

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](http://st-timothy.ca)

St. Timothy is a contemporary Roman Catholic parish called to "fan into flame the gifts God has given us" (2 Tim 1.6-7) so together ALL encounter and share the Living Christ.

**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:

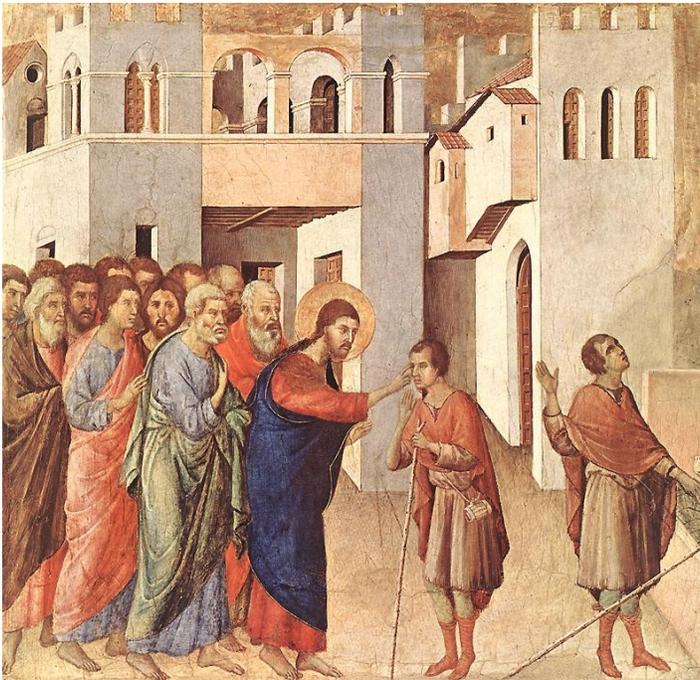
Tuesday - Friday at 9:30 am

#### Parish Office Hours:

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

MARCH 19, 2023

## FOURTH SUNDAY OF LENT



*Duccio Di Buoninsegna, Public Domain, Via Wikimedia Commons*

## JESUS HEALS THE BLIND MAN

#### Sacrament of Reconciliation (Confession):

Half an hour before Mass, or you may make an appointment by contacting Fr. Brian at 204-949-3769 or [fr.brian@st-timothy.ca](mailto:fr.brian@st-timothy.ca)

#### 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 one year in advance.

**Pastor:** Fr. Brian Trueman

[Fr.Brian@st-timothy.ca](mailto:Fr.Brian@st-timothy.ca) / 204-949-3769

**Parish Coordinator:** Grace Grindean

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**Pastoral Care & Safe Environment Officer:**

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**Custodian:** Ignatius Zinowko

[custodian@st-timothy.ca](mailto:custodian@st-timothy.ca) / 204-949-3760

**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 church-related announcements to Grace ([bulletin@st-timothy.ca](mailto:bulletin@st-timothy.ca))

Find us on:



## Coming Up at a glance

### Mondays at 7 pm

*Fan into Flame Prayer  
Meeting Parish Hall*

### Tuesdays after Mass

*Adoration of the Blessed  
Sacrament & Benediction*

### Fridays at 7 pm

*Youth Group - Parish Hall*

### Friday Evenings during Lent

*Stations of the Cross  
7 pm*

*"The Mass" video series  
7:30 pm*

### Saturdays at 10 am

*RCIA/Adult Faith formation  
10 am - 11:30 am  
Everyone welcome!*

### Sunday, March 19

*Lenten Penitential Liturgy  
(Confession) 6:30 pm  
Several priests will be  
hearing confessions.  
All sinners welcome! 😊*

### Monday, March 27

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



### **Fourth Sunday of Lent March 19:**

1 Sam 16.1, 6-7, 10-13 or  
Exod 13.21-22; Ps 23  
Eph 5.8-14; Jn 8.12

### **Fifth Sunday of Lent March 26:**

Ez 37.12-14; Ps 130  
Rom 8.8-11; Jn 11.1-45

## Mass Intentions for March 11 – 19, 2023

Sat., March 18	4:00 pm	† Irene Gregoire & all deceased family members from Madeleine Maher
Sun., March 19	9:00 am	Needs & intentions of all parishioners from Fr. Brian Trueman
	11:00 am	† Normand Labossiere from Lorette Labossiere
Mon., March 20	9:30 am	For St. Joseph Seminary from Fr. Brian Trueman
Tues., March 21	9:30 am	† JB Gregoire
Wed., March 22	9:30 am	† Deceased parents from Diane Garroni
Thurs. March 23	9:30 am	† Evan from the Gingras family
Fri., March 24	9:30 am	† Lina Gregoire
Sat., March 25	4:00 pm	† Marcel Mollot from Gerry & Bev Seier
Sun., March 26	9:00 am	Needs & intentions of all parishioners from Fr. Brian Trueman
	11:00 am	† Gord Kosman from Marcie Kosman

## Solemnity of St. Joseph - Monday, March 20, 2023

*Mass for the Solemnity of St. Joseph at 9:30 am*

*Solemn Vespers & Adoration of the Blessed Sacrament from 5 - 6 pm  
All welcome. See Fr. Brian's message for more information.*



### **Prayers of Preparation & Prayers of Thanksgiving**

Just a reminder that we have introduced some small changes to our Sunday liturgies to help us renew and deepen our faith and commitment in our journey through Lent.

The chants of the dialogue between priest and people for the Introductory Rites and Penitential Rite are simple yet beautiful. We are "fasting" from singing a final hymn and "feasting" on a prayerful atmosphere after Mass by praying together a communal prayer of thanksgiving. You'll find these chants and prayers of thanksgiving options in a paper booklet with the hymnals. Also included in the booklets are prayers of preparation you can pray silently before Mass.

## **Holy Week Schedule - 2023**

*Weekday Mass on Tuesday & Wednesday  
only during Holy Week*

### **Holy Thursday, April 6**

**Mass of the Lord's Supper - 7:30 pm**

*Reposition & Adoration of the  
Blessed Sacrament until Midnight*

### **Good Friday, April 7**

**Celebration of the  
Passion of the Lord - 3 pm**

*Silent Carrying of the Cross - 11 am  
(meet in the north parking lot)*

### **Holy Saturday, April 8**

*Blessing of Easter Food - 11 am*

**Easter Vigil - 9:00 pm**  
*(reception with light refreshments  
to follow in the parish hall)*

**Resurrection of the Lord  
Easter Sunday, April 9**

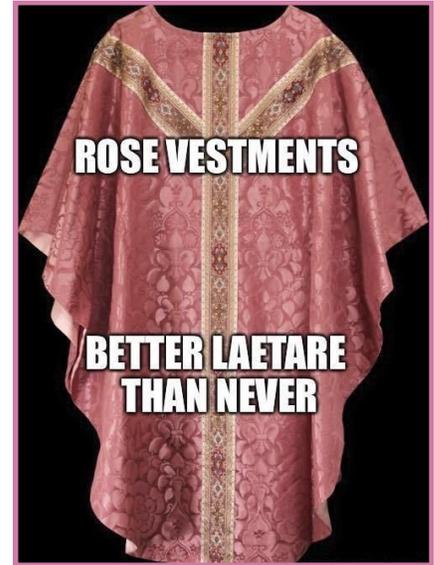
**Mass at 9 am & 11 am**

## A Message from Fr. Brian Trueman

### Laetare Sunday

The Fourth Sunday of Lent is also known as Laetare Sunday. Laetare in Latin means, “Rejoice”, coming from the first word of the Entrance Antiphon of the Mass for the Fourth Sunday: “Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.” (Cf. Isaiah 66:10-11)

The Church as the New Jerusalem is Mother who rejoices and calls her children to rejoice as the Easter mysteries draw nearer, and with that, the birth of new children through the waters of baptism, anointed with sacred chrism, and nourished with her own body, which is the Body of Christ in the Eucharist. Laetare Sunday celebrates the second scrutiny at 11 am Mass with the elect as they continue toward the Sacraments of Christian Initiation, and marks being over halfway to the celebrations of Holy Week, spurring Christians onward as they continue the three spiritual pillars of prayer, fasting, and almsgiving.



For our parish, this Sunday also gives extra reason to “rejoice” as we shall be celebrating the Reception of Baptised Christians into the Full Communion of the Catholic Church at 9 am Mass. Ashton who has been journeying with us since last summer and participating in our Adult Faith/RCIA program on Saturday mornings will join us in reciting our catholic Creed, making a Profession of Faith, will receive the Sacrament of Confirmation, and share with us fully at the table of the Lord in the Eucharist.

### Solemnity of St. Joseph

The Solemnity of St. Joseph is always a joyful time during Lent where we have the special moment to feast amid our lengthy fast as we celebrate the great role this particular man played in the history of salvation. This solemnity typically falls on March 19th, but this year gets bumped to the following day, March 20th, because Sundays of Lent have greater priority.

Because of this, Mass for the Solemnity of St. Joseph will be offered on Monday at our usual weekday time of 9:30am, and Solemn Vespers will be prayed as part of a Holy Hour in the presence of the Blessed Sacrament from 5-6pm that day.

You’re welcome to join me in celebrating this great saint and asking for his powerful intercession as the patron of Canada and of the universal Church! St. Joseph, pray for us!

Being over halfway through holy Lent, I thought it would be good to leave you with an encouraging homily.

I am, in our Lord, yours.  
Fr. Brian Trueman



Icon by the hand of Elizabeth Bergeron. Based on a drawing by Alexandre Sobolev. Photograph by GrapheStudio

## Persevering in Prayer, Fasting, and Almsgiving with St. Peter Chrysologus +450 AD

From a sermon by Saint Peter Chrysologus, bishop (Sermo 43: PL 52, 320, 322)  
*Prayer knocks, fasting obtains, mercy receives*

There are three things, my brethren, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. Prayer, mercy and fasting: these three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them; they cannot be separated. If you have only one of them or not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself.

When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show mercy to you.

Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold united prayer in our favour.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the psalmist said in prophecy: *A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.*

Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to give him yourself you are never without the means of giving.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, if you do not release the springs of mercy, your fasting will bear no fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others.

*“Fasting is the soul of prayer, mercy is the lifeblood of fasting.  
So if you pray, fast; if you fast, show mercy;  
if you want your petition to be heard, hear the petition of others.  
If you do not close your ear to others you open God's ear to yourself.”*

# Prayer, Fasting, Mercy



Join us to pray the  
**STATIONS of  
the CROSS**

*Fridays during  
Lent at 7 pm*

**March 17/24/31**

## St. Timothy Penitential Liturgy (Confession) Sunday, March 19 at 6:30 pm

We'll have several priests to hear confessions in our parish Sunday evening.

Other opportunities during Lent for confession in our neighbouring parishes are as follows:

- Holy Cross - Thursday, March 23, 7 pm
- Mary Mother of the Church - Fri. Mar. 24, 7 pm
- Holy Family - Sunday, March 26, 2:30 pm
- St. Bernadette - Tuesday, March 28, 7 pm
- Christ the King - Wednesday, March 29, 7 pm
- St. Norbert - Friday, March 31, 7 pm

### Why go to Confession?

Here's a great video for all ages to watch to learn why we confess our sins to a priest: <https://youtu.be/CDyMHg8HkSE>. Or go to our website for more resources on how to prepare for the sacrament of confession. [st-timothy.ca/penance](http://st-timothy.ca/penance)

## Agape Table - This Lent Help Feed the Poorest of the Poor in Winnipeg

Thank you to everyone who has so far dropped off the requested food items for [Agape Table](#). Our goal is to help feed 500 men, women and children with contributions of food, sandwich filling and food preparation workers.

We collecting contributions of **granola bars, juice boxes, pudding cups and fruit cups** from now until Tuesday, March 21. 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 and during office hours.

We have enough volunteers now who have offered to prepare sandwich filling and help at Agape Table. Thank you! Drop off the filling at the church on Wednesday, March 22 between 10:00 and 11:00 am.

Thank you, St. Timothy parishioners, for your love of the Poor.

## Refugee Ministry



We're still accepting financial donations for the families we are awaiting!

As part of the 3 aspects of Lent; prayer, fasting and giving, the Refugee Ministry could use all three to hopefully make the arrival of our families a Spring reality!

Donation envelopes are by the parish office or you can donate via credit card by going to the archdiocese website [archsaintboniface.ca](http://archsaintboniface.ca). Please indicate that your donation is to go to the Parish of St Timothy and note that it is for the Refugee Fund. Thank you!

## Development and Peace



### Week 4: March 19: Standing for the Land in Honduras

Honduras's diverse ecosystems, fertile lands and rich natural resources attract many profiteering enterprises that overexploit the land to no benefit for local communities.

Development and Peace — Caritas Canada supports *Equipo de Reflexión, Investigación y Comunicación* (ERIC, Reflection, Research and Communication Team), an organization that helps communities in their struggle for land and territory and investigates human rights abuses.

This Lent, meet our solidarity visitor Elvin Hernández, a human rights investigator at ERIC. Learn more at [devp.org/lent](http://devp.org/lent).

**Next week is Solidarity Sunday!** You may place your Development and Peace/Share Lent envelope in the collection basket or give directly at [devp.org/give](http://devp.org/give)

**“Do you wish your prayer to fly toward God?  
Make for it two wings:  
fasting and almsgiving.”**

– St. Augustine

**“The enemy ... stands more in awe  
of those whom he knows can fast.”**

– St. Francis de Sales

## ADULT FAITH FORMATION



## Eucharistic Revival at St. Timothy

**Fridays: March 17/24/31 at about 7:30 pm**  
(following Stations of the Cross that begins at 7:00 pm)



### March 24:- LESSON 5: Preparing for Sacrifice

Next comes a great gathering of gifts to offer back to God: bread, wine, and usually money. Offering these gifts involves both a symbolic and often a real sacrifice, if one is generous in contributing to the collection basket. Next, we encounter the climax of the Mass - the moment when the mystical body of Christ comes to full sacramental expression.

**Everyone Welcome!** Contact the parish office for more information (info@st-timothy.ca or 204-949-3760)

## HOUSEHOLDS OF FAITH



Thank you to those who showed their interest in taking part in the small, faith-sharing groups called Households of Faith. You will hear from the coordinators soon. If you haven't signed up yet but are interested to hear more about Households of Faith or wish to join a group, please contact Grace at the parish office. Thank you!

## IN THE COMMUNITY

**CCRS of Manitoba Presents – ALIVE – A Charismatic Event! – March 25, 2023** Join us on Saturday March 25, 2023 at 7 pm at Blessed Sacrament Parish – 710 Roanoke St, Winnipeg. Praise and Worship led by "Friends of Jesus Covenant Community", Eucharistic Celebration with Healing Service - presided by Fr. Kevin Bettens, Personal Testimony by Rachel Vielfaure and Adoration with prayers for healing, fellowship and more. Please note, we will have a special blessing for sacramentals such as Water, Oil, Salt, etc. Free will love offering. Come experience the power of the Holy Spirit through the charismatic current of grace! – For more information: 204-895-7544. To view flyer, click [here](#) or see our bulletin board.

## Catholic School of Evangelization



**STUDENT CELEBRATION & 30TH ANNIVERSARY BANQUET:** Join us as we celebrate the first graduates of our relaunched Discipleship Formation Program, along with 30 years of overall ministry! **WHEN:** Saturday Apr 29, doors open 5:00 pm. Dinner served at 6:00 pm. Program at 7:30 pm. **WHERE:** St. Boniface Cathedral Hall,

180 ave de la Cathédrale, Winnipeg. **TICKETS:** Individual tickets ADULT (11 & older) \$50 - generates a \$20 charitable receipt. Individual tickets CHILD (3 - 10) \$35 - generates a \$20 charitable receipt (no ticket purchase necessary for children 2 & under) **TABLE OF EIGHT** \$360 - generates a \$160 charitable receipt. Purchase tickets online, e-transfer, or cheque. Go to [catholicway.net/fundraising](http://catholicway.net/fundraising) for more information.

**SUMMER CAMPS REGISTRATIONS ARE NOW OPEN!** Go to [stmalocamps.net/](http://stmalocamps.net/) for all the dates and details. Early bird pricing until May 31, 2023.

## 10th anniversary of Pope Francis' Pontificate



On March 13, 2013, Cardinal Jorge Mario Bergoglio was elected pope, taking the name Francis. Since that day, Pope Francis has proven to be a missionary, a preacher of mercy and a peacemaker. The Dicastery for the Promoting Integral Human Development is asking the faithful to pray for the Holy Father, offering at least one "Hail Mary" for him (click [here](#) for more information).

## Recent Offerings to our Parish

See the bulletin insert for information on our new monthly financial reporting.

## STEWARDSHIP REFLECTION

March 19, 2023 - 4th Sunday of Lent

“Not as man sees does God see, because man sees the appearance, but the Lord looks into the heart.” 1 Sam 16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, car and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how we showed that love by the way we used our time, talent and treasure here on earth.

## MOVING FORWARD with Grief

*From the “Companions in Grief” Team*

The Parish of St Timothy “Companions in Grief” Team will offer a Grief Support Group after Easter. This is a 10 week program for those grieving the loss of a loved one.

We will use the book by Alan D Wolfelt Ph.D., called “Understanding Your Grief” and the companion journal. (It is from this book that we post many of our grief reflections in this space in the bulletin.)

We will order the resource books next week, so if you are still thinking about joining this grief support group, or if you have any questions, please contact us by Thursday, March 23rd. Call or email Grace at the parish office at 204-949-3760 or [grace@st-timothy.ca](mailto:grace@st-timothy.ca). Thank you.

## CGT VIDEO IS AVAILABLE FOR VIEWING

The recording of our CGT (Celebration of Gifts and Talents) that took place on January 28th is now uploaded onto our [YouTube](#) channel. (You can link to our YouTube channel from our [website](#).) Please check out this presentation where we highlighted some notable events and ministries from 2022, plus you’ll hear about what we expect to see in 2023.

Thank you again to all those who helped make this event happen!



## WEEKLY MARRIAGE TIP

Take time to watch your spouse’s reactions to things you and others do. Be aware of his/her feelings and desires.

## Join our Altar Servers Ministry



Altar servers are important in adding dignity, order, and assist in the smooth execution of the liturgy by serving the other ministers. The service offered within the Mass is an official way of living out our baptismal call to serve others like Christ and provides practice and a foundation for serving others outside of Mass in humility and love.

Serving Mass has long been an opportunity for children. It teaches them about Mass and involves them right at the altar. Children who start at a young age can spend a lifetime serving the Church in many other ways. The Church also relies on the assistance of adult servers, who also join in the prayer and ensure the smooth execution of the liturgy, sometimes by coordination and leading the younger ones.

We encourage other young people in the parish to join our Altar Servers Ministry! We’ll provide training and you can “shadow” the experienced servers while you learn. **Please speak to Fr. Brian to let him know of your interest or contact the parish office.**

## New Photo Directory Book planned for 2023



We had our first day of photo appointments last week! Our next photo appointments for the directory will take place over several days in mid to late May. Watch for sign ups for those dates and times later in April/early May.

## Want to join the Photo Directory Team?

We are excited to be planning for a NEW parish photo directory this year to help us celebrate the 35th anniversary of our parish! We’ll be taking more photo appointments in May and then the fun begins, putting the directory together!

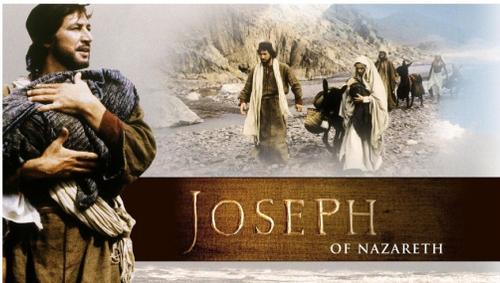
Thank you to those who have already volunteered to help with this project, but we could use more! We’ll need volunteers to help:

- make appointments through sign-ups & phone calls
- host sessions at the parish
- call families to remind them of appointments
- organize and submit editorial materials
- assist in proof-reading

Contact Grace at the parish office for more information at 204-949-3760 or [grace@st-timothy.ca](mailto:grace@st-timothy.ca)

# THIS WEEK ON **FORMED**

Week of March 19, 2023



## Joseph of Nazareth: The Story of the Man Closest to Christ

Celebrate the feast of Christ's foster father with even more joy and respect this year by watching a movie about him! Enter into the life of this great saint through the movie Joseph of Nazareth!



## The Annunciation Sacred Art

Join Dr. Ben Akers and Taylor Kemp as they discuss the spiritual and theological significance of the Annunciation over a piece of Sacred Art by Elizabeth Zelasko that depicts this incredible scene.



## St. Joseph: Our Spiritual Father

While the Gospel has not preserved any of his words, his actions have resounded through the ages. St. Joseph stands out as the model par excellence of Christian virtue. Encounter St. Joseph in a new way with St. Joseph: Our Spiritual Father.

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