

The Roman Catholic
Parish of St. Timothy

Archdiocese of St. Boniface
135 John Forsyth Road
Winnipeg Manitoba R2N 1R3

204-949-3760 info@st-timothy.ca
website: st-timothy.ca

*Our vision is to be a life-giving community
committed to welcome,
to worship, to grow, and to serve.*

Mass Schedule

LORD'S DAY:

Saturday at 4 pm
Sunday at 9 am & 11 am

WEEKDAY MASS:

Tuesday - Friday at 9:30 am

Parish Office Hours:

Tuesday, Wednesday & Thursday:
9 am - 5 pm (closed noon - 1 pm)

THE EXALTATION OF THE HOLY CROSS

September 14, 2025



“When I am lifted up from the earth, I will draw everyone to myself”, says the Lord.” John 12:32

- Communion Antiphon -

Sacrament of Reconciliation (Confession): Half an hour before Mass, or you may make an appointment by contacting Fr. Brian.

Sacrament of the Anointing of the Sick: By individual 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.

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

Parish Coordinator: Grace Grindean
grace@st-timothy.ca / 204-949-3760

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

Coordinator of Religious Education:
Michelle Coyne
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Youth Ministry Coordinator:
Vince Diestro
youth@st-timothy.ca / 204-257-3723

Pastoral Care & Safe Environment Officer:
Maria Castellano / maria@st-timothy.ca

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

Custodian: Ignatius Zinowko
custodian@st-timothy.ca / 204-949-3760

Parish Pastoral Council:
ppcsttimothy@gmail.com

Society of St. Vincent de Paul:
ssvpwinnipeg@gmail.com

Refugee Ministry:
st.timothyrefugeeministry@gmail.com

Bulletin: Submit church-related announcements to Grace (bulletin@st-timothy.ca)

Find us on Facebook



COMING UP AT A GLANCE

Most Mondays at 7 pm

*Fan into Flame
Prayer Group
Rosary - 6:30 pm
in the chapel
Meeting 7 pm - parish hall*

Tuesdays after Mass

*Exposition, Adoration of
the Blessed Sacrament
& Benediction*

Sunday, September 14 & 28

*Children's Liturgy
at the 11 am Mass*

Tuesday, September 16

Liturgy meeting - 6:30 pm

Thursday, September 18

*Crib Club - 10:30 am
Parish Hall*

Saturday & Sunday, September 20 & 21

*Life in the Spirit Seminar
Parish Hall
See registration
information in the bulletin!*

Monday, September 22

*SSVP - 7:30 pm
St. Paul room*

Tuesday, September 23

*Prayer Shawl Ministry
Meeting 1:30 pm
in the library*



Sunday, September 14 Exaltation of the Holy Cross

Num 21.4-9; Ps 78
Phil 2.6-11; Jn 3.3-17

Sunday, September 21 25th Sunday in Ordinary Time

Amos 8.4-7; Ps 113
1 Tim 2.1-7; Lk 16.1-13

COMING UP AT THE PARISH

Mass Intentions for September 13 - 21, 2025

Sat., Sept. 13	4:00 pm	† Jack Turner from Jo-Ann Turner
Sun., Sept. 14	9:00 am	Needs and intentions of all parishioners from Fr. Brian Trueman
	11:00 am	† Ernie Cote from Lucienne Cote
Tues., Sept. 16	9:30 am	Special intention for Gilbert from Lilian Bacani
Wed., Sept. 17	9:30 am	For Elijah Mark for his birthday from Jolene Allen
Thurs., Sept. 18	9:30 am	† Cecilia & Alfio Catolico from M. Senauth
Fri., Sept. 19	9:30 am	† Margaret Stroh from Bob Stroh & family
Sat., Sept. 20	4:00 pm	† Bert De Leeuw from Marilyn De Leeuw
Sun., Sept. 21	9:00 am	† Deceased members of the Blerot & Cruywels families from Alfred & Marilyn Blerot
	11:00 am	Needs and intentions of all parishioners from Fr. Brian Trueman

Knights of Columbus BIG Breakfast THIS Sunday, September 14 after the 9 am & 11 am Masses in the Parish Hall

**Come for scrambled eggs, pancakes,
bacon, coffee & juice, AND fellowship!**

Net proceeds will go towards supporting
the seminarians in our diocese!



**Suggested donation is \$10/person
or give what you can.**

PIZZA AND PRAYER

*Since
1955*
**CELEBRATING POPE LEO XIV'S
70TH BIRTHDAY**

Pope Leo XIV turns 70 on Sunday, September 14!

Join Our Sunday Visitor (osvnews.com) in gathering a spiritual bouquet for his birthday. Called "Pizza and Prayer," the spiritual bouquet will be made up of a variety of prayer options from a full novena to a Holy Hour to a rosary. Each prayer effort will be noted, collated and sent to the pope. OSV News is also encouraging participants, when possible, to pray together and then grab a slice of pizza in honour of one of the Chicago native's favourite treats. The name of every person and organization who participates in this spiritual bouquet will be included on the card OSV News will send to the Vatican.

To add your prayers to the pope's spiritual birthday bouquet, use this link to [note your prayer offering here](#).

PRAYER CARDS: We have a limited number of Pope Leo XIV's prayer cards by the parish office. If you didn't get one, pick one up and pray for our new pope, today on his birthday, and everyday!



Our Lady of La Salette Pilgrimage – September 20 & 21, 2025

St. Mary's Parish invites you to Our Lady of La Salette Pilgrimage on Saturday, September 20 and Sunday, September 21 in Beausejour, Mb. Come join this spiritual journey filled with reverence, reconciliation and renewal. Join us for one or both days. Please see the poster on our banner in the Jubilee corner in the narthex. Questions? Contact us at info@stmarybeausejour.com or call our parish office at 204-268- 2453. Enjoy a new video of the Shrine and Church! [Click here](#).



Do This in Remembrance of Me, Part 36: Bread and Wine

Continuing our review of the **Offertory** and the gifts of bread and wine, we take time to address a few common questions.

Why do we use bread and wine and not something else? During my years on campus, I recall meeting a student who had grown up in an Asian country. He said that, early on in his Christian journey, he would think of “daily bread” as a portion of rice, since that is what he was most familiar with. His question was a practical one: Why didn’t the Church adapt what was used for Mass as the Church spread throughout the world? For a short answer, the Church has stayed consistent with what Jesus used at the Last Supper. As Fr. Guy Oury says, bread and wine would have been “daily fare” for the people of the Holy Land and “were particularly suitable to convey [Christ nourishing us with true and everlasting life] because they were typical nourishment.



Obviously, Jews at the time of Christ consumed other food and drink besides bread and wine, and indeed, on the table of the Last Supper where the Passover meal was celebrated, lay a lamb... But Christ made a choice of bread and wine, and the Church has scrupulously conformed to what he instituted, using only bread from wheat and wine from grapes. The Church has never felt itself authorized to modify what it has received from the Lord himself” (*The Mass*, p. 78). This has been true as the Church spread to places where different grains as well as other drinks were common. In many places, missionaries brought with them wheat seeds and grape seedlings so that what was needed for the wine and hosts could be grown locally.

Why do we use unleavened bread?

Similar to the use of wheat, Fr. Guy Oury observes that the Church wishes to honor the tradition handed down to us. “At the time of Christ the ancient feast of Azymes had been merged with the feast of Passover. On the eve of Passover unleavened breads were prepared to commemorate what had happened when the Hebrews fled from Egypt: in their haste they could not have their dough leavened... At the Last Supper (according to the Synoptic Gospels, but not John) Jesus observed the Passover ritual, which called for unleavened bread” (*The Mass*, p. 80). We should note that in some places in the early Latin Church, as well as still currently in Eastern Rite and Eastern Orthodox Churches, leavened bread is used for the Eucharist. Each Rite within our Church is able to determine certain details for the celebration of the Mass. However, the core elements of the Mass will always be present and consistent.

What about the wine?

“The symbolism of wine is as rich as that of bread... Among Jews wine conveyed the idea of feasting and rejoicing... Wine has no doubt become less meaningful than it was [for Christians of earlier times. For them, wine was] thought to nourish the body, restore health, prevent sickness, help digestion, maintain bodily temperature, clarify ideas, dilate the arteries, rest the brain, halt congestion of the liver, chase away the ‘blues,’ as well as being useful for washing and cleansing wounds” (*The Mass*, p. 81–82). While the natural elements of wine may do these things for the body, doesn’t the Blood of Christ do so many more powerful things for body and soul?

Lastly, why do we call the bread we use at Mass “hosts?”

Charles Belmonte teaches that “originally, ‘host’ (from Latin *hostire*, to strike) referred to any animal about to be sacrificed” (*Understanding the Mass*, p. 112). Since the bread is the offering made for the sacrifice of the Mass, it is fittingly called by the name host. To be proper and reverent, after the bread has been changed into the Body and Blood of Jesus, hosts should be called “Consecrated Hosts” or “Sacred Hosts,” out of honor for Jesus Christ, who is now truly present.

For Reflection:

1. Pray with Psalm 104 in praise of God’s provision for human needs, including “wine to gladden their hearts... and bread to sustain the human heart” (Ps. 104:15). Consider the life-giving role bread and wine have played in your life.
2. Have you ever baked bread or made wine? Reflect on your experience of each phase of this process. If you have the opportunity, visit a bakery or vineyard to learn more about bread and wine.

RCIA at the Parish of St. Timothy

This year we are planning to prepare two groups for initiation into the Church **starting this October:**

- one adult group (18 years +)
- one group of youth (10 years +)

Let us know if you or someone you know would like to take part. See our contact information below.

What is RCIA?

Rite - a serious religious ceremony of
Christian - professing faith in Jesus Christ



Initiation - to start something; process to become part of a group of

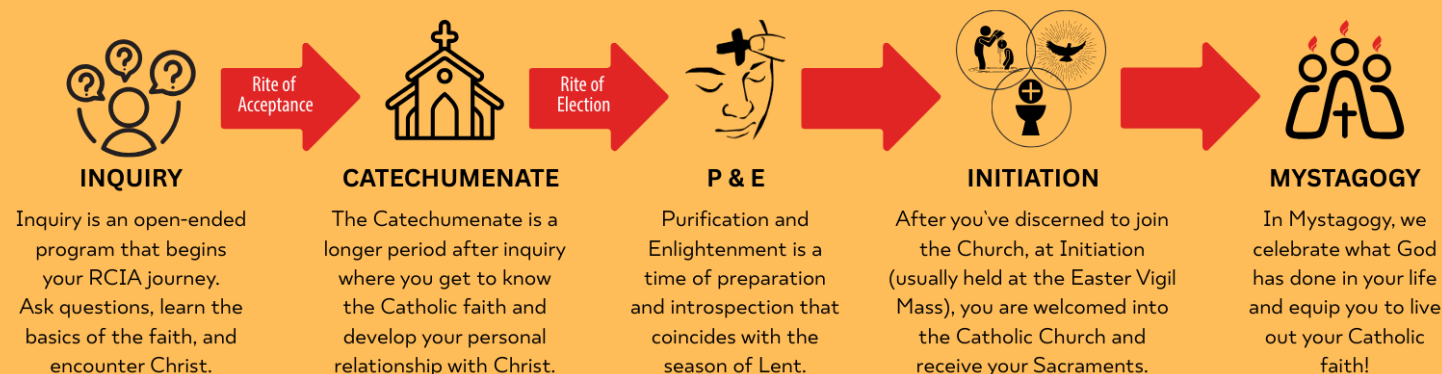
Adults - the process is the same for adults, teens or children but adapted to reflect capacity for understanding

RCIA is the process by which individuals explore faith in Jesus Christ and life in the Catholic Church.

RCIA is a Journey

Participants meet regularly and journey with a group through various stages. They are never pressured to join the Church and can decide at any time not to proceed through the following stages. They will always be welcome to come back at a later time.

STAGES OF THE RCIA PROCESS - AN OVERVIEW



Who is RCIA for?

- **Unbaptized persons (7+ years old)** who wish to explore faith in Jesus Christ and learn what it means to be Catholic
- **Those baptized in another Christian community** who desire to grow in their faith and are discerning living this faith in the Catholic Church
- **Baptized Catholics** who received no formal religious education and who would like to learn more about our Catholic faith and complete their Christian initiation by preparing to receive the sacraments of First Penance (Confession), First Eucharist (Communion) and Confirmation
- **Friends & those who want to learn more** are welcome



Interested? Want to know more?
Contact Fr. Brian at 204-949-3769 or fr.brian@st-timothy.ca



Catechism at the Parish of St. Timothy

Catechesis of the Good Shepherd program

- Level 1 - for 3-6 year-olds
- Level 2 - for 6-9 year-olds
- Wednesdays 5:30 pm - 7:30 pm
- Saturdays 10:00 am - 12:00 Noon
- October to May



Children ages **7 – 11 years old** participate in catechism classes.

- Weekly classes on Tuesday evenings
- 6:30-7:30 pm
- beginning of October to the end of April



\$100.00 per child or
\$150.00 for a family (2+ children)
cash / cheque / e-transfer

Register for catechism &
sacraments online or in person



Sacramental Preparation



First Penance (Reconciliation / Confession)

- children 7 years old or older
- six 1-hour classes
- Thursday evenings
- October to January
- parent participation mandatory

\$40



First Eucharist (First Communion)

- children 8 years old or older
- eight 1-hour classes
- Thursday evenings
- February to May
- parent participation mandatory

\$65



Confirmation

- children 11 years old or older
- weekly 1-hour classes
- Tuesday evenings
- October to May
- parent participation mandatory

\$65

Visit our [website's sacrament pages](#) under the Worship tab for sacramental preparation requirements.

Contact: Michelle Coyne
Coordinator of Religious Education
(204) 949-3764 or michelle@st-timothy.ca



Registration is taking place in person after each Mass this weekend! Michelle and some of our catechists will be in the narthex to help you register & to answer any questions!

Financial Update for August 2025

	Sunday Offerings	All Other Income	Expenses	Net Income
	August			
Actual	\$41,625	\$5,852	\$41,513	\$5,965
Budget	\$41,333	\$4,417	\$45,750	\$0
	YTD (January–August)			
Actual	\$339,036	\$32,191	\$377,501	-\$6,274
Budget	\$330,667	\$35,333	\$366,000	\$0

Funds	Refugee	Contingency	Building	SSVP
Current	\$3,103	\$93,101	\$53,471	\$10,212
Goal	N/A	\$100,000	N/A	N/A

STEWARDSHIP REFLECTION

September 14, 2025 - The Exaltation of the Holy Cross



"For God so loved the world that he gave his only Son." Jn 3:16

God created us to be in relationship with Him. Sin broke that relationship. Jesus came to earth so that we may reconcile our relationship with God. Following Jesus' example, we can be blessed with a joy-filled life on earth and eternal life in Heaven. This core message is the basis for the stewardship of our Catholic faith. How do you live this out in your daily life?

WEEKLY MARRIAGE TIP

All relationships are unique; avoid comparing your marriage to other marriages, and remember to appreciate your spouse for who he/she is.

MOVING FORWARD with Grief

From the "Companions in Grief" Team



The Grief Support Group scheduled for September will be postponed until the new year as we did not have enough people registered to go forward at this time.

The good news is that a similar grief support program will be offered by Deacon Jim Frater, hopefully sometime this fall (again, depending on participation numbers). The plan is that it will take place at Holy Redeemer Parish in North Kildonan on a weeknight. Contact Dn. Jim at fraterjim218@gmail.com for more information.

We offer our prayers and support to all who are grieving the loss of a loved one. To heal in grief is to become whole again, to integrate your grief into your self and to learn to continue your changed life with fullness and meaning.

KNIGHTS KNEWS

The Knights are selling Grey Cup Pool tickets! \$5/ticket.

CRIB CLUB is back! We'll have games twice a month on Thursdays - alternating at 10:30 am and 6:30 pm. **The next Crib Club takes place Thursday, Sept. 18** at 10:30 am, followed by Thursday, Oct. 2 at 6:30 pm. In the parish hall. The cost is \$5 towards drinks and snacks.



Trivia Night

FRIDAY
OCT 24

ST TIMOTHY
PARISH HALL

TICKETS \$25/PERSON
CASH BAR

DOORS OPEN AT 6:30 PM
TRIVIA STARTS AT 7 PM

NET PROCEEDS TOWARDS
Youth Ministry Initiatives

MORE INFO:
Ray Chartrand
at 204-797-2948

Event by the
St Timothy
Knights of Columbus

Snacks
INCLUDED

ST. TIMOTHY PARISH & CCRS OF MANITOBA

cordially invites you to the:

NEW LIFE IN THE SPIRIT SEMINAR

St. Timothy Parish Hall

Saturday, September 20: 8:30 am to 4 pm

Sunday, September 21: 8:30 am to 5 pm

Register: catholicrenewalservices.com/events
or scan the QR Code



Why You Need This Seminar:

In a world full of distractions, struggles, and temptations, we cannot live the Catholic Christian life on our own. We need the power of the Holy Spirit to strengthen, guide, & equip us for this journey of faith. Come with an open heart. Leave empowered, renewed, and on fire for God. This is your invitation to new life in the Spirit!

Sharing Thanksgiving with the Poor



"We are living in times that are not particularly sensitive to the needs of the poor. The pressure to adopt an affluent lifestyle increases, while the voices of those dwelling in poverty tend to go unheard. We are inclined to neglect anything that varies from the model of life set before the younger generation, those who are most vulnerable to the cultural changes now taking place. We disregard anything that is unpleasant or causes suffering, and exalt physical qualities as if they were the primary goal in life. Virtual reality is overtaking real life, and increasingly the two worlds blend into one. The poor become a film clip that can affect us for a moment, yet when we encounter them in flesh and blood on our streets, we are annoyed and look the other way. Haste, by now the daily companion of our lives, prevents us from stopping to help care for others. The parable of the Good Samaritan (cf. Lk 10:25-37) is not simply a story from the past; it continues to challenge each of us in the here and now of our daily lives. It is easy to delegate charity to others, yet the calling of every Christian is to become personally involved." (Message of Pope Francis for the 7th World Day of the Poor, 2023)

Once again, the St Timothy Parish Conference of the Society of St Vincent de Paul will be reaching out to our friends at Agape Table (see below) to help them in their efforts to feed the poorest of the poor in Winnipeg. Our goal is to help feed 500 men, women and children with contributions of food, sandwich filling and kitchen workers.

We will be collecting contributions of **granola bars, juice boxes, pudding cups and fruit cups from now until October 14th**. We ask that all food items be deposited in our **SSVP food crate** at the entrance to the church. You can drop food off on the weekend (before & after Mass) and during office hours.

We are also asking for contributions of **sandwich filling** in 4 L pails to be prepared in your home and brought to the church on Wednesday, October 15 between 9:30 - 10:00 am. Please contact us for recipes.

Finally, we are looking for **5 volunteers to help prepare meals at Agape Table**, situated at 364 Furby Street on the morning of Thursday, October 16th. If you are interested, please email us at ssvpwinnipeg@gmail.com or phone Carolyn at 204-781-5903 with your questions or for more information.

Agape Table (<https://www.agapetable.ca>) is an independent charitable non-profit organisation "established and maintained to help feed our city's most vulnerable people". Agape comes to us from Ancient Greek meaning "unconditional love", or "the highest form of love or charity" and "the love of God for man and of man for God". Agape Table's Mission is to "enhance the lives of those in need by welcoming everyone to our table without judgement or bias." They are committed to "providing a community-based program, nourishing the body, mind, and spirit of our guests in a cost-effective and financially responsible manner."

Thank you, St. Timothy parishioners, for your always wonderful support. From the St. Timothy Conference of the Society of St. Vincent de Paul (SSVP).

THIS WEEK ON FORMED The Week of September 14, 2025



[The Seven Sorrows of the Blessed Virgin Mary](#)

The Seven Sorrows of Mary is a traditional Catholic devotion featuring meditations on sorrowful episodes in the life of the Blessed Virgin Mary. Join us in prayer as we celebrate the feast of Our Lady of Sorrows.



September 14 is the Feast of the Exaltation of the Holy Cross

[Stations of the Cross](#) by Saint Alphonsus Liguori

The Augustine Institute presents a beautiful meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum, chanting the traditional Catholic hymn Stabat Mater to aid your prayer.



[The Seven Sorrows of Mary](#) | Brother Francis

Join Brother Francis as he prays and explores the Seven Sorrows of Mary Devotion!

Sign up for Formed - it is FREE!
Our gift to YOU! Visit formed.org/signup or scan the QR code.



COMMUNITY LIFE

International Student Connections: Are you a First-Year International Student? Or a family who would like to get to know such students? If so, read on! International Student Connections is a new program being launched here in Winnipeg, seeking to connect 1st-year International students with host families, for mutual listening, learning – and good food. If you are interested in knowing more, please click on this link: <https://tinyurl.com/48m2tvz7> or scan this QR code. (Note: the code may ask you for one of three email addresses. Choose any one and proceed.) Register early, as the spaces will fill up. Please share this with other international students or those you think would make good host families.



“She Shall Be Called Woman” & “That Man Is You”: For Women: **She Shall Be Called Woman** will be held **Thursday evenings starting October 2 at 6:30 pm at St. Emile Parish.** The program is a sanctuary for women seeking to be truly seen, known, and loved as they grow in their relationship with the Lord. Through vibrant conversations, authentic speakers, and enriching prayer experiences, She Shall Be Called Woman offers deeper insights into theological truths and practical wisdom. We hope to see you there! For more information contact: stemileshe@gmail.com. See the BIG poster on the bulletin board.



For Men: **That Man is You** will be held **every Saturday Morning starting September 27 at 7:30 am at St. Emile Parish Center.** 7:30 – Breakfast, 8am – Teaching, 8:30 – Small groups, 9am – program ends, (Virtual meeting available) That Man is you is an interactive men's program combining the best research from science with the teachings of the Catholic Faith and the wisdom of the saints to develop the vision of man fully alive. By honestly addressing the pressures and temptations that men face in our modern culture, That Man is You! Seeks to form men who will be capable of transforming homes and society. For more information, call or text Lionel at 204-226-4881.



MUST-SEE FREE Diocesan Event Coming this Month! COME and DISCOVER the SAINT of our YOUTH, of YOUR YOUTH! **CARLO ACUTIS and the EUCHARISTIC MIRACLES** Meet the first SAINT who wears jeans & sneakers! **SATURDAY, SEPTEMBER 27 at 1:30 pm** at the St. Boniface Cathedral: Dynamic Multimedia Presentation by Mrs. Louise Normandeau, a retired schoolteacher who personally knows the family of Saint Carlo. (The presentation is in French with translation to English), followed by veneration of a relic of Saint Carlo, and an opportunity to purchase a variety of Saint Carlo religious objects and materials. During this very special Jubilee Year of Hope, Saint Carlo will bring a 'BREATH of HOPE' for our youth & our families.



New Event for all Newlyweds and Couples in Early Years of Marriage! COME and SEE – Saturday, October 4, 2025 The Archdiocese of Saint Boniface and the Archdiocese of Winnipeg Marriage & Family Life Ministries invite you to attend COME and SEE, an afternoon gathering for young married couples. Meet other newly-married couples, take part in a special time of enrichment as a couple, and discover how you and your spouse can continue to grow in your relationship with each other and with God. Held on Saturday, October 4 from 1:30 - 4:30 pm at the Saint Boniface Cathedral. Registration is required and will be open until September 15th. There is no cost to attend this event. Although we are not able to provide childcare at this event, babies in arms are most welcome. Register at <https://bit.ly/COMEANDSEE2025> For more information, please contact Marie at the Archdiocese of Saint Boniface, Office of Marriage, Family & Life at mfl@archsaintboniface.ca or 204-594-0274. See poster on the bulletin board or click [here](#).



TEC (To Encounter Christ Retreat): Oct 11-13, 2025: The next TEC retreat will be held on the October long weekend (Oct 11-13) at the CSE in St. Malo. TEC is a unique experience in living out and growing deeper in the Catholic faith for adults and teens over 16. The central theme of TEC is the Paschal Mystery, a reflection on Christ's invitation to die to ourselves and rise to a new and fuller life. Eucharistic celebrations, sharing your faith with others, and the joy of being yourself make each weekend so meaningful. The cost for the weekend is \$150 and includes meals and accommodations. You can apply online at www.gbtec.ca/apply-now or visit www.gbtec.ca for more information.

2025 Diocesan Study Days – Oct. 24 OR 25: This year's theme for Saint-Boniface's Diocesan Study Days is Sexuality and Identity: Catholic Pastoral Accompaniment. Listen to presentations by: • Fr. Kevin Belgrave, professor at St. Augustine Seminary in Toronto. He'll speak to us about the Catholic anthropology of human sexuality. • Dr. Julia Sadusky, clinical psychiatrist and author of Start Talking to Your Kids about Sex: A Practical Guide for Catholics and Talking with Your Teen about Sex: A Practical Guide for Catholics. • Deacon Gilles Urquhart, permanent deacon for the Archdiocese of Saint Boniface & chaplain for Courage, which offers pastoral support in the form of spiritual guidance, community prayer support, & fellowship for those who experience same-sex attraction. He is also chaplain for EnCourage, an apostolate that helps its members work together to understand the experiences of their loved ones, & to respond to them with compassion. • Bob Hall, a member of Courage since 1992, who will share his testimony of how Courage has helped him find faith, love, & community. Come either Thursday, Oct 23, or Saturday Oct 25, from 9:30 am - 4:30 pm at Saint-Boniface Cathedral Hall, 180 ave de la Cathédrale. The same message will be shared each day There is a \$70 admission fee. Registration is required. Visit [this link](#) for more information and to register, or go to archsaintboniface.ca