



# 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

### 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)

## May 17, 2026 • The Ascension of the Lord

*“Go therefore and make disciples of all nations...”* MATTHEW 28:19

## 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.



REMBRANDT – THE ASCENSION OF CHRIST (1636)

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

**Seminarian:**  
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**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, May 16

Adult Faith Formation & RCIA  
**CANCELLED**

### Monday, May 18

Fan into Flame  
**CANCELLED**

### Tuesdays after Mass

Exposition, Adoration of  
the Blessed Sacrament  
& Benediction



### Thursday, May 21

Prayer Shawl Ministry  
1:30 pm | Library

### Saturday, May 23

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

Please remember in  
your prayers...

† *Frances Herriot*

Her funeral service will be on  
**Thurs., May 21 at 11:00 am.**

Please remember her family,  
and all those who grieve the  
loss of a loved one. ❤️

UPCOMING  
READING

### Pentecost Sunday

Acts 2:1-11  
Psalm 104  
1 Cor 12:3-7, 12-13  
John 20:19-23

## Mass Intentions for May 16-24, 2026

Sat., May 16	4:00 pm	†	Russel Noronha from Joan Rebeiro
Sun., May 17	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., May 17	11:00 am		In thanksgiving for my parents' Golden Wedding Anniversary from Maricel Villegas
Tue., May 19	9:30 am	†	Amparo Pagtakhan from Teresita and Anthony Chiarella
Wed., May 20	9:30 am		Amalia, Rosalia, and Julia Gocik from the Gocik Family
Thu., May 21	9:30 am	†	Vivian Ferenc from Wilson and Bojarski Families
Fri., May 22	9:30 am		In thanksgiving from Rick & Fidelina Pabuaya
Sat., May 23	4:00 pm	†	Kuruvilla K.U. from Molly Joseph
Sun., May 24	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., May 24	11:00 am	†	Eugene and Arthur Landry and all deceased family members from Josie Landry



Support St. Timothy's Garden Ministry and **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, and will be available** before and after all Masses on the weekends of **May 30-31 and June 6-7.**

The **raffle draw** will be on **June 8.** Thank you so much for supporting our church community!



## SEEKING

## Altar Servers



We are inviting children and teens who have received (or will receive this year) their First Holy Communion to consider becoming altar servers at our parish liturgies for Sundays and feast days.

Serving at Mass is a wonderful way for young people to learn more about the liturgy, participate actively in the life of the Church, and serve our parish community.

**A training workshop for new altar servers will take place on Saturday, May 30 at 10:00 am,** concluding with lunch around noon.

Parents are encouraged to speak with their children about this opportunity and consider attending the workshop to learn more.

To register, please contact Paulene at [info@st-timothy.ca](mailto:info@st-timothy.ca). For questions, please email Fr. Brian at [fr.brian@st-timothy.ca](mailto:fr.brian@st-timothy.ca).



## **Do This in Remembrance of Me, Part 69: Disposed to Receive Communion**

“The Body of Christ.” “Amen.” As we continue our discussion of Holy Communion, we consider who is able to receive Communion. The Diocese of Peoria reminds us: “Holy Communion is for all who are properly disposed to receive him. To be properly disposed we must be Catholic, in a state of grace and have fasted one hour prior to the reception of Holy Communion” (A Study of the Mass, p. 19).

### **A Sign of Unity**

Why Catholic? Reception of Holy Communion is the fullest sign of Christian unity. As we said previously, receiving Christ in the Eucharist binds us to him. Since there is one Christ, he draws us together as one. However, what if one person who believes Jesus is truly present receives Communion while another person who believes in only a symbolic presence receives? That would be a problem. That would be two people making an outward sign of unity which would not be true unity. This false unity would not respect the true presence of Jesus, as well as the unity he prayed for at the Last Supper. That is why reception of Holy Communion is first limited to those who believe that Christ is truly present: Body and Blood, Soul and Divinity. Since this is the Catholic belief, Catholics (as well as Orthodox and Eastern Catholic Churches which maintain valid sacraments and believe that Christ is truly present) are eligible to receive Communion. Also, limiting reception of Communion to Catholics protects the integrity of non-Catholics. When we receive Communion, we first hear: “The Body of Christ.” We respond with “Amen,” indicating that we do believe that Jesus’ Body and Blood are truly present and we wish to receive him. For non-Catholics who don’t believe the Body of Christ is really present, receiving Communion would contradict their beliefs. They would be saying “Amen” to a statement that they do not believe. So, not permitting them to receive Communion actually respects their beliefs.

### **Prepared to Receive**

Why must we be in a state of grace to receive Communion? Simply put, because Jesus Christ in the Eucharist is God—all-perfect, all-holy, all-love. To receive him in a state of sin is an offense against his goodness. Charles Belmonte teaches, “We should never dare to receive the Eucharist in the state of mortal sin. To do so is to abuse sacrilegiously the mercy of God. Only a shallow and false love, based on mere sentimentality, can bring us to such a detestable course of action. This mistreatment of the sacrament is a grave offense against God. St. Paul’s warning on this issue is quite clear: ‘Anyone who eats the bread or drinks the cup of the Lord unworthily will be behaving unworthily toward the body and blood of the Lord. Everyone is to recollect himself before eating this bread and drinking this cup; because a person who eats and drinks without recognizing the body is eating and drinking his own condemnation’ (1 Cor 11:27–29). [...] Therefore, we cannot—and should not—receive our Lord with a soul dirtied by sin. If we realize we have a serious sin, even though we may seem to be contrite, we cannot go and receive the Holy Eucharist without previous sacramental confession” (Understanding the Mass, pp. 182–3).

Along these lines, Belmonte notes that St. Pope John Paul II taught, “The two sacraments of Reconciliation and the Eucharist remain closely linked. Without a continually renewed conversion and the reception of the sacramental grace of forgiveness, participation in the Eucharist would not reach its full redemptive efficacy... It is not only that Penance leads to the Eucharist, but that the Eucharist also leads to Penance. For when we realize who it is that we receive in Eucharistic Communion, there springs up almost spontaneously a sense of unworthiness, together with sorrow for our own sins and an interior need for purification” (Understanding the Mass, p. 184; John Paul II, Letter of Holy Thursday [1986], 8; DC, 7). Of course, we know we are unworthy to receive such an amazing gift, but we are obligated to do our best to be as prepared as we can be. That’s why regularly making use of the Sacrament of Reconciliation and striving to be in a state of grace is so important.

### **Hungry for God**

Why fast for an hour before Communion? When we don’t eat, we become hungry. When we eat a lot, even if it is our favorite food, we don’t want more. Fasting is an age-old way of growing in hunger, in this case for the living God. Our hunger reminds us that we yearn to be filled up, that we yearn to have our hunger satisfied. This works for the body, but it also works for the soul. As we “clear out” room in our hearts through fasting, we realize that the empty space should be filled by God. As St. Augustine once famously said, the only one who really fills that hunger is God (“Our hearts are restless until they rest in Thee”). Fasting for an hour helps ensure that we are better focused on God for our nourishment and prepared to receive him in Holy Communion. Fasting before the Mass generally covers food and non-necessary drinks such as alcohol, soda, etc. Water is allowed, as well as medicines. For those who are seriously ill (hospital, nursing home, homebound) and for those who care for them, the rule of fasting does not apply. For example, a person in the hospital who is eating lunch when the priest comes is allowed to receive Communion. The same would be true for a nurse who just finished her lunch break when the priest arrives.

Having reviewed being properly disposed to receive Communion, next time we’ll review the official guidelines for receiving Communion. These guidelines continue to emphasize our belief in the true presence of Christ in the Eucharist and provide guidance for people of various backgrounds who might be present at Mass.

### **For Reflection:**

1. Review the ways you prepare for significant events in your daily or weekly routine. Heighten your awareness of the purpose of fasting before receiving Holy Communion by making intentional choices about how you spend that time before Mass.
2. Pray with St. Paul’s words to the Corinthians in [1 Corinthians 11:17–34](#). Consider what steps you can take to be more properly disposed to receive the gift of Holy Communion.

FINANCIAL STATEMENT

	Sunday Offerings	All Other Income	Expenses	Net Income
<b>April</b>				
<b>Actual</b>	\$47,321	\$5,532	\$44,352	\$8,501
<b>Budget</b>	\$45,583	\$4,417	\$49,417	\$583
<b>YTD (January–April)</b>				
<b>Actual</b>	\$175,217	\$20,422	\$180,365	\$15,274
<b>Budget</b>	\$182,333	\$17,667	\$197,667	\$2,333

Funds	Refugee	Contingency	Building	SSVP
<b>Current</b>	\$3,370	\$97,015	\$55,394	\$27,120
<b>Goal</b>	N/A	\$100,000	N/A	N/A

REFLECTIONS



WEEKLY MARRIAGE TIP

What’s your favorite prayer or Scripture? Do you know what your spouse’s is? Why not say it together tonight?



STEWARDSHIP REFLECTION

May 17, 2026 – The Ascension of the Lord

*“Jesus raised his eyes to heaven and said. . . ‘I glorified you on earth by finishing the work that you gave me to do.’” John 17:4*

Christ fulfilled his vocation by finishing the work God gave him. An important part of our stewardship is the discernment of our role in God’s plan. Stewardship is about fulfilling the unique tasks that God has given to each of us.



GRIEF REFLECTION

“Am I broken?” “No you’re healing. Healing can be messy, and it takes time. Sometimes it might feel like you’re broken, but that’s just a rough edge being smoothed as it grows and fits into a new place. Soon.....you’ll be stronger than you were before.” – *Return with the Light by Tara Shannon*

A Message from Fr. Brian about the Pentecost Prayer Ministry



Last Sunday, I preached a bit about an upcoming event on Pentecost Sunday: prayer ministry. Prayer ministry is a concrete and simple way for us to pray with and for you. A good handful of our parishioners have put themselves forward to compose multiple teams of three to receive and welcome you, listen to any prayer requests you may have, and then lead the group in prayer for a few minutes. Like the friends of the paralytic in Luke chapter 5, they are there to bring any intercessions before the Lord.

These needs can vary: **physical/mental health; spiritual challenges; material needs; relationship challenges; emotional wounds of discouragement, anger, fear, despair, etc. Even prayers of blessing and thanksgiving are welcome!** Perhaps you may just want prayer for an increase of the Holy Spirit in your life—a greater abundance of the fruits and gifts of the Holy Spirit.

**This prayer ministry will be offered on Sunday, May 24, shortly after our 11 am Mass.** If you happen to come to another Mass that weekend, feel free to come to the parish around or shortly after noon; we’ll be here if there are people! We’ll have our teams stationed in different places throughout the church.

Knights of Columbus Summer Meat Raffle



Get your chance to win amazing prize packages, each valued at approx. \$600! Tickets are 3 for \$10. See the Knights after Mass.

Refugee Committee Update

In December 2024, our Parish applied, through the Diocese, to sponsor one last couple to join the other 4 related families our Parish has sponsored over the last 10 years. This was due to the parishioners generous support. Immigration and Refugee Canada have finally approved the application. We are now waiting to hear when the couple will get their travel documents to come to Winnipeg.

The Parish is committed to support them for one year. The parishioner’s financial support and prayers are needed to build up our refugee fund in order to do this. This couple have been in a Jordan refugee camp since 2016 and are anxiously waiting for their travel documents in order to join their Winnipeg relatives.

**The current Refugee Fund is: \$ 3,370.08**

Refugee Fund donation envelopes are available on the shelf next to the bulletins outside the office.



### Ordination to the Transitional Diaconate

We are pleased to inform you of the ordination of two (2) seminarians to the diaconate:



1. **Vincent Nguyen** - The ordination will take place on **Friday, May 22 at 7 PM at St. Emile Parish**, 556 St. Anne's Road in Winnipeg.



2. **Joseph-Martin Ngoc Hien Pham** - The ordination will take place on **Friday, May 29 at 7:30 PM at Christ the King Parish**, 847 St. Mary's Road in Winnipeg.

All are welcome to attend. Please pray for our seminarians.

### CCRS of MB Presents – Pentecost Conference with Fr. Hayden Williams – May 22 & 23, 2026 at Saints Martyrs Canadiens

Join us for a Holy Spirit filled Pentecost Conference! Our keynote speaker will no other than world renown Fr Hayden Williams, Praise & Worship will be led by the "ABLAZE" charismatic Music Ministry. Come and experience the power of the Holy Spirit thru anointed praise and worship, powerful teachings, Eucharistic Adoration, Holy Rosary, fellowship, Mass, and so much more! [CLICK HERE TO BUY TICKETS](#) or visit [www.catholicrenewalservices.com](http://www.catholicrenewalservices.com). For flyer, [click here](#).



### An Evening Celebrating Women's Contributions in the Church, with His Grace, Archbishop Albert LeGatt – May 28, 2026

All are warmly invited to St. Joseph the Worker Parish Hall (basement-no elevator), 505 Brewster St., on May 28th at 6:30pm for a special presentation by Archbishop Albert LeGatt on the topic:

This presentation will address the ongoing challenges women face in achieving fuller recognition of their gifts, vocation, and place within the Church, highlight their essential contributions throughout history: from Mary Magdalene's proclamation of the Resurrection to the leadership roles women hold today; and explore the importance of ensuring women's stories are represented in liturgical lectionaries while calling for the full implementation of opportunities already available to women under Canon Law.

Come join us as we reflect on the prominent roles women have played and continue to play in Church life, including advancing reconciliation, human dignity, and social justice.

As we focus on Service, we invite you to bring a new baby item to the event. The items will be donated to Villa Rosa. Coffee and tea will be served. We invite you to bring a sweet treat to share. For poster, [click here](#).

[Click here](#) to see the **2026 Mass Schedule in Cottage Country and Camping Areas** in the Roman Catholic Archdiocese of Saint Boniface.

The schedule is also available on our website and posted on the bulletin board. A limited number of printed copies are available near the parish office for you to take, and these will be replenished as needed.



### Job Opportunities!

There are several exciting job openings available. Please see the list below and click on each position for more details:

- [Basic French Teacher](#) – St. Mary's Academy
- [Basic French Teacher](#) – Christ the King School
- [School Counsellor](#) – Christ the King School
- [Part-Time Fundraising Agent](#) – St. Malo Parish
- [Catechetical / Sacramental Coordinator](#) (French and/or English Sector) – Notre-Dame-de-Lorette Parish
- [Archdiocesan Coordinator](#) for Catechesis and Adult Faith Growth (French Sector)

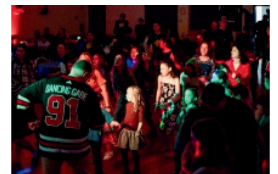
### Youth, Family and Community Dance – "Let There Be Light!" – June 6, 2026

We invite you to an upcoming celebration of dancing and fellowship at the Catholic Foundation of Manitoba's Youth, Family, and Community Dance. This year's theme is "Let There Be Light". This event is presented in partnership with the Archdiocese of Winnipeg, the Archdiocese of St. Boniface, and the Ukrainian Archeparchy of Winnipeg.

This fun-filled evening is for all ages and will take place on **June 6, 2026 at the Holy Eucharist Parish Centre, 460 Munroe Ave, Winnipeg. Doors open at 6:00 p.m. Dancing from 6:30 to 10:30 p.m.**

#### The evening includes:

1. High-energy music and light show by DJ Johnny (John Acosta)
2. Games, activities, prizes, and fun for all ages
3. Free snacks, refreshments, and a mid-evening lunch
4. Community booths and a dedicated quieter space for anyone who prefers a calmer environment or needs a break.



We encourage youth groups to make this dance part of their end-of-year celebrations. It's a fun, safe, and youth-friendly environment where young people can come together, celebrate their accomplishments, strengthen the friendships they've built, and make new connections with peers from across the province. It's the perfect way to wrap up your youth group for summer break. This event is our gift to the community, and we hope you'll join us in celebrating the spirit of community that makes Manitoba so special. Spread the word, bring a friend!

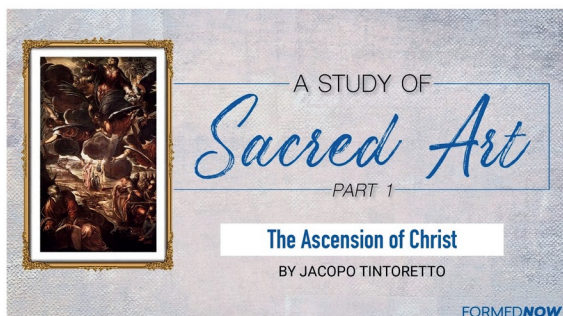
# This Week on Formed

Week of May 17, 2026



## Saint Rita

St. Rita of Cascia is immortalized in this wonderful, deeply moving film. This story is about the brave woman who married her knight, helped him overcome his dark past and convert to faith, happily bore him two children, and later endures immense pain as she loses everything in her life. Her story and love for Christ will inspire you to great holiness!



## The Ascension | Sacred Art

Join Dr. Ben Akers and Taylor Kemp to expand your knowledge of sacred art. In this episode on Formed, they discuss The Ascension of Christ by Jacopo Tintoretto.



## Saint Rita of Cascia: The True Story

A compelling docu-drama that tells the whole story of the amazing life of St. Rita of Cascia, the very popular saint who lived in Italy in the 14th century. Famous as the patronness of hopeless situations, St. Rita dealt with many very difficult and tragic events in her life. Through it all she developed a profound faith in God that was the source of her great strength, and why she is such a popular saint for all those dealing with difficult events in their own lives.

Our parish has a Formed subscription.  
Visit [signup.formed.org](https://signup.formed.org) and select our parish name.