

Parish Bulletin

The Most Holy Body and Blood of Christ (Corpus Christi)

June 7, 2026

SUNDAY MASSES

St. James

VERNON

Saturday - 5:00 PM (Vigil Mass)

Sunday - 8:30 AM

Sunday - 7:00 PM

Our Lady of the Valley

COLDSTREAM

Sunday - 10:30 AM

St. Benedict's

NTSLA'KO (HEAD OF THE LAKE)

Sunday - 1:00 PM

Sacred Heart

LUMBY

Saturday - 5:30 PM

Sunday - 9:30 AM

SUNDAY READINGS

The Most Holy Body and Blood of Christ: June 7, 2026

Deuteronomy 8:2–3, 14b–16a

Psalms 147:12–15, 19–20

1 Corinthians 10:16–17

John 6:51–58

CONFESSION

St. James: Saturday - 9:30–10:30 AM

St. James: Saturday - 4:00–4:45 PM

Our Lady of the Valley: Sunday - After the 10:30 AM Mass

St. Benedict's: By arrangement - Before Sunday Mass

Sacred Heart: By arrangement - Before Mass

ADORATION

St. James: Monday–Thursday - 9:00 AM – 9:00 PM

Our Lady of the Valley: First Thursday of the month - 6:00–7:00 PM

St. Benedict's: First Friday of the month - 10:00–11:00 AM

FROM THE PASTOR

From Fr. Peter: Why we process

Dear friends, this Sunday the Church celebrates Corpus Christi: the Solemnity of the Body and Blood of Christ. At its heart, it is a celebration of something we proclaim at every Mass: that the Eucharist is really, truly Jesus, present among us in body, blood, soul, and divinity.

After the schedule below, we will do something Catholics have done for almost eight hundred years: carry the Blessed Sacrament out of the church and into the open air. A procession is a simple, bodily prayer. We walk because faith is a journey; we walk together because no one makes that journey alone; and we walk behind Jesus because that is what disciples do.

The Eucharist is the source and summit of the Christian life.

Bring your children, bring a friend, bring your questions. And as the long days of summer open up, consider giving one quiet hour a week to the Lord in Adoration at St. James.

Corpus Christi at Our Lady of the Valley: Sunday schedule

- 10:00 AM: The Blessed Sacrament is exposed.
- 10:10 AM: Corpus Christi procession from the sanctuary.
- 10:20 AM: Benediction of the Blessed Sacrament.
- 10:30 AM: Solemn Mass.

ANNOUNCEMENTS

Novena to the Sacred Heart concludes June 12

Sacred Heart

Sacred Heart parish in Lumby concludes its novena with Mass on the Solemnity of the Most Sacred Heart of Jesus, Friday, June 12 at 9:00 AM. All are welcome.

Fill the Valley: Thursday, July 2

Our Lady of the Valley

An evening of music, prayer, and adoration at Our Lady of the Valley, 6 to 7 PM, on the first Thursday of every month. Come as you are; admission is free.

Catholic Book Club

St. James

Meets alternate Wednesday mornings, 9 to 10 AM in Monsignor Miles Hall. We are reading 'He Leadeth Me' by Fr. Walter Cizek. Newcomers welcome any time: call Jan at 250-309-4123.

Faith Formation for Children: fall registration

St. James

FFC prepares children (grades 1–7) for Reconciliation, First Communion, and Confirmation. Classes resume in the fall in the St. James church basement. Forms are at the office or by email to ffcvernon@gmail.com.

SUBSCRIBE TO THE SUNDAY BULLETIN

Get the bulletin by email each week: ask at the parish office or sign up through the website. 250-542-1276 · stjamesvernon@rcdk.org.