

# 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.*

## Mass Schedule

### THE LORD'S DAY:

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

## Office Hours

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

### WEEKDAY MASS:

Tuesday to Friday at 9:30 am

*February 8, 2026 • 5<sup>th</sup> Sunday in Ordinary Time*

*"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."*

MATTHEW 5:16

## Sacraments

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

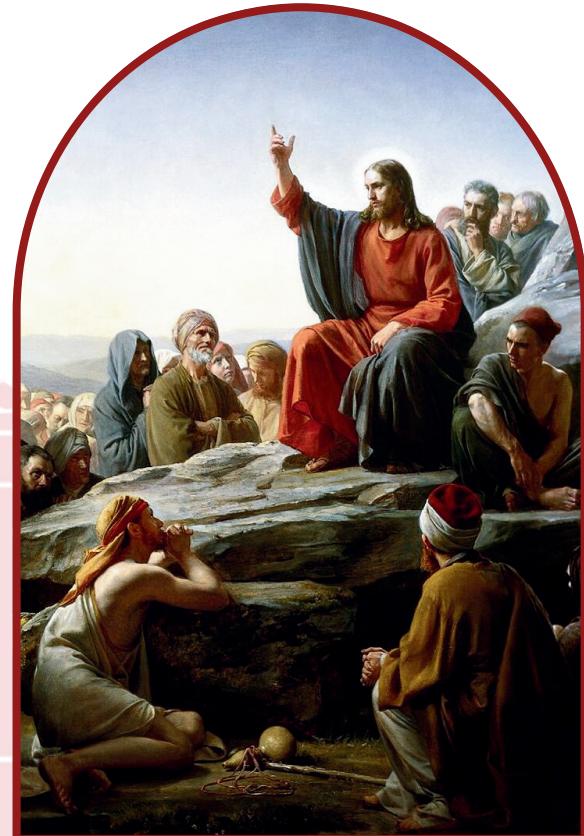
**Anointing of the Sick** — By appointment. Contact Fr. Brian or the parish office.

**Baptisms** — Contact the parish office three months in advance.

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

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

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



SERMON ON THE MOUNT,  
AN 1877 PAINTING BY  
CARL BLOCH

**Pastor:** Fr. Brian Trueman  
[fr.brian@st-timothy.ca](mailto:fr.brian@st-timothy.ca) | 204-949-3769

**Parish Administrative Assistant:**  
Paulene Limonar  
[paulene@st-timothy.ca](mailto:paulene@st-timothy.ca) | 204-949-3760

**Parish Accountant:** Diane L'Arrivee  
[diane@st-timothy.ca](mailto:diane@st-timothy.ca) | 204-949-3768

**Coordinator of Religious Education:**  
Michelle Coyne  
[micelle@st-timothy.ca](mailto:micelle@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)

**Seminarian:**  
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. 7

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

Parish Pastoral Council (PPC)  
12:30 pm | Library

### Monday, Feb. 9

Fan into Flame  
Prayer Group  
Rosary - 6:30 pm

Meeting - 7 pm | Parish Hall

### Tuesday, Feb. 10

Exposition, Adoration of  
the Blessed Sacrament  
& Benediction after Mass

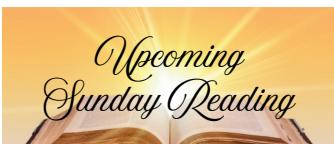
Grief Support Group Coffee  
1:30 pm | Library

### Wednesday, Feb. 11

Finance Group  
6:30 pm | Library

Please remember in  
your prayers...

**† Philippe Denis Landry**  
His funeral service will be on  
**Friday, Feb. 13 at 11:00 am.**  
Please remember his family  
as they grieve the loss of  
their loved one. ❤️



### 6<sup>th</sup> Sunday in Ordinary Time

Sirach 15:15-20

Psalm 119

1 Corinthians 2:6-10

Matthew 5:17-37

## Mass Intentions for February 7-15, 2026

Sat., Feb. 7	4:00 pm	†	Maria Marzan Maravilla from Maria Corazon Corachea
Sun., Feb. 8	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Feb. 8	11:00 am		Special Intention from Grace Grin Dean
Tues., Feb. 10	9:30 am		Special Intention from Joel and Linda Bouchard
Wed., Feb. 11	9:30 am	†	Marianne Purcha
Thurs., Feb. 12	9:30 am		In Thanksgiving for Miguel & Raphael from Lilian Bacani
Fri., Feb. 13	9:30 am		Special Intention from Michelle Coyne
Sat., Feb. 14	4:00 pm	†	Rob De Leeuw from Marilyn De Leeuw
Sun., Feb. 15	9:00 am		For all living and deceased members of the Gulenchyn & Bomak families from Mike & Helen Bomak
Sun., Feb. 15	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman

## Men of the Parish – Are You Ready for a Different Lent?

### EXODUS 90

"For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery." (Galatians 5:1)

It is normal for men to be distracted, addicted, and enslaved by so many things today. Alcohol. Pornography. Social media. Sports. Gambling. Work. Comparison. Achievement. Wealth. Legacy. It is so normal in fact, that society's stereotypes of men are often associated with the very idols that plague them.

What is uncommon in our time is men who are free. A free man is not a perfect man, but one who remembers who he is: a son of God whom God has called forth for love. And he knows how much more he can become by the power of grace unfolding in his life over time.

Through contemplative prayer, men open up to a vulnerable relationship with God. Through asceticism, men grow in the power to say "no" to the common things of the world that hold them back. Through fraternity, men have the essential support, encouragement, and mercy of other men striving after the same uncommon ideals.

The freedom of the uncommon man, the Exodus man, is not for its own sake. The world defines freedom as the ability to do whatever you want, whenever you want, with whomever you want. True freedom is for commitment, sacrifice, and love. Like Jesus on the Cross, the free man takes up his life and then lays it down for others. What is returned to him is a life of meaning, integration, and eternal satisfaction.

This Lent, **starting on Ash Wednesday**, become who God calls you to be, together with other men in fraternity with the [Exodus 40 Challenge](#).

Go to [exodus90.com](#) or scan the QR code, then email Garth at [Exodus90MB@shaw.ca](mailto:Exodus90MB@shaw.ca) to learn more.





## Do This in Remembrance of Me, Part 55: Saint Names in Eucharistic Prayer I

As we have been reflecting on the **Intercessions** of the Eucharistic Prayers, perhaps it is a good time to address all those saint names in Eucharistic Prayer I. Who are all those people? Of course, the first list begins with Mary and Joseph and then the "blessed Apostles and Martyrs," including Peter, Paul, Andrew (Peter's brother), James ("the Greater": the brother of John), John, Thomas, James ("the Lesser": the son of Alpheus), Matthew, Bartholomew, Simon ("the Zealot"), and Jude (also called Thaddeus).

### The First List of Saint Names

Continuing this first list of saints in Eucharistic Prayer I, as Charles Belmonte notes, "Five popes head the list: St. Peter's first three successors, Linus, Cletus, Clement; then two popes of the third century, Sixtus II and Cornelius; Cyprian, Bishop of Carthage, the intrepid defender of Catholic unity; the deacon Lawrence, who when his persecutor demanded from him the 'treasures' of the Church, showed him hundreds of poor people; Chrysogonus, a Roman priest who carried out the holy work of comforting the Christians who were in prison; two brothers, John and Paul, both officers of the [Roman] imperial palace, who were put to death under [the emperor] Julian the Apostate; and lastly, Cosmas and Damian, two Oriental physicians who gave their aid freely, and at whose graves there occurred 'yet more cures than they had effected in their lives'" (Understanding the Mass, p. 158).

### The Second List of Saint Names

As for the second list of saints in Eucharistic Prayer I, we ask for "some share in the fellowship" of several saints who were martyrs. Belmonte continues, "It mentions, in the first place, John (here obviously St. John the Baptist), and then seven men, followed by seven women, all martyrs. Stephen is the first deacon, whose glorious martyrdom is recounted in the Acts of the Apostles (6:8-7:60). Two apostles come next: Matthias, elected to take the place of Judas (Acts 1:15-16) and probably left out of the first list so as not to exceed the number of twelve, and Barnabas, St. Paul's companion in his first missionary journey. Ignatius is the famous bishop of Antioch, sentenced to be fed to the wild beasts in Rome under [emperor] Trajano. Besides their names and the place of their martyrdom, little else is known of Alexander, the priest Marcellinus, and the exorcist Peter, who were all put to death in the great persecution of [emperor] Diocletian. The list continues with the names of the two young girls, Felicity and Perpetua (their names form the expression 'everlasting happiness'), who confessed their faith at Carthage [in North Africa]; and of Agatha and Lucy in Sicily. It concludes with the names of two young martyrs beloved by the Romans, Agnes and Cecelia; and of Anastasia, martyred at Sirmium and later honored in Rome" (Understanding the Mass, pp. 159–160).

All these saints are important because they were among the many early witnesses to Jesus Christ and the Christian faith. These are our spiritual fathers, our older brothers and sisters in Christ, who showed us that our faith was worth living and dying for. They showed us that, strengthened by the true presence of Christ in the Eucharist and the presence of the Holy Spirit in their hearts, they could overcome any persecutions and sufferings, even to the point of being killed. These saints give us great hope, and their prayers for us give us confidence that we, too, can live out the faith as they did, that we can live our life in Christ every day and look forward to the glory of heaven!

### For Reflection:

1. Fr. Luke explains the role of the saints featured in Eucharistic Prayer I in witnessing to the faith. Take time to pray by name for the people in your life who have witnessed the faith to you.
2. Next time you hear a celebrant use Eucharistic Prayer I, pay attention to the names in the list of saints and give thanks for their presence with us—as members of the Communion of Saints—at Mass.



### WEEKLY MARRIAGE TIP



For Valentine's Day or your wedding anniversary, why not dig out the readings you used at your wedding? In a quiet moment, read them to each other and reflect on what they mean to you today. If you can't find them, try 1 Corinthians 13:4-13.

### STEWARDSHIP REFLECTION | February 8, 2026 - 5th Sunday in Ordinary Time



*"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven." MATTHEW 5:16*

The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourages more good works. Generosity is a byproduct of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.

## PILGRIMAGE TO GREECE & TURKEY



### Discovering St. Paul & St. John with Fr. Brian Trueman October 19–31, 2026



#### PHILIPPI & NORTHERN GREECE - Acts 16

- Philippi, Site of Lydia's Baptism
- Prison of St. Paul and Silas, Kavala, and more

#### THESSALONIKI - Acts 17

- City of Thessaloniki, Church of St. Demetrios
- Roman Agora, Vlatadon Monastery
- Church of St. Paul & Paul's Lodging Site

#### METEORA

- Meteora Monasteries

#### DELPHI - Acts 18

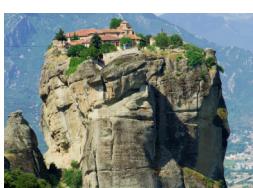
- Sanctuary of Apollo, Gallio Inscription

#### ATHENS - Acts 17

- Athens, Acropolis, Mars Hill (Areopagus)

#### CORINTH - Acts 18

- Ancient Corinth, Site of Paul's Trial
- Fountain of Peirene & Temple of Apollo



#### Embark on an unforgettable 5-day ALL-INCLUSIVE Cruise:

#### MYKONOS, GREECE

- Shore excursion through the Mykonian countryside, including Chora (Mykonos Town) and Little Venice.

#### KUŞADASI & EPHESUS, TURKEY

- Shore excursion to the House of the Virgin Mary and Ancient Ephesus
- BONUS: Visit the ruins of the Basilica of St. John, situated on Ayasoluk Hill

#### PATMOS, GREECE

- Shore excursion to St. John's Monastery, Grotto, and Cave of the Apocalypse

#### SANTORINI, GREECE

- Shore excursion to the spectacular Oia Village perched on the Caldera Rim

*\* To see inclusions and exclusions, see [full poster here](#), or check out our bulletin board in the parish.*

For more info, contact **Melvin or Maria** from Galaxy Travel Ltd at 431-777-8877 or [galaxytravelcanada@gmail.com](mailto:galaxytravelcanada@gmail.com).

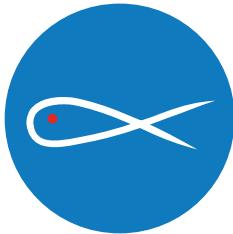
**\$ 7742  
CAD \***

## PARISH NEWS



Tax season is here! **Receipts are now ready for pick up in the Narthex.**

Please note that, due to our new system, **all tax receipts have been printed by default**. If you would prefer to receive your receipt by email, please contact our Parish Accountant at [diane@st-timothy.ca](mailto:diane@st-timothy.ca). Thank you for your continued generosity and faithful support of our parish. God loves a cheerful giver! (2 Corinthians 9:7)



### 2025 SSVP Christmas Hamper Report

A big thank you to all our parishioners for your tremendous support of the Christmas Hamper campaign! 30 families in Winnipeg received Christmas Hampers containing fresh produce, milk, eggs, bread, a turkey, an abundance of non-perishable food, presents for the children, and a small gift for the adults. This would not have been possible without the help of the family who donated the turkeys, the gift wrappers, the families who made the deliveries and everyone who donated toys, food and cash. We received a large box of new scarves, mitts, gloves, socks and other items which we were able to use in the hampers also. It was very much appreciated! The generous surplus from the cash donations will be used by SSVP to assist families in need in 2026.

*"Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done." Proverbs 22:9*

Income: \$6,950.40

Expenses: \$3,497.00

Surplus: \$3,453.40



More SSVP News! **"Serving the poor is not a gesture to be made 'from above', but an encounter between equals, where Christ is revealed and adored... Therefore, when the Church bends down to care for the poor, she assumes her highest posture".** Dilexi te Exhortation of Pope Leo XIV Oct 4, 2025

The St Timothy Conference is planning on assisting Agape Table once again this coming Lenten Season. We hope to feed 500 hungry Friends and are counting on your ever-generous support for this project. Check next Sunday's bulletin for details.



**Grief Support Group Coffee** every 2nd and 4th Tuesday of the month starting Feb. 10

The Grief Ministry Group offers a drop-in support/coffee group every second and fourth Tuesday of the month, from 1:30 pm - 3:00 pm, in the parish library. As grieving can be an isolating time in our lives, having someone to share our feelings and experiences with, can help in our healing. The first gathering will begin on Tuesday February 10, 2026. No registration is required. Any questions please email the parish office at [info@st-timothy.ca](mailto:info@st-timothy.ca).



**Fish Fry Dinner by Knights of Columbus - Saturday, March 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

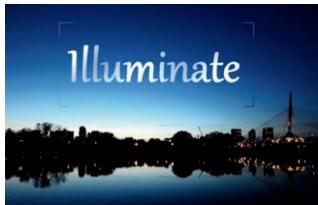


### Health Care Workers Mass – February 11, 2026

Special Invitation: Mass for All Healthcare Workers & World Day of the Sick On **Wednesday, February 11, 2026, at 7:00 PM**, the five Catholic Arch/dioceses of Manitoba will come together at St. Gianna Beretta Molla Parish (15 Columbia Drive, Winnipeg) for a special Mass of Appreciation.

- **Who is invited?** All healthcare workers, their families, and the faithful of Manitoba. Healthcare workers of all faiths and backgrounds are cordially invited to join us for this time of prayer and solidarity.
- **Concelebrants:** Archbishop Murray Chatlain, Metropolitan Lawrence Huculak, Archbishop Albert LeGatt, Most Rev. Susai Jesu, OMI, and Bishop Andriy Rabiy.
- **Special Presentation:** During this event, the Bishops of Manitoba will present the new pastoral letter, "Finding Solace in Faith." This document serves as a guide for Catholics on end-of-life issues, providing essential information on how to navigate these moments with dignity and according to our Catholic faith.
- A fellowship **reception** will follow the Mass. Those wishing to attend the fellowship reception are kindly asked to pre-register, to assist with hospitality planning. Register here: <https://www.eventcreate.com/e/hcwmass>

Please join us to honour those who serve and to seek God's blessing for the sick and their healers. For the poster, [click here](#).



### Illuminate - Evening of Adoration of the Blessed Sacrament – February 20, 2026

All are invited to participate in a dynamic evening of adoration, praise & worship, reconciliation and fellowship on **Friday, February 20 at 7:30 PM, at St. Vital Parish. 1629 Pembina Hwy, Winnipeg**. Come and worship Jesus in the Blessed Sacrament as part of a vibrant Catholic community. All are welcome! For more information, [www.illuminateemb.com](http://www.illuminateemb.com) or [facebook.com/illuminateemb](https://facebook.com/illuminateemb). Illuminate is an evening of Eucharistic Adoration, Praise & Worship music, and fellowship, with the opportunity to take part in the sacrament of Reconciliation. See you there! [Sign up for the Illuminate newsletter](#) on our website for future events.

### THIS WEEK ON FORMED • Sign-up using our parish subscription for FREE !

Search "Parish of St. Timothy" or "R2N 1R3" on [formed.org/signup](https://formed.org/signup)



#### Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



#### Beloved

Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I do" ... whether you said it last year or many years ago.



#### Lourdes: Story of Faith, Science, & Miracles

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.