

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

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

Our Lady of the Valley
10102 Middleton Drive
Coldstream, 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
12:00 pm Sunday
St Benedict—1st, 3rd and 5th Sunday
St Theresa—2nd and 4th Sunday

Mass Times
10:30 am Sunday

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



**THE PRESENTATION
OF THE LORD
FEBRUARY 02, 2025**

THE MONTH OF FEBRUARY IS DEDICATED TO THE HOLY FAMILY

Notes/Reminder

- **DO NOT USE** your **old envelope** as the number might changed. If you don't have an envelope please contact the Parish Office
- Feb 02—1st Sunday of the month—Food for the Poor & Jubilee Prayer
- Feb 02—KofC 4949—Pancake Breakfast (see detail)
- Feb 02-08—Catholic Schools Week (see details)
- Feb 06—Fill The Valley—OLOV at 6:00 pm
- Feb 06—Ready, Set, Learn—St James School
- **Feb 09—Second Collection—Catholic Schools**
- Feb 24—Parish Survey discussion—OLOV at 6:30 pm (see details)

| 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 |

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 (St James) | David Evans, Deanna Johnstone, Michael Flahiff Eric Hoffbauer, Lorena Clowes |
| Parish Pastoral Council (OLOV) | Maureen Rinn, Ben Allen, Jeff Routley, Judit Spence |

| | | |
|--------------------------------|--|--------------------------------|
| Pastor | Rev Fr Peter Nguyen frpeter@shaw.ca | 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 |

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 February

For vocations to the priesthood and religious life—Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

MASS INTENTIONS—FEB 03-09

| | | | | |
|--------|-------|------------|--|-----|
| Feb 03 | Mon | 8 am SJ | Olga Mulvey | INT |
| Feb 04 | Tues | 8 am SJ | For the intention of Pro-life Against Abortion | INT |
| Feb 05 | Wed | 8 am SJ | Leo Hughes' children Spiritual welfare | INT |
| Feb 06 | Thurs | 8 am SJ | Private Intentions | INT |
| Feb 07 | Fri | 8 am SJ | Marcus Novel | RIP |
| Feb 08 | Sat | 9 am SJ | Joan & Jan Splawinski | INT |
| | | 5 pm SJ | Ann Jubenvill | INT |
| Feb 09 | Sun | 8:30 am SJ | SJ Parish Families | INT |
| | | 10:30 am | OLOV Parish Families | INT |
| | | OLOV | | |
| | | 7:00 pm SJ | Private Intentions | INT |



Knights of Columbus 4949 Pancake Breakfast

Feb 02nd—come and join us at the **Parish Centre** after the 8:30 am mass at St James.



CATHOLIC SCHOOLS WEEK 2025 February 2-8

Come join us at the school and help us celebrate the **JOY** of Catholic Education

Monday—Feb 3rd—9:00 am Assembly—Come and Join us for the kick off with Praise and Worship.

Tuesday—Feb 4th—Need a Pick up Coffee before going to Work? - Come through our Drive through in St. James School parking lot and get a free coffee and muffin

Wednesday—Feb 05—9:00 am School Mass

Friday—Feb 07th—Family Fling open to all Vernon Families to celebrate the start of the Vernon Winter Carnival!!

2024 INCOME TAX RECEIPTS Recently Moved? Update your information

In preparation for the 2024 Income Tax receipting, if you have moved this past year, please update your contact information with your new address. Call the Parish Office at 250-542-1276.

Tax Receipts for your generous donations in 2024 are still being prepared and will be ready at the later part of February.



Next Sunday's Readings:

Feb 09, 2025

Isaiah 6.1-2a, 3-8
 Ps 138.1-2a, 2b-3, 4-5, 7c-8 **R. 1b)**
 1 Corinthians 15.1-11
 Luke 5.1-11



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Holy Hour—for Vocations

4. All the angels of heaven gaze in ecstasy at the image left on your soul after each holy hour you make in the presence of Jesus in the Blessed Sacrament. ("Letters to a Brother Priest")

Quote from St. John Vianney

"What sweetness there is in forgetting ourselves in order to seek God!"



Sunday Offertory - January 26

| | |
|-------------|----------------|
| | Regular |
| St James | \$ 3,036 |
| OLOV | \$ 1,704 |
| St Benedict | \$ 186 |

Thank you for your generosity.

MUSICIANS WANTED

The Parishes of St. James & Our Lady of the Valley are in need of musicians! If you have musical talents that you would like to share, please contact Eric Hoffbauer at 905-758-6133 or email hoffbauc@gmail.com

Your support to our Parishes is greatly appreciated.



St. James School Part-time Custodian

St. James School is looking to hire a part-time custodian to assist our maintenance team.

Please contact the school at 250-542-4081 or email principal@stjamesvernon.com if you are interested.

PARISH SURVEY (OLOV and St. James)

On **Feb 24th** at 6:30 pm there will be a meeting in the OLOV Narthex for anyone interested in joining with Fr. Peter and the Parish Pastoral Council for a discussion and priority setting exercise. Refreshments will be provided.

If you plan to attend please contact the parish office before Feb 20th

Upon This Rock—Catholic Faith Study for Adults Every Wednesday from January 08th to April 16th OLOV 7-9:00 pm

In the next couple of months the focus will be on the 7 sacraments, starting with "The Sacrament of Initiation" followed by the five sessions covering the Eucharist on January 22nd to Feb 19th.

For details, reach out to Mark Langer at marklanger3@gmail.com, or call/text 250-919-8553.

Catholic Book Club

On February 5 we will meet in the Monsignor Miles Hall at 9 am to begin our discussion of **A Concise Guide to Catholic Social Teaching** by Kevin E. McKenna. Please read the Introduction and Chapter 1. Contact Loaves and Fishes in Kelowna to order. All are welcome.

The Jubilee is a Time to Rest. Indulge Yourself.

By: Daniel B. Gallagher

The biblical notion of Jubilee” can be summed up in two words: rest and remission. The Jubilee was a time to rest the land and the Body (cf. Lev 25 and 27). Along with rest came to emancipate, forgive, and retribute: slaves were set free, debts remitted, lands restored. The original calculation of the Jubilee year (seven years times seven) is based on the “rest” God took on the seventh day (Gen. 2:2-3). A prominent component of a Jubilee year—a component often misunderstood (and abused) - may be better grasped if we consider it in view of the “rest” so characteristic of a Jubilee Year.

A review of the teaching on indulgences is readily available in paragraphs 1471-1479 of the *Catechism of the Catholic Church*, where we find a definition given by Pope Paul VI:

An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints. (Indulgentiarum Doctrina, Norms, 1)

The fact is that sin has a devastating effect on our soul because it makes restlessness in the *Confessions and Consolation of Philosophy* respectively. Augustine writes, “my sin was that I sought our pleasures, grandeurs, and truths not in him but in his creatures in myself, and in others, and thus fell headlong into sorrows, confusion, and errors” (*Confessions*, I, 20). The last thing the Lord wants for any of us is “sorrows, confusion, and errors,” and Augustine eventually learned that he wanted none of it. What he sought was rest. “*Et inquietum est cor nostrum donec requiescat in te.*” “Our heart is restless until it rests in thee” (*Confessions* I, 1).

A century later, Boethius, with the help of Lady Philosophy, regained sight of this same truth as he awaited execution in a prison cell. He realized that sin enslaves us by robbing us of our capacity to act freely, thus instilling an anxious sense that we are not in control of ourselves because we are no longer master over our emotions and actions. “Their ultimate slavery,” Lady Philosophy says of us humans, “comes when they are given over to vices and fall away from the possession of their reason ... By assenting and yielding to these passions, they worsen the slavery to which they have brought themselves and are, as it were, the captives of their own freedom” (*Consolation of Philosophy*, V, 2).

Dante the pilgrim is struck by the weightiness of sin when he encounters the prideful ascending the first ledge of Mount Purgatory with large, heavy stones on their backs (cf. *Divine Comedy*, Purgatory, 11). For when pride, “the queen of sins, has fully possessed a conquered heart, she surrenders it immediately to seven principal sins (i.e., vainglory, envy, anger, sloth, avarice, gluttony, and lust), as if to some of her generals, to lay it waste” explains Saint Gregory the Great (*Moralia*, 87). If you have even been in serious debt, you know what Augustine, Boethius, Dante, and Gregory are talking about. Financial debt makes us anxious, paralyzed, constantly worried. We find it hard to sleep. WE can’t eat. WE are not as free as we were when we were financially solvent.

In short, all sin—large or small—incur a debt we simply cannot pay off. Think of the characters in the [parable of the unforgiving servant](#) (Matt. 18:21-35). That is why the name “indulgence” could not be more appropriate. The Latin root means “gentleness,” “tenderness,” or fondness.” We could say that the power of an indulgence is that God “indulges” us. It is *He* who is gentle, tender, and fond for us.

Engaging in the practice of indulgence is not an schange (a commercium in Latin), a sort of “if you do this, I’ll do that,” because our sins are forgiven when we perform the act. Rather, it is primarily a way of detaching ourselves from the “unhealthy attachment to creatures” which is a principal effect of sin even after it has been remitted through the Sacrament of Reconciliation (cf. CCC, 1472). It is this attachment that makes us anxious, restless, worried. We feel that even though God has forgiven us, we are still unhealthy attached to the gambling, the drinking, the online porn, the petty lies, the pointless gossip, the anger, the pride, or whatever.

We often think of “temporal punishment” as a “number of years to be spent in purgatory,” but its deeper meaning lies precisely in detaching us from unhealthy worldly attachments. This is why the Church invites us to accept temporal punishment as “a grace” (CCC 1472) and to engage in the practice in indulgence in that spirit. “Indeed,” writes Pope Francis, “the *indulgence* is a way of discovering the unlimited nature of God’s mercy,” for it is an expression “of the fullness of God’s forgiveness, which knows no bounds” (*Spes non confundit*, 23). By striving to accomplish works of mercy and charity, to pray, and to perform acts of penance, we completely put off the “old man” and put on the “new man” so that we may be prepared “for the experience of heaven by purifying the soul to stand in God’s presence and gaze upon his glory” (cf. CCC 1473; Eph. 4:24).

We may even think of “temporal punishment” (let alone “eternal punishment”!) as a “kind of vengeance inflicted by God from without” rather than “following from the very nature of sin” (CCC1472). But that is a mistake. WE should rather think of temporal punishment as a free gift, an opportunity, an extension of God’s mercy to the deepest corners of our soul that remain restless and anxious even when we are in a state of grace.

We can learn much about temporal punishment from Dante’s Purgatory. In vivid imagery, he describes how souls ascending the mount sing psalms, recite prayers, and encourage one another. Angles help them ascend when the climb overwhelms them. The seven sins (represented by seven terraces) that Gregory says our souls would surrender to without God’s mercy are serially conquered by God’s grace, and such an “ascent” I indeed possible in this life when we engage humbly in the practice of indulgence in the Jubilee of Hope.

The overwhelming joy of being purified by God’s grace through the practice of indulgences leads us, in turn, to share His mercy with others. “This experience of full forgiveness,” Francis writes, “cannot fail to open our hearts and minds to the need to *forgive others* in turn.” He continues:

Forgiveness does not change the past; it cannot change what happened in the past, yet it allow us to change the future and to live different lives, free of anger, animosity, and vindictiveness. Forgiveness makes possible a brighter future, which enables us to look at the past with different eyes, now more serene.

The Lord ardently desires this serenity. The last thing He wants is for us to be anxious. He knows better than we that what we really need is rest. And that is exactly what this Jubilee is for. So, indulge yourself. Better yet, let *Him* indulge *you*.

Source: *Catholic Exchange*

January 24, 2025

Eucharistic Adoration of the Blessed Sacrament at St. James Church (9am—9pm Mon-Thurs)

Adorers needed for winter months: **Mon 4-5pm, Tues 3-4 pm, Wed 2-3pm and 6-7 pm, and Thurs 12-1pm**

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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