOADING

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



COULCARE FOOTCARE


CREATING 'HAPPY FEET'
Helping seniors and those with foot concerns
related to chronic health issues

Debbie Coulombe RPN ADPN PID Footcare Nurse
Mobile Footcare Nurse: 236-768-8802
Email: coulfeetio@gmail.com

Culos & Co.
Law Corporation

Robert M. Culos
Lawyer

3006 32nd Avenue
Vernon, BC V1T 2L7
vernon@culoslaw.com
Ph: 250-549-7168




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/>



Barry Schick
General Manager
Email: bschick@acutruss.com

Vernon
Kelowna
West Kelowna
Penticton
Winfield

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



**COBBLER'S RACK
SHOES AND REPAIRS**

SHOE /WORK BOOT REPAIRS
ALTERATIONS - ZIPPER REPAIRS
BAG/ACCESSORIES REPAIRS

QUALITY FOOTWEAR FOR EVERY OCCASION

250-542-0264

3204-30th Ave, Vernon cobbler'srack.com

FORMED

Our Parish has a FORMED subscrip-
tion.

Visit signup.formed.org and select
our parish name.

RCCV: St James 2607- 27th Street Vernon BC



Vernon & Area Pro-Life Society


Store: 250-545-0777
3102 31st Ave

Office: 250-545-5520
3105C 31st Ave

Donations - the store accepts good quality clothing, house-
hold items, books, etc.

Store hours - Monday to Saturday, 10am until 2pm

Store volunteers needed, or for \$20.00 yearly become a
member. If you need help or support for you and your child,
please call the office.



**Knights of Columbus
St James Council 4949**

Meeting Every 2nd
Tuesday of the month

401-3003 Gateby Place
(Columbus Court)
For Info call 250-542-9229



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 250-281-1116



**VALLEY WIDE
CARPENTRY LTD.**

SCAN FOR FREE ESTIMATE



TIMOTHY RIGUEDELL
OWNER + RED SEAL CARPENTER

250.307.1810
TIM@VALLEYWIDECARPENTRY.COM

Specializing in commercial and
residential renovations and
additions.

www.valleywidecarpentry.com