



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 5:00 pm

(closed noon - 1:00 pm)

NOTE: Fr. Brian will be away from June 8-12, 2026

June 7, 2026 • Solemnity of the Body & Blood of Christ

“Signs alone, not things, we see: Blood and flesh as wine, bread broken; Yet beneath each wondrous token, Christ entire we know to be.”

CORPUS CHRISTI SEQUENCE

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.



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

Parish Administrative Assistant:
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Seminarian:
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Custodian: Ignatius Zinowko
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Parish Pastoral Council:
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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...

Sunday, June 7

First Communion at 11:00 am,
Eucharistic Procession,
and Reception

Monday, June 8

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

Tuesday, June 9

Catechist Dinner
6:00 pm | Parish Hall

Mass Intentions for June 6-14, 2026

Sat., June 6	4:00 pm		In Thanksgiving from Paulene Limonar
Sun., June 7	9:00 am	†	Thomas Pidborchynski from Anne Yanchyshyn
Sun., June 7	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman

Weekday Mass Schedule Notice

Please note that there will be **no weekday Mass from June 8-12**, as Fr. Brian will be away. During this time, **Anthony will lead a Liturgy of the Word with Holy Communion at 9:30 am**, following our normal weekday schedule. This will also be Anthony's last week with us!

Thank you for your understanding and continued participation in the life of our parish!

Sat., June 13	4:00 pm	†	Philippe Landry from Claude and France Lapointe
Sun., June 14	9:00 am		Special Intention for Olivia Amaljith from Nimisha Sajeev
Sun., June 14	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman

We joyfully welcome
this child into the Body of
Christ through the
Sacrament of Baptism:

*Mav, son of
Ryan and Melissa*

He will be baptized on
Sat., June 6 at 4:00 pm

Corpus Christi Eucharistic Procession

Fr. Brian invites you to join us for our **4th Annual Eucharistic Procession** in celebration of the Solemnity of Corpus Christi on Sunday, June 7.

Following the 11:00 am Mass, ministers will lead the procession outside and around our church property. The procession will begin with the processional cross, candle torches, and incense, while others carry a special canopy to create a sacred space for the Blessed Sacrament in the monstrance throughout the procession.

The children receiving their First Holy Communion at the 11:00 am Mass will also take part by carrying beautiful banners, ringing bells, and strewing flower petals before Jesus in the Eucharist as a joyful proclamation of Christ our King. (Other children are welcome to join in throwing flower petals as well!)

At various stations set up near the church entrances, we will pause briefly for prayer and song before continuing our procession around the building. The Eucharistic Procession will conclude back in the church with Benediction and the Divine Praises.

Afterward, **everyone is invited to gather in the hall for food, fellowship, and refreshments** as we celebrate this special feast together. This will also be Anthony's farewell celebration. A free-will offering will be accepted for the lunch prepared by our catering committee.

If you attend another Mass this weekend, we warmly encourage you to return around 11:55 am to take part in the procession. All are welcome!

Why have a Eucharistic Procession?

- To publicly proclaim our faith in the Real Presence of Jesus in the Eucharist.
- To invite our wider community to encounter the Risen Lord present in the Blessed Sacrament.
- To deepen and strengthen our own faith through this public witness.
- To invite Jesus into every aspect of our daily lives and to bring His presence into the world around us.



MONTHLY PRAYER INTENTIONS OF POPE LEO XIV

For the values of sports.

Let us pray that sports be an
instrument of peace,
encounter, and dialogue
among cultures and nations,
and that they promote values
such as respect, solidarity,
and personal growth.

UPCOMING READING

11th Sunday in Ordinary Time

Exodus 19:1-6
Romans 5:6-11
Matthew 9:36-10:8



Do This in Remembrance of Me, Part 72: How to Receive

You may have noticed that people receive Communion in different ways. Is there a right way? How exactly should we receive Holy Communion? First of all, it is important to notice that we receive Communion. Holy Communion is our greatest gift, a gift to be received through the generous love of Jesus. Holy Communion should never be taken by our own action. As The General Instruction of the Roman Missal states, “It is not permitted for the faithful to take the consecrated Bread or the sacred chalice by themselves and, still less, to hand them on from one to another among themselves. The norm established for the Dioceses of the United States of America is that Holy Communion is to be received standing, unless an individual member of the faithful wishes to receive Communion while kneeling” (GIRM, 160). Adjustments are possible for those unable to stand or kneel. Many churches have areas where Communion is brought directly to the pew for those who find walking to receive Communion difficult. The instruction makes clear that we are receiving the gift of Holy Communion and not taking this gift for ourselves, a truth we emphasize in the posture we observe as we receive the Sacred Host. For those receiving in the hand, we hold our hands steady with an open palm throne to receive Our Lord truly present. For those receiving on the tongue, we are still as we wait for the placement of the Sacred Host on the tongue.

Why Do We Bow before Receiving Communion?

I often see people bowing before approaching the minister. Should I do that also? Yes! As the GIRM continues, “When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister... When Holy Communion is received under both kinds, the sign of reverence is also made before receiving the Precious Blood” (GIRM, 160). As I have often shared when teaching children about postures of prayer and reverence, our sign of reverence actually provides an opportunity for our bodies to help remind our minds and hearts who we believe is before us. We believe that Jesus, Almighty God, Second Person of the Trinity, is there before us in the Holy Eucharist. Our bow helps us recall that he really is there and that we believe he really is there! Like so many parts of our lives that are repeated regularly, we may risk just going through the motions at this part of the Mass. However, if we do that, we would be overlooking Jesus truly there before us! The next time you are approaching Holy Communion, take the challenge of really bowing with reverence and recall Jesus is there. Perhaps pray to yourself those words of St. Thomas: “My Lord and My God” ([John 20:28](#)). Along these lines, the Diocese of Peoria says, “Even the procession toward Communion is a great ritual act, as we humbly approach the Lord Jesus. The Bishops of the United States have asked that we make a bow as a sign of reverence toward the Eucharist before receiving... It is an encounter as we receive him—Body, Blood, Soul and Divinity!” (A Study of the Mass, pp. 19–20).

Practical Tips for Receiving Communion

How about some practical tips? Absolutely! As I mentioned above, one great way of being in the mode of “receiving” is to stay still as the minister brings the Host to you. As a practical note, I have often noticed that some people will lunge forward toward the Sacred Host, or at times those intending to receive on the tongue will even bite the host or lick upward. For those receiving in the hand, I have noticed that sometimes people will already be closing their hand before the Host is placed there. I presume these might be ways of trying to help the minister; however, it truly is easiest and perhaps the most prayerful if you remain still until Jesus in the Sacred Host comes to you.

For those receiving in the hand, Fr. Oury notes that St. Cyril offers instruction: “When you approach, do not come with palms of the hand spread flat, nor with fingers wide apart... [M]ake him a throne with your left [hand]. In the hollow of your hand receive the Body of Christ and answer: Amen... [C]onsume [The Host] and be careful that none of it be lost... Tell me, if you were given some grains of gold, would you not guard them with the greatest care so as not to lose any one of them and be the poorer? Should you not be even more careful not to let drop the least particle of what is more precious than gold or precious stones?” (The Mass, pp. 121–2; Mystagogical Catechesis 5, 21). St. Cyril reminds us to have a worthy reception of the King of Kings, certainly both in receiving him well and also in honoring his presence in even the smallest fragments. St. Cyril invites us to examine our hands and fingers for any particles of the Eucharist after we have received Our Lord.

One last practical tip might be to think about what you are saying when you say, “Amen.” I encourage you to make it a vigorous Amen, reminding yourself that word means, “Jesus, I believe you are really here.” This Amen is an important prayer of faith at the moment of receiving Holy Communion. Charles Belmonte reflects further on the Amen: “Yes, Lord, I believe. I love and I hope in you. I know my time of waiting is over, for my hope is now made into a reality which fulfills the deepest needs of my faith and my charity. You are mine, and I am yours... My soul worships you in stillness” (Understanding the Mass, p. 187). Let us make this beautiful prayer of faith our own, the next time and every time we say Amen and receive the Body and Blood of Our Lord Jesus!

For Reflection:

1. Meditate on the humility of Jesus which Paul describes in his [Letter to the Philippians 2:5–10](#). Keep this passage in mind when you approach the Eucharist and bow in reverence. Alternatively, pray with other passages of the Scriptures which invite us to bow before the Lord (e.g., [Psalm 5:7](#); [Psalm 138:2](#); [Matthew 8:2](#)).

2. [Revelation 3:14](#) describes Jesus as “[t]he Amen, the faithful and true witness.” Pray with Jesus as the “Amen” and ask for the grace to unite your “Amen” in receiving Communion to his “Amen” to the Father’s will.





Congratulations to our newly confirmed young parishioners! As you receive the gifts of the Holy Spirit through the Sacrament of Confirmation, may your faith be strengthened and your hearts be filled with God's love and grace. Our parish family rejoices with you and prays for God's blessings on your journey of faith.

Chalice Sponsorship Weekend – June 6/7



Open your heart to child sponsorship. This weekend, Chalice volunteers will be in the narthex after each Mass with biographies and pictures of 20 children who are in need of relationships with caring sponsors.



Chalice is a Canadian, Catholic international child sponsorship charity. For more than 30 years, sponsors have supported children experiencing poverty to overcome obstacles, finish school, and have a hope-filled future. **Please take a moment to pray and ask whether God is calling you to sponsor a child today.** Visit chalice.ca for more information.

"Whoever welcomes one such child in my name welcomes me."
Matthew 18:5

Gardener's Corner



Last chance to support St. Timothy's Garden Ministry this weekend! **Enter for a chance to win one of two beautiful prizes: a Gardener's Basket and a Patio Basket** both valued at \$250 each. **Tickets are \$5 each or 3 for \$10.** The raffle draw will be on June 8.

Lip Sync and Dessert Delight – November 20/21

The Knights of Columbus invite you to attend their upcoming **Lip Sync Fundraiser and Silent Auction** in support of the St. Vincent de Paul on November 20/21. **Tickets are \$30 each.** Get ready for an evening of creative performances and laughter followed by delicious desserts and refreshments. Watch your fellow church members bring songs to life. Participants of all ages are welcome! Come showcase your lip sync talent and dances. Contact Ed Pelletier at 204-979-0555 for more info.

World Youth Day 2027 – Seoul, South Korea



We are excited to invite all young adults interested in traveling to Seoul, South Korea to consider joining our delegation from the Archdioceses of St. Boniface and Winnipeg for **World Youth Day 2027 (July 27 – August 11)**!

This is a powerful opportunity to encounter Christ, grow in your faith, and journey with young people from around the world. Our delegation will be bilingual (English and French), with dedicated support for both language groups, including catechetical sessions and small group discussions.

Fr. Brian is going with 83 delegates (so far)! If you know young adults ages 18–35, they are highly encouraged to join! **Registration deadline has been pushed back to June 22, 2026.** There's also opportunity to receive a grant from the diocesan fund for Adult Faith Formation.

If you're interested or have any questions, you may reach out to Fr. Brian, contact Yssa at ylicsi@archsaintboniface.ca, or call the Archdiocese Youth Office at (204) 594-0271.

Come and be part of this life-changing pilgrimage! For more info, [click here](#). For poster, [click here](#).

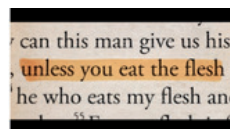
THIS WEEK ON FORMED: Visit formed.org/signup



Bread of Life: The Eucharist in Galilee

Christ's teaching about the Eucharist is the crescendo of Jesus' entire ministry: all his work in Galilee

prepared for and pointed to the Eucharist. Join Dr. Tim Gray for an exciting five-part series about Jesus' teaching on the Eucharist.



Presence

Although the Eucharist appears to be simple bread and wine, it is actually the "source and summit" of the

Christian life. Presence: The Mystery of the Eucharist explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.



The Sacred Heart and the Immaculate Heart

Do you have a devotion to the Sacred Heart of Jesus? Deepen your devotion

by listening to this discussion of sacred art pieces depicting the heart of Christ.