



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 3:00 pm

(closed noon - 1:00 pm)

Next bulletin will be released on:

Friday, August 28, 2026

August 16 and 23, 2026

20th and 21st Sunday in Ordinary Time

*Then Jesus answered her, "O woman, great is
your faith! Let it be done for you as you desire."*

MATTHEW 10:39

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.



JESUS WITH THE CANAANITE WOMAN
ANNIBALE CARRACCI, 1595

Pastor: Fr. Brian Trueman
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st.timothyrefugeeministry@gmail.com

Bulletin: Submit by Tuesday
bulletin@st-timothy.ca



COMING UP...

Monday, August 17 & 24

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



Prayer & Life Workshop

Information Session
Wed., September 9, 2026
at St. Timothy Parish
6:30 PM to 8:30 PM

"Abide in me, and I in you....I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing."
John 15: 4-5

We are pleased to invite you to the Prayer & Life Workshop. Discover a deeper relationship with Jesus through prayer and reflection. Join us for a unique journey into prayer, where you will learn how to set aside sacred time each day to meet the Lord, meditate on His Word, and deepen your friendship with Him. Discover how prayer can become a source of peace, direction, and joy in your daily life.

For more information:
204-869-8175
manitoba@tovpil.ca

For poster, [click here](#).

UPCOMING READING

22nd Sunday in Ordinary Time

Jeremiah 20:7-9
Romans 12:1-2
Matthew 16:21-27

Mass Intentions for August 8-16, 2026

Sat., Aug 15	4:00 pm	†	Len Kelly from Donna Kelly and family
Sun., Aug 16	9:00 am		In thanksgiving for our wedding anniversary from Anita and Dan
Sun., Aug 16	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman

Please note that there will be no weekday Mass from Aug 18-21, as Fr. Brian will be away.

Sat., Aug 22	4:00 pm	†	Adele Bouvier from Manaire Family
Sun., Aug 23	9:00 am	†	Eileen Jones from Julian Jones and Family
Sun., Aug 23	11:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Tue., Aug 25	9:30 am	†	Frances Kolla from Neighbours of Bridgeway Crescent
Wed., Aug 26	9:30 am	†	Blaise Fernando from Fernando Family
Thu., Aug 27	9:30 am		Special Intention from Michelle Coyne
Fri., Aug 28	9:30 am	†	John Mankewicz from Nicole Nicholson
Sat., Aug 29	4:00 pm		For Anthony Hoang and all seminarians
Sun., Aug 30	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., Aug 30	11:00 am	†	Barry Yanchyshyn from Anne Yanchyshyn

THIS WEEK ON FORMED: Visit [formed.org/signup](https://www.formed.org/signup)



Saint Bernard of Clairvaux | Catholic Saints

Who was St. Bernard of Clairvaux? In this FORMED Now episode, Dr. Ben Akers is joined by Dr. John Sehorn to discuss this great saint and Doctor of the Church.



The Queen Mother | Lectio: Mary | Episode 4

Mary serves as our Queen Mother. What does that mean? Join Dr. Brant Pitre as he explores the scriptural roots of this title.



Pope Saint Pius X | Catholic Saints

Join Dr. Ben Akers with Lucas Pollice as they discuss the life of Pope St. Pius X and his work to restore all things in Christ.



Do This in Remembrance of Me, Part 80: Personal Thanksgiving

Let us go forth! But not so fast that we forget to give thanks! Another important part of taking in the graces received in the Mass is "the personal thanksgiving." According to the Diocese of Peoria, "While nothing is officially noted in the rubrics, the importance of making a personal thanksgiving after Mass has been emphasized by many saints throughout the history of the Church. It is so important that the clergy are advised by canon law to make such an act. We never rush saying goodbye to someone we love. How true this should be with our Lord whom we have just praised and adored at the Holy Mass" (A Study of the Mass, p. 21).

Fr. Stefano Manelli notes saints who emphasized the personal thanksgiving after Mass. For example, St. Louis de Montfort "used to remain after Mass for thanksgiving at least a half hour, and he would not permit any need or assignment to serve as a reason for omitting it. He said, 'I would not give up this hour of thanksgiving even for an hour of Paradise.'" In another story, Fr. Manelli explains, "A fellow sister asked St. Bernadette, 'How are you able to remain for so long in thanksgiving after Holy Communion?' The saint replied, 'I consider that it is the holy Virgin who gives me the Baby Jesus. I receive Him. I speak to Him and He speaks to me'" (Jesus Our Eucharistic Love: Eucharistic Life Exemplified by the Saints, pp. 46, 113).

Lingering with Our Lord

Further exhorting the virtues of a personal thanksgiving, Charles Belmonte teaches that, "in Communion, Jesus not only comes into our arms, or sits by our side, but also enters and dwells in our hearts. Thus, our heart ought to glow in the same way that the hearts of the disciples on the road to Emmaus burnt within them as Christ spoke and explained the Scriptures to them. It is natural that we desire to remain a few minutes in prayer and thanksgiving after the Mass. The Church recommends this practice. Sometimes, we will be talking with Christ. At other times, we will say nothing at all; we will simply look at him and he will look at us. We should also know that Christ's Body and Blood remain in us after communion as long as the accidents of the bread and wine remain as such. As soon as our bodily processes change these accidents, Christ's real presence ceases to be. Nevertheless, we continue living in his Mystical Body. While Christ is really present inside us in the form of the consecrated species, we must be grateful and gracious hosts to him... St. Josemaria Escriva thus advises us: 'Do not leave the Church almost immediately after receiving the sacrament. Surely you have nothing so important to attend to that you cannot give our Lord ten minutes to say thanks. Let's not be mean. Love is paid for with love'" (Understanding the Mass, pp. 200-1).

Ideas to Pray in Thanksgiving after Mass

Need some further ideas of what to pray in personal thanksgiving? Belmonte continues, "The content of our thanksgiving will be just a continuation of the sentiments and affections we have felt—or tried to foster in ourselves—during the Mass, but perhaps in an atmosphere of greater intimacy this time. Sometimes, acts of faith, hope and charity addressed to the Three Divine persons will spurt from our soul. At other times, we will maintain an intimate dialogue with Jesus, our divine Friend who will purify and transform us. Or perhaps, we will just be sitting still, in silent adoration, in the same manner that a mother watches over her son who has fallen asleep. According to St. Teresa, there is no other time than thanksgiving after Mass when we can so easily enrich our soul with virtues, or so rapidly advance to a high degree of perfection. We should not look for prayers or formulas, if we do not find any need for them. But if we realize they can help us, we should overcome our laziness (say, to open our missal and read the prayers for thanksgiving there). [...] We should remember to pray for all those who cannot be with us in this celebration because they do not share the faith of the Church." Belmonte reminds us that prayers to our Blessed Mother and the saints can be helpful, quoting from Pope St. Paul VI: "May the most Blessed Virgin Mary, from whom Christ the Lord took flesh that 'is contained, offered, received' in this sacrament under the appearances of bread and wine, and may all the saints of God and especially those who were more inflamed with ardent devotion toward the divine Eucharist, intercede with the Father of mercies so that this common belief in the Eucharist and devotion to it may give rise among all Christians to a perfect unity of communion that will one day flourish" (Understanding the Mass, pp. 201-3; *Mysterium Fidei*, 75).

No doubt, after Mass we will be excited to go out into the world! Perhaps we have people we are going to visit or gatherings or events we will attend. Hopefully, we don't get in such a hurry that we omit the thanksgiving, a wonderful opportunity to solidify the fruits of the Mass!

For Reflection:

1. If you are not in the habit of making a personal thanksgiving after Mass, commit to this practice. If you attend Mass with others, share this commitment with them and invite them to participate. Allow this time of personal prayer to help foster spontaneous intimacy with the Lord, or make use of composed prayers if you find them helpful.
2. Extend the practice of personal thanksgiving at the end of Mass to other areas of your life by concluding other events or interactions with a moment to acknowledge and give thanks to God for the fruits of this time, whether silently and privately in your own heart or in union with those open to your devotion.



What Would You Like to See in Our Bulletin?

Our "Walk Through the Mass" series will be coming to an end soon, and we'd love to hear from you! What would you like to see more of in our parish bulletin? Would you enjoy more Catholic faith formation, saint spotlights, explanations of Church teachings, Scripture reflections, prayer resources, liturgical traditions, family faith activities, Catholic history, or tips for growing in your prayer life?

We want our bulletin to be a helpful and inspiring resource for our whole parish community.

Share your thoughts and ideas and let us know what would be meaningful to you! Email your suggestions and ideas to Fr. Brian at fr.brian@st-timothy.ca or the parish office at info@st-timothy.ca. We'd love to hear from you!

Anthony Hoang's Candidacy Mass – Saturday, August 29

Join us for the **4:00 PM Mass** on Saturday, August 29, as we joyfully gather as a parish family to celebrate Anthony Hoang's Candidacy Mass. The Mass will be presided by Archbishop LeGatt.

This is a beautiful and significant step in Anthony's journey toward the priesthood as he continues to respond to God's call. Let us surround him with our prayers and support, asking the Lord to strengthen him in his vocation and guide him with wisdom, grace, and joy. All are warmly invited!

First Religious Profession of Novice Teresa Nguyen Thi My Dung – Saturday, September 5, 2026

With grateful hearts, the **Canadian Province of the Sisters of Our Lady of the Missions (RNDM)** joyfully invites you to celebrate the First Religious Profession of Novice Teresa Nguyen Thi My Dung.

Please pray for Teresa as she publicly dedicate her life to God through her first vows of poverty, chastity, and obedience, lived in community.



The Eucharistic celebration will be presided over by The Most Reverend Albert Legatt, Archbishop of the Archdiocese of Saint Boniface, at **11:00 am on Saturday, September 5, 2026, at St. Philip Minh Parish**. Following Mass, you are warmly invited to join us for lunch in the St. Philip Minh Parish Hall.

"Yet I live, no longer I, but Christ lives in me."
GALATIANS 2:20

International Student Connections

I want to thank the people of this parish, such as Anthony & Teresita, who helped make the launch of this program a success.

- Are you an International student at one of Winnipeg's universities, and wanting to experience family life here in Winnipeg?
- Or are you someone who would be happy to host an international student with a meal in your home several times in the academic year, helping the student experience family life while you enjoy the new insights such an international connection can bring?

This can all happen through an exciting program launched last fall.

Visit the website at: <https://internationalstudentconnections.ca> to learn about it. Then, I invite you to click the registration link to take part.



REFLECTIONS



MARRIAGE TIPS

- "Where you invest your love, you invest your life." (Marcus Mumford) Is your love invested in the most important parts of your life – God, your spouse, your children? Take a moment to evaluate.
- Winning an argument is not about proving you're right. It's not YOUR problem or MY problem. It's OUR problem. Sometimes the marriage can win if you lose.



STEWARDSHIP REFLECTION

August 16, 2026 - 20th Sunday in Ordinary Time

"Observe what is right, do what is just; for my salvation is about to come, my justice, about to be revealed." Isaiah 56: 1

A steward is keenly aware of the need for justice. It is the Lord's justice practiced by a steward that delivers the poor.

August 23, 2026 - 21st Sunday in Ordinary Time

"Who do people say that the Son of Man is?" Matthew 16:13

The answers the disciples gave to Jesus' question varied because they recognized some of the attributes of individual prophets in Jesus. Peter saw what the Messiah was supposed to be because Jesus reflected who He was. A steward reflects generosity and this is immediately recognizable to all that he meets.



GRIEF REFLECTION

Choose hope for your healing. You don't heal from the loss of a loved one because time passes. You heal because of what you do with the time.

Thank You, Arbo Flora Garden Centre!

A heartfelt thank you to Arbo Flora Garden Centre for their generous donation of beautiful flowers to our parish. Their kindness and support are greatly appreciated and help bring beauty and joy to our parish community! Check them out at St. Anne's Rd!



Glo-Ball Golf 2026

Due to a lack of interest, the Glo-Ball Golf event has been suspended at this time. Thank you to everyone who expressed interest and to the St. Timothy Knights of Columbus for organizing this event.