



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)

June 21, 2026 • 12th Sunday in Ordinary Time

“The Lord is the strength of his people, a saving refuge for the one he has appointed...”

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.



THE PROPHET JEREMIAH BY MICHELANGELO (1512)

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

Parish Administrative Assistant:
Paulene Limonar
paulene@st-timothy.ca | 204-949-3760

Parish Accountant: Diane L'Arrivee
diane@st-timothy.ca | 204-949-3768

Coordinator of Religious Education:
Michelle Coyne
michelle@st-timothy.ca | 204-949-3764

Youth Ministry Coordinator:
Vince Diestro
youth@st-timothy.ca | 204-257-3723

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

Seminarian:
Anthony Hoang | anthony@st-timothy.ca

Custodian: Ignatius Zinowko
custodian@st-timothy.ca

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 22

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

Tuesdays after Mass

Exposition, Adoration of
the Blessed Sacrament
& Benediction



Tuesday, June 23

Relics presented by
Sean Pilcher
7:00 pm | Church

Mass Intentions for June 20-28, 2026

Sat., June 20	4:00 pm		Paul Gocik from the Gocik Family
Sun., June 21	9:00 am		Needs and intentions of all parishioners from Fr. Brian Trueman
Sun., June 21	11:00 am	†	Gilbert Kiriza from Solange Kiriza
Tue., June 23	9:30 am		In celebration of the birthdays of Raiza Pineda and Felicidad Cabais from Lilian Bacani
Wed., June 24	9:30 am		Lilian and Miriam Gocik from the Gocik family
Thu., June 25	9:30 am		Living and deceased family members from Donna and Allan
Fri., June 26	9:30 am		In thanksgiving from Grace Grindean
Sat., June 27	4:00 pm		Special intention from Michelle Coyne
Sun., June 28	9:00 am	†	Eileen Jones from Julian Jones and family
Sun., June 28	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:

Noah, son of Christian and Fernanda

He will be baptized on Sat., June 20 at 4:00 pm

Please remember in your prayers...

† *Margaret Langedock*

Her funeral service will be on **Mon., June 22** at 11:00 am.

† *Yvette Granger*

Her funeral service will be on **Thurs., June 25** at 11:00 am.

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

16th Annual St. Timothy Knights Charity Golf Tournament

On behalf of the St. Timothy Knights of Columbus, we can't thank you enough for your participation in the 16th Annual St. Timothy Knights Charity Golf Tournament held on June 4, 2026 at Oakwood Golf Course. **You helped to raise over \$6,500!**

The money raised will help those in need through the Society of St. Vincent de Paul.

This golf tournament could not be a success without you. We deeply appreciate the willingness with which you continue to support our efforts to improve the lives of the vulnerable in Winnipeg.

With gratitude,
Ray, Gerald, Bryan, Denis and Dave
The St. Timothy Knights Charity Golf Organizing Committee



Knights Knews!

- **Knights of Columbus Members BBQ – June 26**

All Knights are invited to our BBQ on Thursday, June 26 at **6:00 pm**. Come out for good food and great company! Please RSVP with the Grand Knight.

- **Annual Bursary**

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**.

UPCOMING: 13th Sunday in Ordinary Time • 2 Kgs 4:8-12, 14-16 | Rom 6:3-4, 8-11 | Matt 10:37-42



Do This in Remembrance of Me, Part 74: Private Silent Prayer

After the wonderful moment of receiving our Lord in Holy Communion, what should we do next? You got it: pray! According to the Diocese of Peoria, “After we receive the Most Holy Eucharist we return to our pew... This is a most opportune time to pray and talk with our Lord, whom we have just received” (A Study of the Mass, p. 20). The General Instruction of the Roman Missal instructs us that this period may be given over to quiet prayer or to singing: “When the distribution of Communion is over, if appropriate, the Priest and faithful pray quietly for some time. If desired, a Psalm or other canticle of praise or a hymn may also be sung by the entire congregation” (GIRM, 88). Depending on your parish traditions, there probably has been a Communion hymn or antiphon, which began after the priest received Communion. Your parish might also have a tradition of singing a Post-Communion hymn, sometimes called a hymn of thanksgiving. Many authors recommend that, in addition to these, there also be a period of silence.

The Importance of Silence

Fr. Guy Oury says that a period of silence is important: “The whole Church, the whole community, should take time to give silent thanks. It is important to do so, even if this has to be done after dismissal. This is the moment, if ever, to introduce a time of silence, as recommended also at other moments of the celebration. On the whole, however, the Eucharistic Prayer is much less silent than in the past, and the silence that favors recollection is a value not to be lost. Thanksgiving is absolutely indispensable in its collective form and its personal form. Sacramental effectiveness of the Eucharist does not work automatically. It requires dispositions. Mass itself is a thanksgiving, but thanksgiving does not cease with reception of Communion. It continues, and may extend to a hymn or a psalm said in common. There is much singing in the course of Mass, but at this moment it is well to let the peace of silence fall over the assembly” (The Mass, p. 123).



So, what kind of prayer is fitting during this time? Fr. Oury notes an anonymous author writing in Syria around the year 300 AD who gives us an example: “After receiving the precious Body and the precious Blood of Christ we give thanks to him for making us worthy to share in his holy mysteries and ask him that this partaking be not for judgment and condemnation but for salvation and the benefit of soul and body, for the preservation of piety, for the remission of sins and for the life of the world to come” (The Mass, p. 117). Perhaps this is a moment of prayer where thanks pour forth from our hearts as we recognize the wonderful gift we have been given. Maybe it is a moment to ask that we be strengthened for what we are facing. Hopefully, it is a moment to say from our hearts that we truly want to live in God’s love.

Silent but Active Prayer

Whatever our prayer is, Fr. Joseph McGloin reminds us that this time of silence shouldn’t be mindless and passive: “So, although this is a time of silence, it isn’t a time to prop ourselves upright, either kneeling or sitting, and doze off to dream of the upcoming day or the past night. It isn’t a time, either, to say, ‘Ok, Lord, do your thing,’ and then settle back to wait passively for Him to do it. That would be about as polite as welcoming a visitor into our home and then just sitting there while they entertained and feasted us. No, this moment of union with God after Holy Communion ought to be the most active, wonderful part of the Mass for us. We talk to him and we listen. His talk will be quiet talk—the way he almost always communicates with men... He wants to teach us, especially at this intimate moment, to love him in return. This will mean an active response on our part. Silent prayer doesn’t mean just sitting back in regal passivity, waiting for the gifts to be laid at our feet. A lady once complained to Fr. Walter Farrell, the great Dominican writer, that she couldn’t seem to pray in the presence of the Blessed Sacrament. ‘I begin a Hail Mary,’ she told him, ‘and then I look at the tabernacle and start to think about how good God is, and I never do finish my Hail Mary.’ She couldn’t pray? Here was a perfect prayer. And Mary would be the first one to admit that. The very purpose of our devotion to Mary (and all the saints) is to lead us to adoration of her divine Son” (How to Get More Out of the Mass, pp. 137–9).

So, let us use well this opportunity for prayer after Communion and grow closer to the Lord we have just received!

For Reflection:

1. Review the Lord Jesus’ teaching on prayer in [Matthew 6:5-8](#). Bring this attentiveness to personal prayer to God the Father to your time of prayer after receiving Communion.
2. What is your parish’s practice of prayer during and following Communion? Participate actively in this time of prayer, and feel free to speak with your pastor if you have suggestions about the use of hymns or silence during this time.

Relics – A presentation of the Biblical and Sacred Tradition of Relics of the Saints – June 23, 2026 at 7 pm

Come to an inspiring presentation of the Biblical and Sacred Tradition of Relics of the Saints and their significances in Catholic devotion! Presented by Sean Pilcher, Director of Sacra: Relics of the Saints (www.sacrarelics.org). Sean Pilcher is an internationally recognized expert on the history, preservation, care, theology and veneration of relics.

Do you have questions about a relic in your possession? Bring it with you! Free to attend. Donations will be gratefully accepted. For poster, [click here](#).

Chalice Sponsorship – Thank You

We had a successful Chalice sponsorship drive during the June 5/6 weekend. Seven parishioners signed up as sponsors. The boys and girls aged between 3 and 12 years old, and one older adult, are from Ukraine, Bolivia, Paraguay, Zambia, and Guatemala. We also received three onetime donations.

These children will soon receive practical help, proper nutrition, medical care and escape the cycle of poverty through education. Most importantly, these sponsorships will turn children's journeys from daily struggles into paths filled with hope and possibility.

If you are called in the future to sponsor a child, please visit the Chalice website, chalice.ca. Thank you again for your interest and support.

"Whoever welcomes one such child in my name welcomes me." (Mt 18:5)

Family Camps 2026

Join the Catholic School of Evangelization (CSE) for a fun-filled family weekend of faith, fellowship, prayer, games, beach time, and more as we discover how to make space for God in everyday family life.

Location: Catholic School of Evangelization, St. Malo, MB
 Schedule: Thursday, 6:00 p.m. – Sunday, 3:00 p.m.

Camp Dates

- Camp 1: July 9–12, 2026
- Camp 2 (French): July 16–19, 2026
- Camp 3: July 30–August 2, 2026

[Register here.](#)

NEW! Day Camps (Ages 8–12)

Held at St. Timothy Parish, Winnipeg, and led by Saint Malo Catholic Summer Camp staff and volunteers; Day Camps will include the faith, fun, and friendship that campers love. [Register today!](#)

- French Day Camp: July 13–15
- English Day Camp: July 27–29

Time: 9:00 a.m.–5:00 p.m. (Monday–Wednesday)
 Cost: \$90



REFLECTIONS



WEEKLY MARRIAGE TIP

Marriage is not just about sharing a physical life together, but calling each other on to holiness. It is not always easy to keep Christ at the center of your marriage, so pray for the grace to help your spouse to heaven.



STEWARDSHIP REFLECTION

June 21, 2026 – Twelfth Sunday in Ordinary Time

"The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers for the harvesting." Matthew 9:37-38

A steward is not a spectator. We are not called to simply cheer on other people as they do good works. All of us are expected to roll up our sleeves and participate in the work of the church



GRIEF REFLECTION

When someone you love dies, the pain of grief arises naturally, and it is normal. As crazy as it may sound, your pain is the key that opens your heart and ushers you on your way to healing.

THIS WEEK ON FORMED: Visit formed.org/signup



Saint Thomas More: The Age of the Author | This engaging series delves into the lives of the saints who led the Catholic Counter-Reformation. In this episode, learn about St. Thomas More

a patient witness to the faith who endured a heroic martyrdom at the hands of Henry VIII.



The Nativity of John the Baptist | On the Nativity of John the Baptist, join Dr. Ben Akers and Taylor Kemp as they sit down and discuss a piece of Sacred Art depicting this holy event.



St. Cyril of Alexandria | Catholic Saints | During the Nestorian Controversy of the fifth century, heroic saints like Cyril of Alexandria defended the truth of Christ's divinity.

In this episode, Dr. Carl Vennerstrom and Mary McGeehan discuss the Nestorian heresy and how St. Cyril's humble, courageous spirit aided the Church during a time of discord.