

# 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 reminds us that He has come not to abolish the law but to fulfill it. At first glance, the commandments may seem like rules imposed from the outside, rigid and demanding. But Jesus reveals that God's law is meant to guide our hearts, not merely our outward actions. He calls us to go deeper, showing that anger, contempt, or lust can be as destructive as visible sins. True obedience, Jesus teaches, is more than external compliance: it demands integrity, sincere reconciliation with others, and a purity of heart that aligns our desires with God's will. This call can seem daunting, yet it is also a call to

true freedom. God's law is not a burden; it is a path to life and blessing, as we hear in Sirach and Psalm 119. By choosing love over anger, truth over deceit, and humility over pride, we open ourselves to the wisdom God offers through His Spirit. Living the law in this way transforms ordinary relationships—at home, at work, and in our communities—into opportunities for grace, healing, and deeper communion.

This week, let us reflect prayerfully on our hearts and our choices. Are we living the commandments only outwardly, or are we truly allowing God to shape the deepest intentions of our minds, words, and actions?

### First Reading

Sirach 15.15-20

### Second Reading

1 Corinthians 2.6-10

### Gospel

Matthew 5.17-37

Psalms 119

BLESSED ARE THEY  
WHO FOLLOW THE LAW  
OF THE LORD!

### Lenten Observance for the Faithful

As we prepare our hearts for the sacred season of Lent, which begins on February 18, we are offering the following guidelines of Lenten observance to help the faithful enter more deeply into prayer, sacrifice, and conversion.

Ash Wednesday and Good Friday are days of fast and abstinence, and all Fridays of Lent are days of abstinence. Fasting applies to those between the ages of 18 and 59, unless prevented by health. On days of fast, one full meal is permitted, along with two smaller meals as needed to maintain strength. Eating between meals is not permitted, though fluids may be taken.

Abstinence from meat binds all who are 14 years of age and older, unless health prevents it. Meat is not to be consumed on Ash Wednesday, Good Friday, and all Fridays of Lent. As a pastoral provision, Catholics may also choose to substitute special acts of charity or piety on Fridays of Lent. This observance is mandated by the Archbishop for the spiritual well-being of the faithful.

# Mass Intentions

Saturday	5:00 p.m.	<ul style="list-style-type: none"> <li>• People of the Parish</li> </ul>
		<ul style="list-style-type: none"> <li>• † Alex Nagy, by Nancy Nagy.</li> </ul>
		<ul style="list-style-type: none"> <li>• † Jean Trudeau, by Rick Temelini and Marie-Andree Trudeau.</li> </ul>
Sunday	9:00 a.m.	<ul style="list-style-type: none"> <li>• † George Allen, by Marilyn Allen.</li> </ul>
		<ul style="list-style-type: none"> <li>• † Josephine Stewart, by Hugh L. Stewart.</li> </ul>
		<ul style="list-style-type: none"> <li>• Francoise Mailhot (Birthday Blessings), by family</li> </ul>
		<ul style="list-style-type: none"> <li>• † Rita &amp; Raymond Jay, by the Stuart family.</li> </ul>
Sunday	11:00 a.m.	<ul style="list-style-type: none"> <li>• Gemma O'Sullivan (Intentions of), by Paul and the family.</li> </ul>
		<ul style="list-style-type: none"> <li>• Chelsey Croteau (Get Well/Health), by Danielle Barrette-Marcuccio.</li> </ul>
Tuesday	9:00 a.m.	<ul style="list-style-type: none"> <li>• † Wm. Meredith MacDonnell, by Monica Govan.</li> </ul>
Wednesday	9:00 a.m.	<ul style="list-style-type: none"> <li>• † Mary Emery, by Pat Conway.</li> </ul>
Wednesday	7:00 p.m.	<ul style="list-style-type: none"> <li>• No intentions for this Mass</li> </ul>
Thursday	No Mass	<ul style="list-style-type: none"> <li>• † All Souls Intentions</li> </ul>
Friday	No Mass	<ul style="list-style-type: none"> <li>• † All Souls Intentions</li> </ul>

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



Examine your heart—your deeds are judged by the motives that drive them.

## News & Events

### February 16 St. Juliana, Virgin and Martyr

St. Juliana of Nicomedia was a noblewoman who secretly embraced the Christian faith in the face of persecution. When her father arranged a marriage to a pagan man, she refused, insisting on her devotion to Christ. Denounced and arrested during the persecutions under Emperor Diocletian, she endured severe torture yet remained steadfast in her faith and consecrated virginity. Tradition holds that she triumphed over suffering and temptation before being martyred around 304 A.D.

St. Juliana reminds us that true fidelity to Christ often demands courage and self-sacrifice. She is especially invoked by those enduring illness or trials, showing that strength and faith can prevail even in the most difficult circumstances.

### 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. 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. 

### Ash Wednesday

Wed, Feb. 18<sup>th</sup>, 9 a.m. & 7 p.m.

Ash Wednesday marks the beginning of Lent, a sacred season that prepares us for Easter through prayer, fasting, and charity. As ashes are placed on our foreheads, we are reminded of our human frailty and our need for conversion, hearing the call to "repent and believe in the Gospel."

This simple yet powerful sign invites us to pause, turn our hearts back to God, and begin again. Lent is not about dwelling on failure, but about opening ourselves to mercy and renewal as we walk more intentionally with Jesus Christ toward the joy of Easter.



# News & Announcements

## Knights of Columbus Maple Syrup Fundraiser

It won't be long before winter relaxes its cold grip and the maple tree sap will begin to flow, once again providing the Knights of Columbus with an opportunity to offer Parishioners a great Canadian staple. Please consider ordering maple syrup for your table or as gifts to family and friends. The maple syrup is offered in cans of 540 ml, eight (8) cans is one gallon. A gallon costs \$75, and half a gallon costs \$40. Please note that we are not selling individual cans. All proceeds support charities and the Parish. The deadline to order is March 15th. Those who do purchase syrup will be able to pick up their orders in the Church parking lot at a pre-arranged date/time. To place an order, please contact Pierre Boucher at [bouchercol67@gmail.com](mailto:bouchercol67@gmail.com)



## Upcoming Events

-  Sacramental Retreat for Older Children  
February 28
-  Confirmation Enrollment Masses  
February 28 & March 1st

-  CWL St. Patrick's Day Tea

Sunday, March 15

-  St. Patrick's Day Pilgrimage  
Tuesday, March 17

## 2025 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.

## 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.

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>.

## Sunday Smile

I have heard this story of a parish priest. He was doing some cleanup in his office after one year pastoral ministry in parish. He noticed a box on one of the shelves. When he opened it - to his surprise - it contained three eggs and ten Dollars. He asked his secretary what this meant. She seemed a little embarrassed, but then told him that every time he gave a bad homily, she put an egg into the box. "well," the priest said, ..I guess I am doing OK. I've probably given well over a hundred homilies and received only three eggs for bad homilies." Then the priest asked her about the ten Dollars. She cleared her throat and said, ..Every I got together a dozen eggs, I sold them to the poor for a Dollar!

## Take Up This Lent

This Lent, consider taking something up that shares your gifts and blesses others. Our parish thrives when members contribute their talents—whether caring for others on the Pastoral Care team, guiding children in Sacramental Preparation or Children's Liturgy, singing in the choir, or supporting the parish through technology or liturgical ministries. Whatever your skill or interest, there's a place to serve, grow, and make a difference. Visit our website or contact the parish office to discover how you can take up your gifts this season and enrich parish life.



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.



# News & Announcements

## Lenten Season

Lent is just a few days away, this is a sacred time to renew our hearts and draw closer to Christ. As we prepare for this season of prayer, fasting, and almsgiving, mark your calendars for these important dates:

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

 **Stations of the Cross**  
Fridays at 7:00 p.m.,  
starting February 20.

 **Penitential Service**  
Thu., March 26, 7:00 p.m.

 **Palm Sunday**  
Sun., March 29

## Stations of the Cross

During Lent, the Stations of the Cross will be held every Friday at 7 p.m. The devotion will be led in rotation by the Knights of Columbus, the Catholic Women's League, and the Legion of Mary. Join us as often as you can for this powerful prayer, walking with Christ through His Passion and Death. As we reflect on His suffering, we are reminded of the depth of His love and sacrifice for us. This Lenten practice draws us more fully into the mystery of the Cross, strengthens our faith, and prepares our hearts for the joy of the Resurrection.



## 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**  
[pastor@stpatricksfallowfield.com](mailto:pastor@stpatricksfallowfield.com)

### Sacrament Administration:

**Anita MacNeil**  
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### Deacon:

**Mark Masson**  
[deacon@stpatricksfallowfield.com](mailto:deacon@stpatricksfallowfield.com)

### Bookkeeper:

**Vlado Sigel**  
[finance@stpatricksfallowfield.com](mailto:finance@stpatricksfallowfield.com)

### Parish Manager:

**Kati Holica**  
[office@stpatricksfallowfield.com](mailto:office@stpatricksfallowfield.com)

### Communication Specialist:

**David Piccolo**  
[communications@stpatricksfallowfield.com](mailto: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](http://www.stpatricksfallowfield.com)**

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

