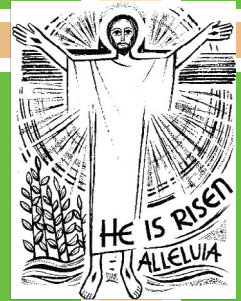


St. Alphonsus Parish Update

May 10, 2026



Confirmation this Weekend at St Alphonsus

Please pray for the 40 young people of our parish who will be confirmed this weekend.
Come Lord Jesus, send us your Spirit, renew the face of the earth.

CWL to Hold Mock Baby Shower in May

St. Al's CWL will hold a baby shower at its May general meeting, with items to be donated to Family Support Centre and Villa Rosa. Parishioners are invited to participate by dropping items off at the parish hall on May 12 at 7 pm, or by passing items on to a St. Al's CWL member before May 12. Size 4 diapers are most urgently requested. Also needed: newborn diapers, newborn to 3-month sleepers, soft baby carriers, receiving blankets, hooded baby towels, washcloths, baby soap, shampoo, diaper cream, unscented wipes and stage 1 formula (powder or concentrated liquid). Family Support Centre also welcomes small new stuffies and gifts for mom (slippers, lotion, hair clips - to make mom feel special & loved). St. Al's parishioners are always generous, and your gifts are appreciated!

Next Coffee Sunday

The African community will host the Coffee Sunday, June 7th, 2026 at 9 am and 11 am Mass. Hope to see you there!

Winnipeg Harvest Donations

Please remember to be give generously to our Winnipeg Harvest Collection. Non perishable items may be left in the bin near the parking lot entrance. Thank you for your continued assistance in helping those in need in our own city !

The Legion of Mary

Meets every Sunday after the 9 am Mass at the parish office. Parishioners interested are most welcome to join the group after Mass.

Jesus Heals Retreat with Fr. Hayden Williams, OFM Cap. – May 20 & 21, 2026

Shalom World presents the Jesus Heals retreat led by Fr. Hayden Williams, a Capuchin friar from Malta. Our retreat is scheduled for May 20 and 21 at Holy Cross Parish in Winnipeg and Christ Our Saviour Parish in Steinbach respectively. May this retreat be a source of spiritual renewal and grace for many, for more information, [click here](#).

Summer Chapels Opening May 17, 2026

For those of us who go to the cottage or the campground, we can still attend mass to celebrate the Lord's Day. For information on the summer chapels in the Whiteshell and Lake Winnipeg areas, [click here](#).

Important Reminder for the Sacraments at St Alphonsus this Year

First Communion - Sunday, May 24 at 2 pm

Call to Action: Protecting Freedom of Faith

Our parish community has been made aware of the proposed Bill C-9 (Combatting Hate Act), which has raised concerns among many people of faith regarding the protection of religious freedom and freedom of expression. We invite parishioners to learn more about this issue and, if you feel called, to take action by visiting: www.stopc9.ca. This website provides information about the bill and offers an opportunity to express your concerns. As always, we encourage everyone to stay informed, reflect thoughtfully, and act according to their conscience, guided by faith and respect for others.

An Evening with His Grace, Archbishop Albert LeGatt

Celebrating Women's Contributions in the Church. All are warmly invited to St. Joseph the Worker Parish Hall (basement – no elevator), 505 Brewster St., on May 28th at 6:30pm for a special presentation by Archbishop Albert LeGatt on the topic:

Women in the Catholic Church in 2026 with a focus on the Synod of Synodality.

This presentation will address the ongoing challenges women face in achieving fuller recognition of their gifts, vocation, and place within the Church, highlight their essential contributions throughout history: from Mary Magdalene's proclamation of the Resurrection to the leadership roles women hold today; and explore the importance of ensuring women's stories are represented in liturgical lectionaries while calling for the full implementation of opportunities already available to women under Canon Law.

Come join us as we reflect on the prominent roles women have played and continue to play in Church life, including advancing reconciliation, human dignity, and social justice.

As we focus on Service, we invite you to bring a new baby item to the event. The items will be donated to Villa Rosa.

Coffee and tea will be served. We invite you to bring a sweet treat to share.



The graphic is a colorful promotional poster for a garage sale. It features a light blue background with various school-related icons: a bowl of soup, a video game console, a backpack, a desk, and a pair of headphones. The text is arranged in a hierarchy, with the most important information in the largest, boldest fonts. The title 'ST. ALPHONSUS SCHOOL BURSARY PROGRAM GARAGE SALE' is in large, blue, bubbly letters. Below it, 'DONATIONS NEEDED!' is in large, black, outlined letters. A list of items needed is provided in a smaller font. The drop-off dates and times are highlighted in a pink rounded rectangle. At the bottom, a blue banner contains the date and time for the garage sale and a statement about the purpose of the funds raised.

ST. ALPHONSUS SCHOOL
BURSARY PROGRAM
GARAGE SALE
DONATIONS NEEDED!

WE ARE LOOKING FOR:

- BOOKS
- KITCHEN & COOKWARE
- BALLS & SPORTING EQUIPMENT
- BICYCLES
- TOOLS
- HOME DECOR & FURNITURE
- TOYS & GAMES
- BABY ITEMS

**GENTLY-USED
LIKE-NEW
BRAND-NEW ITEMS**

****WE ARE NOT COLLECTING CLOTHING, SHOES OR MATTRESSES****

DROP OFF – MAY 19TH – 29TH
ST. ALPHONSUS SCHOOL – ART ROOM
8:00 AM – 3:30 PM
(WEEKDAYS ONLY)

GARAGE SALE - SATURDAY, MAY 30TH - 10AM - 3PM
Every dollar raised will assist families access excellent Catholic education!


CCRS of MB Presents: Pentecost Conference with Fr. Hayden Williams – May 22 & 23, 2026. Join us for a Holy Spirit-filled Pentecost Conference on May 22 and 23, 2026! Our keynote speaker will be none other than the world-renowned Fr. Hayden Williams. Praise and Worship will be led by the “ABLAZE” Charismatic Music Ministry. Come and experience the power of the Holy Spirit through anointed praise and worship, powerful teachings, Eucharistic Adoration, the Holy Rosary, fellowship, Mass, and so much more! The event will take place at Saints Martyrs Canadiens Parish Hall – [click here to buy tickets](#) - or visit our website - www.catholicrenewalservices.com - to find more details/information. For flyer, [click here](#).

Marriage Preparation Ministry – Sponsor

So that we at St. Alphonsus Parish can better assist couples prepare for Marriage, we are seeking the assistance of married couples of our church who are willing to be trained as sponsors for engaged couples. Fr. Greg is asking couples who have been married at least 3 years and are in a canonically valid marriage to consider serving in this important ministry. After the married volunteers have taken part in a oneafternoon and one-evening training course, they will be assigned to guide an engaged couple through a series of 6 meetings in their home. We plan to train enough married couples so that each sponsor couple will minister to no more than 2 engaged couples per year. Please contact Fr. Greg for more information: (204) 782-3135

Marriage Tips

Are there any places in your heart where you have allowed resentment to grow or grudges to fester? Open these parts to God. Ask for His help to soften your heart and see your family through His eyes of love.



**A Special Prayer Service of Supplication
for the Dignity and Defence
of Human Life**

7:00 pm
Thursday, May 14, 2026

Holy Eucharist Parish
505 Watt Street, Winnipeg

*The very service prayed on the same day
on Parliament Hill at the National March for Life.*

Thank You for Your Contributions

May 2 & 3, 2026

Regular donations	\$ 5,510.10
Online donations	\$ 1,815.00
Building fund donations	\$ 2,614.05
Online building fund donations	\$ 2,710.00

Total to the Parish \$ 12,649.15

Mass Intentions

- May 9 at 9 am Tanya Stegne+
- May 9 at 5 pm Felipa Ligne+
- May 10 at 9 am Parishioners of St. Alphonsus
- May 10 at 11 am Margaret Reichardt+
- May 12 at 8 am John Simmonds+
- May 13 at 8 am Patrice Cayer
- May 14 at 8 am Diane Koenigbaur+
- May 15 at 8 am John Simmonds+
- May 16 at 9 am Thanksgiving for family blessings received
- May 16 at 5 pm Parishioners of St. Alphonsus
- May 17 at 9 am Dinh and Pham Families+
- May 17 at 11 am Norma Isaacson

Mass Times

Mass Schedule

Saturday evening	5 pm
Sunday	9 am & 11 am
Tuesday to Friday	8 am
Saturday	9 am

Adoration

First Friday of the month
8.30 am to 3 pm

Divine Mercy at 3 pm
followed by Vespers

Reconciliation

Confession is available Saturdays
at 4.15 pm before the 5 pm mass
or by appointment. To arrange for
Confession, please call Father Greg
at 204-782-3135.

Baptism

Please see Father Greg after Mass.

Marriage

Please contact the office to make
an appointment with Fr. Greg.
Please contact us at least 6 months
prior to the wedding date.

Contact Information

St Alphonsus Roman Catholic Church

341 Munroe Avenue
Winnipeg, MB R2K 1H2
Fr Greg Mulligan, Pastor

Parish Office 204-667-9580
Father Greg 204-782-3135
School 204-667-6271

Contact Information:

contactstals@gmail.com
www.stalphonsuswinnipeg.ca
Facebook: [St Alphonsus Church -
Winnipeg](#)
Bulletin submissions deadline
is Monday at 4 pm.

Office Hours:

Monday to Friday:
8.30 am to 12 noon
& 1 pm to 4.00 pm

Staff:

Pastor: Fr Greg Mulligan
Parish Office: Alejandra Merino
Catechetics: Fr Greg Mulligan
Caretaker: Ernie Samiana
Bookkeeper: Tess Atkins

Collection for the Pope's Pastoral Works - May 17, 2026

On Sunday, May 17, Catholics across Canada are invited to give to the Pope's Pastoral Works, formerly known as Papal Charities. With the funds raised by this collection, the Pope can provide, on behalf of all Catholics, for various emergency relief efforts around the world. Thank you for your generosity.

Reflections for the Separated & Divorced

The old adage is true: it's difficult to remain angry at someone when you are praying for them. This takes the sting out of bad memories, especially if you have direct contact with your ex-spouse on a frequent basis. Praying for those who have hurt you is not easy. And yet it is an indispensable part of your healing. God's grace can soften any heart and heal all wounds.

- A Road to Healing, Lisa Duffy

Monthly Prayer Intentions of Pope Leo XIV for May

- That everyone might have food. Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

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