



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

May 31, 2026 • Solemnity of the Most Holy Trinity

“For God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life.” JOHN 3:16

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.



CENTRAL PANEL AT THE CATHEDRAL OF THE MADELEINE IN SALT LAKE CITY PAINTED BY FELIX LIEFTUCHTER IN 1918

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

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

Seminarian:
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Custodian: Ignatius Zinowko
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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...

Monday, June 1

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

Tuesday, June 2

Exposition, Adoration of the
Blessed Sacrament and
Benediction is **CANCELLED**

Tuesday, June 2

Confirmation
7:00 pm

Wednesday, June 3

Knights of Columbus
7:00 pm | Parish Hall

Thursday, June 4

First Eucharist Retreat
6:30 pm | Church

Sunday, June 7

Eucharistic Procession,
Fellowship, and Anthony's
Goodbye Party!

Please remember in
your prayers...

† *Ormezinda Jorge*

Her funeral service will be on
Tues., June 2 at 10:30 am.

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

UPCOMING READING

Body & Blood of Christ

Deuteronomy 8:2-3, 14-16
1 Corinthians 10:16-17
John 6:51-59

Mass Intentions for May 30 - June 7, 2026

Sat., May 30	4:00 pm	†	Phil Landry from André and Pam Jeanson
Sun., May 31	9:00 am		Special Intention from the Gocik family
Sun., May 31	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Tue., June 2	10:30 am		Please note: There will be no weekday Mass. A Funeral Mass will be celebrated instead for Ormezinda.
Tue., June 2	7:00 pm		Confirmation Mass
Wed., June 3	9:30 am		Andrej Gocik from Gocik family
Thu., June 4	9:30 am		For the birthdays of Juan Carlos Bacani and Janet Manalo from Lilian Bacani
Fri., June 5	9:30 am	†	Selma Demski from Frances Kullman and Holly Pereira
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

NEXT WEEK on June 7: Corpus Christi Eucharistic Procession

Please note that there will be no First Friday Exposition, Adoration of the Blessed Sacrament, and Benediction for the month of June. Instead, on the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi) on **June 7, all are warmly encouraged to join our 4th Annual Eucharistic Procession following the 11:00 a.m. Mass.**

Together, we will prayerfully process around the church with the Blessed Sacrament, accompanied by incense, candles, hymns, and moments of prayer at outdoor stations, as we publicly witness to our faith in the Real Presence of Christ in the Eucharist.

Our First Communion children will help lead the celebration with banners, bells, and flower petals in honor of Jesus in the Eucharist.

Following the procession, all are welcome to gather in the hall for **fellowship** and refreshments. **This gathering will also be an opportunity for our parish family to offer our prayers, gratitude, and best wishes to our seminarian, Anthony, as he prepares to leave us.**

We hope you and your family will join us for this beautiful celebration of our faith and parish community; and celebrate Anthony's time with our parish and assuring him of our continued prayers on his journey toward the priesthood.





Do This in Remembrance of Me, Part 71: Spiritual Communion

When we looked at the guidelines for receiving Communion, we noted that there are several circumstances where a person might not be able to receive Jesus truly present in the Blessed Sacrament, such as someone who doesn’t share the Catholic faith or belief in the gift of Jesus in the Eucharist; someone who does believe but is unable to receive because of illness; someone who is living outside the moral teaching of the Church; or someone who needs to partake of the Sacrament of Reconciliation before receiving Communion. For many in these situations, abstaining from receiving the Holy Eucharist can be a great sacrifice. What should we do when we aren’t able to receive the greatest possible gift in the world?

In the “Source and Summit of the Christian life,” we encounter Jesus, God with us, who offers us the greatest gift we could ever receive: himself. Without question, not being able to receive Communion can be an incredible challenge and sacrifice. The fact that this is a hard sacrifice is a good thing! The difficulty shows us where our hearts really are and that we understand the truth of the Eucharist. If we didn’t believe Jesus was really present, this sacrifice wouldn’t be nearly as hard to offer. Besides the genuine reverence we show for the sacrament, not being able to receive can offer us a unique opportunity to become even more aware of God’s presence in our lives and his call for us to turn away from sin and allow his grace to work in our lives. For those who are longing for the true presence of Jesus in the Eucharist, this time also offers the opportunity to practice making a **“Spiritual Communion”** to unite with Jesus in the Eucharist.

What Spiritual Communion Is

What is Spiritual Communion? As the Guidelines for Reception of Holy Communion state: “All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another” (United States Conference of Catholic Bishops, 1996). This practice is called a Spiritual Communion. While reception of Holy Communion is incredibly significant and our fullest participation in the Mass, those who are not able to receive the Eucharist sacramentally can unite themselves spiritually to Christ through prayer. We can still pray and thank God in that moment for the wonderful love of Jesus and his saving sacrifice. We can acknowledge through prayer that we believe Jesus is truly present in the Eucharist. We can express true longing from our hearts that we will be able to receive the Eucharist in the future. We can express the desire in the moment of being able to receive graces from Jesus in the Eucharist, even though we are unable to receive him sacramentally. So, those who cannot receive Communion can still gain spiritual fruit from the Mass, uniting themselves to Christ through desire and prayer.

At various times in our Church history, Spiritual Communion was really more the norm than the exception. Many saints lived during eras when reception of Communion was very rare, arising from many factors such as the legality of Christianity, the availability of priests, or a humble sense of unworthiness to receive our Lord. In his book *The Holy Sacrifice of the Mass*, Fr. Michael Muller talks about spiritual union with the Mass even from a distance: “It is well for those who can do so in the course of the morning to retire to their room nearly at the time which they know to be the hour when the Holy Sacrifice of the Mass is being offered in the Church, and, after having implored the grace of God, to perform with recollection and fervor the duty of religion, to kneel down before the Crucifix, and with all the sentiments of devotion possible to unite heart and soul to the Heart of Jesus in the holy Mass, and then read or say the same prayers which they would have said had they been actually present in the church, never forgetting to make the spiritual Communion, which may be made in any place, and at any hour of the day or night” (*The Holy Sacrifice of the Mass*, p. 392).

How to Make a Spiritual Communion

Spiritual Communion allows us all to be participating in the prayer of the Mass, either from our pew or from a distance. If you are unable to receive the Eucharist, just after the priest receives Communion (at what would be the normal time people come forward for Communion), you can tell Jesus in your heart of your desire to receive him. This can be in your own words or, if you prefer, this commonly known prayer from St. Alphonsus Liguori:

An Act of Spiritual Communion

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You. Let me not be ever separated from You. Amen.

Our faith tells us that, by the grace of Christ, we will navigate the challenges of our lives. Let’s unite ourselves in mind and heart to Jesus this day, trusting in him and his love for us!

For Reflection:

1. Whether or not you receive Communion regularly, consider how you can integrate the practice of “Spiritual Communion” into your daily life, either at the time of a local daily Mass you do not attend, or when passing a Catholic church where the Blessed Sacrament is reserved in the tabernacle.

2. If you do receive Holy Communion regularly, make an effort to be mindful of those who do not or cannot. The next time you prepare to receive Communion, pray that others will be able to do so, too.



If you are subscribed to receive our weekly email newsletter and haven't been receiving it lately, please know we're aware of the issue and are working to have it resolved as soon as possible. Thank you for your patience and understanding.

In the meantime, we invite you to visit our website at www.st-timothy.ca/news or to pick up a printed copy to stay connected with all that's happening in our church community.



CORRECTION Please join us in celebrating our young parishioners receiving the Sacraments this June!

Confirmation will be celebrated on **Tuesday, June 2** at 7:00 pm, and **First Communion** on **Sunday, June 7** at the 11:00 am Mass. We invite the whole parish community to keep these candidates and their families in your prayers as they continue to grow in faith.

Chalice Sponsorship Weekend – June 6/7

Open your heart to child sponsorship



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. **Chalice volunteers will be in the narthex after each Mass during the June 6/7 weekend with biographies and pictures of 20 children who are in need of relationships with caring sponsors.** Visit chalice.ca for more information. **Please take a moment to pray and ask whether God is calling you to sponsor a child today.**



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

Our Cupboards are Bare!

The SSVP Larder is low on food. Can you help us to help feed the hungry? Our teams are still going out weekly to provide food to those who call our helpline and we are in need of perishable food items for the hampers we deliver to our Friends.

If you are able to help us, it would be appreciated. These are the items we need:

- Cereals
- Macaroni and cheese
- Pasta and pasta sauce
- Canned beans
- Peanut butter
- Canned soups
- Tinned tuna, salmon, chicken or ham

Help us help those in need.

[Give now](#)

Thanks for your ever-generous help.

"We know only too well that what we are doing is but a drop in the ocean. But if the drop were not there, the ocean would be missing something." – Mother Teresa

REFLECTIONS



WEEKLY MARRIAGE TIP

Spring and summer are great times to start new hobbies. Talk with your spouse about your interests and pick a new hobby to do together.



STEWARDSHIP REFLECTION

May 31, 2026 – The Most Holy Trinity

"The Lord, the Lord, a merciful and gracious God, slow to anger and abounding in steadfast love and faithfulness." Exodus 34:6

Stewardship is a response to the goodness of God. We give out of gratitude to a gracious God, not out of fear that God will be vengeful.



GRIEF REFLECTION

Whenever a grief feeling arises, notice it and let it absorb your full attention for at least a few minutes. Remember—it's another facet of your love for the person who has died. "I understand now that I'm not a mess but a deeply feeling person in a messy world. Now, when someone asks me why I cry so often, I say, 'For the same reason I laugh so often—because I'm paying attention'. — *Understanding Your Grief*



Gardener's Corner

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 on May 30–31 and June 6–7. The raffle draw will be on **June 8.**



Thank you so much for supporting our church community, and thank you to the Knights of Columbus for their generous donation of \$250.00 towards the prizes.



Pope Leo XIV signs "Magnifica humanitas" (@Vatican Media)

Pope Leo XIV's First Encyclical Letter: Magnifica Humanitas

Pope Leo XIV's Encyclical Letter, *Magnifica Humanitas*, was released on May 25, 2026. It focuses on safeguarding the human person in the time of artificial intelligence. The letter is dated 15 May, to commemorate the 135th anniversary of Pope Leo XIII's Encyclical Letter, *Rerum Novarum*.

The Dicastery for Promoting Integral Human Development offers the following synopsis of the Encyclical Letter: "Magnifica Humanitas offers insights into the protection of the human person in the age of artificial intelligence, recognizing a profound epochal shift. It places the dignity of the human person at the centre as the criteria for guiding technical progress. The Church's social teaching accompanies these transformations, pointing to the common good, solidarity and subsidiarity as the fundamental benchmarks for understanding and interpreting the transformation currently underway. It proposes, as an alternative to the culture of power and war, a civilization of love founded on justice, dialogue and shared responsibility."

- [Message of His Holiness Pope Leo XIV for the 60th World Day of Social Communications: Preserving Human Voices and Faces](#)
- [Inter-Dicasterial Commission on Artificial Intelligence](#)
- [Message of Pope Leo XIV to Participants in the Second Annual Conference on Artificial Intelligence, Ethics, and Corporate Governance](#)
- [Antiqua et Nova: Note on the Relationship Between Artificial Intelligence and Human Intelligence](#)
- [Message of His Holiness Pope Francis for the 58th World Day of Social Communications – Artificial Intelligence and the Wisdom of the Heart: Towards a Fully Human Communication](#)



Link to the Encyclical Letter or visit: bit.ly/20260515-magnifica-humanitas

Friends in Faith – Connection Café – June 1, 2026

Inviting all people looking for spiritual support to get through life's challenges. Each monthly event features a practical life or wellness topic, discussion, prayer, fellowship and refreshments. June's topic will be **Wellness, Jesus and Me – From Anxiety to Peace**.

Join us as Margaret Marshall shares her deeply personal journey through anxiety, physical challenges, empty nest grief, loss of identity, and the daily struggle to keep moving forward. Living with cerebral palsy and other health obstacles, Margaret shares with honesty, warmth, and hard-won wisdom about how she found greater peace by inviting Jesus into every area of her life. Note – Margaret's book will be available for purchase and signing (\$20). Monday, June 1 at 7:00 pm at Mary, Mother of the Church, 85 Kirkbridge Drive. Please arrive early. Cost is goodwill offering. See mmoc.ca for more info and [to register](#).

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.** Learn more: www.catholicfoundation.mb.ca/dance

Photo Gallery – Vincent Nguyen's Ordination to the Transitional Diaconate

St. Emile Church was in celebration, on May 22nd, for the ordination of Vincent Nguyen to the Transitional Diaconate. The Mass, presided by archbishop Albert LeGatt, was fittingly solemn event for the seminarian's entrance into Holy Orders.

We ask all the faithful to pray for our new deacon, and to pray for a year of continued spiritual growth as he moves forward towards the priesthood in 2027.

A warm thank you to Nam Vu of St. Philip Minh Parish, and Trevor Chilton from St. Bernadette Parish for their lovely photos. [Click here](#).



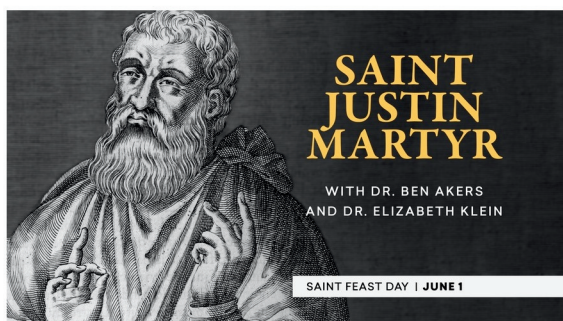
This Week on Formed

Week of May 31, 2026



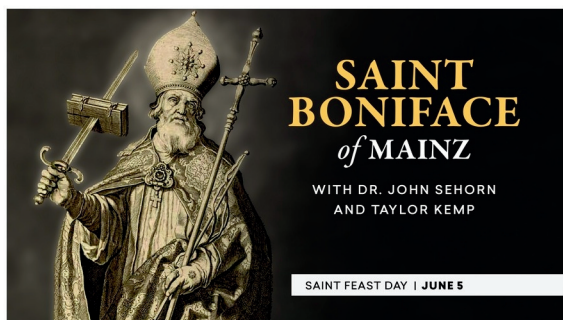
Lectio: God

Who is God and what does he mean when he says "I Am Who I Am"? Join Dr. Elizabeth Klein in her latest Lectio series as she begins to unpack the mystery of who God is.



Saint Justin Martyr | Catholic Saints

Dr. Ben Akers sits down with Dr. Elizabeth Klein to discuss St. Justin Martyr, an early Church martyr who wrote several significant Christian apologetic works. He sought the truth in other philosophies, drawing out what was true and good and relating it to Jesus Christ.



St. Boniface | Catholic Saints

Known as the "Apostle to Germany," the bishop and martyr St. Boniface worked tirelessly to renew the Church in Germany. Although his efforts ultimately bore great fruit and helped to recenter the faith of the Germans, St. Boniface often felt like a failure in his missionary work.

Our parish has a Formed subscription.
Visit signup.formed.org and select our parish name.