

**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



**3RD SUNDAY  
IN ORDINARY TIME**

**JANUARY 26, 2025**

**Notes/Reminder**

- **URGENT**—please **DO NOT USE** your **old envelope** as the number might changed. If you don't have an envelope please contact the Parish Office
- Feb 01—Pastoral Care Outreach Training
- Feb 02—1st Sunday of the month—Food for the Poor
- Feb 06—Fill The Valley—OLOV at 6:00 pm
- Feb 06—Ready, Set, Learn—St James School
- Feb 24—Parish Survey discussion—OLOV at 6:30 pm

**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<br>Justin Sharma, Carmen Riguedell   |
| Finance Committee (OLOV)           | Garry Pielak, Gord Adams, James Lockwood,<br>Ewen Pitt                          |
| Parish Pastoral Council (St James) | David Evans, Deanna Johnstone, Michael Flahiff<br>Eric Hoffbauer, Lorena Clowes |
| Parish Pastoral Council (OLOV)     | Maureen Rinn, Ben Allen,<br>Jeff Routley, Judit Spence                          |

|                                |  |                                |
|--------------------------------|--|--------------------------------|
| <b>Pastor</b>                  | Rev Fr Peter Nguyen<br>frpeter@shaw.ca                               | 250-542-1276                   |
| <b>Parochial Vicar</b>         | Fr Henry Nwaimo<br>Sacred Heart, Lumby and<br>St Benedict/St Theresa | 250-214-4060<br>250-547-9070   |
| <b>Permanent Deacon</b>        | Deacon Paul Murphy   | 778-212-2020<br>(call or text) |
| <b>Diocese Kamloops Office</b> | 635A Tranquille Rd<br>Kamloops, BC<br>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 January**

*For the right to an education*—Let us pray for migrants, refugees and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

**MASS INTENTIONS—Jan 27—Feb 02**

|        |       |          |      |                      |     |
|--------|-------|----------|------|----------------------|-----|
| Jan 27 | Mon   | 8 am     | SJ   | Iris Neil Brennan    | INT |
| Jan 28 | Tues  | 8 am     | SJ   | Mega Telford         | RIP |
| Jan 29 | Wed   | 8 am     | SJ   | Celeste Mendes       | RIP |
| Jan 30 | Thurs | 8 am     | SJ   | Private Intentions   | INT |
| Jan 31 | Fri   | 8 am     | SJ   | Ivan Podgornik       | RIP |
| Feb 01 | Sat   | 9 am     | SJ   | Jana Hysek           | INT |
|        |       | 5 pm     | SJ   | Francisco Sapanta    | RIP |
| Feb 02 | Sun   | 8:30 am  | SJ   | SJ Parish Families   | INT |
|        |       | 10:30 am | OLOV | OLOV Parish Families | INT |
|        |       | 7:00 pm  | SJ   | Dennis Brooks        | INT |

**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 [hoffbaue@gmail.com](mailto:hoffbaue@gmail.com)

**Your support to our Parishes is greatly appreciated.**



**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!!

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



**Next Sunday's Readings:**

**Feb 02, 2025**

Malachi 3.1-4

Ps 24.7, 8, 9, 10 (**R. 10**)

Hebrews 2.10-11, 13b-18++

Luke 2.22-40



**SERRA CLUB of KAMLOOPS DIOCESE**

*Holy Hour—for Vocations*

3. A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to Heaven who otherwise would have gone to hell. (Jesus revelation to Blessed Dina Belanger)

**Quote from St. John Vianney**

*"O MY child, use your voice always for the glory of God and the salvation of souls."*



**Sunday Offertory - January 19**

**Regular**

St James \$ 3,456  
 OLOV \$ 1,784  
 St Benedict \$ 85

*Thank you for your generosity.*

**PASTORAL CARE TRAINING SESSION**

**WINTER 2025—Feb 01-April 05th  
9:30 am to 12 noon—Monsignor Miles Hall**

Thank you for your interest! Twenty (20) parishioners are registered. You can either do it at the comfort of your own home or join the group at Monsignor Miles Hall (St. James Church basement). Details will be sent out soon.



**St James School  
Ready, Set, Learn**

Thursday, February 06, 2025

We invite families with children ages 3-5 to sign up for our Ready, Set, Learn event on Thursday, February 06th from 9-10:30am at the school. We are also accepting Kindergarten registrations for 2025-2026.

Thank you for your continued support!

Melanie Inzunza, Principal

**PARISH SURVEY**

Thank you to all those who contributed to the parish survey. Participation is the first step toward improvement. The compilation of the responses is available in hard copy in the Narthex (PPC bulletin board) as well as on the website. We hope you will take some time to review the results. Please note that the compilation is a synthesis of all answers, not a verbatim transcription.

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*

**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.

# Catechetical Resource on Plenary Indulgences during the Jubilee Year

## 1. What is an indulgence?

“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. “81 “An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin. “82 Indulgences may be applied to the living or the dead. [1]

In our humanity, weak and attracted by evil, certain residual effects of sin remain. These are removed by the indulgence, always by the grace of Christ, who, as Saint Paul VI wrote, “is himself our indulgence””. [2]

## 2. What is the Jubilee Indulgence?

- The Jubilee Indulgence, thanks to the power of prayer, is intended in a particular way for those who have gone before us, so that they may obtain full mercy. It is a way of discovering the unlimited nature of God’s mercy. [3]
- All other Indulgences previously granted remain in force.

## 3. How is the Jubilee Indulgence obtained?

All the faithful, who are truly repentant and free from any affection for sin (cf. Enchiridion Indulgentiarum, IV ed., norm. 20, 1), who are moved by a spirit of charity and who during the Holy Year, purified through the sacrament of penance and refreshed by Holy Communion, pray for the intentions of the Supreme Pontiff, will be able to obtain from the treasury of the Church a plenary indulgence, with remission and forgiveness of all their sins, which can be applied in suffrage to the souls in Purgatory.

## 4. What are the ways in which a plenary indulgence can be obtained?

- A. Pilgrimages
- B. Pious Visits to Sacred Places
- C. Works of Mercy and Penance

## 5. What are the specifications for pilgrimages?

- **At any sacred Jubilee site, devoutly participate in:**
  - \* Holy Mass,
  - \* A ritual Mass for the conferral of the sacraments of Christian Initiation of the Anointing of the Sick
  - \* a celebration of the Word of God,
  - \* the Liturgy of the Hours,
  - \* the Way of the Cross,
  - \* the Marian Rosary,
  - \* the recitation of the Akathist hymn,
  - \* a penitential celebration with individual confession
- **In Rome: visiting at least one of the four Major Papal Basilicas**
  - \* Saint Peter
  - \* Saint John Lateran
  - \* Saint Mary Major
  - \* Saint Paul Outside the Walls
- **In the Holy Land: visiting at least one of the three basilicas:**
  - \* The Basilica of the Holy Sepulchre in Jerusalem
  - \* The Basilica of the Nativity in Bethlehem
  - \* The Basilica of the Annunciation in Nazareth
  - \* In other ecclesiastical areas: visiting the Cathedral or other church or sacred place designated by the local Ordinary

## 6. What are the specifications for visits to sacred places?

- \* At any Jubilee site, individually or in a group, for a suitable period of time, engage in:
  - \* Eucharistic Adoration, concluding with our Father, Profession of Faith, invocations to Mary.
- \* As with the places of pilgrimage, visit the following places under the same conditions:

### In Rome:

- Basilica of the Holy Cross in Jerusalem
- Basilica of Saint Lawrence at the Verano
- Basilica of Saint Sebastian
- The traditional visit to “the seven Churches in Rome”
- The Sanctuary of Divine Love

- The Church of the Holy Spirit in Sassia
- The Church of Saint Paul at the Tre Fontane
- The Roman catacombs
- The Churches of the Jubilee Pathways dedicated to the Iter Europaeum and to the Female Patrons of Europe and Doctors of the Church (the Basilica of Santa Maria sopra Minerva, and the churches of Saint Brigid at Campo de’ Fiori, Santa Maria della Vittoria, Trinita dei Monti, the Basilica of Saint Cecilia in Trastevere, the Basilica of Sant’ Augustine in Campo Marzio)

### In Other Places in the world:

- Basilica of Saint Francis (Assisi)
- Basilica of Our Lady of the Angels (Assisi)
- Pontifical Basilicas of:
  - \* Our Lady of Loreto
  - \* Our Lady of Pompeii
  - \* St. Anthony in Padua
- Any
  - \* minor basilica
  - \* co-cathedral church
  - \* Distinguished collegiate church or sanctuary designated by the diocesan bishop or Eparchy
  - \* National or international sanctuaries indicated by Episcopal Conferences
  - \* cathedral church
  - \* Marian sanctuary

## What about cloistered nuns and monks, the elderly, the sick, prisoners, workers in hospitals and care facilities who provide continuous care for the sick?

The faithful who are truly repentant of sin but who cannot participate in the various solemn, celebrations, pilgrimages and pious visits for serious reasons can obtain the Jubilee taking part in person, especially when the words of the Pontiff or the Bishop are transmitted through means of communication.

To obtain the Jubilee plenary indulgence in this way the above mentioned faithful are to:

- \* Offer up the sufferings or hardships of their lives and recite
  - \* Our Father
  - \* Profession of Faith
  - \* Prayers in conformity with the objectives of the Holy Year

## 7. What are the specifications to obtain the Jubilee Indulgence by practicing works of mercy?

- Participate in a church or other suitable place, according to the mind of the Holy Father, with a devout spirit:
  - \* Popular missions
  - \* Spiritual exercises
  - \* Formation activities on documents of Vatican II and the Catechism of the Catholic Church
- According to the usual spiritual, sacramental and prayer conditions
  - \* Feed the hungry
  - \* Give drinks to the thirsty
  - \* Clothe the naked
  - \* Welcome the stranger
  - \* Heal the sick
  - \* Visit the imprisoned
  - \* Bury the dead
  - \* Counsel the doubtful
  - \* Instruct the ignorant
  - \* Admonish sinners
  - \* Comfort the afflicted
  - \* Forgive offences
  - \* Bear patiently those who do us ill
  - \* Pray for the living and the dead

## 8. What are the specifications for penance?

- Rediscover penitential nature of Friday
- Abstain from—Futile distractions
  - Superfluous consumption
- Donating a proportionate sum of money to the poor
- Supporting works of a religious or social nature (defense and protection of life)
- Support quality of life of abandoned children, young people in difficulty, needy, lonely elderly, migrants
- Dedicating free time to voluntary activities in community service

## 9. Can a second plenary indulgence be obtained in a single day?

An individual can obtain a second plenary indulgence in a day, which is applicable to the deceased when he or she:

- Carries out an act of charity on behalf of the souls in Purgatory
- Receives Holy Communion a second time

*Source: Canadian Conference of Catholic Bishops*



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