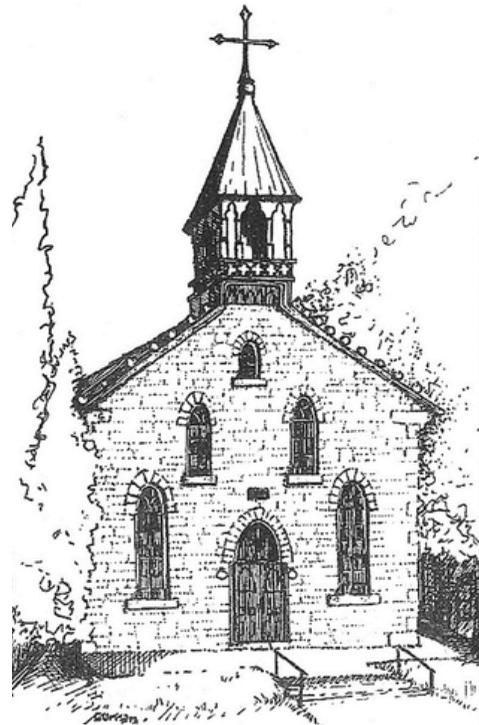


ST. PATRICK PARISH, FALLOWFIELD



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 2.7-9; 3.1-7

Second Reading

Romans 5.12-19

Gospel

Matthew 4.1-11

Psalms 51

**BLESSED ARE THEY
WHO FOLLOW THE LAW
OF THE LORD!**

Gospel Reflection

The Gospel for the First Sunday of Lent places Jesus in the desert, alone, hungry, and vulnerable. In Matthew, we are shown that temptation is not a sign of weakness or failure, but part of the human condition. Even the Son of God enters into it fully. What matters is not the presence of temptation, but how it is met.

Each temptation offered to Jesus echoes a deeper struggle of the human heart. Turn stones into bread: place immediate need above trust in the Father. Throw yourself down: demand proof of God's care on your own terms. Bow down and gain power: secure the world by compromise rather than obedience. Jesus refuses all three, not

with displays of strength, but with quiet fidelity to God's word.

Lent invites us to recognize these same temptations. We are often drawn to comfort over faithfulness, control over trust, success over integrity. Like Jesus, we are called to respond not by arguing with temptation, but by rooting ourselves more deeply in God.

The desert is not a place of abandonment, but of formation. At its end, Jesus does not emerge diminished, but ready to begin his mission. Lent offers us the same promise. If we remain faithful in the small daily struggles, God uses even our hunger and weakness to prepare us for new life.

February 22

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.

Mass Intentions

Saturday	5:00 p.m.	<ul style="list-style-type: none"> † Maria Simpson, by Ron & Linda Gervais. † Mary Lascelles, by Paul Lascelles. Allen Galachiuk (Get Well/Health), by friends. Sid Smith (Get Well/Health), by Linda and Allen Galachiuk.
Sunday	9:00 a.m.	<ul style="list-style-type: none"> People of the Parish
Sunday	11:00 a.m.	<ul style="list-style-type: none"> † Renato Mangacat, by the family. † Doug Buckland, by Beverlae Buckland. † Kathleen & John McCarthy, by the family. † Monica Sauvé, by Margaret Chevalier.
Tuesday	9:00 a.m.	<ul style="list-style-type: none"> † Mary Emery, by Maureen Speers.
Wednesday	9:00 a.m.	<ul style="list-style-type: none"> † Frances Ann Facto, by Edwin and Bernadette Facto.
Thursday	9:00 a.m.	<ul style="list-style-type: none"> † All Souls Intentions
Friday	9:00 a.m.	<ul style="list-style-type: none"> † Sheila Tibbo Cote, by Carolyn Montcalm.
Friday	7:00 p.m.	<ul style="list-style-type: none"> Stations of the Cross



Hunger for righteousness, not fleeting worldly satisfaction.



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

News & Events

Sunday Smile

A woman goes to the local newspaper office to see that the obituary for her recently deceased husband is published. The obituary editor informs her that there is a charge of 50 cents per word. She pauses, reflects, and then she says, well then, let it read: "Fred Brown died."

Amused at the woman's thrift, the editor tells her that there is a seven word minimum for all obituaries.

She thinks it over and in a few seconds says, "In that case, let it read, 'Fred Brown died. Golf clubs for sale.'"



Stations of the Cross Mass Fridays @ 7 p.m.



Join Fridays throughout Lent for the Stations of the Cross Mass, a time of prayerful reflection on Christ's journey to Calvary. This solemn devotion invites us to walk spiritually with Jesus, deepening our understanding of His sacrifice and love. Each week, volunteers from the Knights of Columbus, Catholic Women's League, and the Legion of Mary will lead us through the Stations.

Lenten Breakfast and Retreat

Saturday, Mar. 14, 9 a.m.



Join us for a Lenten Breakfast and Retreat hosted by the Knights of Columbus. The morning will feature a continental breakfast, a spiritual reflection, opportunities for fellowship, and more. Mark your calendars and watch for more details about this upcoming event. All are welcome to attend.



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



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

Archbishop's Fund for Mission Advancement – Special Collection (February 21-22)

On the First Sunday of Lent, we invite your contribution to the Diocesan & Missionary Works special collection, which supports the Archbishop's Fund for Mission Advancement. This fund helps Archbishop Damphousse respond quickly and generously to real needs and to opportunities that support the mission of the Church, especially here in the Archdiocese of Ottawa–Cornwall.

Most of what is given stays right here in our diocese, supporting evangelization, youth and family ministry, Catholic education and campus ministry, and other charitable works close to home.

Thanks to your generosity, more than \$60,000 was raised last year. This year, our goal is \$100,000. Thank you for being a part of the mission!



Scan here to make a donation online or visit ottawacornwall.ca/donations. Select:

- Fund - "Special Collections"
- Sub-fund - "Missionary & Diocesan Works (Archbishop's Fund)"

February 27

St. Gregory of Narek, Abbot & Doctor of the Church

St. Gregory of Narek was a 10th-century monk, priest, and abbot whose life of prayer and scholarship continues to nourish the Church today. Born around 950 in what is now Armenia, he entered the monastery of Narek, where he devoted himself to Scripture, theological reflection, and a profound life of repentance and trust in God's mercy. He is best known for his Book of Lamentations, a deeply personal and poetic work of prayer that gives voice to the human struggle with sin, suffering, and hope. His writings reveal a soul utterly aware of its need for grace and completely confident in the compassion of Christ.

In 2015, Pope Francis declared him a Doctor of the Church, recognizing the enduring theological and spiritual depth of his work. St. Gregory reminds us that honest prayer, even when marked by sorrow or weakness, can become a path to profound communion with God.

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.



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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, February 25
- Friday, February 27
- Saturday, February 28

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
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Parish Manager:
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Sacrament Administration:
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Bookkeeper:
Vlado Sigel
finance@stpatricksfallowfield.com

Communication Specialist:
David Piccolo
communications@stpatricksfallowfield.com

<h3>Parish Life</h3> <ul style="list-style-type: none"> • 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. 	<h3>Get Involved</h3> 
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- DEI GRATIA -

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.

