

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

In today's Gospel, Jesus tells His disciples, "You are the salt of the earth... You are the light of the world." He does not say you should become salt and light, but you are. Discipleship is not a private identity; it is a visible one.

Salt exists for the sake of what it seasons, and light exists to be seen. When faith is reduced to words alone or kept safely hidden, it loses its power to transform. This is why Isaiah insists that true worship overflows into concrete acts of mercy—feeding the hungry, sheltering the homeless, and refusing to turn away from those in need. Faith that does not touch the suffering world becomes tasteless.

First Reading

Isaiah 58.7-10

Second Reading

1 Corinthians 2.1-5

Gospel

Matthew 5.13-16

Psalms 112

THE JUST MAN IS A
LIGHT IN DARKNESS TO
THE UPRIGHT.

February 8
**Celebrating Dignity of
Human Life Sunday**

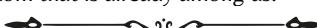
This Sunday, February 8, we join the Archdiocese of Ottawa-Cornwall in celebrating Dignity of Human Life Sunday, a day dedicated to reflecting on the sanctity and dignity of human life at every stage, especially at the end of life.

We are called to honor and support the elderly, the sick, the vulnerable, and those nearing death, along with their caregivers. The Church affirms that compassionate, high-quality palliative care is the proper response to suffering, providing comfort, dignity, and presence to both the person and their loved ones.

Pamphlets with helpful guidance on end-of-life care are available at the front and back of the church. For those who wish to learn more, a full feature on this important topic can also be found on the back of this bulletin. Let us pray and reflect on how we can walk with those who are most vulnerable, offering love, care, and respect in every season of life.



To live as salt and light is not to seek recognition, but to make God visible. When we choose compassion over convenience and faithfulness over fear, others glimpse the goodness of God. In this way, our ordinary acts become signs of a Kingdom that is already among us.



Mass Intentions

Saturday 5:00 p.m. • † Maria Simpson, by Ron & Linda Gervais.
 • † Robbie Allen, by Dianne Buiting.
 • † Bob Stephen, by the Stephen family.
 • Ginette (Birthday Blessings), by the family.
 • Sid Smith (Health and Recovery), by his friends.

Sunday 9:00 a.m. • † Juliet Coelho, by Cresentia Monteiri.
 • † Edward Lachance, by Julia and Luigi Chiarelli.
 • † Angelo Epifano, on the 35th anniversary of his passing, by Alex Barroso.

Sunday 11:00 a.m. • People of the Parish

Tuesday No Mass

Wednesday No Mass

Thursday No Mass

Friday No Mass



Shine boldly — Christ calls you to change the world, not blend into it

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

News & Events

Sunday Smile

A ship was sailing past a remote island and discovered a man who had been stranded there for several years. They went ashore to rescue the man and noticed he had built three huts for himself. They asked him, "What is the first hut for?"

He said, "That's my house."

"Ok, so what's the second hut for?"

"That's my church."

"Ok, so what's that other hut over there for?"

"Oh... that. That's the church I used to go to."



Community Breakfast

Sunday, Feb. 8th



Join us this Sunday for the first Community Breakfast of 2026, hosted by the Knights of Columbus following the 9:00 a.m. and 11:00 a.m. Masses. Goodwill donations will be accepted at the door, by cash or card. Come together with fellow parishioners to enjoy delicious food and great company—we look forward to seeing you there.

Shrove Tuesday Pancake Dinner

Tuesday, Feb. 17th, 5 - 7:00 p.m.



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

News & Announcements

Servants of the Cross: I am... HUNGRY



Our friends at the Servants of the Cross invite you to join them for a unique Lenten experience over Zoom: a "Feasting-Fast" that helps us feast on God's Word while practicing fasting in a meaningful way.

The program begins Thursday, February 19th, and runs every Thursday of Lent from 7:00–8:00 p.m. ET, concluding on March 26th. An orientation session will be held Monday, February 9th at 7:00 p.m. ET.

Fasting doesn't have to feel impossible. The Servants of the Cross write, "Oftentimes fasting gets a bad rap. And the feelings associated include thoughts like, 'No way. Too hard. I don't have it in me.' That's what we thought too. Over the season of Lent, we want to introduce a way to feast on His Word and satisfy our cravings far more than sugary treats or salty chips."

Scan the QR code to register, or visit <https://servantsofthecross.ca/engage/i-am-hungry>

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. Spaces are limited—take this opportunity to grow in faith and service this spring!



Ash Wednesday Mass
Wed., February 18
9 a.m. and 7 p.m.

FORMED
Study | Watch | Listen | Read

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.

February 10 Feast of St. Scholastica, Virgin

This week we celebrate St. Scholastica, the twin sister of St. Benedict and a holy woman devoted to prayer, community, and the love of God. Born in Italy in the 6th century, Scholastica chose a life of consecrated virginity and devoted herself to God, founding a community of women dedicated to prayer and service.

Her life reminds us of the power of faith, dialogue, and spiritual friendship. Tradition tells us that once, when she and her brother were discussing holy matters, Scholastica prayed so earnestly for him to stay with her that God caused a storm to prevent his departure, showing the strength of her intercession and prayer. St. Scholastica teaches us that dedication to God and a life of prayer can bring God's presence into every relationship and community. May her example inspire us to deepen our prayer life, value our spiritual companions, and seek God's guidance in our daily lives.



Walking with Care: Palliative Care, MAiD, and the Dignity of Life

As we celebrate Dignity of Human Life Sunday, we are reminded that every human life, especially at its most vulnerable, deserves care, attention, and respect. The Archdiocese encourages reflection, prayer, and support for those facing serious illness, suffering, or the end of life.

settings: at home, in hospitals, in long-term care facilities, or in hospices. It adapts to each person's needs and wishes and often continues alongside treatments that aim to improve health. Importantly, palliative care does not hasten death but accompanies the person with dignity, comfort, and compassion until natural death.

MAiD reflects a very different path.

Why This Matters

These decisions touch us all—whether for ourselves, a loved one, or a friend. The Church encourages thoughtful reflection, dialogue, and compassionate support. We are called to accompany the sick, the elderly, and those nearing death with presence, prayer, and care, ensuring that dignity and love guide every action.

Palliative Care: Compassion and Comfort

Palliative care focuses on relieving suffering and supporting the whole person—physically, emotionally, socially, and spiritually. It helps manage pain and symptoms such as shortness of breath, nausea, or anxiety, while also offering support and guidance to families and caregivers.

Palliative care can be provided in many

Medical Assistance in Dying (MAiD)

MAiD is a legal option in Canada for those seeking to intentionally end their life. While palliative care walks with the person toward natural death, MAiD intentionally brings life to an end. Choosing palliative care is a way of affirming that every life is valuable and worthy of care until the very end, while

Pamphlets with clear guidance about palliative care and MAiD are available at the front and back of the church. Please take one and consider how you can support life and dignity in your family, community, and your parish.



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 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



St. Patrick Parish, 15 Steeple Hill Cres.

Nepean, ON K2R 1G2

613-591-1135

www.stpatricksfallowfield.com

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

