

**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**  
12:00 pm Sunday  
St Benedict—1st, 3rd and 5th Sunday  
St Theresa—2nd and 4th Sunday

**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

**24th Sunday in Ordinary Time - Sept 15, 2024**  
**The Month of September is dedicated to Our Lady of Sorrows.**

**Welcome to Your Faith Family!**

Please register! Registering is the official way to be a part of our parish family.

Registration is our formal commitments to our faith family and to take part in the Church's mission to evangelize. Registration is also important for scheduling sacraments, attaining sponsor certificates, and getting donation statements for Income Tax purposes.

We have registration forms available at the office or go to the website!

**Mark your Calendar**

- Sept 16—"Getting Old Ain't for Sissys—CWL Armstrong 1-2:30 pm (R.S.V.P. cindytek@telus.net or 250-503-7856)
- Sept 17—CWL—St James meeting for this month at 7:00 pm—Monsignor Miles Hall
- Sept 18—Upon This Rock—OLOV starts at 7-9 pm (see detail inside)
- **Sept 19—Thursday—Mass is at 5 p.m.**
- Sept 27—FFC deadline for registration (see detail)
- Sept 30—National Day for Truth and Reconciliation
- Oct 03—Fill The Valley 6:00 pm OLOV
- Oct 06—1st Sunday of the month (Food Bank)
- Oct 19-20—Diocesan Youth Retreat (see detail inside)
- Nov 23—CWL Christmas Tea & Bazaar (info to follow)

<b>St James</b>		
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.

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

*For the cry of the earth*—We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climatic change, and that all will undertake to personally care for the world in which we live.

**Mass Intentions Sept 16-22**

Sept 16—Mon: 8am SJ Stewart & Lorena Clowes—INT  
Sept 17—Tue: 8am SJ Olga Mulvey—INT  
Sept 18—Wed: 8am SJ Loren Yasinski—†  
**Sept 19—Thurs: 5pm SJ** Private Intentions  
Sept 20—Fri: 8 am SJ Jason & Will Cawkell—†  
Sept 21—Sat 9am SJ Lydia & Chris Melesko—INT  
5pm SJ Al Schnyder—INT  
Sept 22— Sun 8:30am SJ SJ Parish Families—INT  
10:30am OLOV OLOV Parish Families—INT  
7:00pm SJ for the living & deceased family members of Finken & Kotschner

**Faith In Action Campaign 34 "Be a Witness of Love" starts in August 01, 2024**

	Faith In Action Assessment	Faith In Action Actual
St. James	\$ 41,987	\$ 20,000
OLOV	\$ 24,435	\$ 10,000
St Benedict	\$ 1,997	\$

**FFC—Faith Formation for Children 2024-2025**

**FFC Registration**—forms are available at the parish website  
**Deadline for registration**—September 27th  
**Class starts**—Wednesday, October 16th from 6:00 p.m.—7:00 p.m. at St James Church basement

For further information please contact:

Mary Bowcock—FFC Co-Ordinator at [ffcvernon@gmail.com](mailto:ffcvernon@gmail.com)  
**Teacher Volunteer is needed. Please help!**

**Sunday Offertory Sept 08**

	Regular	Healing & Reconciliation
St James	\$ 3133	\$ 975
OLOV	\$ 1825	\$ 435
St Benedict	\$ 410	\$ 75

*Thank you for your generosity.*

**Eucharistic Adoration of the Blessed Sacrament at St. James Church**

Enhance 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 11 a.m.—12 p.m., 3-4 p.m. Weds. 2-3 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](mailto:adorationstjames@gmail.com)



**Next Sunday's Readings:**

**Sept 22, 2024**

Wisdom 2.12, 17-20  
Ps 54.1-2, 3, 4+6 (R.4b)  
James 3.16-4.3  
Mark 9.30-37



**SERRA CLUB of KAMLOOPS DIOCESE**

*Holy Hour—for Vocations*

87. *Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him in adoration. (Bishop Fulton Sheen)*

**Quote from St. John Vianney**

*"Trials show clearly how pleasing a work is to God."*



**Lavender Legacy Tea**

Wednesday, September 18th from 10:30 am—12 noon

St James School will be hosting our annual Lavender Legacy Tea to promote our school-wide literacy program.

If you like to read and believe in the power of literature in a young person's life, then please consider joining us in this small intimate gathering in the Parish Centre of our school. Take a moment to enjoy a cup of tea and a slice of cake while exploring a collection of nonfiction and fiction books. The books will be a part of our literacy lessons, literature circles and our annual Whale of a Tale Reading Extravaganza. These books are award-winning, highly recommended, and are written to inspire and transform our thinking! In purchasing one of these books, your name or loved one's name will be placed on a nameplate on the inside cover of the book. Your donation will help to build a rich and diverse legacy of literature.

If you are interested in attending this tea, please phone the school office to reserve your spot. Office: 250-542-4081

**FACET OF FACE MINISTRIES RETREAT**  
**OCTOBER 19 - 20**  
**GRADES 8 - 12** REGISTER HERE  
ST. JAMES CATHOLIC SCHOOL Vernon, BC

**Catholic Book Club**

Ever wonder why priests cannot marry? Join us September 4 at 9:00 am in the Monsignor Miles Hall (St James Church basement) as we learn the rational behind priestly celibacy. All are welcome to join the discussion.

Our reference is From the Depths of Our Hearts: Priesthood, Celibacy and the Crisis of the Catholic Church by Benedict XVI and Robert Cardinal Sarah.

Purchase of the book (available through Amazon) is optional.

**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.

## **An Approach to Suffering in Pastoral Care Part 2: Purpose & Relationship with God**

**By: Brother Schafer Knostman, O. CARM.**

*Editor's Note: This article is part two of a two-part series on pastoral ministering to the sick and suffering.*

Pain, loss of purpose, and concern about one's relationship with God are significant challenges posed by illness. As we have seen in part 1 of this series, working to accept the reasons for pain—our own correction, an offering for others, and union with God—gives us the strength we need when we suffer. A patient's loss of purpose and end—of—life anxieties, though may be healed through refocusing on the true purpose of life—love of God and of neighbor.

**Purpose**—We often gain much of our sense of purpose from what we do or what we are able to accomplish, both of which can be taken away by sickness. For example, a person who bases their life on exercising, working in the office, or even serving others experiences a particular challenge when they become bedridden. Thankfully, our ultimate purpose in life is not accomplishment but to share in the nature of God—which is possible for anyone, at any time. We receive this eternal life in God in large part through the love of God and of neighbor.

When sick, a person can find renewed purpose through love of God by working to accept their condition for His sake. This comes from trust in His plan—His plan both to use this evil for good, and to move the person closer to Himself. Love of God also includes continuing to worship Him in life, as far as the person is able.

Serious illness often prevents a person from attending Mass in a parish, but participating in Mass in a hospital chapel might be possible. In any case, Sunday should always be a day specially reserved for the worship of God through prayer. Technology makes this simpler; for example, through access to live—streamed Masses on a hospital room TV or a smart—phone.

Most importantly, an ill person should request the Sacraments. Frequent reception of the Eucharist is extremely helpful, especially on Sunday, as one form of worship to go alongside personal prayer. The Sacrament of Reconciliation is particularly needed to prepare one for death, as well as Anointing of the Sick, in order to strengthen the person and unite their suffering with Christ's.

In addition to love of the Lord, love of neighbor greatly contributes to a seriously ill person's sense of purpose. It can never be neglected, as love of God implies that we love other people. Now, for example, a hospital patient may not be able to do much for others physically. However, they can love by complying patiently with the nursing staff and doctors, even though their work may cause some humiliation or pain in the course of treatment.

Social connection is also important for someone suffering, especially connection with loved ones. It is sometimes the case, in my experience, that a person must overcome a certain fear or pride that deters them from telling loved ones that they are suffering. After all, it may be disturbing news to share at first, but it is for the greater good, as it enables those we care about to love us better. In fact, willfully refusing to let people close to you know that you are suffering is a kind of rejection of their love. Through time with loved ones, as well as connection with the medical staff, socializing contributes to a person's sense of purpose by providing a way both to love and to be loved.

**Concern about Relationship with God**—Lastly, serious illness may cause us to feel concern about our relationship with God. A person may feel abandoned by Him, the God Whom they felt would protect them. Understanding the Lord's goodness, that He always works for our ultimate benefit, and that He is always willing to forgive, is a great consolation.

To start, it might help to aid someone in recalling that God is Lord of the Universe, He Who made everything good. Scripture describes Him as all-powerful, and even as love itself. God knows all that happens, and He never abandons His creatures—doing so would betray His very character. These facts help explain that every single thing works for good for those who love God. For someone who is suffering, it would be helpful to present this is a particularly gentle way. For example, a pastoral minister could simply say that God is perfectly good and allows certain evils in order that good may come from them.

In the worst case, there may be someone who is both in extreme suffering, near death, and deeply afraid of God. This may be because they know that they have committed a mortal sin, such as neglecting to go to Mass for years. A chance to repent and the Sacrament of Reconciliation should be offered to them with love, very promptly. Further comfort could also be given by explaining the following: ultimately, what causes us to suffer is separation from God. Our final illness and death are painful, but they are also part of the way that God brings us back to Himself, healing that painful separation, so that we can know the peace and joy of Heaven forever. From a different perspective, one can say that to go to Heaven is to become like God, and that the life of Christ makes the experiences both of suffering and of death part of the way of becoming like God. This is only possible through God's free gift of grace, which invites us into the life of infinite goodness and beauty in Heaven.

**Conclusion**—It is essential to appreciate that God's providence works through pain, in order to bring us to Heaven. Knowing these truths can help a person endure suffering with both courage and acceptance, and this can even give someone sense of joy in the face of pain and death. Having begin to live by these truths himself or herself, it is the goal of a pastoral minister to help those who suffer to do the same. In this way, we may work with the Lord in our final illness and be brought to union with Him in Heaven.

*Source: Catholic Exchange*

*September 04, 2024*

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**VISIT OUR REFRESHED WEBSITE**

**WWW.RCCV.ORG**

**ROMAN CATHOLIC CHURCHES OF VERNON (RCCV)**

### **Upon This Rock—Catholic Faith Study for Adults**

We're launching another year of *Upon This Rock: Exploring the Biblical Foundations of the Catholic Faith*. If you or someone you know is interested in becoming Catholic or taking your faith to new heights this year, all adults are welcome to join us. Classes start **Wednesday September 18th** and run weekly until around Easter 2025, at **Our Lady of the Valley from 7:00 to 9:00 pm**. Upon This Rock fulfills the RCIA requirement for individuals wanting to become Catholic, and it also serves as an excellent faith enrichment course for Catholics that want to grow in understanding and appreciation of their Catholic faith. It is a theologically rich course, spiritually uplifting, and delivered through a group setting that promotes group discussion as well as building community. For details, reach out to Mark Langer at [marklanger3@gmail.com](mailto:marklanger3@gmail.com), or call/text 250-919-8553.



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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.



## Intermediate Portrait Course

September 17-19, 6-8pm

Hosted at Phoenix @ Play Gallery & Studio  
2553 Pleasant Valley Blvd, Armstrong

Contact Laura at [laura@laborstudios.com](mailto:laura@laborstudios.com) for inquiries

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