

ST. PATRICK PARISH, FALLOWFIELD



We are a vibrant and engaged faith community, growing together in Christ for 160 years. Nourished by the sacraments, we serve with joy—within our parish and beyond.



Saint Benedict, the Rule, and the Rest Christ Gives

Ora et labora

This Sunday's Gospel gives us one of the most consoling invitations of Christ: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." That rest is not laziness or escape. Jesus immediately speaks of his "yoke," which means a way of life, a discipline, a path learned from him.

That is why Saint Benedict is a fitting companion for us this week, as the Church celebrates his memorial on July 11. Benedict's Rule is a practical guide for living under the gentle yoke of Christ: prayer, work, humility, silence, obedience, hospitality, repentance, and perseverance.

Ora et labora (pray and work) is the phrase often used to summarize the spirit of Benedict's way.

[Continued on back cover]

First Reading

Zechariah 9.9–10

Second Reading

Romans 8.9, 11–13

Gospel

Matthew 11.25–30

Psalm 145

FOREVER I WILL SING
THE GOODNESS OF
THE LORD.

Gospel Reflection

In this Sunday's Gospel, Jesus speaks to people who are tired. Not merely busy, but burdened: carrying responsibilities, disappointments, sins, worries, and expectations that have become too heavy. His invitation is simple and direct: "Come to me."

Jesus does not promise a life without duties. He speaks of a yoke, which means there is still a path to walk and work to be done. But his yoke is different because it is shared with him. The Christian life is not meant to be carried by our own strength alone. We are invited to learn from Christ, who is gentle and humble in heart. This matters because many people quietly assume

that faith is one more demand added to an already demanding life. But Jesus presents himself not as a taskmaster, but as the one who gives rest to the soul. His gentleness is not weakness. It is the strength of God made close to us. To come to Christ is not to pretend that our burdens are light. It is to let him meet us truthfully within them. Prayer, the sacraments, and the life of the Church draw us again and again into this rest—not as an escape from reality, but as a deeper grounding in God's mercy. This week, the Gospel invites us to bring Christ the burden we usually keep hidden, and to ask for the grace to be taught by him.

Mass Intentions

Saturday	5:00 p.m.	<ul style="list-style-type: none"> † Jean Trudeau, by Rick Temelini and Marie-Andrée Trudeau † Deceased Members of the Bergin Family, by Ann Burnett † Jackie Goyette, by Mike Ryan and Eva Burnett † 50th Anniversary of Judy and Michael Chambers, by family
Sunday	9:00 a.m.	<ul style="list-style-type: none"> † Sid Smith, by Amanda, Melanie, Jake, and Violet † Rosemary Shepherd, by Maria Aguiar
Sunday	11:00 a.m.	<ul style="list-style-type: none"> People of the Parish
Tuesday	9:00 a.m.	<ul style="list-style-type: none"> † Dr. A. K. Kuriakose, by the Kuriakose family
Wednesday	9:00 a.m.	<ul style="list-style-type: none"> Christine and Isabelle, for their intentions, by Mom and Dad
Thursday	9:00 a.m.	<ul style="list-style-type: none"> † All Souls Intention.
Friday	9:00 a.m.	<ul style="list-style-type: none"> † All Souls Intention.

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



Trade anxious
striving for trust
in Christ.

July 9 Saint Augustine Zhao Rong and Companions, Martyrs and China

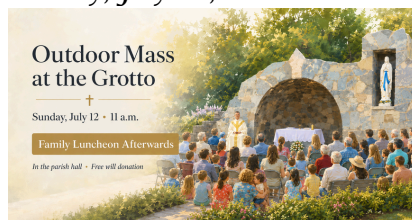
Saint Augustine Zhao Rong was a Chinese soldier who came to know the faith through the witness of imprisoned Christians and later became a priest. He is honoured together with many others (bishops, priests, religious, and lay faithful) who gave their lives for Christ in China over several centuries.

Their witness reminds us that faith is not merely a private comfort, but a gift worth living for with courage and fidelity. As we remember these martyrs, we pray for persecuted Christians throughout the world, for the Church in China, and for all who quietly bear witness to Christ in difficult circumstances.

“I am willing to accept all kinds of punishments, but the one thing I cannot do is abandon my Lord Jesus Christ.”

News & Events

Outdoor Mass at the Grotto & Family Luncheon Sunday, July 12, 11:00 a.m.



Our regular 11:00 a.m. Mass will be celebrated outdoors at the Grotto as part of our parish's 160th Anniversary celebrations. Please bring your own lawn chair. After Mass, all are invited to the parish hall for a family luncheon hosted by the 160th Anniversary Fundraising Committee. Join us for a day of food and fellowship. Free will donations will be accepted.



160th Anniversary Parish Golf Classic Sunday, August 9, 1 p.m.




Join us at Manderley on the Green for our 160th Anniversary Parish Golf Classic, a fundraiser in support of our parish. The day includes golf, fellowship, prizes, dinner, a silent auction, and a \$10,000 hole-in-one prize at the 4th hole (see website for eligibility). Tickets are \$135 and include 18 holes, cart, and dinner. Dinner-only guests welcome for \$50. Register on our website.



News & Announcements

160th Anniversary Cookbook Submissions



 The CWL is preparing a special cookbook for St. Patrick's 160th

Anniversary and is asking parishioners to submit their favourite family recipes.

Homemade classics of all kinds are welcome, including ethnic and traditional family recipes. You may submit as many recipes as you like, and each published recipe will include the name of the person who submitted it.

Recipes may be submitted through the form on the website. 225 recipes will be included in the book, so please send yours in soon.

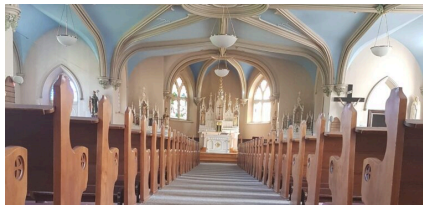
Support our Parish at Boston Pizza Barrhaven



During our 160th Anniversary Year, Boston Pizza Barrhaven will donate 5% of eligible sales to St. Patrick's Parish.

When dining in, write "St. Patrick's Church" on your receipt and place it in the yellow school bus at the front of the restaurant. For takeout or delivery, mention St. Patrick's when ordering. Thank you for your support.

Help Us Preserve Our Parish History



 As part of our 160th Anniversary History

Committee Initiative, we invite parishioners and friends of the parish to share memories, stories, and historical facts from the life of our parish. A brief tidbit is just as welcome as a longer story, and you are welcome to submit more than once. Photos and documents are also welcome. Scan the QR code to learn more and submit your story.

Support our Parish At Bridlewood Home Hardware



Did you know that your purchases at Bridlewood Home Hardware (Michael Cowpland at Eagleson) can benefit St. Patrick Parish? Simply mention you're from St. Patrick Parish at checkout, and a percentage of the pretax sales will be donated back to the church. Thank you for supporting this initiative!

160th Anniversary: Save These Dates



Outdoor Mass + Family Luncheon
Sunday, July 12, 11:00 a.m.



Family BBQ and events for the children
Sunday, Sept 20, 12:00 p.m.



160th Anniversary Gala
Saturday, October 17, 2026



160th Anniversary Mass & Sunday Receptions
Sunday, October 18, 2026

July 11

Memorial of Saint Benedict, Abbot

Saint Benedict was born in central Italy around the year 480, during a time of political instability and cultural upheaval. As a young man, he went to Rome for his studies, but became troubled by the disorder and moral confusion he saw there. Seeking God more deeply, he withdrew from the city and spent a period of solitude near Subiaco, where he devoted himself to prayer, penance, and listening to the Lord.

Over time, others were drawn to his holiness and wisdom. Benedict eventually founded a monastery at Monte Cassino, where he wrote the Rule that would guide generations of monks and shape Christian life throughout the West. His vision was not dramatic or complicated: a stable community seeking God through prayer, work, humility, obedience, hospitality, and daily conversion.

Benedict's life reminds us that holiness is often built quietly. He did not flee the world out of contempt, but sought to order his life entirely around Christ. In a restless age, his witness still speaks clearly: listen to God, remain faithful in ordinary duties, welcome others with charity, and seek Christ above all.



Saint Benedict, the Rule, and the Rest Christ Gives

[Continued from front cover]

Ora et labora helps us see that Christ's rest is not found by abandoning responsibility, but by ordering our lives around God.

At first, the Rule of Saint Benedict might sound like the opposite of rest. It has structure, discipline, obedience, silence, correction, and daily work. But Benedict understood something we often forget: disorder is exhausting. Constant distraction is exhausting. Trying to carry life alone is exhausting.

The Rule offers a different kind of freedom. Benedict begins with one essential command: listen. The monk is not told first to perform, achieve,

impress, or prove himself. He is told to listen with "the ear of the heart." That is already close to the Gospel. Christ does not begin by crushing the weary with another burden. He invites them to come near, to learn from him, and to receive his yoke. Benedict's "yoke" is daily fidelity. Prayer at set times. Work done well. Meals received with gratitude. Guests welcomed as Christ. Faults corrected without despair. Authority exercised with mercy. Community life endured with patience. None of this is flashy, but it is deeply Christian. Holiness becomes less about dramatic gestures and more about learning to belong to God in

the real conditions of life. This is why the Rule still speaks to people. Most of us are not called to the monastery, but all of us need a rule of life: a steady way of placing Christ at the centre. Saint Benedict reminds us that peace is not found by escaping duty, but by carrying our duties with Christ, in humility, prayer, and trust. When Jesus says, "my yoke is easy, and my burden is light," St. Benedict helps us understand what that means. The Christian life is not weightless. It is rightly ordered. It is a life where prayer, work, rest, responsibility, discipline, and mercy all find their proper place in Christ.

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.

