



horseshoes displayed as a symbol of good fortune. Irish brides once carried a real horseshoe down the aisle, open side up, so the luck would never run out.

Irish Lace: Brides frequently included beautiful Irish lace into their dresses and veils or carried a lace handkerchief.

Irish lace is a symbol of survival, creativity, and community. Many families created their own designs and patterns, passing them from mother to daughter. Today, Irish lace is treasured not only for its beauty but for the strength and generosity it represents. Including it in a wedding is a meaningful way to honor Irish heritage, or simply to celebrate a tradition born from love and perseverance.



The Music & Dancers

An Irish wedding reception is incomplete without Irish/Ceili dancing and traditional Irish music. This entertainment is an essential part of the wedding to liven up the party and get the guests moving on the dance floor. Dances may include the Walls of Limerick, the Siege of Ennis and the Haymakers Jig, dances that everyone can join. An Irish wedding reception just isn't a real celebration without Irish dancing.

Speech Betting

A traditional Irish ceremony includes speeches which the guests will turn into a fun game. Each person at a table will bet on how long the speech will take and the winner gets all the wagers but must buy a round of drinks for the table.

They may bet on - how many 'Thank Yous' will be said, the first dance song, the first man to wrap his tie around his head on the dancefloor. *This could be very interesting, I bet!*

Wedding Bells

Ringling a bell is thought to ward off evil spirits. Another belief is that bells chase the conflict away in a marriage. Presenting a bell to the newlyweds is also a traditional gift. You may even see the Bells of Ireland flowers included in the bride's bouquet because they represent luck.

Weather



The all-important Child of Prague statue is put out in the garden to ward off rain. *My relatives always hung the rosary on the clothesline the night before a wedding or special event.*



Wedding Toasts

Irish wedding toasts began as ancient Celtic sacrifices and blessings intended to bring good luck, stave off disaster, and wish the couple a long, fruitful life.

Lorraine O'Reilly

Source <https://www.angara.com/ca-en/blog/irish-wedding-traditions/>
<https://www.brides.com/irish-wedding-traditions-4800060>
<https://onefabday.com/things-happen-irish-wedding/>





Irish Society

Of The National Capital Region
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TRIVIA NIGHT IN BARRHAVEN!!!

HEART & CROWN (3161 STRANDHERD DR.)

Every second Tuesday of the month

October 13th at 7pm

The Irish Society in partnership with *Gordie Smith Trivia* will be publishing a monthly trivia page with the answers being posted on the Irish Society Website and will be printed the following monthly in the newsletter.

Question #1 What was the name of the Irish writer and painter, born with cerebral palsy, that led to him writing or typing with the toes of one foot and whose autobiography 'My Left Foot' was later made into a 1989 Academy Award-winning film of the same name, starring Daniel Day-Lewis?

Question #2 Of Ireland's 32 counties, four of them begin with the letter W. Name these four counties.

Question #3 Born in Limerick on the 1st of October 1930, Richard Harris passed away in 2002 at the age of 72. With a long list of notable roles and performances, his final film role was playing Albus Dumbledore in which of the Harry Potter movies?

Question #4 A team representing Ireland as an independent state has competed at the Summer Olympic Games since 1924 and has won a total of 42 combined medals (Gold, Silver and Bronze). In which sport has Ireland won the most of those 42 medals?

Question #5 With a surface area of approximately 396 sq/kms, Lough Neagh is the largest lake in Ireland. Which is the second largest lake in Ireland?

Question #6 Although not born in Ireland, singer Chris de Burgh has always felt a deep connection to Ireland and proudly considers himself Irish. From the age of seven, he was educated in Ireland and eventually attended Trinity College Dublin. His most successful song was the 1986 #1 hit 'The Lady in Red'. In which South American country was de Burgh born?

ANSWERS POSTED TO
IRISHSOCIETYNCR.COM

Answers to August Trivia

1. **Seamus Heaney** was the last to win the Nobel Prize for Literature in 1995.
2. **River Barrow** approximately 119 miles and **River Suir** approximately 115 miles are the next two longest rivers
3. The three other Pierce Brosnan movies were **Tomorrow Never Dies** (1997), **The World is Not Enough** (1999) and **Die Another Day** (2002)
4. Republic of Ireland lost to **Czech Republic** after a 2-2 draw, then 4-3 on penalties
5. **Gilbert O'Sullivan with Alone Again (Naturally)** became the first Irish artist to have a No. 1 hit song in the USA.
6. Based on the 2022 census the three **LEAST** populated counties are **Leitrim** with 35,199; **Longford** with 46,751 and **Carlow** with 61,968



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ROSARY PILGRIMAGE

MONDAY, OCTOBER 5, 2026

Come pray with us!

“Saint John Paul II
said that the Rosary
was his favorite
prayer.”

8:45 MEET
at St. Patrick's
Fallowfield

9:00 PILGRIMAGE TO
ST. MARY'S PARISH,
OTTAWA

24 KM WALK
will take approximately
7 hours

POTLUCK RECEPTION
at St. Mary's Parish



ST. PATRICK'S
FALLOWFIELD



ST. MARY'S PARISH
OTTAWA

**PRAYER. FAITH.
FELLOWSHIP. JOURNEY.**
Unite your heart in the Rosary
and walk together in faith.

CHECK OUT PILGRIMAGE DETAILS:
route, optional starting points, etc.
at the following signup link:

<https://tinyurl.com/46wdx8jt>



*"Give me an army saying the Rosary
and I will conquer the world."*
— Blessed Pope Pius IX

FOR MORE INFORMATION:
Bryne Egan 613-986-7236

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NEWSLETTER**

Position available Oct. 31, 2026

Let's keep it going!

If interested contact

T.O'Neill president@irishsocietyncr.com

or

L. O'Reilly secretary@irishsocietyncr.com

September Activities in Ireland

Coastal and Scenic Sightseeing
Cultural and Arts Festivals
Food and Harvest Celebrations
Traditional Music Sessions



September Activities in Ottawa

Fall Foliage and Outdoor Walks
Apple Picking and Farm Visits
Harvest and Community Fairs
Spooky Attractions

HALLOWEEN IS COMING! ARE YOU READY?

REMEMBER: HALLOWEEN FESTIVALS are rooted in **ANCIENT
CELTIC SAMHAIN TRADITIONS.**



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Irish Folklore for September

In old Irish tradition, September is known as *Mí Meadhain Fómhair* (the middle month of the harvest). It marks the transition from summer to the dark days of fall and winter. According to folklore, hearing a raven cry or seeing small floating autumn spiders in the air foreshadowed weather changes and the approaching equinox.

Loughcrew, County Meath, is one of several ancient sites across Ireland where people gathered to witness the autumn equinox – a beam of light travels down the 5,000-year-old passage and strikes the decorated backstone, highlighting ancient symbols and carved motifs.

St Michaelmas day combines historic harvest festivities and customs with more modern Christian celebrations. It is traditionally celebrated the week after the autumn equinox. The autumn equinox is often seen as the lead-up to Samhain: While the big festival of Samhain falls on November 1st, Irish mythology views September as the gradual closing of the harvest and the thinning of the veil.

Interesting customs or beliefs

The Harvest Prohibition: *Old rural Irish folklore warned against getting married during the harvest season, as with the saying “The sheaf that is bound in the harvest will be opened in the spring,” implying that hurried fall commitments may backfire later.*

Floating Spiders (damhán alla): *People would often look for miniature spiders floating in the fall air, which, according to folklore, brought good luck if it landed on you – you would get a new piece of clothing or an increase in wealth.*

Feasts were held on the equinox, when day and night were in balance, in hopes that the wishes for protection during the winter would be better received by the supernatural world.

The Harvest

The entire family and community assisted in reaping the harvest. A special ceremony was held to mark the cutting of the final sheaf, often called the *cailleach*. This sheaf was often decorated and hung over the table during the harvest celebration. In some locations men and women decorated pieces of straw to form “harvest knots” that were exchanged as romantic gestures during the harvest festival.

Lorraine O'Reilly

<https://emeraldisle.ie/chronicle>

<https://rebelbreeze.com/2022/06/30/flying-spiders/>

<https://www.thoughtco.com/irish-mythology-festival-and-holidays-4779917>

[https://www.museum.ie/en-ie/collections-research/folklife-collections/folklife-collections-list-\(1\)/religion-and-calendar-customs/seasonal-festivals/autumn](https://www.museum.ie/en-ie/collections-research/folklife-collections/folklife-collections-list-(1)/religion-and-calendar-customs/seasonal-festivals/autumn)



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As the autumn leaves turn and we gather to celebrate Thanksgiving Monday, October 12, here in Canada, we want to share our deepest gratitude for our incredible Irish Society community. Whether you are raising a glass, sharing a roast dinner with family, or simply enjoying the crisp autumn air, we hope your holiday is filled with warmth and good company. In the spirit of the season, we leave you with an old blessing for your long weekend:

*May your corn be abundance, your fields be ripe,
May peace rule your household, and love rule your life.
Sláinte!*





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Colcannon

Ingredients

- 3 lbs (**1.36 kg**) russet potatoes, peeled and chopped
- 5 Tbsp (**71g**) butter, divided, plus more for serving if desired
- 8 c (**168g**) chopped kale, about 1 large bunch (remove the tough stems first)
- 1 c (**240ml**) half-and-half or buttermilk
- 0.5 tsp (**3 g**) salt, or, to taste
- 4 tsp (**20 ml**) horseradish sauce



Instructions

- Bring a large pot of water to a boil, add the chopped potatoes, and simmer for about 10-15 minutes until the potatoes are very tender. (The tip of a sharp knife should slide in easily.)
- Drain the potatoes and set them aside.
- In the same pot, melt 2 Tbsp of butter, and sauté the chopped kale over low-medium heat for 5-10 minutes until soft.
- Take off the heat, add the potatoes back to the pot along with the rest of the butter, half-and-half, salt, and horseradish sauce. Mash together with a potato masher until all the ingredients are fully incorporated.
- Adjust seasonings to taste and serve with more butter if desired.

Classic Irish Cooking, at a Quick Glance

- **Quiet seasoning, big comfort:** thyme, parsley, bay leaves, and plenty of salt and pepper, good quality dairy, meat, and vegetables. Irish recipes are subtle but not bland.
- **Hearty pots:** slow simmers like **Irish stew** and **Dublin coddle** stretch humble cuts of meats, sausages, and potatoes into full-meal bowls.
- **Soda bread smarts:** no yeast required ~ **baking soda + buttermilk** (acid) do the leavening. That's the tang!
- **Dairy-rich DNA:** butter, cream, and cheeses are everywhere - think silky mash, chowders, and baking that leans luxury.
- **Land and sea:** salmon, mussels, oysters on the coast; potatoes, root vegetables, and cabbage inland.
- **Old-school preservation:** salting and smoking gave us classics like **bacon and cabbage** - those flavours still define the table.
- **Potato culture:** staples like boxty, colcannon. And champ tell the story – culinary comfort shaped by history (and the scars of the Famine).
- **Simple sweets:** farmhouse bakes - **apple cake, porter cake, oat biscuits** - all built from pantry basics.

<https://theviewfromgreatisland.com/traditional-irish-farmhouse-recipes/>



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