



# 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

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Phone: (204) 949-3760  
Website: [st-timothy.ca](http://st-timothy.ca)

## Mass Schedule

## Office Hours

### THE LORD'S DAY:

Saturday at 4:00 pm  
Sunday at 9:00 am & 11:00 am

Tuesday, Wednesday & Thursday  
9:00 am to 5:00 pm  
(closed noon - 1 :00 pm)

### WEEKDAY MASS:

Tuesday to Friday at 9:30 am

## March 1, 2026 • 2nd Sunday of Lent

*While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!"* MATTHEW 17:5

## 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.



TRANSFIGURATION  
BY RAPHAEL, 1520

**Pastor:** Fr. Brian Trueman  
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**Parish Administrative Assistant:**  
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Michelle Coyne  
[michelle@st-timothy.ca](mailto:michelle@st-timothy.ca) | 204-949-3764

**Youth Ministry Coordinator:**  
Vince Diestro  
[youth@st-timothy.ca](mailto:youth@st-timothy.ca) | 204-257-3723

**Pastoral Care and Safe Environment Officer:**  
Maria Castellano | [maria@st-timothy.ca](mailto:maria@st-timothy.ca)

**Seminararian:**  
Anthony Hoang | [anthony@st-timothy.ca](mailto:anthony@st-timothy.ca)

**Custodian:** Ignatius Zinowko  
[custodian@st-timothy.ca](mailto:custodian@st-timothy.ca)

**Parish Pastoral Council:**  
[ppcsttimothy@gmail.com](mailto:ppcsttimothy@gmail.com)

**Society of St. Vincent de Paul:**  
[ssvpwinnipeg@gmail.com](mailto:ssvpwinnipeg@gmail.com)

**Refugee Ministry:**  
[st.timothyrefugeeministry@gmail.com](mailto:st.timothyrefugeeministry@gmail.com)

**Bulletin:** Submit by Tuesday  
[bulletin@st-timothy.ca](mailto:bulletin@st-timothy.ca)



## COMING UP...

### Saturday, Feb. 28

Adult Faith Formation & RCIA  
10:00 am | Parish Hall

### Sunday, Mar. 1

Children's Liturgy of the Word  
11:00 am Mass

### Monday, Mar. 2

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

Society of St. Vincent  
de Paul (SSVP)  
7:00 pm | St. Paul Room

### Tuesdays after Mass

Exposition, Adoration of  
the Blessed Sacrament  
& Benediction after Mass

### Wednesday, Mar. 4

Knights of Columbus  
7 pm | Parish Hall

### Thursday, Mar. 5

Crib Club  
6:30 pm | Parish Hall

### Friday, Mar. 7

Stations of the Cross  
& Youth Group 7:00 pm

## Mass Intentions for February 28-March 8, 2026

Sat., Feb. 28	4:00 pm	†	David Bouchard from Joel and Linda Bouchard
Sun., Mar. 1	9:00 am		In Thanksgiving from Grace Grindean
Sun., Mar. 1	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Tues., Mar. 3	9:30 am	†	Normand Labossiere from Laurette Labossiere
Wed., Mar. 4	9:30 am		For living and deceased family members from Rosemary Law
Thurs., Mar. 5	9:30 am		Special Intention from Donna MacCormack
Fri., Mar. 6	9:30 am		In Thanksgiving from Lilian Bacani
Sat., Mar. 7	4:00 pm	†	Rémi and Irène Grégoire from Madeleine Maher
Sun., Mar. 8	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Mar. 8	11:00 am	†	Guiseppe Mangiacotti from Raphael Mangiacotti

## Monthly Prayer Intention of Pope Leo XIV



### For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

## STATIONS of the Cross

Join us each\* Friday in Lent at **7:00 pm** to pray the Stations of the Cross and meditate on our Lord's Passion. Come draw closer to Christ and enter more deeply into this sacred season. All are welcome!

\* except March 20, 2026



### 3<sup>rd</sup> Sunday of Lent

Exodus 17:3-7  
Psalm 95  
Romans 5:1-2, 5-8  
John 4:5-42



## **Do This in Remembrance of Me, Part 58: The Communion Rite**

It is almost time for Holy Communion! Having gone through the Eucharistic Prayer and responded together with vigor in the Great Amen, we are now in our final preparations before the moment of Holy Communion. This next section of the Mass is called the **Communion Rite**. The special parts of this moment in the Mass include:

- The Lord’s Prayer
- Sign of Peace
- Lamb of God (Agnus Dei) and Fraction of the Sacred Host
- The commingling of the Body and Blood
- The private prayer preparation of the priest
- Elevation of the Holy Eucharist with the words “Behold the Lamb of God”
- Communion of the priest and the faithful
- Communion antiphon or song
- A time for personal quiet prayer
- The Prayer After Communion



We’ll be taking a closer look at each part in the coming weeks.

### **But First... Why?**

Although we may be familiar with this section of the Mass, perhaps it is helpful to step back and ask, “What exactly are we doing?” Many of us have been receiving Communion for some time, but have we ever stopped to wonder why we do so? As the General Instruction of the Roman Missal says, “Since the celebration of the Eucharist is the Paschal Banquet, it is desirable that in accordance with the Lord’s command his Body and Blood should be received as spiritual food by those of the faithful who are properly disposed. This is the sense of the fraction and the other preparatory rites by which the faithful are led more immediately to Communion” (GIRM, 80).

When we talk about the Eucharist, we usually think about four things: The True Presence of Christ’s Body and Blood; The Sacrifice of the Cross; The Sacrament of Unity among people; and the Paschal or Heavenly Banquet. The True Presence reminds us that Jesus is really there. The Sacrifice reminds us that the Mass is the one perfect Sacrifice of Jesus on the Cross and shows how much Jesus loves us. The True Presence of Jesus and his Sacrifice open the door to restoration, healing, and true unity. These truths also point us toward heaven, where we will experience the fullness and perfection of unity and love. The image of the heavenly banquet calls to mind celebration, eating, and drinking. As Jesus instructed us, we receive his Body and Blood by eating and drinking. That is what the Communion Rite is all about: the point of all the prayers, gestures, and words is that we receive Jesus the Lord in Holy Communion!

### **Our Spiritual Food**

Continuing with Charles Belmonte, “The early Christians always likened the Eucharist to the life of the soul. St. Augustine writes: ‘It is an excellent thing that the Christians around Carthage [in North Africa] call baptism itself nothing else but salvation, and the sacrament of Christ’s Body nothing else but life. By apostolic tradition, the churches of Christ hold that without baptism and participation at the Lord’s table it is impossible for any man to attain either the kingdom of God or salvation and life eternal. The Scriptures give testimony to this.’ This is the very same body and blood which, by being immolated, restored our friendship with God. Christ’s sacrifice and the Paschal Meal are intimately linked. Our Mother the Church encourages us to participate in one and in the other, if we are properly disposed, of receiving our Lord’s Body and Blood. These will be our nourishment for the journey to our Father’s home” (Understanding the Mass, pp. 166–67).

For more background on sacrifice and eating, Belmonte looks back at the relationship between sacrifices and banquets: “The ancient sacrificial custom required that part of the victim be given back to the person offering the sacrifice. Thus, he became, symbolically, God’s guest. That which was just a symbol in the pagan rites and a figure in the Jewish offerings is a reality in the Holy Mass. After we have offered to God his Son Jesus Christ in sacrifice, God offers Him to us as spiritual food” (Understanding the Mass, p. 165). So, in the ancient sacrifices, whenever a person would offer a sacrifice to God, he always got “a little something” to take back with him. Generally, this was a portion of the sacrifice. In the case of receiving Jesus in the Mass, we get back the whole Christ: Body, Blood, Soul, and Divinity. What an exchange! There is no better deal in the world!

### **For Reflection:**

1. When you divide food or some other kind of created matter into portions, take the opportunity to reflect on the mystery of Christ, wholly present, in every portion of the Eucharistic species.
2. At your next meal, allow your experience of this kind of eating and drinking to help you prepare to encounter Christ through Eucharistic eating and drinking.

## Lent Penitential (Confession) Services in Parishes in our Deanery

Mary, Mother of the Church – Tuesday, Mar. 3 at 7 pm  
 Christ the King Parish – Wednesday, Mar. 11 at 7pm  
 St. Emile Parish – Friday, Mar. 13 at 7pm  
 Holy Cross Parish – Friday, Mar. 20 at 7pm

**St. Timothy Parish – Friday, March 20 at 7 pm  
 with Illuminate Ministry, followed by  
 24 Hours for the Lord.** See Fr. Brian's message below.

St. Andrew Bobola Parish – Saturday, March 21 at 6 pm  
 Holy Family – Sunday, March 22 at 2 pm  
 St. Bernadette Parish – Thursday, March 26 at 7 pm  
 St. Norbert – Friday, March 27 at 7 pm

## Upcoming Lent Events for Spiritual Renewal

Our parish has now begun meeting on Friday evenings to pray the **Stations of the Cross** devotion together. We tend to get around 35-55 people together for that, led by various groups and ministries in the parish with different prayers and reflections. The exception to this will be **Friday, March 20th**, when we'll have the local travelling ministry, Illuminate, come to our parish. **Illuminate** is a time of testimony, Eucharistic adoration, and praise and worship music. They were just at St. Vital parish, across the river, last Friday. Priests are often available for confession during this time, so our Lenten time for confession at the parish will be that evening. While Illuminate starts at 7:30pm, some priests will be here for 7pm to start earlier and will continue through the hour or two while Adoration is happening. We should have at least 5 priests, potentially more. If you haven't been to Illuminate before, come out! That time of Eucharistic adoration won't end that evening, however; we plan to bring back the **24 hours of Adoration**, extending into the night and to the next day, concluding at 3pm on Saturday, the 21st. So, if you can't make it in the evening, or also like the quieter time, you may wish to come during the night or early morning of during the day. But that's not all! We'll also have Mary and Louis Richard, a local Catholic couple who are passionate about spiritual renewal will be coming the next week to give us a **Lenten retreat**. Starting on **March 24th-26th** (Tues-Thurs) at 6:30pm in our parish, they will be leading us in a prayerful meditation on one's personal journey through the Paschal Mystery with the Scriptures. What a perfect way to prepare for Holy Week at the end of Lent! I'll have more details to come, but I just wanted to put those dates and times out there so you can put them in your calendar.

We have a packed Lent with plenty of great opportunities for renewal. Praise God for his abundant riches and blessing!

Fr. Brian

## Let's Share the Lenten Season with our Friends at Agape Table



The Apostle John writes: "Those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen" (1 Jn 4:20). Similarly, in his reply to the scribe's question, Jesus quotes the two ancient commandments: "You shall love the Lord your God with all your heart, and with all your soul, and with all your might" (Deut 6:5), and "You shall love your neighbour as yourself" (Lev 19:18), uniting them in a single commandment. The Evangelist Mark reports Jesus' response in these terms: "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these" (Mark 12:29-31).

SSVP is once again hoping to reach out to our Friends at Agape Table and help them to feed the poor of Winnipeg. Our goal is to provide enough food to feed the 500-600 Friends who come to Agape Table each weekday for food.

We will be collecting contributions of **fruit cups, pudding cups, juice boxes and granola bars, from now until Tuesday, March 24**. We ask that all food items be deposited in our SSVP food crate at the entrance to the church. You can drop food off on the weekend and during office hours.

We are also asking for contributions of **sandwich filling in 4L pails** to be prepared in your home and brought to the church on **Wednesday, March 25 between 0900 – 10:00 am**. Please contact Catherine at 204-254-6215 to volunteer and for recipes.

Finally, we are looking for **5- 6 volunteers to help prepare a meal at Agape Table**, situated at **364 Furby Street on the morning of Thursday March 26**. If you are interested, please email us at [ssvpwinnipeg@gmail.com](mailto:ssvpwinnipeg@gmail.com) or phone Catherine at 204-254-6215 with your questions or for more information.

**Last chance to buy tickets for  
the Fish Fry Dinner next  
weekend on Saturday, Mar. 7!  
Doors Open at 5:00 pm**



Menu: Pickerel, Lemon Potatoes, Coleslaw, Dessert | **\$ 25 Adults • \$ 15 Children** (12 years and under) | Tickets are available from the Knights of Columbus after every Mass.

Come enjoy a great meal while supporting our Youth Ministry!

## COMMUNITY NEWS

**Rite of Election:** On February 22, the First Sunday of Lent, at Saint Boniface Cathedral, Bishop Albert LeGatt welcomed 47 catechumens and their godparents for the Rite of Election, marking an important step in their journey toward Baptism. Forty-five candidates for Confirmation were also present. Many shared how deeply meaningful it was to sign their names in the Book of the Elect. To view the photo gallery, [click here](#).

Please keep all of the elect and candidates in your prayers as they continue their preparation for Christian Initiation at the Easter Vigil. In a special way, prayers are asked for **Nicole** and **Florian** from our parish, who will be baptized this Easter.



### Employment Opportunities at St. Boniface Diocesan High School and Christ The King

**Basic French Teacher (2026–2027)** – Christ the King School is accepting applications for a Basic French Teacher (full-time JK–Grade 8 or 50% part-time) for the 2026–2027 school year. This permanent position (subject to probation) offers the opportunity to serve in a vibrant Catholic school community. Benefits included. [See full details here](#).

**School Principal (September 2026)** – St. Boniface Diocesan High School is seeking a faith-filled and dedicated leader to serve as Principal beginning September 2026. This role calls for a strong Catholic educator committed to guiding a Christ-centered Grades 9–12 community in faith, academic excellence, and service. Applications are open until March 13, 2026, or until the position is filled. [See full details here](#).



### Share Lent Campaign 2026 – March 14, 2026

We are pleased to invite you to our **Share Lent Campaign 2026, themed “On Track for Justice.”** This campaign will bring our members together to learn and reflect on the challenges our partner is experiencing in their home country. It will also be a wonderful opportunity for us to reconnect and meet again in person. Share Lent Program Details:

- **Date:** March 14, 2026
- **Time:** 10:00 a.m.
- **Location:** 151 de la Cathédrale Avenue, Winnipeg, MB R2H 0H6 (Room : Baudoux Hall)

To assist us with our preparations, we kindly ask that you complete the registration form by **February 28, 2026**. [SHARE LENT CAMPAIGN 2026](#)



### CCCBC Statement on Bill C-218: No “MAiD” for Mental Illness

CCCBC Statement on Bill C-218: No “MAiD” for Mental Illness  
The Permanent Council of the Canadian Conference of Catholic Bishops (CCCBC) has released a statement strongly supporting Private Member’s Bill C-218, legislation that would prevent individuals whose sole medical condition is mental illness from accessing euthanasia or physician-assisted suicide (MAiD). The CCCBC has consistently opposed MAiD and advocated for limiting its scope in Canada. This latest statement—endorsed by 14 Bishops from across the country—reflects the Permanent Council’s ongoing commitment to protecting vulnerable persons. Access the statement by [clicking here](#).

### CSE Annual Fundraising Banquet – May 11, 2026



The Catholic School of Evangelization is inviting you to attend our annual fundraising banquet on Monday May 11th from 6pm-9pm. This is a time for us to gather together as supporters and to rejoice over the many ways our Lord is working through the CSE. The evening will consist of a good meal and a short program. We hope you’ll consider supporting our work. For more information or to purchase tickets please visit [www.catholicway.net/banquet](http://www.catholicway.net/banquet).

## MORE COMMUNITY NEWS & REFLECTIONS



### CNEWA Canada marks fourth anniversary of war in Ukraine with national appeal

CNEWA Canada

On the fourth anniversary of the full-scale war in Ukraine, CNEWA Canada is urging Canadians to support urgent humanitarian and pastoral programs for families still living through the conflict.

Since February 2022, CNEWA has provided about \$10.4 million in aid through local church partners, funding emergency shelter, food, hygiene kits, winterization, rebuilding, childcare, medical and psychological care, pastoral support, and formation for priests and church workers. The projects also assist displaced people and strengthen the church's response to urgent needs.

"Ukrainians do not have the luxury of waiting for the war to end before they begin to heal," said program coordinator Anastasiia Hryniuk, emphasizing the need for ongoing psychological, spiritual and community support.

CNEWA Canada invites individuals, parishes and community groups to contribute through donations, prayer and Lenten events. For more information or to donate, [click here](#).



### WEEKLY MARRIAGE TIP

"Who do people say that I am?" (Mk 8:27) Just as our public persona does not always reflect our true self, spouses are privy to the hidden truth/weaknesses of each other. What do you know about your beloved that perhaps no one else does? Honor this privileged information.



### STEWARDSHIP REFLECTION

March 1, 2026 - 2nd Sunday of Lent

*"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." GENESIS 12:1*

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."



### GRIEF REFLECTION

"Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, actively engage with them and find others with whom you can share them." — Dr. Alan Wolfelt, *Understanding Your Grief*

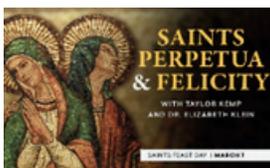
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### Lent and New Life in Christ

What is the importance of almsgiving? Dr. Michael Barber discusses the transformative power of almsgiving for your life.



### Sts. Perpetua & Felicity | Catholic Saints

Dr. Elizabeth Klein and Taylor Kemp discuss the life and impact of two female martyrs from the third century, Sts. Perpetua and Felicity. Both were beheaded for refusing to renounce their Christian faith.



### The Total Gift: A Katharine Drexel Story

Saint Katharine Drexel chose a life dedicated entirely to serving marginalized communities. Born into a wealthy Philadelphia family, Katharine Drexel used her fortune to challenge societal norms and dedicate her life to education and racial healing.