

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

26th Sunday in Ordinary Time **Sept 29, 2024**
The Month of October is dedicated to the Holy Rosary.

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!

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

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

Mark your Calendar

- Sept 29—World Day of Migrants and Refugees
- Sept 30—Truth and Reconciliation
- Oct 03—Fill The Valley—OLOV 6-7 pm
- Oct 05—4 Mysteries of the Rosary—7:30 am—8:40 am
- Oct 06—1st Sunday of the month (Food Bank)
- Oct 06—Vernon and Area Pro-life Society 2-3 pm (see detail)
- Oct 06—Pancake Breakfast—St James Parish Centre
- Oct 12—Knights of Columbus Ribfest—St James Parish Centre (see detail)
- Oct 19-20—Diocesan Youth Retreat (see detail inside)
- Nov 23—CWL Christmas Tea & Bazaar (info to follow)

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 October

For a shared mission—We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

Mass Intentions Sept 30—Oct 06

Sept 30—Mon:	8am SJ	M.A.C.—†
Oct 01—Tue:	8am SJ	Bev Doyle—†
Oct 02—Wed:	8am SJ	Angie Miranda—INT
Oct 03—Thurs:	8am SJ	Alexander Clowes—INT
Oct 04—Fri:	8 am SJ	Doyle family—INT
Oct 05—Sat	9am SJ	Private Intentions
	5pm SJ	Olga Mulvey—INT
Oct 06— Sun	8:30am SJ	SJ Parish Families—INT
	10:30am OLOV	OLOV Parish Families—INT
	7:00pm SJ	Franco Banducci—†

Please support Faint In Action and thank you for your generosity

	Faith In Action Assessment	Faith In Action Actual
St. James	\$ 41,987	\$ 25,875
OLOV	\$ 24,435	\$ 21,675
St Benedict	\$ 1,997	\$

FFC—Faith Formation for Children 2024-2025

Registration—forms are available at the parish website or pick it up at the office.
Class starts—Wednesday, October 16th
6:00 p.m.—7:00 p.m. at St James Church basement
For further information please contact:
Mary Bowcock—FFC Co-Ordinator at ffevernon@gmail.com
Teacher Volunteer is needed. Please help!

Eucharistic Adoration of the Blessed Sacrament at St. James Church

Enhance your life by committing one hour a week as an adorers. 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

Catholic Book Club

October 2 at 9 am in the Monsignor Miles Hall. We will continue our discussion of Divine Mercy in My Soul Diary of Saint Marie Faustian Kowalska. At Our October 16 meeting we will begin A Concise Guide to Catholic Social Teaching by Kevin E McKenna, available from Amazon. All are welcome



Next Sunday's Readings:
Oct 06, 2024

Genesis 2.7ab, 15, 18-24
Ps 128.1-2, 3, 4-5 (R.5)
Hebrews 2.9-11
Mark 10.2-16



SERRA CLUB of KAMLOOPS DIOCESE

Holy Hour—for Vocations
88. Adoration of the Blessed Sacrament is the best time you will spend on earth! (St. Mother Teresa of Calcutta)

Quote from St. John Vianney

"When the heart is pure, it cannot help loving, because it has found the source of love, which is God himself."

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, or call/text 250-919-8553.

Youth Faith Formation Program - 2024 / 2025

Where: Our Lady of the Valley Church
When: biweekly Thursdays, beginning October 24, 2024 at 7pm
Who: High School Students

No registration required - contact Chantelle at choffbauer88@gmail.com for more info



"Young people, do not be afraid to be holy. Fly high, be among those whose goals are worthy sons and daughters of God. Glorify God in your lives!"
St. John Paul II

Holy Hour on Thursday October 3rd at 7pm

St. James Knights of Columbus Council 4949 is sponsoring a Holy Hour on Thursday, Oct 03 at 7pm. Deacon Paul Murphy will lead us in prayers and worship before the Blessed Sacrament. Everybody is welcome.

Knights of Columbus—Ribfest

Saturday, October 12th—St James Parish Centre
Tickets: \$25 Adult \$ 10 Child 6—10 yrs old
Tickets available after mass & at the Parish Office

Sunday Offertory Sept 22

	Regular
St James	\$ 2979
OLOV	\$ 1656
St Benedict	\$ 175

Thank you for your generosity.

OLOV—Parish Council Biographies

- **Maureen Rinn**— 8 yrs in parish (2016); parish council and catholic school experience in Ontario; Youngest two children graduated from St. James school; currently volunteering with vacation bible school and children’s liturgy programs
- **Ben Allen** – I have been a member of the Our Lady Of the Valley congregation since 1996. My wife Taryn and I were married at Our Lady in 2006. We have 2 sons Aidan and Graham, both have attended St James School. I enjoy being involved in my church community through various organizations such as Knights of Columbus and the St James School Discernment Committee. I look forward to helping with the Parish Council as well.
- **Jeff Routley** – A life-long Vernonite, Jeff Routley grew up as a parishioner at St. James and has been a parishioner at OLOV for the past 18 years with his wife Kiley and three children. Jeff attended St. James School as a child and later worked at St. James as a teacher and administrator. Over the years, Jeff has been a member of St. James School council, previous parish councils, as well as being a Knight of Columbus member.
- **Judit Spence** – Retired Physical Therapist (worked with children with special needs). Recently moved to Coldstream from Vancouver (May 2024). Our 4 children completed their educations in catholic elementary and catholic high schools. I served for 16 years in catholic elementary and high schools on the education committees and for 11 years as the Executive Director of the CIS-VA (Catholic Independent Schools of Vancouver Archdiocese); multiple terms on the Holy Trinity parish pastoral council with 6 yrs as chair. Served in multiple parish ministries (lector, extraordinary minister of the Eucharist, chief party planner). Looking forward to making new friends in the parish and being of service where needed.

Thank You

Special thanks to everyone who donate their used greeting cards (birthday, Christmas, any occasion) for the Pro—Life Thrift Store. The front of the cards are made into recycled cards and are sold at the store. Your used or new cards can be left in the wicker basket at the back of St. James Church or come shop at the store and drop them off there. Any questions call Linda at 250-306-0586



Annual “Giving Tree”

On October 0th, 13th & 20th, the giving tree will be displayed at the entrance of Our Lady of the Valley Church.

As part of the annual “Coats for Kids” distribution last year, we supplied warm winter coats for 140 children in our Valley. Early indications is in demand this year will also be substantial.

The giving tree will be prominently displayed, containing tags with age & gender. We invite parishioners that wish to participate, to take a tag, purchase w winter coat, then return the coat & tag to the church.

We will also greatly accept monetary donations from those individuals unable to shop in person.

God Bless,

Our Lady of the Valley KOC Giving Tree Committee

St James—Parish Council Biographies

- **David Evans**—I relocated to Vernon 3 years ago from Calgary. I attended Holy Name Parish where I was on the Finance Committee/Building Committee overseeing an 8-million-dollar renovation which involved turning the church around to accommodate a new Narthex and Parish Hall. After moving I attended St. Luke’s Parish, where I was an Usher, Eucharistic Minister and Sacristan. In Vernon, I am a member of the Knights of Columbus Council 4949. Last year I served as the Life Director, I am now the Deputy Grand Knight, in training to become Grand Knight next year. I was asked to put my name forward for the Deputy Grand Knight and initially said no. After prayer and reflection, I could not sit idle after all of the work and dedication of the Council members who have built this Council into one of the best in BC. Upon meeting Father Peter, I offered my hands to serve as he saw fit, I have been a serving Acolyte for two years. I volunteer at the Schubert Centre, and do building maintenance at Catherine Gardens. After attending a Vernon Pro-Life function I put my name forward to become a Death Dula, offering end-of-life comfort and support to both families and the person in transition. I feel very blessed and fulfilled because of my dedication to my faith.
- **Deanna Johnstone**—I grew up in Creston, BC, and attended University in Victoria and Vancouver. I have attended St. James and Our Lady of the Valley since I moved to Vernon in 1997 to marry my husband, Ian. We have 2 children, aged 19 and 22. I work as a speech-language pathologist for Interior Health.
- **Michael Flahiff**—I was born and raised in Vernon, and baptized in St. James. My family were never particularly devout, so I never continued in receiving the sacraments until I was confirmed this past Easter! After the death of my father in 2022, the Holy Spirit began working in me and drew me home; now I am blessed to be involved in the youth ministry, helping with Upon this Rock, and aiding in the Parish Pastoral Council!
- **Eric Hoffbauer**—I moved to Vernon in 2017 with my wife Chantelle and we have 5 children aged 4 months to 7 years old. I currently coordinate the music ministry for the masses at St James and OLOV and work as an environmental engineer.
- **Lorena Clowes**—I grew up in St. Patrick’s Parish, Vancouver. I attended both elementary & high school there. When I married & had a son, we were members of Precious Blood Parish in Cloverdale, where I was a regular Sunday reader, member of the CWL and volunteered steadily at Cloverdale Catholic School & Holy Cross Regional High School. I worked in retail most of my life. I so enjoy assisting others and attending to their needs. Since my husband and I retired in Vernon in 2021, I am a regular Sunday reader and CWL member here at St. James Parish.

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

National Life Chain

Vernon and Area Pro—Life Society—National Life Chain—October 06, 2024 from 2:00 pm to 3:00 pm. Please join us we stand on the sidewalk along 32nd Street (Hwy 97), holding the sign. (Signs handed out at corner of 32nd St and 32nd Ave (across from Staples). Since 1987, believers have gathered national wide, on the 1st Sunday in October, to prayerfully stand for life.



ST. JOSEPH CONTRACTING INC

1.778.212.9563

HANDYMAN | APPLIANCE INSTALLATION | RENOVATIONS
PROPERTY MAINTENANCE | BACKYARD BUILDS
FURNITURE ASSEMBLY | REPAIRS | REMODELING
MINOR ELECTRICAL | MINOR PLUMBING | STAGING

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



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



Marc Fortier
Owner

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

- 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



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



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

AcuTruss Industries

Vernon
Kelowna
West Kelowna
Penticton
Winfield

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

Western Wood Truss Association
Central Okanagan
Canadian Home Builders Association



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 cobblerstrack.com



NICHOLAS RASQUINHA
REALTOR® | Sales Representative

250.307.6777

rasquinhanic@gmail.com

www.nicholas-homes.com

COLDWELL BANKER EXECUTIVES REALTY



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, household 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

SERVING THE OKANAGAN VALLEY