

# 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

Genesis 18.1-10a

## SECOND READING

Colossians 1.24-28

## GOSPEL

Luke 10.38-42

Psalms 15

HE WHO DOES JUSTICE  
WILL LIVE IN THE  
PRESENCE OF THE  
LORD.

## Gospel Reflection

In Luke 10:38–42, we meet two sisters—Martha, busy with hospitality, and Mary, seated at Jesus' feet, listening. Martha's frustration is relatable: she's doing the work, yet Mary seems idle. But Jesus gently redirects her. "You are anxious and worried about many things," He says. "There is need of only one thing."

This passage isn't a dismissal of service. Rather, it's a reordering of priorities. Martha's actions are good, but Mary's posture—receptive, attentive, still—is better. We often fall into Martha's rhythm, measuring

our worth by productivity. Yet the Gospel calls us first to presence, not performance. Mary shows us what it means to be a disciple: to make space for Jesus, to sit, to listen, to receive.

When we quiet our striving and enter the stillness, we create room for God's voice. In the midst of life's demands, Jesus invites us to choose the "better part"—a relationship with Him that cannot be taken away. Today, may we pause. May we set down our tasks. And may we hear the Lord in stillness and in silence.

## Church Restoration

Our church restoration is making steady progress both on and off site. Inside the church, work is actively underway on the floors and plaster—important groundwork that's preparing the space for the next major phase: the ceiling. Meanwhile, all of our pews have been removed and are currently being restored off-site with great care.

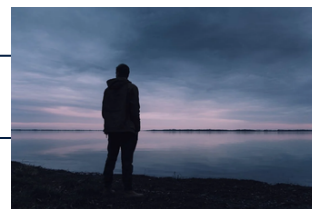
We're so grateful for your continued patience and flexibility as Mass takes place in the parish hall. While it's not the same as being in the church, we can at least be thankful for one unexpected blessing: air conditioning!

Thank you for your prayers and support as this restoration continues. We'll keep you updated as new milestones are reached.



# Masses and Intentions

Saturday	5:00 p.m.	<ul style="list-style-type: none"><li>• People of the Parish</li></ul>
Sunday	9:00 a.m.	<ul style="list-style-type: none"><li>• † Liam Connolly by the Connolly &amp; McRae families</li><li>• † Joan Texeira by Pat Conway</li></ul>
Sunday	11:00 a.m.	<ul style="list-style-type: none"><li>• † Aggie Burke by Choir Friends</li><li>• † Earl Burnett by Ann and family</li><li>• Vocations to Priesthood and religious orders (Intentions of), by Dianne and Pierre Boucher</li><li>• The health of Douglas Pineau (Intentions of), by Cindy &amp; Sandy Duff</li></ul>
Tuesday	9:00 a.m.	<ul style="list-style-type: none"><li>• † Kathryn Bourbonniere by Nancy Fulsom</li></ul>
Wednesday	9:00 a.m.	<ul style="list-style-type: none"><li>• † All Souls Intentions</li></ul>
Thursday	9:00 p.m.	<ul style="list-style-type: none"><li>• † All Souls Intentions</li></ul>
Friday	9:00 a.m.	<ul style="list-style-type: none"><li>• † Deceased members of the McKenna and Moore family, by Leah and Shawn</li></ul>
Reconciliation: Saturdays 4-4:45 p.m. in the sacristy or by appointment		



Be still. Be silent.  
Be with the Lord.



## July 22 Feast of St. Mary Magdalene

St. Mary Magdalene is one of the most prominent women in the Gospels—a devoted follower of Jesus, present at His crucifixion, and the first witness to His Resurrection. Referred to by the Church as the “Apostle to the Apostles,” she was the one chosen to carry the news of Christ’s victory over death to the disciples. Though often misunderstood in popular culture, the Gospels portray Mary as a faithful disciple healed by Jesus and completely transformed by His mercy. Her feast reminds us of the power of God’s grace to renew every life and the unique role of women in the life and mission of the Church.

## Events & Announcements

### Outdoor Joint Church Service

Sunday, July 27, at 11:00 a.m



St. Patrick Fallowfield, is pleased to support this special ecumenical service

uniting churches in south Ottawa that believe in the Apostles’ Creed, including those from Barrhaven, Riverside South, Greely, Manotick, Osgoode, Bells Corners, Winchester, and Nepean. Though we gather in different places each Sunday, we come together as one Church—rooted in our shared faith in Christ—to worship, pray, and celebrate the unity for which He prayed in John 17.

This special outdoor service features worship led by musicians from multiple congregations, Scripture readings, and a devotional message on unity. The day

will also highlight ministries supporting widows, orphans, and refugees—causes close to our collective heart.

After the service, enjoy a picnic with food trucks, games, bounce attractions for children and youth, face painting, and more.

For more information, please visit their website at [onechurchoneheart.ca](http://onechurchoneheart.ca).

Note: This special gathering does not replace our regular 11 a.m. Sunday Mass.



July 24  
**Memorial of St. Christina, Virgin and Martyr**

St. Christina of Bolsena was a young girl who lived in the third century and is remembered for her extraordinary faith and courage in the face of persecution. She destroyed her family’s pagan idols after embracing Christianity, leading to brutal punishments from her own father and ultimately martyrdom. Though her story is shrouded in legend, the witness of St. Christina reflects the steadfastness of early Christian martyrs who gave everything for their love of Christ.


July 15  
**Feast of St. James, Apostle**

St. James the Greater, son of Zebedee and brother of John, was among the first disciples called by Jesus and part of His inner circle. He witnessed key moments in Christ’s ministry, including the Transfiguration and the Agony in the Garden. As the first apostle to be martyred, St. James gave his life for the Gospel around the year 44 AD. He is also the patron saint of pilgrims, and his shrine in Santiago de Compostela, Spain, has been a destination for Christian pilgrims for centuries. The feast of St. James reminds us that discipleship calls for both closeness to Christ and a willingness to follow Him, even to the cross. St. James, faithful apostle, pray for us on our journey of faith.

Events & Announcements

Sacred Art Fundraiser



 Thank you to everyone who has generously supported the restoration of our church ceiling with sacred art. Every gift moves this important project forward. Together, we’re creating a lasting legacy for our parish and future generations. For questions or help, please contact the parish office or visit our website. Thank you for enriching our sacred space with your generosity!

Coffee Sundays—  
Volunteers Needed!

We’re eager to make Coffee Sundays as a regular parish tradition starting this September, offering a wonderful chance to connect and build community after Mass. However, these gatherings can only happen with your help! If you’ve been thinking about volunteering to host a Coffee Sunday, now is the time to step forward. We need more parish families or groups to sign up very soon to make this possible. Don’t worry—coffee, supplies, training, and full support are provided. All you

need to bring is your warmth and hospitality! Please don’t delay—if you’re interested or want more information, contact David Piccolo at [communications@stpatricksfallowfield.com](mailto:communications@stpatricksfallowfield.com) as soon as possible. Let’s make this happen together!

Sunday Smile

I took four tires to a friend’s garage sale and was asking \$35 apiece. I needed to step away for a bit so I asked him to watch them for me. "Sure," he said, "but just in case someone offers less, how low are you willing to go?"

"Try for more, but I will accept \$20 each," I said, and left.

When I returned, my tires were gone. "How much did you get for them?" I asked excitedly.

"Twenty dollars each."

"Who bought them?"

"I did!"



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# What Is the Mass—and Why Do We Celebrate It?

For many Catholics, attending Mass can become a routine: standing, sitting, kneeling, saying familiar prayers. But beneath the ritual lies something extraordinary—something divine. The Mass is not just a gathering, a teaching session, or a memorial. It is the heart of Catholic worship, the place where heaven touches earth.

## What is the Mass?

The Mass is the re-presentation of Christ's sacrifice on Calvary, made present in an unbloody way on the altar. It is not a new sacrifice, but the same one Jesus offered once and for all. When the priest celebrates the Eucharist, he does so in persona Christi—in the person of Christ—offering the Body and Blood of Christ

to the Father, just as Jesus did at the Last Supper and on the Cross.

At its core, the Mass is:

- A sacrifice (the offering of Jesus to the Father)
- A meal (in which we are invited to receive Christ Himself)
- A communal prayer (the highest form of prayer, uniting us with the Church across the world and throughout time)

## Why do we do it?

Jesus didn't suggest the Eucharist—He commanded it: "Do this in memory of me." From the earliest days of the Church, Christians gathered on Sundays to break bread, just as the Apostles did (Acts 2:42).

The Mass is the Church's faithful response to Jesus' command, and it remains the center of our spiritual life.

We go to Mass not only to receive, but to offer: we bring our hearts, our burdens, our praise. United to Christ's perfect offering, our lives are lifted up to the Father. The Mass strengthens us for mission and draws us deeper into communion with God and each other.

## Why do we do it?

Mass is not just an obligation—it is an invitation. We are invited into the Paschal Mystery, to be nourished by Word and Sacrament, to be transformed. When we truly understand what is happening, we realize there is no greater privilege on earth.

# Parish Contacts

## Pastor

Fr. Paul Shepherd  
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## Deacon

Mark Masson  
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## Parish Manager

Kati Holica  
office@stpatricksfallowfield.com

## Sacrament Administration

Anita MacNeil  
admin@stpatricksfallowfield.com

## Bookkeeper

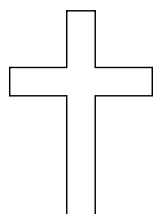
Vlado Sigel  
finance@stpatricksfallowfield.com

## 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.

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[www.stpatricksfallowfield.com](http://www.stpatricksfallowfield.com)

Parish Office Hours: Tuesday – Friday, 9:30 a.m. – 3:30 p.m.

