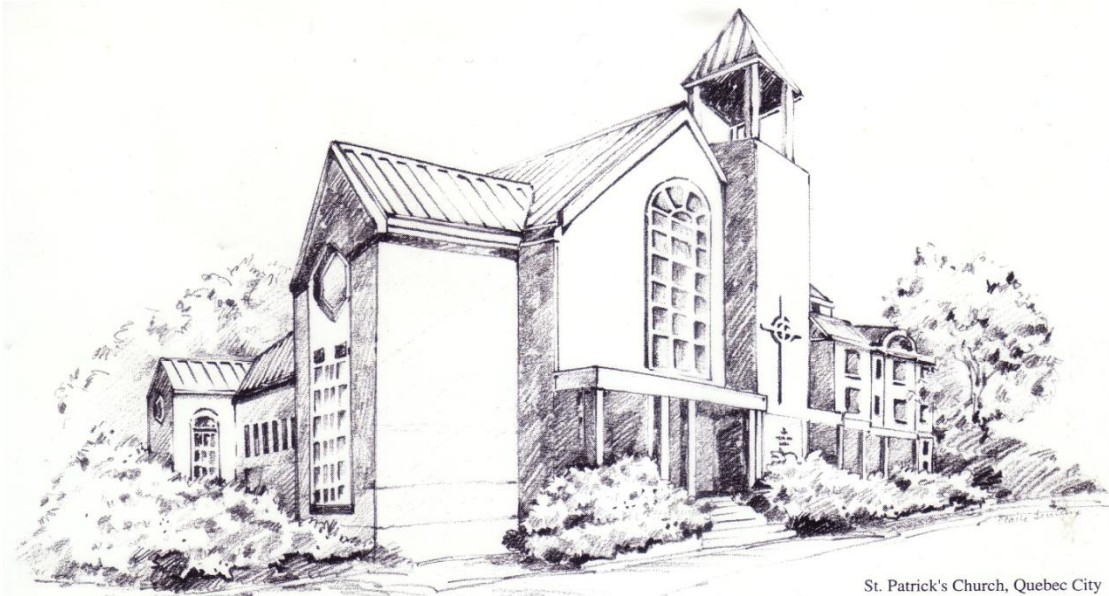


# St Patrick's Parish Bulletin



St. Patrick's Church, Quebec City

## Mission Statement

While honouring its Irish heritage, St. Patrick's Parish has a unique mission to live and share the teachings of Jesus Christ with Roman Catholics who worship in the English language in the Diocese.

1145 de Salaberry, Quebec City QC G1R 2V7

418-524-3544 tel. 418-524-3541 fax <http://www.stpatricksquebec.com/>

First Sunday of Lent Year A; February 22<sup>nd</sup>, 2026



Pastoral committee members: Marie White, Pierre Gagnon, Colleen Bilodeau, Felice Burrascano, Andrée Lemieux, Hélène Villeneuve, Vhea Magney, Ruth Velayo and Father Réjean Lussier

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 	<b>Baptism, First Reconciliation, First Communion and Confirmation:</b> Please contact the lay Pastoral Assistant at <a href="mailto:pastor@stpatricksquebec.com">pastor@stpatricksquebec.com</a> .
 	<b>Marriage and Wedding Anniversary Mass:</b> Please contact the Pastor. <b>Confessions:</b> They are heard before Mass upon request.
<b>Cantor</b>	Helen McCauley
<b>Cantor &amp; Choir Director</b>	Laura Palladino
<b>Organist</b>	Bruce Gaulin
<b>Holy Hour (First Friday of the month, 7PM to 8PM)</b> Priest available for the Sacrament of reconciliation	

Mass			Mass Intentions	
Day	Date	Liturgy	For	From
Saturday	February 21 <sup>st</sup> 4:00 pm	First Sunday of Lent Year A	Glenn Stewart	Stewart Family
Sunday	February 22 <sup>nd</sup> 10:00 am	First Sunday of Lent Year A	Dorothy Spratt Clem Spratt	Anne Spratt
Monday	February 23 <sup>rd</sup>		<b>No Mass</b>	
Tuesday	February 24 <sup>th</sup> 11:30 am	Devotion to Our Lady of Perpetual Help (11:15)		
Wednesday	February 25 <sup>th</sup> 11:30 am		Propulo Mass	
Thursday	February 26 <sup>th</sup>		<b>No Mass</b>	
Friday	February 27 <sup>th</sup>		<b>No Mass</b>	
Saturday	February 28 <sup>th</sup> 4:00 pm	Second Sunday of Lent Year A		
Sunday	March 1 <sup>st</sup> 10:00 am	Second Sunday of Lent Year A	Cécile O'Doherty Elizabeth Victory	Barbara Fleury Matthew Haren

The total collection last Sunday was approximately \$736.00. Thank you!

## Lenten Collection

This Sunday, there is a second collection after Mass in the atrium of the church. The money will be sent to Cardinal Gérald Cyprien Lacroix. Last year, he received 61,000 dollars. Again, this year, he will spend that money in order to help many Charitable Organisations in the Diocese. There are envelopes in the atrium of the church if you want. You can write your envelop number if you want to receive an income tax receipt at the end of the year. Please, put your donation in the basket.

## **Catholic Women's League**

Thank you to everyone who participated in and supported our CWL Valentine's Tea on February 15! As part of our charitable mission serving our community for the past 100 years, our council will be giving a donation to the Maison Hélène Lacroix to help women who are victims of violence. Thank you for helping us to help others. God bless you. SERVICE: Baptism calls us to witness to God's love – especially for the outcast and vulnerable in this world – be they human or other. Catholic Women's League members witness this service in many ways. Come be a part of this compassionate service. Yearly dues of \$35 are all that's required to become a member of the League. Contact the president Jacqueline Quackenbush at [imcatholic265@gmail.com](mailto:imcatholic265@gmail.com) for information or donate at [cwlstpatrikscwl@gmail.com](mailto:cwlstpatrikscwl@gmail.com) Interac accepted. Question: Who are we? Catholic. Also visit [www.cwl.ca](http://www.cwl.ca) often for news and information.

## ***Sunday's Reflection***

### ***"Jesus was led by the Spirit into the desert to be tempted by the devil"***

Today we celebrate the first Sunday of Lent. This 'strong' liturgical time is a spiritual path leading us to participate in the great mystery of the death and resurrection of Christ. Saint John Paul II said: "Each year, the Lenten Season is set before us as a good opportunity for the intensification of prayer and penance, opening hearts to the docile welcoming of the divine will. During Lent, a spiritual journey is outlined for us that prepares us to relive the Great Mystery of the Death and Resurrection of Christ. This is done primarily by listening to the Word of God more devoutly and by practicing mortification more generously, thanks to which it is possible to render greater assistance to those in need."

Lent and today's Gospel teach us that life is a path leading us to Heaven. But to deserve this, we must first overcome our temptations. "Then Jesus was led by the Spirit into the desert to be tempted by the devil" (Mt 4:1). By allowing Himself to be tempted, Jesus wanted to show us how we can fight and overcome our temptations: with our trust in God and in prayer, through grace and fortitude. Temptations may be described as the 'enemies of the soul.' In fact, they can be summarized and determined by three aspects. In the first place, 'the world': "command that these stones become loaves of bread" (Mt 4:3). It implies living to possess material things only.

Secondly, 'the devil': "if you will prostrate yourself" (Mt 4:9). It conveys the greed for power. And, last but not least, 'the flesh': "throw yourself down" (Mt 4:6), which means placing our confidence only in our body. Saint Thomas Aquinas explains it better when saying: "For the causes of temptations are the causes of desires" —namely, 'lust of the flesh, hope of glory, eagerness for power'."

### **Pope's Lenten message: Abstain from harsh words and rash judgement**

Ahead of the start of Lent, Pope Leo XIV invites Catholics to open ourselves to listening, fasting, and community, urging us to abstain from words of hatred in order to make space for words of hope and peace.

"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor." As Lent begins on Ash Wednesday, February 18, the Pope said this liturgical season offers Christians an opportunity

to place the mystery of God back at the center of our lives. Every journey of conversion, he said, begins by letting God's word touch our hearts, so that we may renew our commitment to follow Christ in the mystery of His saving passion, death, and resurrection. Pope Leo focused on the importance of listening to God and to those around us, allowing ourselves to enter into authentic relationships.

"In the midst of the many voices present in our personal lives and in society," he said, "Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering." Christians, said the Pope, can cultivate inner openness to listening, as God does, by growing in awareness that the poor challenge our lives and economic systems, as well as the Church. Pope Leo XIV then turned to how fasting helps open us to the deep desire for justice, which he said frees us from complacency. "Precisely because it involves the body, fasting makes it easier to recognize what we 'hunger' for and what we deem necessary for our sustenance," he said. "Moreover, it helps us to identify and order our 'appetites,' keeping our hunger and thirst for justice alive".

Fasting, he added, teaches us to govern our desire by purifying, freeing, and expanding it, in order to direct our desire toward God and good deeds. However, we must fast in faith, humility, and communion with the Lord, and not in a way that leads to pride, said the Pope, adding that other forms of self-denial also lead to a more sober lifestyle.

Pope Leo then pointed to an under-appreciated form of abstinence, which is refraining from hurtful words. "Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves," he said. "Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities."

If we do so, we will let words of hatred "give way to words of hope and peace." Pope Leo went on to emphasize the communal aspect of listening and fasting, which can be lived out in our parishes, families, and religious communities.

By listening to the cry of the poor and setting our hearts on a path of conversion to Christ, we train our conscience and improve the quality of our lives and relationships, he said.

"It means allowing ourselves to be challenged by reality and recognizing what truly guides our desires—both within our ecclesial communities and as regards humanity's thirst for justice and reconciliation."

Pope Leo XIV concluded his 2026 Lenten Message with a call for Christian communities to become places where those who suffer find welcome.

"Let us ask for the strength that comes from the type of fasting that also extends to our use of language," he said, "so that hurtful words may diminish and give way to a greater space for the voice of others."



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