



THE ROMAN CATHOLIC PARISH OF ST. TIMOTHY

*Our vision is to be a life-giving community committed
to welcome, to worship, to grow, and to serve.*

Archdiocese of St. Boniface
135 John Forsyth Road
Winnipeg, Manitoba R2N 1R3

Email: info@st-timothy.ca
Phone: (204) 949-3760
Website: st-timothy.ca

Mass Schedule

THE LORD'S DAY:

Saturday at 4:00 pm

Sunday at 9:00 am & 11:00 am

WEEKDAY MASS:

Tuesday to Friday at 9:30 am

Office Hours

Tuesday, Wednesday & Thursday

9:00 am to 3:00 pm

(closed noon - 1:00 pm)

NOTE: Fr. Brian will be away
from July 20-24, 2026

July 19, 2026 • 16th Sunday in Ordinary Time

*“Blessed are you, Father, Lord of heaven and
earth; you have revealed to little ones the
mysteries of the kingdom.”*

GOSPEL ACCLAMATION

Sacraments

Reconciliation (Confession) — Half an hour before Mass, or you
may make an appointment by contacting Fr. Brian.

Anointing of the Sick — By appointment. Contact Fr. Brian or the
parish office.

Baptisms — Contact the parish office three months in advance.

Weddings — Contact the parish office at least six months in advance.



BUCKWHEAT HARVEST BY
JEAN-FRANÇOIS MILLET (II), 1868

Pastor: Fr. Brian Trueman
fr.brian@st-timothy.ca | 204-949-3769

Parish Administrative Assistant:
Paulene Limonar
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Custodian: Ignatius Zinowko
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Coordinator of Religious Education:
Michelle Coyne
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Youth Ministry Coordinator:
Vince Diestro
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**Pastoral Care and
Safe Environment Officer:**
Maria Castellano | maria@st-timothy.ca

Parish Pastoral Council:
ppcsttimothy@gmail.com

Society of St. Vincent de Paul:
ssvpwinnipeg@gmail.com

Refugee Ministry:
st.timothyrefugeeministry@gmail.com

Bulletin: Submit by Tuesday
bulletin@st-timothy.ca



COMING UP...

Monday, July 20

Fan into Flame
Prayer Group
Rosary - 6:30 pm
Meeting - 7 pm | Parish Hall

Prayer & Life Workshop

Information Session
Wednesday,
September 9, 2026
at St. Timothy Parish
6:30 PM to 8:30 PM

"Abide in me, and I in you....I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing." John 15: 4-5

We are pleased to invite you to the Prayer & Life Workshop. Discover a deeper relationship with Jesus through prayer and reflection. Join us for a unique journey into prayer, where you will learn how to set aside sacred time each day to meet the Lord, meditate on His Word, and deepen your friendship with Him. Discover how prayer can become a source of peace, direction, and joy in your daily life.

For more information:
204-869-8175|
manitoba@tovpil.ca

For poster, [click here](#).

UPCOMING READING

17th Sunday in Ordinary Time

1 Kings 3:5-12
Romans 8:28-30
Matthew 13:44-52

Mass Intentions for July 18-26, 2026

Sat., July 18	4:00 pm		In thanksgiving from Rick and Fidelina Pabuaya
Sun., July 19	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., July 19	11:00 am	†	Alojzia and Sylvester Bielik, and deceased family members from Josie Landry and Bielik family

Please note that there will be no weekday Mass from July 21-24, as Fr. Brian will be away.

Sat., July 25	4:00 pm	†	Louise Hicks from Marguerite McAlpine
Sun., July 26	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., July 26	11:00 am	†	Leonida Zalewski from Ray and Val Saindon



Expecting or have a newborn who needs to be baptized?

We'll be holding an **in-person Baptism Preparation** Session at the end of August. If you're interested in attending, please let us know so we have an idea of how many families to expect. Date will be determined in early August.

Please note: You do **not** need to book a baptism date yet. Attending the preparation session simply means you'll be ready when it's time to celebrate your child's baptism as it's 1 of 2 requirements for first-time parents, and recommended as a refresher for those who have previously attended.

If you're thinking about having your child baptized soon, don't miss this opportunity! We only offer these sessions a few times each year, and our next one will likely not be until the end of the year or beginning of next year.

Gardeners Ministry Annual Picnic

What better place to gather than the very grounds they lovingly care for all summer?

Thank you to the dedicated members of our Gardeners Ministry for the time, care, and hard work they pour into keeping our church grounds beautiful and welcoming for everyone.



Their quiet service does not go unnoticed because their love for our parish blooms in every flower bed and garden they tend. Thank you for helping create a space that reflects the beauty of God's creation. We are truly grateful for all that you do!



Do This in Remembrance of Me, Part 77: Concluding Rites and Blessing

Strengthened by the true presence of Jesus and following the Prayer after Communion, we are truly ready to go out into the world. What happens before moving from our pews to our cars? That would be the Concluding Rites. As The General Instruction of the Roman Missal lays out, "To the Concluding Rites belong the following: (a) brief announcements, should they be necessary; (b) the Priest's Greeting and Blessing, which on certain days and occasions is expanded and expressed by the Prayer over the People or another more solemn formula; (c) the Dismissal of the people by the Deacon or the Priest, so that each may go back to doing good works, praising and blessing God; (d) the kissing of the altar by the Priest and the Deacon, followed by a profound bow to the altar by the Priest, the Deacon, and the other ministers" (GIRM, 90).

Many parts of the Concluding Rites mirror what we did at the very beginning of Mass, including the priest's greeting and response from the people: "The Lord be with you." "And with your spirit." What happens next, though, is special to the end of Mass. It also happens to be one of my favorite things about being a priest: blessing the people.
What Is a Blessing?

Our Catechism of the Catholic Church glossary includes a definition for Blessing: "A blessing or benediction is a prayer invoking God's power and care upon some person, place, thing, or undertaking. The prayer of benediction acknowledges God as the source of all blessing" (CCC, p. 868). Furthermore, "Among sacramentals, blessings (of persons, meals, objects, and places) come first. Every blessing praises God and prays for his gifts. In Christ, Christians are blessed by God the Father 'with every spiritual blessing.' This is why the Church imparts blessings by invoking the name of Jesus, usually while making the holy sign of the cross of Christ" (CCC, 1671).

I love being able to ask God's strength, help, and protection upon people through blessings. As the Catechism indicates, the act of blessing turns toward God and acknowledges all the good that comes from him and then asks a share of that good for a particular purpose. This is drawn out more clearly through the Solemn Blessings and prayers over the people that can be used at the end of Mass. When one of these is used, the Deacon or Priest will give an instruction after the priest's greeting and people's response: "Bow down for the blessing." This instruction directs us to adopt a posture that prepares us for receiving the blessing from God through the ministry of his priest.

Examples of Blessings Used at Mass

Let's look at some different blessing options for this part of the Mass.

The Solemn Blessing for Ordinary Time II, echoing the words of [Philippians 4:7](#), reads:

P: May the peace of God, which surpasses all understanding, keep your hearts and minds in the knowledge of God, and of his Son, our Lord Jesus Christ. *R: Amen.*

P: And may the blessing of almighty God, the Father, and the Son, and the Holy Spirit, come down on you and remain with you for ever. *R: Amen.*

What a great blessing! Here we are invoking the peace of God, which is beyond our own abilities, upon the people to help them keep in mind the goodness of God. Sometimes the blessing will be in the format of four phrases with the people responding Amen in between, like in this Solemn Blessing for the Beginning of the Year:

P: May God, the source and origin of all blessing, grant you grace, pour out his blessing in abundance, and keep you safe from harm throughout the year. *R: Amen.*

P: May he give you integrity in the faith, endurance in hope, and perseverance in charity with holy patience to the end. *R: Amen.*

P: May he order your days and your deeds in his peace, grant your prayers in this and in every place, and lead you happily to eternal life. *R: Amen.*

P: And may the blessing of almighty God, the Father, and the Son, and the Holy Spirit, come down on you and remain with you for ever. *R: Amen.*

As mentioned above, the priest may also use one of the Prayers over the People, such as #17:

P: Bestow increase of heavenly grace on your faithful, O Lord; may they praise you with their lips, with their souls, with their lives; and since it is by your gift that we exist, may our whole lives be yours. Through Christ our Lord. *R: Amen.*

P: And may the blessing of almighty God, the Father, and the Son, and the Holy Spirit, come down on you and remain with you for ever. *R: Amen.*

Multiple Blessing Options for Mass

These are just three of the twenty Solemn Blessings and 28 Prayers over the People that are in the Roman Missal. That's a lot of blessing possibilities! As the Roman Missal indicates, these blessings can be used at the discretion of the priest. There are some that are specifically laid out for Major Solemnities like Christmas, Epiphany, and Easter. But there are also many which can be used at any Mass. Next time you are at Mass and the priest uses one of these special blessings, try to notice the ways the text acknowledges the goodness of God, and then be ready to receive a special strengthening help from our loving Lord!

For Reflection:

1. As Fr. Luke suggests, next time you are at Mass, listen attentively to the words of the Solemn Blessing or Prayer over the People. Unite your heart with the intentions the prayer expresses. If the celebrant simply blesses the people in the Name of the Trinity, consciously receive the strengthening which this blessing imparts.

2. Reflect on the gift and tradition of blessings in our Faith by praying with [Genesis 49](#), in which Jacob blesses his 12 sons. Pray in particular with [Gen 49:25–26](#), which recalls the many ways God blesses us. Next time you participate in Mass, await the Concluding Rites with anticipation of receiving this blessing from God through the ordained minister.



6th World Day for Grandparents & the Elderly - July 26

Inviting the faithful to honour, accompany, and learn from older generations as witnesses of hope, faith, and love.

This year's theme is: "I will never forget you" (Is 49:15)

"The celebration of the World Day of Grandparents and the Elderly is an opportunity to rediscover that the Church is called to be a mother to all and that at any age it is always possible to recognize ourselves as sons and daughters of God. May this day, therefore, be an inspiration for everyone, especially the young, to revive the beautiful custom of visiting their grandparents, the elderly members of the family and even those who have no one to visit them." - Pope Leo XIV | [Click here](#) for message from Pope Leo XIV

Baby Layette Love is a non-profit charity that supports vulnerable new mothers by providing layettes—like a "baby shower in a bag" filled with essential baby supplies for their newborns. Each year, we provide approximately 220–250 layettes. To learn more about what is included in each layette, visit our Facebook page or [click here](#). To make a donation or arrange pickup of items collected through your parish drive, please contact: Jean Harms: 204-905-9132 or Lorna Muir: 204-803-3016 Thank you for helping us support mothers and babies in our community.



Annual Pilgrimage at the Ave Maria Diocesan Grotto in St. Malo – August 16, 2026

Mark your calendars! The 130th annual pilgrimage will take place in St. Malo on Sunday, August 16, 2026. Ave Maria Grotto, the ministry responsible for Grotto events, has a brand new webpage. [Click here](#) for details on the pilgrimage and much more!

For Pilgrimage poster, [click here](#)!



The **Saint-Boniface Archdiocesan Gala** will take place on Thursday, **September 17, 2026, at the Saint-Boniface Cathedral Hall (basement)**. Tickets are on sale for \$150 each with a \$75 tax receipt! Proceeds for the improvement of the Cathedral's audio-visual system.

RECEPTION 5:30 PM | DINNER 6:30 PM

See [poster here](#). For more information, contact Julie Turenne-Maynard by email at consultationjtmconsulting@gmail.com or by phone at 204-771-5585.

REFLECTIONS



WEEKLY MARRIAGE TIP

The lay movement Teams of Our Lady asks its members (married couples) to have a "sit down" once a month, where husband and wife set aside time to give each other undivided attention and share what's on their hearts. Could this practice benefit your marriage? Interested in finding out more about Teams of Our Lady? Visit: www.teamsofourlady.ca



STEWARDSHIP REFLECTION

July 19, 2026 - Sixteenth Sunday in Ordinary Time

"The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when fully grown it is the largest of plants."
Matthew 13:31-32

You should never be discouraged by a seeming lack of resources. Your smallest gifts and acts of kindness joined with God can have a great impact.



GRIEF REFLECTION

Reconciling your grief will not happen quickly. Be patient and tolerant with yourself. Neither you nor those around you must forget that the death of someone loved changes your life forever.



2026 Pastoral Appointments

On behalf of Archbishop Albert LeGatt, we are pleased to send you the Letter of the Pastoral Assignments for the current year. Please [click here](#) to download this letter.



Photo Gallery – Ordination of Daniel Bahuaud and David Foidart to the Permanent Diaconate

Parishioners of Blessed Sacrament and Saints-Martyrs-Canadiens, family, friends and colleagues, priests as well as permanent deacons from both Saint-Boniface and Winnipeg archdioceses were on hand to witness the ordination of Daniel Bahuaud and David Foidart to the Permanent Diaconate.

The solemn Mass, presided by Archbishop Albert LeGatt, was an opportunity for all to better understand the call to service of all deacons in the Church and in the wider world, through both Bishop LeGatt's homily and the liturgy itself. To view the photo gallery, [click here](#).



Results of the Good Shepherd Campaign – 2025

The 2025 Good Shepherd Campaign "For the Life of the Church" raised \$367,513, or 95% of our goal of \$400,000. This impressive sum exceeds the results of the last two campaigns, which reached \$314,511 and \$305,532 respectively.

You have responded well to our call, and especially to the call of the Spirit, because your gifts are a manifestation of God's grace. On behalf of the Archdiocese of St. Boniface, I sincerely thank you for your generosity. And for your great confidence in the future of the life of the Church.

This spring we saw the ordination to the transitional diaconate of two of our seminarians, Vincent Nguyen and Joseph-Martin Ngoc Hien Pham. They will be ordained priests next spring. This is the fruit of your donations!

Apart from these two, we have seven other seminarians along the way:

- Joseph Emmanuel Mukena (Congo) in his fourth year of five years
- Shiju Vincy (India) is doing his internship year at Christ the King
- Valentin Dilenga (Congo), after a year of learning English, is entering the first of these five years of formation for the priesthood.
- The same goes for Anthony Hoang (Vietnamese) in Canada since 2017.
- Vincent Dubé (Saint-Martyrs) is starting his first year of philosophy.
- Kirk Holyk (Christ the King) and André Fillion (Ste-Anne) are beginning a preparatory spiritual year at Serra House in Toronto.

With these nine seminarians currently on the journey, we are preparing for the 2026 Good Shepherd Campaign. The need is there, but it must be said that in the last 4 years we have seen the ordination of 10 priests!

With the Good Shepherd Campaign, we can therefore continue our pastoral efforts today and thus ensure the life of our diocese in all its members for years to come.

Finally, I am very grateful to our seminarians and priests who are responding to the call of their vocation. Together, we can all continue to work for the life of the Church.

Thank you once again for your generosity and for your prayers for these young men. Think about your donation to the Campaign this year, which will be launched in October.

May the Lord bless you and your loved ones and keep you close to his heart.

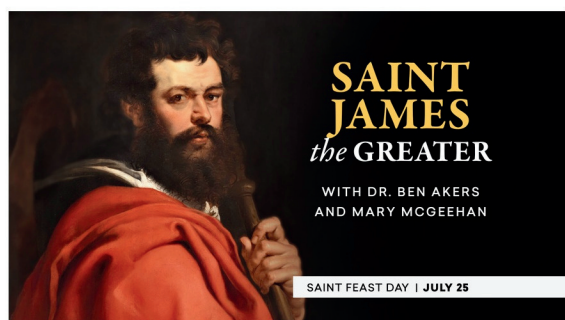
Sincerely in Jesus Christ, the Good Shepherd.

+Albert LeGatt
Archevêque de Saint-Boniface



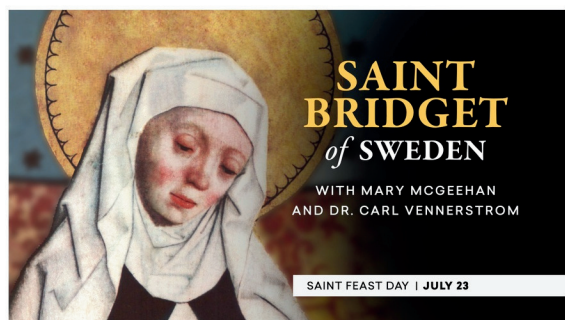
This Week on Formed

Week of July 19, 2026



St. James the Greater | Catholic Saints

On this episode of Catholic Saints, join Dr. Ben Akers and Mary McGeehan as they discuss the life of one of Jesus' inner circle disciples, St. James the Greater.



St. Bridget of Sweden | Catholic Saints

Join Dr. Carl Vennerstrom and Mary McGeehan as they dive into the life of this medieval saint: St. Bridget of Sweden. A wife, mother, and visionary, St. Bridget was an evangelist both inside and outside the home. St. Bridget's visions of Christ's Nativity have greatly influenced its depiction in Christian art. Watch to find out more!



Saint Mary Magdalene | Catholic Saints

Join Dr. Ben Akers and Taylor Kemp for a discussion on the life and witness of St. Mary Magdalene. Who was she, and why is she a saint? Find out in this conversation.

Our parish has a Formed subscription.
Visit signup.formed.org and select our parish name.