

# 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.



## Gospel Reflection

The Beatitudes open Jesus' public teaching not with commands, but with a promise: blessed are you. From the mountain, Jesus names those the world often overlooks—the poor in spirit, the meek, the merciful, the peacemakers—and declares that the Kingdom of heaven already belongs to them. This is not sentimental comfort, but a radical re-ordering of what it means to live well before God.

Zephaniah prepares us for this moment by speaking of a "humble and lowly people" who seek refuge in the name of the Lord. God's saving work does not begin with power or prestige, but with hearts open enough to depend on Him.

Saint Paul echoes this truth, reminding the Corinthians that God chooses what is weak in the eyes of the world so that no one may boast except in the Lord.

The Beatitudes, then, are not spiritual virtues to admire from a distance. They describe the shape of a life formed by trust in God rather than self-reliance. To be poor in spirit, to hunger for righteousness, to endure persecution for Christ's sake is to live anchored in God's promise, not worldly success.

Psalm 146 completes the picture, praising the Lord who lifts up the oppressed and sustains the lowly. In Christ, this promise is no longer distant.

### First Reading

Zephaniah 2.3; 3.12-13

### Second Reading

1 Corinthians 1.26-31

### Gospel

Matthew 5.1-12a

Psalms 146

BLESSED ARE THE POOR IN SPIRIT; THE KINGDOM OF HEAVEN IS THEIRS!

### February 2 Feast of the Presentation of the Lord (Candlemas)

This feast recalls Mary and Joseph bringing the child Jesus to the Temple, fulfilling the Law and offering him back to God. In the Temple, Simeon and Anna recognize Jesus as the promised Messiah—a light for revelation to the nations—which is why this feast is also known as Candlemas. On this day, candles are blessed as a visible sign of Christ, the Light who enters the world to overcome darkness.

This feast reveals not only who Christ is, but how God's saving work is often revealed quietly, through obedience, patience, and faithfulness. Candlemas invites us to reflect on where Christ's light is present in our lives and where it is still needed most.

As we mark this feast, we are invited to consider how we present ourselves to God—what we hold back, and what we are willing to place fully in His hands. Carrying the light of Christ means allowing it to shape our choices, our priorities, and our witness in the world, so that others may recognize in us the same light.

# Mass Intentions

Saturday	5:00 p.m.	• † Jean-Martin Latrémouille, by Michèle & Doug Watson. • † Tom Lowrey, by the family.
Sunday	9:00 a.m.	• People of the Parish
Sunday	11:00 a.m.	• † Sheila Berrea, by Angela, Janet & Carmel. • † Diane Michaud, by Shirley and Roger Provost. • † Agnes Morand, by Dianna & Pierre Boucher. • † Valdemar Scheffer, by Gilmar Sinhorim.
Tuesday	9:00 a.m.	• † All Souls Intentions
Wednesday	9:00 a.m.	• † Rose-Marie Perry, by the Dufresne family.
Thursday	9:00 a.m.	• † All Souls Intentions
Friday	9:00 a.m.	• † All Souls Intention



The world tells us to 'never surrender'—but God's kingdom opens the moment we do.

Reconciliation: Saturdays 4-4:45 p.m. in the sacristy or by appointment

## News & Events

### Stay Engaged

Follow us on social media and stay engaged with our vibrant community. If you are posting photographs of events at the church, we'd love to see them, see remember to tag us!



### Community Breakfast

Sunday, Feb. 8<sup>th</sup>



Join Us for Our First Community Breakfast of 2026! Start the year with a warm and welcoming community breakfast hosted by the Knights of Columbus on Sunday, February 8, following the 9:00 a.m. and 11:00 a.m. Masses. Gather with fellow parishioners to enjoy delicious food and great company—we can't wait to see you there!

### Shrove Tuesday Pancake Dinner

Tuesday, Feb. 17<sup>th</sup>, 5 - 7:00 p.m.



Join us for our Shrove Tuesday Pancake Dinner, organized by the Knights of Columbus. This centuries-old Christian tradition comes from the custom of using up foods like eggs, milk, and butter before Lent begins on Ash Wednesday. Enjoy a warm meal, good company, and a meaningful way to mark the start of the Lenten season. Please visit our website to RSVP.

# News & Announcements

## Live Stream Update

After a few weeks offline (thanks to a cut CAT6 cable under the snow), we're cautiously back. This weekend is a test run of our newly installed wireless bridge, so we're not officially announcing the livestream's return just yet — but feel free to tune in and join us while we test things out.

## No Weekday Morning Masses February 10–13

There will be no weekday morning Masses from Tuesday, February 10, through Friday, February 13.

### February 5 Memorial of St. Agatha, Virgin and Martyr

This memorial honors a young woman who remained steadfast in her Christian faith during persecution, choosing fidelity to Christ over comfort, status, or even her own safety. Her life reminds us that holiness is not reserved for the powerful or prominent, but is lived through courage, integrity, and quiet perseverance.

Her witness as virgin and martyr shows that true devotion sometimes comes at a cost, and that suffering endured for the sake of faith can become a powerful testimony to God's presence. This memorial invites us to reflect on where our own faith is tested and how we respond when following Christ demands sacrifice or steadfastness. St. Agatha encourages us to seek the grace to remain faithful, letting our choices and daily lives bear witness to the Gospel, even in small, unseen ways.

## Called to Care? Consider Pastoral Care Training

Are you drawn to walking alongside others in times of need? This spring, the Ottawa Pastoral Care Basic Training Course is accepting registrations for both in-person (Monday afternoons) and online via Zoom (Monday evenings), beginning March 9, 2026, and running weekly until May 11, 2026. Early bird registration is available until February 27, so register soon to secure your spot. Whether you are new to pastoral care or want to deepen your skills, this course provides practical training, support, and formation for those called to serve in our parish community. Continuing education opportunities are also offered, including an April 14 session on "Disenfranchised Grief: The Losses We Don't Talk About," led by representatives from Bereaved Families of Ottawa.

If you feel called to join the Pastoral Care Team or want to learn more, check out the program details and register at [www.ottawapastoralcare.com](http://www.ottawapastoralcare.com). Spaces are limited—take this opportunity to grow in faith and service this spring!



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Study | Watch | Listen | Read

Enjoy a FREE subscription to [formed.org](https://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.

February 6

### Memorial of St. Paul Miki and Companions, Martyrs

This memorial honors St. Paul Miki, a Jesuit, and his companions—laymen and fellow missionaries—who were martyred in Japan for their faith in Christ. Despite facing brutal persecution, they witnessed courage, forgiveness, and unwavering devotion, even praying for those who executed them. Their lives show that the call to discipleship may demand the ultimate sacrifice, but that faith can transform suffering into witness.

St. Paul Miki and his companions teach that holiness is found not in comfort or safety, but in remaining faithful to Christ amid opposition. Their example invites us to reflect on the challenges we face today in living out our faith: where we are called to stand firm, forgive, and act with integrity, even when it is difficult. We are encouraged to let their courage inspire our own witness, offering our words and actions as signs of Christ's love and light in the world.

## Donation Envelopes

If you requested a donation envelope, please pick it up soon. Donations can be made by cheque, any parish envelope, or e-transfer to [finance@stpatricksfallowfield.com](mailto:finance@stpatricksfallowfield.com) (use your envelope number as the password, adding leading zeros if needed). Tax receipts are issued at year-end. For questions, contact Kati at [office@stpatricksfallowfield.com](mailto:office@stpatricksfallowfield.com).



# News & Announcements

## Preparing for Lent

Lent is a season of renewal and practices, we create space for God's conversion, a time to turn more fully to grace to shape our hearts, minds, and actions. Participating in parish liturgies and prayer services, such as the Ash Wednesday, we are invited to reflect on what needs to be surrendered in our lives—habits, attachments, or attitudes that draw us away from God. Equally, Lent challenges us to consider what we might take up: deeper prayer, acts of service, or greater attention to the needs of others.

This season is not simply about giving up something temporarily, but about opening ourselves to transformation. Through small sacrifices and intentional

and prayer services, such as the penitential service, can strengthen this journey, offering support and communal encouragement as we prepare for Easter.

As you plan your Lenten observances, ask yourself: What do I need to let go of to follow Christ more closely? What steps can I take to grow in love, compassion, and holiness during these forty days?



### Ash Wednesday Mass

Wed., February 18  
9 a.m. and 7 p.m.

## Help our Parish Grow

### Leave us a Review!

Do you share our passion for this parish? When people seek to join a parish, they often begin their search on Google. By enhancing our parish's Google rating, you can play a pivotal role in drawing in new parishioners. Join us in spreading the love for our community!



## Parish Contacts

### Pastor:

Fr. Paul Shepherd

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### Parish Manager:

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### Communication Specialist:

David Piccolo

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### Parish Life

- The 11 a.m. Choir practices on Wednesday evenings at 7:30 p.m. in the church.
- The 9 a.m. Choir practices on Thursday evenings at 6:15 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 at 6:45 p.m. in the Parish Hall.
- The Knights of Columbus meet on the 1st Tuesday of the month at 7:00 p.m. in Parish Hall.
- Children's Liturgy, for ages 4 through 9, is offered during the 9:00 a.m. Sunday Mass.

### Get Involved



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

