

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

WEEKDAY MASS:

Tuesday to Friday at 9:30 am

Office Hours

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

SIRACH 15:16

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



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

Parish Administrative Assistant:
Paulene Limonar
paulene@st-timothy.ca | 204-949-3760

Parish Accountant: Diane L'Arrivee
diane@st-timothy.ca | 204-949-3768

Coordinator of Religious Education:
Michelle Coyne
micelle@st-timothy.ca | 204-949-3764

Youth Ministry Coordinator:
Vince Diestro
youth@st-timothy.ca | 204-257-3723

Pastoral Care and Safe Environment Officer:
Maria Castellano | maria@st-timothy.ca

Seminarian:
Anthony Hoang | anthony@st-timothy.ca

Custodian: Ignatius Zinowko
custodian@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...

Saturday, Feb. 14

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

Sunday, Feb. 15

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



Monday, Feb. 16

Fan into Flame
Prayer Group
Rosary - 6:30 pm

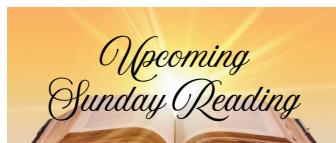
Meeting - 7 pm | Parish Hall

Tuesdays after Mass

Exposition, Adoration of
the Blessed Sacrament
& Benediction after Mass

Friday, Feb. 20

Stations of the Cross
7:00 pm



Ash Wednesday

Joel 2:12-18
Psalm 51

2 Corinthians 5:20-6:2
Matthew 6:1-6, 16-18

1st Sunday of Lent

Genesis 2:7-9, 16-18, 25;
Genesis 3:1-7
Psalm 51
Romans 5:12-19
Matthew 4:1-11

Mass Intentions for February 14-22, 2026

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
Tues., Feb. 17	9:30 am	†	Mike & Annie Borys and deceased family members from Margaret Sulymka
Wed., Feb. 18	9:30 am	†	Gerard Rodrigue from Rosemary Law
Wed., Feb. 18	7:30 pm		In thanksgiving, and for the recovery of Marilou San Juan and Raul Limonar from the Limonar family
Thurs., Feb. 19	9:30 am		Chris De Leeuw from Marilyn De Leeuw
Fri., Feb. 20	9:30 am	†	Adrienne and Lionel Beauchemin from The Verville Family
Sat., Feb. 21	4:00 pm	†	Bill and Alma Horodyski from Grace Grindean
Sun., Feb. 22	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Feb. 22	11:00 am	†	Deceased parents and grandparents from Elias Cheway

Lent

ASH
wednesday

Mass
Times:
9:30 am
7:30 pm



STATIONS of the Cross

Join us each **Friday in Lent** 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!



Do This in Remembrance of Me, Part 56: Doxology

Today we are in the homestretch of our journey through the Eucharistic Prayer of the Mass! At the conclusion of the Eucharistic Prayer, the priest prays some very special words: **The Doxology**. The glossary of our Catechism defines doxology as a "Christian prayer which gives praise and glory to God, often in a special way to the three divine persons of the Trinity" (CCC, 875). The Catholic Source Book tells us the word doxology comes from the Greek doxa, which means "glory." In our tradition, the Gloria can be referred to as the "Greater Doxology" and the prayer "Glory Be" the "lesser doxology" (The Catholic Source Book, p. 7). There are many doxologies found throughout our prayer, including those in the Bible. For example: "For from him and through him and for him are all things. To him be glory forever. Amen." (Romans 11:36). Another example is: "To him be glory now and to the day of eternity" (2 Peter 3:18).

Gratitude for Participation in Jesus' Offering

As for the doxology of the Eucharistic Prayer, the priest raises the chalice and paten, and sings or says: **"Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever."** As the Diocese of Peoria teaches, "These words of praise addressed to the Father summarize well the reality of what has just taken place: the sacrificial offering of the Son to the Father through the Holy Spirit" (A Study of the Mass, p. 16). For me as a priest, this is always a truly special moment where I feel an overlapping mix of unworthiness and joy. Elevating Jesus in the Eucharist above the altar, I am often struck with a sense of being allowed to participate in something truly amazing! Here is Jesus truly present, being offered to the Father through this moment in the Mass. This moment of elevation reminds me of Jesus on the Cross—lifted up, giving everything in love for us. As I hold Jesus up above the altar, I feel that the gesture is saying to God the Father: "Here is Jesus, your Beloved Son; here is the One who loves us perfectly and gave everything for us!"



PHOTO BY MATEA GREGG ON UNSPLASH

Fr. Guy Oury mentions this "offering gesture" and how "the offering is that of the Son and at the same time that of the Church. The Mass is inseparably both—an offering made by Christ and by the Church. It is one through the other. The sacrifice of Christ makes possible the sacrifice of the Church and evokes it in response. The Church, to speak in figure, receives the offering from the hands of Christ. He instituted it for the Church, which presents it with him" (The Mass, p. 103). I'm often amazed at the humility of Jesus: in his generosity and love, he invites us through the priest to join in this moment of offering and praise!

United with the Church, Both on Earth and in Heaven

Charles Belmonte breaks down the words of this doxology, highlighting the ways we are invited into this moment through Jesus, "Through him: Through Jesus' mediation, we have access to God... With him: We are children of God, through the adoption Christ merited for us... In him: There is one and the same life in him and in us... In the unity of the Holy Spirit: The Church is a unity brought together by the Holy Spirit. He joins us together as believers and gives us the life of grace by which we become children of God. He dwells in us, enabling us to offer the sacrifice of praise to God, together with the entire Church" (Understanding the Mass, p. 162).

This moment of the Mass brings us to the great culmination of the Eucharistic Prayer and the one perfect sacrifice of Jesus. As some saints have reminded us, in a very real way we are joined with the angels and saints in the heavenly liturgy. As Jesus is offered to the Father through the Holy Spirit, it seems that all of creation should burst forth together in praise and joy. How can we hold back in the midst of such a wonderful gift? As we will see, we all have a response at this moment that praises God: The Great Amen!

For Reflection:

1. When you pray the "Glory Be," imagine the elevation of the paten and chalice during the Eucharistic Prayer, and unite your prayer with the offering of Christ.
2. As you make decisions about what you give and what you receive today, consider how these acts of offering do or do not glorify God. At moments when you receive or give human praise, direct your heart to give glory to God.

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!

What is freedom?

EXODUS 90

We think it's doing whatever we want, whenever we want. But that kind of "freedom" is really just distraction—avoiding the uncomfortable work of becoming who God calls us to be.

The Holy Family shows us a different kind of freedom. Joseph, in particular, was free because he kept saying "yes" to God when he could have said "no." *He received a powerful invitation from God to do something difficult, something he didn't fully understand.*

God placed Mary and Jesus in his care, and Joseph never distracted himself from that responsibility—even when things got risky, inconvenient, or confusing. *His "yes" had such a great impact, not just at that moment, but for all of us, as he became the guardian of our Saviour.*

Men too, are entrusted with precious souls: their wives, their children.

This is why so many men take up Exodus 40 each year at Lent: to clear the spiritual clutter so they can love like Joseph: more present, more sacrificial, more free. It's a great way to imitate the virtues of St. Joseph, a just man who was humble and obedient.

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

When we say "yes," it will have a transformative effect on our lives and also on others.

Go to [exodus90.com](#) then email Garth at Exodus90MB@shaw.ca to learn more.



Lets Share the Lenten Season with our Needy Friends at Agape Table



"The condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church. On the wounded faces of the poor, we see the suffering of the innocent and, therefore, the suffering of Christ himself. At the same time, we should perhaps speak more correctly of the many faces of the poor and of poverty, since it is a multifaceted phenomenon. In fact, there are many forms of poverty: the poverty of those who lack material means of subsistence, the poverty of those who are socially marginalized and lack the means to give voice to their dignity and abilities, moral and spiritual poverty, cultural poverty, the poverty of those who find themselves in a condition of personal or social weakness or fragility, the poverty of those who have no rights, no space, no freedom." — *Dilexi te Exhortation of Pope Leo XIV Oct 4, 2025*

This Lent, the St Timothy conference of the Society of St Vincent de Paul is hoping to reach out to our friends at Agape Table once again and help them in their efforts to feed the poorest of the poor in Winnipeg. Our goal is to help feed 500 men, women and children with contributions of food, sandwich filling and food preparation.

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 4 L 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 or phone Catherine at 204-254-6215 with your questions or for more information.



Society of
Saint Vincent de Paul

PARISH NEWS

Parish Feedback

Our Parish Pastoral Council met this past weekend to finally go over the feedback that was given for our parish presentation for the feast day of Sts. Timothy and Titus on January 24th and 25th. We wanted to share with you all a summary of the general thoughts and sentiments expressed in those feedback forms. Overall, the feedback is quite positive, which we were glad to hear, and it will help us plan for future similar events. We would still love to hear from you, whether you submitted feedback that you want to emphasise or clarify/add to, or if you did not get a chance to submit feedback. Feel free to either email myself, use the feedback form on our website, or use the feedback slips of paper by the bulletins and drop them in the collection basket.

— Fr. Brian Trueman and the St. Timothy Parish Pastoral Council

January Financial Statement

	Sunday Offerings	All Other Income	Expenses	Net Income
Actual	\$42,050	\$5,397	\$43,531	\$3,917
Budget	\$45,583	\$4,417	\$49,417	\$583
Funds	Refugee	Contingency	Building	SSVP
Current	\$3,127	\$97,015	\$53,512	\$27,741
Goal	N/A	\$100,000	N/A	N/A

What do you most value about being a parishioner at St. Timothy Parish?

- Welcoming and friendly atmosphere with strong support from parishioners for fundraising events.
- Numerous programs available to deepen faith and community involvement.
- Emphasis on the sense of community, inclusion, and eagerness to welcome new Christians.
- Leadership by Father Brian is dedicated and revered.
- Opportunities for participation and learning in various prayer events and programs, such as adult formation and catechist roles.
- Strong communal and religious ties fostered within a devoted group of parishioners.
- The parish is seen as a second home, contributing to the spiritual development and growth of the community.
- Overall, the parish community is lively and actively engages its members.

What should the parish of St. Timothy be focused on? Why?

- Emphasis on spiritual renewal and child development for the future of the church.
- Planning for a 40th anniversary with events throughout the year, encouraging parishioner involvement.
- Ongoing initiatives to attract younger parishioners through community events and spiritual activities.
- Creation of a volunteer group to provide companionship to ill or aging individuals in hospitals or homes.
- Enhancements to church facilities, including upgrading the sanctuary and adding images.
- Continued efforts to promote Catholic faith and foster a welcoming atmosphere.
- Focus on Eucharistic worship and openness to the Holy Spirit for evangelization and healing.
- Opportunities for faith formation, including Eucharistic adoration and community events.
- Events like movie nights, religious discussions, and visits to religious sites planned.
- Adult education via Bible study sessions and community involvement encouraged.
- Future renovations slated, including a large wall crucifix.
- Expanded Holy Mass options and initiatives to invite Our Lady into homes (faith in domestic church).
- Encouragement for communal ministry and engagement during worship services.
- Increased focus on communal prayer adventures, including retreats and spiritual events for family and vocations.



What do you think of this year's presentation?

- Attendees appreciated the presentation, highlighting the reflection on the year's events and progress.
- Group engagement among parishioners was positively noted, with emphasis on transparency regarding parish finances.
- Some feedback suggested a desire for more visual content, particularly photographs from the year in review.
- The timing of the presentation was well-received, allowing easy participation.
- A desire for more regarding the catechism program and the lack of youth involvement in the parish was pointed out as an area of concern.
- The presentation was described as clear, concise, and insightful, especially the engaging video recap.
- Overall remarks included excellence in organization and delivery, with suggestions for including more interactive elements like a question and answer session.
- Positive comments highlighted the vibrant atmosphere of the parish and the effective communication of goals and achievements.

REFLECTIONS & COMMUNITY NEWS

WEEKLY MARRIAGE TIP



This week, remember your wedding vows: "I promise to be faithful to you, in good times and bad, in sickness and in health, and to love you every day of my life." Make sure this becomes a reality.

STEWARSHIP REFLECTION

February 15, 2026 - 6th Sunday in Ordinary Time



"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." MATTHEW 5:20

The Pharisees lived according to the letter of the law, and they used this to elevate themselves above the other people. Jesus is clear – it's the love that you have in your heart, for God and others, that will get you to heaven. Simply following church rules to the letter and not out of love, does not necessarily put you on the path to heaven. Attending Sunday Mass and then gossiping about a fellow parishioner on the parking lot is an example of being a modern-day Pharisee.



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 or 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.



Women's Retreat - February 21, 2026

10:00 am - 3:00 pm at MMOC

Ignite your passion & empower His mission! Take a day away to reconnect with God, with yourself, and with friends – to be reminded that God is with you and calling you to peace and purpose that fills you up without burning you out. **Saturday, February 21 at Mary, Mother of the Church Parish Hall, 85 Kirkbridge Drive, Winnipeg.**

Guest speaker is Leah Perrault.

Cost: \$ 20.

The following email can be used to register and also to e-transfer funds: mmoc.cwl.president@gmail.com. Registration is limited so register early.

For poster, [click here](#).

Brought to you by the Catholic Women's League



Happy Spouse, Happy House

February 21, 2026 at 12:30 - 4:00 pm

St. Emile Parish Hall

Join Couples for Christ – Young Couples Assembly for a fun and meaningful afternoon w/ fellow young couples as we explore **"Happy Spouse, Happy House"**. This session is packed with wisdom on how to help husbands and wives understand their complementary differences & provide practical steps to understand each other and communicate, and ultimately remind husbands and wives to develop God-given virtues for a blessed marriage.

Come learn, laugh, and grow together—because a happy spouse truly makes a happy house!

More details found in the [poster](#) and the link below: <https://forms.gle/rqbB7k4VUhrNm4Z7>

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

Search "Parish of St. Timothy" or "R2N 1R3" on formed.org/signup



Lent | What Catholics Believe

Join Fr. Scott Bailey, a priest in the Archdiocese of Denver, as he answers some of the Internet's most asked questions about Lent. What is Lent? Why is it 40 days long? Or even, what should I give up for Lent? Find out in this episode of What Catholics Believe.



Whole 40

Sit down with Dr. Ben Akers and Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.