

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

1ST SUNDAY OF LENT

MARCH 09, 2025

THE MONTH OF MARCH IS DEDICATED TO ST. JOSEPH



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

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.

Easter Mass Schedule

	Holy Thursday	Good Friday	Easter Vigil	Easter Sunday
St. James	7:00 pm	3:00 pm	7:00 pm	8:30 am
				1:00 pm
OLOV		12:00 noon		10:30 am
St Benedict/Theresa				

Notes/Reminder

- **Catechesis of Good Sheperd**—on-going (Jan 25-April 15)
- **Pastoral Care Training**—on-going (Feb 02-April 05)
- **FFC (Faith Formation for Children)** - on-going
- April 11—Fish Fry (Save the date)
- **April 12—MINI PILGRIMAGE—St James (see details)**

OFFICE

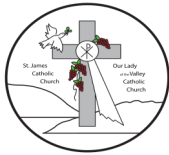
Telephone:	250-542-1276	www.rccv.org
Email:		stjamesvernon@rcdk.org
Office Hrs.	8 am—2:pm	Mon-Tues-Thurs-Fri
	Closed	Wednesday

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 March

For the families in crises—Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

MASS INTENTIONS—March 10-16

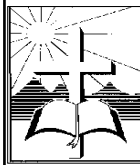
March 10	Mon	8 am SJ	Beverly Doyle	RIP
March 11	Tues	8 am SJ	Ark Banazek	RIP
March 12	Wed	8 am SJ	Private Intentions	INT
March 13	Thurs	8 am SJ	Hans & Hildegard Novelleto	RIP
March 14	Fri	8 am SJ	Doyle family	INT
March 15	Sat	9 am SJ	Francesco Dattolo	RIP
		5 pm SJ	Celine Lockert	RIP
March 16	Sun	8:30 am SJ	SJ Parish Families	INT
		10:30 am OLOV	OLOV Parish Families	INT
		7:00 pm SJ	Diane Negrin Smith	RIP

PARISH MINISTRIES

CWL (St James)	7:00 pm Tues (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)	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
Parish Pastoral Care Ministry	Contact the Parish Office

Funeral/Prayer Services

Jacob (Jack) Shore—Prayer/Rosary—Sunday, Mar 9 at 5pm—St. James
Funeral—Monday, March 10 at 11am—St. James
Mary Hostland—Saturday, March 15 at 2pm—St. Francis de Sales, High River, AB



Next Sunday's Readings:

March 16, 2025
Genesis 15.5-12, 17-18
Ps 27.1, 7-8, 9, 13-14 (R. 1a)
Philippians 3.17-4.1
Luke 9.28b-36



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations

9. Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace. (St. Alphonsus Ligouri)

Quote from St. John Vianney

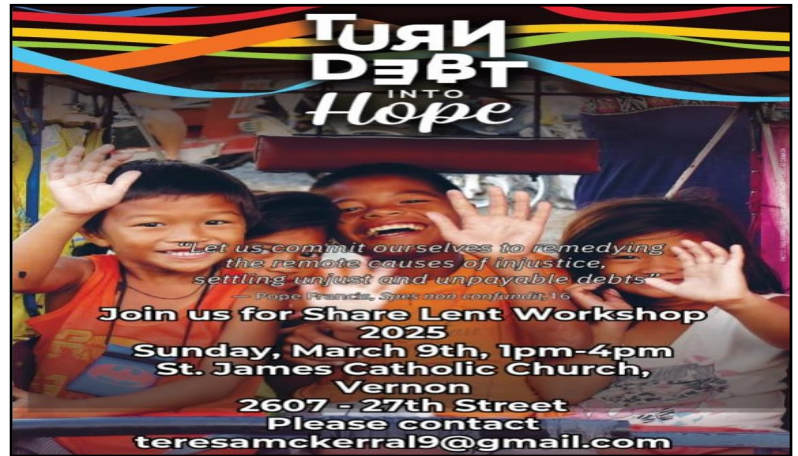
"He is hidden from our eyes under the humility of his Sacrament, to try our faith...."



Sunday Offertory - March 02

St James \$ 3,685
OLOV \$ 1,527
St Benedict \$ 395

Thank you for your generosity.



**HOLY DOOR Mini PILGRIMAGE
ST. JAMES CHURCH**

Saturday, April 12, 2025 at 9am

Together with St. Joseph's—Salmon Arm, Sacred Heart—Lumby, St. Joseph's—Armstrong, St. Ann's—Enderby, Our Lady of the Valley—Coldstream, St. Benedict's—Head of the Lake and all the surrounding Catholic Churches in the Diocese of Kamloops will be having a Mini Pilgrimage at St. James Church—Vernon.

**DIOCESAN ANNIVERSARY CELEBRATION
SAVE THE DATE!**

On Sunday June 22, 2025, Bishop Joseph Nguyen invites all to a Corpus Christi Mass starting at Riverside Park Bandshell with the Eucharistic procession following Mass to Sacred Heart Cathedral, Benediction, Sacred Display and BBQ Dinner in celebration of the 80th Anniversary of the Diocese of Kamloops.

More info to come!

Catholic Book Club

On March 19 will conclude our discussion of **A Concise Guide to Catholic Social Teaching** by Kevin E. McKenna.

Meet at 9 am in the Monsignor Miles Hall in the St James church basement.



Confession or Communion to the Homebound

If you are homebound and desiring to receive communion or the Sacrament of Reconciliation, please call the parish office at 250-542-1276 or email stjamesvernon@rcdk.org to request a visit.



PASTORAL CARE MINISTRY

If you are in the hospital or in the homes and are Roman Catholic, please insure you or a family member contacts the office at 250-542-1276 or email at stjamesvernon@rcdk.org to ensure that you will be visited by the Priest or the Pastoral Care Team.

STATION OF THE CROSS

Please join us for Stations of the Cross will be held every Friday during Lent at 7:00 pm St. James Church. **All Are Welcome!**

Date	Ministry to lead
March 07	St. James School
March 14	Fraternus Group/Exodus 90 men
March 21	Knights of Columbus Council 4949
March 28	Knights of Columbus Council 12202
April 04	CWL—St James
April 11	CWL—OLOV

ATTENTION MEN OF OUR PARISH'S

1st Cor Meeting—Saturday, March 15 at 10:30 am
Columbus Court - 3003 Gateby Place

Prayer, Formation, and Fraternity for Men. The men of Knights of Columbus Council 4949 are excited to share the implementation of Cor, a new formation and fraternal opportunity for the men of our parishes. Cor exists to form and strengthen Catholic men in faith and virtue as missionary disciples by drawing them into a deeper relationship with Jesus Christ through prayer, formation, and fraternity.

Deacon Paul will be leading the sessions. If you have additional questions, please reach out to Dale Hofer at daleofc@gmail.com

OLOV Mass During Lent Season

The mass at OLOV during lent season is **every Friday at 11:00 am** followed by the Station of the Cross. All are welcome to join!

Lent 2025: 7 answers to your questions about fasting and abstinence

By Cynthia Perez *ACI Prensa Staff, Mar 05, 2025 / 15:40 pm*

The Catholic Church has a series of practices and traditions that mark the liturgical calendar and guide the spiritual life of its faithful. Among these are fasting and abstinence during Lent, the 40-day period of preparation for Easter.

To help Catholics live this special liturgical time and deepen their knowledge of the faith, the following are the answers to the most frequently asked questions about fasting and abstinence.

What do fasting and abstinence mean?

According to the **Code of Canon Law**, fasting and abstinence are penitential practices that all Catholics are obliged to perform “by divine law” on certain days of the year in order to “deny themselves.”

According to the **apostolic constitution *Paenitemini***, abstinence

forbids the use of meat, “but not of eggs, the products of milk, or condiments made of animal fat.”

The law of fasting allows, “only one full meal a day but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned—approved local custom.”

However, Canon 1253 of the Code of Canon Law states: “The conference of bishops can determine more precisely the observance of fast and abstinence as well as substitute other forms of penance, especially works of charity and exercises of piety, in whole or in part, for abstinence and fast.”

What is the origin of the practice of fasting and abstinence?

These practices have deep roots in history and theology. Fasting dates back to biblical times, where figures such as Moses (Exodus 34:28), Elijah (1 King 19:8), and Jesus himself (Mark 1:13) practiced fasting. In early Christianity, fasting was a common way of expressing repentance and seeking closeness to God.

Abstinence from meat has its roots in the Church’s tradition of sacrificing something as an act of penance, just as St. Paul called for disciplining and subduing one’s body (1 Corinthians 9:27) for the greater good.

Why do Catholics practice fasting and abstinence?

Canon 1249 of the **Code of Canon Law** states that the Catholic Church has set certain days in the year for all Catholics to perform penitential practices together, such as prayer, works of piety and charity, and, above all, practicing fasting and abstinence.

In this regard, the **Catechism of the Catholic Church** explains in No. 2043 that abstaining from meat and fasting on the days established by the Church “ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.”

Which days are obligatory for fasting and abstinence?

The Code of Canon Law states in Canon 1251 that abstinence from meat, or from some other food as determined by the episcopal conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.”

At what age are fasting and abstinence obligatory?

The Code of Canon Law establishes in Canon 1252 that fasting is obligatory from the “age of majority” (age 18 in the United States) through the age of 59. Abstinence from meat is obligatory from the age of 14.

Who is exempt from fasting and abstaining from meat during Lent?

Minors and the elderly aged 60 or older are exempt from fasting, and those under 14 may eat meat. However, Canon 1252 of the Code of Canon Law suggests that pastors and parents help children who are not obliged to fast and abstain to form themselves in the “true meaning of penance.” Also exempt are the sick, women who are pregnant or nursing, and manual laborers engaged in physical demanding work.

What is the purpose of fasting and abstinence?

While both practices helps us grow in the spirit of penitence and conversion to which Jesus calls us, the Catechism of the Catholic Church recalls in No. 1430 that this call focuses on “the conversion of the heart, interior conversion” without which external works “remain sterile and false.”

In this regard, the Opus Dei website notes that “in the New Testament, Jesus brings to light the profound motive for fasting, condemning the attitude of the Pharisees, who scrupulously observed the prescriptions of the law, but whose hearts were far from God. True fasting, as the divine Master repeats elsewhere, is rather to do the will of the Heavenly Father, who ‘sees in secret, and will reward you’ (Mt 6:18).”

Source: Catholic News Agency



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