



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

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 22, 2026 • 5th Sunday of Lent

“The waves of death rose about me; the pains of the netherworld surrounded me. In my anguish I called to the Lord; and from his holy temple he heard my voice.” ENTRANCE ANTIPHON

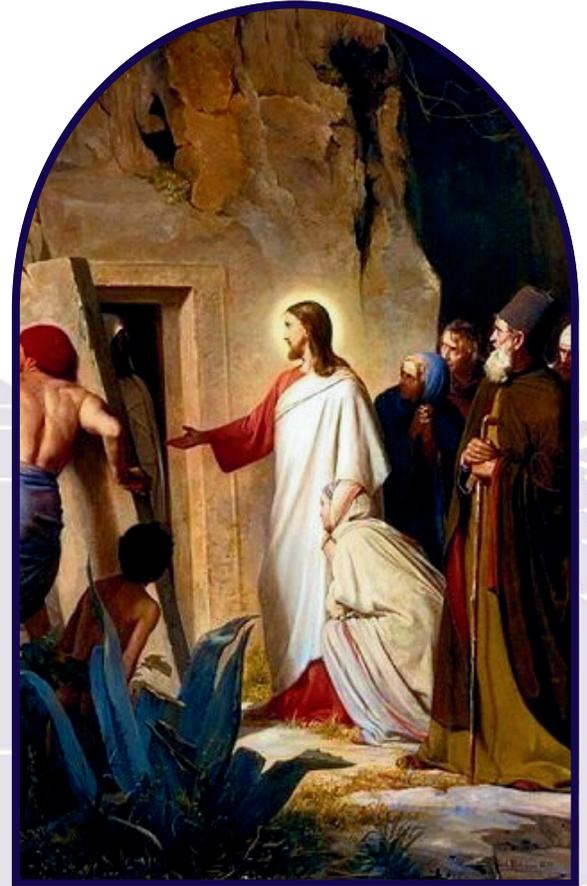
Sacraments

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.



THE RAISING OF LAZARUS
BY CARL BLOCH, 1870

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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, Mar. 21

RCIA is **CANCELLED**

Monday, Mar. 16

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

Tuesday, Mar. 24

Grief Group Drop-in: Moving forward in our journey of loss
1:30-3:00 pm | Library

Tue-Thu, Mar. 24-26

Parish Lent Retreat
6:30 pm | Parish Hall

Friday, Mar. 27

Stations of the Cross
and Youth Group 7:00 pm

Saturday, Mar. 28

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

Last Week to Claim Items from the Lost & Found Bin!

Have you lost something? Maybe we found it!

A table in the narthex is filled with scarves, kids' items, and other odds and ends left behind in the parish. Please take a moment to check—it's your last chance to reclaim anything familiar! **All unclaimed items will be donated or disposed of after Thursday, March 26.**

UPCOMING READING

Palm Sunday

Isaiah 50:4-7
Psalm 22
Philippians 2:6-11
Matthew 26:14-27:66

Mass Intentions for March 21-29, 2026

Sat., Mar. 21	4:00 pm	†	Deceased Parents from Diane Garroni
Sun., Mar. 22	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Mar. 22	11:00 am	†	Myrtle Banash from Winnie and Darcene Banash
Tues., Mar. 24	9:30 am		Special Intention from the Gocik Family
Please note: Adoration after Mass on Tuesday, March 24 is cancelled			
Wed., Mar. 25	9:30 am		Special Intention from the Gocik Family
Thu., Mar. 26	9:30 am	†	Lilian Delaye from Jeannine and Noel Audet
Fri., Mar. 27	9:30 am	†	Jose Jorge from Ormezinda Jorge
Sat., Mar. 28	4:00 pm	†	Bert De Leeuw from Marilyn De Leeuw
Sun., Mar. 29	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Mar. 29	11:00 am	†	Lucien Comeau from Lorraine Comeau



LENT RETREAT

The Good News

MARCH 24-26, 2026 AT 6:30 PM

3 evenings with **Louis and Mary Richard**, a local Catholic couple who are passionate about sharing the love of Jesus with others. Their love for the Lord has involved them in many different groups throughout Manitoba, including Catholic Christian Outreach, Catholic Charismatic Renewal Services, Catholic School of Evangelization, and their own parish, to name a few.

The theme of the retreat is one's personal journey through the Paschal Mystery, helping us unpack the Good News of Jesus in the Scriptures. As part of our sessions, Mary and Louis will lead us in praise through their gift of music. Each session will last about 60 minutes with a time of fellowship and an opportunity for further discussion after. Each night will include a little review of the previous one so no worries if you can't make all work. Know that God will bless you and deepen your experience of Holy Week in the days after! **Save the date** and plan to join us for this meaningful time of spiritual renewal.





Do This in Remembrance of Me, Part 61: Embolism

If you have ever prayed together with Christians from different backgrounds, one prayer you might have prayed together is the Our Father. As Charles Belmonte says, “Jesus Christ himself deigned to compose this prayer to indicate how we should address God. It is our Savior’s own prayer and, therefore, the prayer of the Christian. In the early Church, the Lord’s Prayer was taught to the catechumens [those preparing to enter the Church through baptism] only a few weeks before baptism. Outside the Mass, it was always said in a low voice. It seemed that the faithful recited it before Communion...” (Understanding the Mass, p. 169). The Our Father is the prayer of the Christian, the follower of Jesus. However, as we know, different groups of Christians have developed some different traditions over time. Among those traditions is what we say next after the Our Father.

A Prayer between Prayers

As the Diocese of Peoria teaches, in the Mass, after the Our Father, the priest prays some special words called the Embolism, “asking the Lord to deliver us from evil, keep us free from sin and [distress] until the day when we see the Lord Jesus Christ face to face” (A Study of the Mass, p. 17). Most of us will probably recognize these words: “Deliver us, Lord, we pray, from every evil, and graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.” As the Missal says, “The people conclude the prayer, acclaiming: ‘For the kingdom, the power and the glory are yours now and forever.’”

At the end of the Our Father, we pray for forgiveness and acknowledge our need to forgive. As we approach Jesus in the Eucharist, we anticipate a strengthening in peace that he brings. However, as Fr. Guy Oury notes, “But before the people are invited to show that they are at peace with one another, there is a sort of commentary that lingers on the final words in the Our Father (‘deliver us from every evil’). Almost all Christian liturgies have this. It is called an embolism (a development placed between two prayers, from the Greek em-bal-lein, [meaning] to put in or between). The Church develops the final petition of the Lord’s Prayer to ask that we be delivered from the power of evil” (The Mass, p. 109–10). As Oury continues, “The people’s acclamation in response existed in almost all liturgies of the Mass. That is why the Roman liturgy adopted it in turn. It comes from the Didache or the Teaching of the Twelve Apostles, a document of the Apostolic Age (first century) that gives it as a conclusion to the Our Father. Its liturgical use is very old...” (The Mass, p. 110).

An “Extra Ending” to the Lord’s Prayer?

Regarding the people’s acclamation, Edward Sri writes, “This prayer is sometimes known as the Protestant ending of the Lord’s Prayer. Though it is not part of the prayer that Jesus actually taught us (and fittingly is not included in the Our Father recited in the Catholic liturgy) (see [Mt 6:9–13](#); [Lk 11:1–4](#)), this prayer does have biblical roots and finds its appropriate home at this moment in the Mass. On a basic level, the prayer reflects similar acclamations found in the heavenly liturgy ([Rev 5:12](#); [19:1](#)). And when we pray it, we come in contact with the Mass of some of the earliest Christians. For these words are taken from a prayer of thanksgiving used in the celebration of the Eucharist in the first generation of Christianity after the apostles” (A Biblical Walk Through the Mass, p. 128).

Does that mean that the “extra ending” of the Our Father that many other Christians pray is actually a “Catholic” ending? Yes: it came from some of the earliest celebrations of the Mass! If you look up the Our Father in your Catholic Bible, you won’t find these additional words. (Some Protestant versions of the Bible may have it inserted in the text, although scholarly versions typically do not.) However, if you look in the living Tradition of Christian faith in the Catholic Church, you will find those words as part of the Mass as a commentary and response to the Our Father



The Biblical Roots of the Acclamation

Continuing with Sri, “the words themselves reach 1,000 years further back into the Old Testament period. They are derived from King David’s climactic praise of God at the end of his reign, representing one of David’s last acts as king before he passed the throne on to his son Solomon: ‘Blessed are thou, O Lord, the God of Israel our father, for ever and ever. Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty; for all that is in the heavens and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all’ ([1 Chr 29:10–11](#)).

At every Mass, we echo these words of King David. In doing so, we acknowledge God as the Lord of our lives and praise him for all the blessings he bestows upon us. Whatever good we might do, whatever success we might experience, ultimately comes from God: ‘For the kingdom, the power and the glory are yours now and forever’” (A Biblical Walk Through the Mass, p. 128–9).

For Reflection:

1. Meditate with the acclamations in the heavenly liturgy found in the context of [Rev. 5](#) and [19](#) and in David’s prayer in the context of [1 Chr. 29](#). Reflect on how all your thoughts, words, and actions can give glory to God today.
2. Next time you participate in Mass, be mindful of other Christians and offer the Embolism as a prayer for Christian unity.

PARISH NEWS & REFLECTIONS

Lent Penitential (Confession) Services in Parishes in our Deanery

St. Timothy Parish – Friday, March 20 at 7 pm
with Illuminate Ministry,
followed by 24 Hours for the Lord

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

FOOT WASHING at the Mass of the Lord's Supper Holy Thursday, April 2 at 7:30 PM

We are seeking eight (8) participants to take part in the Foot Washing Rite, a humble and beautiful sign of Christ's love and service. A sign-up sheet is available in the narthex.

DIVINE MERCY SUNDAY CELEBRATION Sunday, April 12, after the 11:00 AM Mass in the Hall

Come and share in a joyful Filipino brunch and fellowship as we celebrate the Lord's abundant mercy. All are welcome—kindly place a chip in the white basket in the narthex to help us prepare for this gathering. Free-will offering will be accepted to support the Divine Mercy Mission in Tarlac, Philippines and the Society of St. Vincent de Paul (SSVP).

AGAPE TABLE – Deadline: March 24!



Donations of **granola bars, drinking boxes, fruit cups and pudding cups** for the SSVP Agape Table Initiative will be accepted up to **Tuesday, March 24**. The food items can be placed in the SSVP Food Box located inside the north entry doors of the church. Thank you to everyone who has dropped off the food items so far! Thank you all for your wonderful support. — From the St. Timothy Conference of the Society of St. Vincent de Paul (SSVP)



WEEKLY MARRIAGE TIP

Do you pray the Stations of the Cross with your family? This Lent attend a service at your parish or pray the Stations for marriages and families at home: bit.ly/StationsAtHome



STEWARDSHIP REFLECTION

March 22, 2026 - Fifth Sunday of Lent

"Jesus said to her, 'Did I not tell you that if you believe you will see the glory of God?'" JOHN 11:40

Many of us say that we believe in God. We attend Sunday Mass and participate in parish events. But when life gets hard and the pressure is on, when things aren't going our way, do we really believe? Do we really put our trust in the Lord? When we live a life of gratitude, recognizing all that we have been given, we really do see that God is providing for our needs. Living a grateful and generous life allows us to see God's active presence in our daily lives and we become "partakers of the divine nature."



GRIEF REFLECTION

"You have to live not only for yourself but also for the precious person in your life who has died. No matter how deep your grief or how anguished your soul, bereavement does not free us from our responsibility to live. The gift of life is so precious, Choose to live!" — *Dr. Alan Wolfelt, Understanding Your Grief*



Grief Group Drop-in: Moving forward in our journey of loss
Next meeting will be on March 24, April 14, and April 28.
All are welcome to attend, and no registration is needed!

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

Search "Parish of St. Timothy" or "R2N 1R3" on formed.org/signup or for a step-by-step, visit: bit.ly/FormedStTimothy



The Annunciation

The Angel Gabriel appeared and all of Heaven trembled in anticipation. Mary gives her fiat and our long wait is over! Generation after generation of longing and aching for a Messiah comes to fulfillment.



The Annunciation | Sacred Art

Join Dr. Ben Akers and Taylor Kemp as they discuss the spiritual and theological significance of the Annunciation over a piece of Sacred Art by Elizabeth Zelasko that depicts this incredible scene.



The Annunciation: Hail Mary

Join Ms. Kim as she discusses devotion to Mary and the significance of Mary's "yes." All the while, you will learn new drawing techniques as you draw the Annunciation.

COMMUNITY NEWS

Friends in Faith
Connection Café

Christian Parenting/Grandparenting Seminar – April 6, 27 & May 11

Whether you are a grandparent, parent, or aunt/uncle... You are important to the next generation of children, and you are in a unique position of influence to pass on your legacy of faith in Jesus Christ. In this 3 part series, you will learn how to be intentional in passing on your faith to the next generations. [Click here](#) for the program trailer.

Monday **April 6, 27 and May 11, 6:45 pm til 9:15 pm at Mary, Mother of the Church**, 85 Kirkbridge Drive. Cost is goodwill offering to cover the cost of the materials (\$20 per couple/person). See mmoc.ca for more info. Please [register here](#) by March 30, 2026.

**CATHOLIC
MENS
CONFERENCE**

Catholic Men's Conference April 10 to 11, 2026 St. Emile Church, 556 St. Anne's Rd

The 2026 Catholic Men's Conference is a response and a calling out to all men, inviting them to embrace their connection with Jesus Christ and their brothers in the faith. God wants to be in a relationship with us, our church needs men united and more than anything our families needs strong spiritual leaders. This April 2026, come and join other men and together throw off the works of darkness, put on the armour of light and renew our commitment to the Lord of our hearts. Jesus is calling you to be here. Come and discover, connect and be strengthened.

Featuring special guest speaker **Mark Mallet**
Mark Mallett is a Canadian Catholic singer/songwriter and author, and host of The Now Word and Countdown to the Kingdom. His work in the Church the past 25 years includes concert tours throughout North America and abroad, speaking at conferences, giving parish missions, and leading praise and worship in Eucharistic Adoration.

April 10 from 7 PM – 10 PM, April 11 from 8:30 AM to 4 PM.
Lunch provided on Saturday For tickets, [click here](#).



Call for Prayer for Peace in the Middle East

The Permanent Council of the Canadian Conference of Catholic Bishops (CCCB) urges Catholics to pray for peace in the Middle East amid escalating conflict. The statement calls for peacemakers, solidarity with those affected, and hope for a better world.

"Faced with rising tensions and the risk of escalating war, we invite the People of God in Canada to pray for peace. Let us ask the Lord to increase the thirst for justice, reconciliation, and true peace in the world. Let us pray that the leaders involved in this armed conflict will allow the light of wisdom and dialogue to guide their decisions. Where fear and anger threaten to overwhelm hearts, may the Holy Spirit inspire gestures of openness, reconciliation, and peace..." – excerpt from the Statement. [Click here](#) to read the full statement.



This Lent, please give generously

This Solidarity Sunday, Development and Peace – Caritas Canada's **On Track for Justice** campaign invites you to give generously and thanks you warmly for your generosity.

Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world.

"Our longstanding partnership with Development and Peace – Caritas Canada is very important to us. It allows us to promote economic alternatives to mining and industrial agriculture, thereby strengthening local economies and agroecology. Your contributions help change the reality of communities here and make a difference for many other organizations around the world." – Mikael Carvalho, Coordinator, Justiça nos Trilhos, Brazil

Help create hope for and fulfil the dreams of the communities we support in the Global South by giving to your Share Lent parish collection or online at devp.org/give. Thank you for your solidarity!

Good Friday Collection

The Good Friday Collection helps to maintain the Church of the Holy Land by providing educational, pastoral, and social support of Catholic youth and families committed to living their faith in the land where Christ lived, and by maintaining the Holy Sites that are so important to the faith of Christians everywhere. At the request of the Holy See, this Pontifical Collection will be taken during the Good Friday celebration on April 3, 2026.

Those who are unable to attend the service, or who prefer to contribute online, may use Credit Cards, Interac, or CanadaHelps, accessible at: www.commissariat.ca, in the "Support Us" link. – Fr. Robert Mokry, o.f.m., Commissary of the Holy Land in Canada



Diocesan Wedding Anniversary Celebration - May 3, 2026

Are you celebrating a milestone wedding anniversary this year? (1, 5, 10, 15, 20, 25 years or more) You are invited to participate in the **Diocesan Wedding Anniversary Celebration, on Sunday, May 3rd, 2026!** A Mass will be celebrated by Archbishop Albert LeGat at the **Saint-Boniface Cathedral at 3:30 pm**. Couples will be invited to renew their vows and to receive a special blessing. A reception with light refreshments will follow. Celebrating couples will receive an Anniversary Certificate signed by Archbishop LeGat. Please **register by Friday, April 24th** by clicking here: <https://bit.ly/info-anniversary-celebration>

PARISH OF ST. TIMOTHY HOLY WEEK SCHEDULE

Weekday Mass on Tuesday & Wednesday only (no Adoration on Tuesday)



TUESDAY, MARCH 31

Chrism Mass at the St. Boniface Cathedral – 7:30 pm

- Priests in our diocese renew their priestly promises
- Holy Oils to be used in the sacraments throughout the year are blessed



HOLY THURSDAY, APRIL 17

** incense will be used*

Mass of the Lord's Supper – 7:30 pm

- Reposition & Adoration of the Blessed Sacrament until Midnight
- Bring a food item in support of the work of our own SSVP



GOOD FRIDAY, APRIL 18

- Fr. Brian is available for Confession – 1:30 to 2:30 pm
- Outdoor Carrying of the Cross – 1:45 to 2:15 pm

Celebration of the Passion of the Lord – 3:00 pm

- Good Friday collection for the Holy Land
- Join us in praying the first day of the Divine Mercy Novena after the liturgy



HOLY SATURDAY, APRIL 19

** incense will be used*

- Blessing of Easter Food – 11:30 am

Easter Vigil – 8:30 pm

- Resurrection Party with light refreshments to follow in the parish hall (bring a treat to share)



EASTER SUNDAY, APRIL 20

Mass of the Resurrection of the Lord – 9:00 am & 11:00 am

Note: We encourage everyone to arrive a little early to secure a good parking spot. Overflow parking is available in the school lot, and along the street.