



# 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](mailto:info@st-timothy.ca)  
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 24, 2026 • Pentecost Sunday

*“The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.”* 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.



PENTECOST BY EL GRECO, 1600

**Pastor:** Fr. Brian Trueman  
[fr.brian@st-timothy.ca](mailto:fr.brian@st-timothy.ca) | 204-949-3769

**Parish Administrative Assistant:**  
Paulene Limonar  
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Michelle Coyne  
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**Youth Ministry Coordinator:**  
Vince Diestro  
[youth@st-timothy.ca](mailto:youth@st-timothy.ca) | 204-257-3723

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

**Seminarian:**  
Anthony Hoang | [anthony@st-timothy.ca](mailto:anthony@st-timothy.ca)

**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 23

Adult Faith Formation & RCIA  
9:30 am | Parish Hall

### Sunday, May 24

Children's Liturgy of the Word  
11:00 am Mass



### Monday, May 25

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

### Tuesdays after Mass

Exposition, Adoration of  
the Blessed Sacrament  
& Benediction



### Tuesday, May 26

Drop-in Grief Support Group  
1:30 pm | Library

### Saturday, May 30

Altar Servers Workshop  
10:00 am - 12:00 pm  
Church | Parish Hall

## UPCOMING READING

### Most Holy Trinity

Exodus 34:4-6, 8-9  
2 Corinthians 13:11-13  
John 3:16-18

## Mass Intentions for May 23-31, 2026

|              |          |   |  |
|--------------|----------|---|--|
| 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 |
| Tue., May 26 | 9:30 am  | † | Vivian Ferenc from Wilson and Bojarski Families                            |
| Wed., May 27 | 9:30 am  | † | Bert Rebeiro from Joan Rebeiro   |
| Thu., May 28 | 9:30 am  |   | Rachel and Rebecca Gocik from Grandparents                                 |
| Fri., May 29 | 9:30 am  |   | Rachel and Rebecca Gocik from Grandparents                                 |
| 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            |



St. Timothy's Garden Ministry is seeking a volunteer with cedar pruning experience and the proper equipment to help prune the cedars on our church grounds. If you are able to help, please contact Linda at 204-798-8339 or mteriaco@mts.net.

You can also support the Garden Ministry by entering our **raffle for a chance to win one of two beautiful prizes: a Gardener's Basket and a Patio Basket**, each valued at \$250. **Tickets are \$5 each or 3 for \$10** and will be available on the weekends of May 30-31 and June 6-7 before and after all Masses, with the raffle draw taking place on June 8.

Thank you for supporting our parish community and helping keep our church grounds beautiful!



## 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 70: USCCB Guidelines for Receiving Holy Communion**

**What are the Official Guidelines for Receiving Holy Communion?** Last time, we looked at the three requirements for receiving Communion: being a Catholic, in the state of grace, and observing a one-hour fast beforehand. To help people understand and to be clear, the United States Conference of Catholic Bishops put together a listing of guidelines that would cover anyone who might happen to be at Mass. Sometimes you will see these guidelines printed on programs of special Masses or often on (or inside) the cover of the Missalettes. Since we covered them a bit last time, hopefully the first two sections will sound familiar. For a closer look at the USCCB guidelines, they are listed here:

**FOR CATHOLICS:** As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible ([Code of Canon Law] canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

**FOR OUR FELLOW CHRISTIANS:** We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ’s prayer for us “that they may all be one” ([John 17:21](#)). Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 § 4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own churches. According to Roman Catholic discipline, the Code of Canon Law does not object to the reception of Communion by Christians of these Churches (canon 844 § 3).

**FOR THOSE NOT RECEIVING HOLY COMMUNION:** 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.

**FOR NON-CHRISTIANS:** We also welcome to this celebration those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.

What about those who are not able to receive Communion? As we can see here from the USCCB directives, we are asked to pray for true unity and a lessening of divisions. Recall that Jesus prayed for unity at the Last Supper, “I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us” ([Jn 17:20](#)). It is the Lord’s desire for us to be united together. It is a great challenge for us to be mindful of this prayer of Jesus and to be joined with him in praying for a true growth in unity. For those not able to receive Communion at this time, there is also what is called a prayer of Spiritual Communion. We’ll take a closer look next week!

### **For Reflection:**

1. Practice having a conversation with a non-Catholic or lapsed Catholic about the disposition necessary to receive Holy Communion. Develop an approach that respects truths about the Eucharist and expresses care and concern for the other.

2. Access an [Examination of Conscience guide](#) and make reflecting on your thoughts, words, and actions a nightly exercise. Familiarize yourself with opportunities for the Sacrament of Penance in your area, and make this sacrament part of your regular routine. If you have been away from this sacrament, schedule an appointment with a priest to discuss your situation.





**Prayer Ministry – Sunday, May 24**

Join us after the 11 am Mass on Pentecost Sunday. Parish prayer teams will be available throughout the church to pray with you for any intention—healing, guidance, relationships, thanksgiving, or a

deeper outpouring of the Holy Spirit. If you attend another Mass that weekend, feel free to come by around noon as well.

**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](http://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." (Mt 18:5)*

**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.

**Corpus Christi Eucharistic Procession – June 7**

Mark your calendars! Fr. Brian warmly invites you to our 4th annual Eucharistic Procession for the Solemnity of Corpus Christi on Sunday, June 7, following the 11:00 am Mass. Join us as we publicly witness to our faith in Jesus' Real Presence in the Eucharist through prayer, song, and procession around our church grounds. Reception to follow in the parish hall. More details to come!



**Thank you to those who attended the Crowning of Mary on the Feast day of our Lady of Fatima last week!**

The month of May has long been dedicated to the Blessed Virgin Mary, a tradition rooted in the beauty of springtime and the Church's deep love for the Mother of God. As flowers bloom and new life emerges, Catholics are invited to honor Mary's humility, faith, and tender care – always remembering that everything about Mary leads us closer to Jesus Christ.

**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*

**GRIEF REFLECTION**

"Good self-care is always important, of course, but when you're in grief it's even more essential. What am I doing today to take good care of myself?" – *Understanding Your Grief*

The last **Grief Group Drop-in: Moving forward in our journey of loss** will be on **Tuesday, May 27 at 1:30 pm**. All are welcome to attend, and no registration is needed! After this month, St. Timothy's Grief Support Group Coffee will resume in the Fall.

### Ordination to the Transitional Diaconate

We are pleased to inform you of the ordination of **Joseph-Martin Ngoc Hien Pham** to the diaconate 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.



### 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.



### The 2026 St. Amant Together Award

The St. Timothy Knights of Columbus has a long history of serving the community with passion and generosity, and has been a dedicated supporter of St. Amant for many years.



Through volunteerism and community events, members have consistently supported St. Amant's mission. Their fundraising initiatives – including the annual charity golf tournament, pancake fundraisers, and Sisters of the Holy Rock concerts – have helped raise over **\$192,000** since 2009 in support of the Foundation. Their contributions have funded autism research, the Spirit Cottage, chapel renovations, improved outdoor spaces, living unit renovations, the stabilization unit, inclusive recreation experiences, and more.

This longstanding partnership reflects the St. Timothy's Knights of Columbus belief that **strong communities are built through shared responsibility, and a willingness to serve others.**

Today, the St. Timothy's Knights of Columbus continues to value opportunities to work alongside organizations like St. Amant and many others, carrying forward a tradition of service that reflects its commitment to community.

Congratulations to the St. Timothy Knights of Columbus on receiving the 2026 St. Amant Together Award! We, the parish community, thank them for their faithful witness of charity and commitment to serving others! And as a friendly reminder...

The St. Timothy Knights of Columbus along with the Harapiak family will sponsor an **annual bursary for this year in the amount of \$2,000**. The bursary will be awarded to a 2026 secondary school graduate. Rules of eligibility and application forms are by the parish office. **Applications must be received by June 26, 2026.**



### First Public Retreat at St. Charles Retreat Centre: The Holy Trinity in My Life, A Quiet Day of Rest and Reflection – June 3, 2026

St. Charles Retreat Centre invites you to come away for a day of quiet prayer, rest, and renewal. Centered on the love of the Holy Trinity, this day will offer space to step away from the noise of daily life and rest in God through prayer, reflection, silence, and community. This first public retreat hosted by St. Charles Retreat Centre will be facilitated by Ted & Nancy Wood of the Chemin Neuf Community. More details and registration information will be shared next week.

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!



### Archbishop LeGatt Video – On AI and Technology in Our Lives

In this month's message, Archbishop Albert invites the faithful of the

Archdiocese of Saint-Boniface to reflect thoughtfully on the growing presence of artificial intelligence and omnipresence of technology in our daily lives. When used appropriately, these tools may certainly confer benefits; however, their unbridled use carries substantial risks to our very humanity. He reminds us that their use calls for careful judgment and spiritual discernment, lest convenience lead us into intellectual or spiritual complacency. Created in God's image, we are entrusted with the gifts of reason, creativity, and moral responsibility. These are not meant to be outsourced, but exercised and strengthened. As we engage with new technologies, Archbishop Albert encourages us to remain attentive stewards of our minds and hearts, ensuring that our choices continue to reflect the dignity and purpose given to us by God.

To view the video, [click here](#) or visit the diocesan [Facebook page](#) or website: [www.archsaintboniface.ca](http://www.archsaintboniface.ca)

# This Week on Formed

Week of May 24, 2026



## Saint Philip Neri: I Prefer Heaven

This captivating film highlights St. Philip Neri's great love for youth, his warm sense of humor, contagious joy, deep mystical spirituality, and his amazing gift for miracles. Watch this film to learn more about the famous Apostle of Rome.



## The Wild Goose

The Wild Goose. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit. It is a 14 part series featuring Fr. Dave Pivonka and various interviews. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites viewers to an encounter, or a renewed encounter, with the Holy Spirit.



## The Victory of Joan of Arc

Meet Joan of Arc. In this powerful movie-of-the-mind audio drama, you'll hear the true story of how she rose from an obscure peasant village to serve God and her country in the most surprising and miraculous ways.

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