

ST. PATRICK PARISH, FALLOWFIELD



We are a vibrant and engaged faith community committed to building up one another in Christ. We are nourished by the sacraments, and our shared service to one another and the wider community.



FIRST READING

Deuteronomy 26.4-10

SECOND READING

Romans 10.8-13

GOSPEL

Luke 4.1-13

Psalms 91

BE WITH ME, LORD,
WHEN I AM IN TROUBLE.

Gospel Reflection

In Luke 4:1-13, Jesus is led by the Spirit into the wilderness, where He fasts for forty days and faces the devil's temptations. Satan offers Him food, power, and a chance to test God's protection, but Jesus resists each temptation by relying on God's word. This passage reminds us that temptation often presents itself in seemingly reasonable or appealing ways—comfort, success, or even testing God's faithfulness. Yet Jesus shows us that true strength lies in obedience to God, not in satisfying immediate desires. Like Christ, we will face trials that challenge

our trust in God. The devil tempts us to prioritize earthly security, to seek control, or to demand signs from God before believing. But Jesus responds with scripture, anchoring Himself in the truth rather than in fleeting desires. His example teaches us that spiritual discipline, prayer, and God's word fortify us against temptation. As we journey through Lent and beyond, we are called to trust that God alone provides what we truly need. In moments of trial, will we turn to Him or seek worldly solutions?

March 9 First Sunday of Lent

As we begin this sacred season of Lent, we are invited to reflect on Jesus' 40 days in the desert and embrace the call to repentance, prayer, and fasting. This time of preparation draws us closer to God as we seek His guidance and grace. Let us journey together with renewed hearts, committed to deepening our faith and drawing strength from the Lord as we anticipate the joy of Easter.

Lenten Embertide

Spring is Coming!

After a long winter, the first signs of spring are finally on the horizon — and with them comes an ancient tradition once widely observed now little known: the Lenten Ember Days. Though largely overlooked by contemporary Catholics, these special days hold deep meaning — and there are special reasons why they deserve recognition, especially at St. Patrick Fallowfield. Turn to the back page to discover why these ancient days still matter to us today.

Masses and Intentions

Saturday	5:00 p.m.	<ul style="list-style-type: none"> † Paul Lamont by Ann Burnett † Agnes, Francis, Douglas, and Rose Wijesekera by Anne, Sherine, and the family.
Sunday	9:00 a.m.	<ul style="list-style-type: none"> † Lisa Dineen by the Sheridan family † Ray Switzer by Glenn and Lucy Shillinglaw † Theresa Molino by Ann Burnett † Laura Zaine and Michael Lajoie by the Langlois family • Sam Assenza (Get Well/Health) by Christopher Ford
Sunday	11:00 a.m.	• People of the Parish
Tuesday	9:00 a.m.	• Pro-Life cause by 40 Days of Life Ottawa
Wednesday	9:00 a.m.	• † All Souls Intention
Thursday	9:00 a.m.	• Pro-Life cause by 40 Days of Life Ottawa
Friday	9:00 a.m.	• † All Souls Intentions
Friday	7:00 p.m.	• † Stations of the Cross Mass †
Reconciliation: Saturdays 4-4:45 p.m. in the sacristy or by appointment		



Hunger for righteousness, not fleeting worldly satisfaction.



Featured Events

Downeast Ceilidh
A Night of Food and Music
Saturday, Mar. 22, 6 p.m.



Experience the vibrant spirit of a true Downeast Ceilidh with live music, dancing, and a traditional corned beef dinner! Enjoy performances by talented musicians, a cash bar, and a celebration of Scottish, Irish, and East Coast folk traditions. Tickets are \$40 per person and are available at the Parish Office or by calling Allen Galachiuk (613-825-3239) or Betty Clarke (613-324-3129). Don't miss this unforgettable evening of music, food, and community!

CWL St. Patrick's Day Tea
Sunday, Mar. 16



Come join the CWL and your fellow Parishioners as they celebrate St. Patrick's Day! There will be refreshments and sweets (cookies, cupcakes and squares) to enjoy in the Parish Hall after both Masses on Sunday, March 16. Donations of sweets would be appreciated and can be dropped off before the Masses on the 16th. Don't forget to wear your shamrocks too!!

Lenten Breakfast and Retreat
Saturday, Mar. 29, 9 a.m.



Join us for a Lenten Breakfast and Retreat hosted by the Knights of Columbus. The morning begins with Mass presided over by His Eminence, Archbishop Terrence Prendergast, followed by a delicious breakfast and an inspiring talk from the Archbishop. The retreat will draw to a close around 12 p.m. This is a wonderful opportunity for fellowship and spiritual renewal as we journey through Lent. The event is free to attend, and all are welcome.

News & Announcements

Children’s Liturgy Break

There will be no Children’s Liturgy on Sunday, March 16th, as we pause for March Break. We look forward to welcoming the children back on Sunday, March 23rd!

St. Patrick’s Day Pilgrimage

On March 17th, begin your journey with the 9 a.m. Mass at St. Patrick Fallowfield, then walk in pilgrimage to St. Patrick’s Basilica. This 28 km journey, taken by many faithful over the years, will take approximately 8 hours and conclude with a potluck reception in the Basilica’s Scavi. For more details or to register, visit our website!

Fridays at 7 p.m.

Stations of the Cross

Walking with Christ

The Stations of the Cross invite us to journey with Jesus on His path to Calvary, pausing at key moments of His Passion. This ancient devotion allows us to reflect on His suffering, love, and ultimate sacrifice for our salvation. Through prayer and contemplation, we enter into the mystery of Christ’s suffering, uniting our own struggles with His and deepening our faith.

Join us each Friday during lent until Good Friday for the Stations of the Cross Mass, a time of prayerful reflection on Christ’s journey. Members of the Knights of Columbus, Catholic Women’s League, and the Legion of Mary will lead us through the Stations each week. All are encouraged to take part in this powerful Lenten tradition.

Sacred Art Project – Fundraising Committee

As we move forward with the Sacred Art Project, we are seeking volunteers to join the fundraising committee to help bring this vision to life. If you are interested in contributing your time and talents to this important initiative, please visit the website and fill out the form, or contact the Parish Office. Thank you for your support!

2024 Donation Receipts

Tax receipts are ready! Paper copies are available for pick up in the church foyer or from the parish office, and electronic copies have been emailed. If you have any questions, please contact the parish office.

Knights of Columbus Maple Syrup Fundraiser

Order your maple syrup now for just \$75 per gallon or \$40 per half gallon. All proceeds support the Parish and charities. Orders are due by April 30th. Visit the website for details.



Looking for Volunteer Hours? The Knights of Columbus Welcome You!

Students in need of volunteer hours are welcome to assist with upcoming Knights of Columbus events! Fill out the volunteer form on our website, and someone will get in touch with you. You are welcome to bring friends—Catholic or not—and enjoy a delicious meal at the events!



Sunday Smile

A not so bright girl is flying in a plane when her pilot keels over. She calls out Mayday ! Mayday! Mayday!
My pilot is dead.
Air traffic control responds, don't worry, I'll talk you through this.
What's your height and position?
"I'm five-four and I'm in the plane," she says
"Repeat after me," says the voice
"Our Father, who art in heaven....."



Upcoming Events



Reconciliation Retreat
Saturday, March 1



First Reconciliation
Saturday, March 29



Enjoy a FREE subscription to formed.org – an incredible online gateway to quality Catholic content for both children and adults. To learn more or to register, visit the parish website for details.



The Lenten Embertide — A Tradition for Our Times

What are Ember Days?

The Ember Days are an ancient tradition of the Church—special days of prayer, fasting, and thanksgiving that mark the changing of the seasons. Four times a year—during Advent, Lent, Pentecost, and September—the Church calls us to step away from the busyness of life and attune our hearts to God's providence in creation.

This week, the Lenten Ember Days fall on:

- Wednesday, March 12
- Friday, March 14
- Saturday, March 15

Traditionally, this is a time to give thanks for the promise of spring and to pray for the Church.

A Tradition Rooted in Our Parish

At St. Patrick Fallowfield, the Spring Embertide holds special significance. Our parish was built on the hard work and faith of farmers—many of whom still work the land today. This tradition reminds us that all the blessings of the earth come from God's hand, calling us to gratitude for the fruits of creation.

A Time to Pray for Vocations

The Lenten Embertide has also been a time of special prayer for the Church and her priests—a need that is more urgent than ever. As the vocation crisis affects every corner of the Church, we must fervently pray for new vocations and for our priests and religious leaders to be strong, faithful, and holy servants

of the Lord. Just as spring brings renewal to the earth, may our prayers bring renewal to the Church—through holy vocations, faithful priests, and hearts turned to God.

Project 2033: Praying for Renewal

As our parish embarks on its journey of renewal leading to the two-thousandth anniversary of Christianity, the Lenten Embertide offers an opportunity to pray—and, if you choose, to fast—for the future of our parish. This week, let us lift up Father Paul, Deacon Mark, our parish community, and all those who work the land—honouring the legacy we have inherited and seeking God's blessing for the years ahead.

Parish Contacts

Pastor

Fr. Paul Shepherd
pastor@stpatricksfallowfield.com

Deacon

Mark Masson
deacon@stpatricksfallowfield.com

Parish Manager

Kati Holica
office@stpatricksfallowfield.com

Sacrament Administration

Anita MacNeil
admin@stpatricksfallowfield.com

Bookkeeper

Vlado Sigel
finance@stpatricksfallowfield.com

Communication Specialist

David Piccolo
communications@stpatricksfallowfield.com

Parish Life

- The Choir practices on Wednesday evenings at 7:30 p.m. in the church.
- The Legion of Mary meets Wednesday mornings in the McGivney Lounge (after the 9:00 a.m. Mass).
- The Catholic Women's League meets on the 2nd Tuesday of the month in the Monsignor Baxter Hall.
- The Knights of Columbus meet on the 1st Tuesday of the month in the Monsignor Baxter Parish Hall.
- Children's Liturgy, for ages 4 through 9, is offered during the 9:00 a.m. Sunday Mass.



St. Patrick Parish, 15 Steeple Hill Cres.

Nepean, ON K2R 1G2

613-591-1135

www.stpatricksfallowfield.com

- **DEI GRATIA** - Parish Office Hours: Tuesday – Friday, 9:30 a.m. – 3:30 p.m.

