



Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8
Phone: 613-836-8881 Fax: 613-836-8806
Web: www.holyspiritparish.ca

PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, pastor@holyspiritparish.ca
Sean Flynn, Youth/Sacramental Coordinator, youth@holyspiritparish.ca
Administrative Assistant, admin@holyspiritparish.ca

OFFICE HOURS: Monday to Friday 9:00 a.m. - 12:00 p.m.; & 12:30 p.m. - 3:30 p.m.

SUNDAY EUCHARIST

Saturday - 5:00 p.m.
Sunday - 9:00 a.m. & 10:30 a.m.

WEEKDAY EUCHARIST

As indicated in the weekly calendar.

RECONCILIATION

As indicated in the weekly calendar, with a communal celebration in Lent, and at other times by appointment.

BAPTISMS

Baptisms are celebrated throughout the year. Please introduce yourself to the pastor after mass. See parish website for further information.

MARRIAGE

Please make an appointment with the pastor as soon as a decision is made to marry. A minimum of nine months notice is required. Please make no other arrangements until a date is confirmed with the parish. A marriage preparation course, offered in our pastoral region, is required.

CATECHESIS OF THE GOOD SHEPHERD

Kim Baudouin 613-884-8475

PASTORAL CARE

A Pastoral Care Team visits sick or elderly members of the parish in their homes or in hospital. To arrange for Communion, the Sacrament of the Sick, or a visit, please contact the Pastor.

CATHOLIC WOMEN'S LEAGUE

Marilyn Foote Pollock, President 613-836-9839

KNIGHTS OF COLUMBUS

Joseph Carbonetto, Grand Knight 613-831-0411

PARISH FINANCE COUNCIL

Alex Golob, Chair 613-410-1896

OUR CATHOLIC SCHOOLS

Guardian Angels Elementary 613-836-7423
Holy Spirit Elementary 613-831-1853
St. Stephen Elementary 613-831-8844
Sacred Heart High 613-831-6643



PARISH REGISTRATION: If you are new to our Parish Community, please fill out this form and put it in the collection basket.

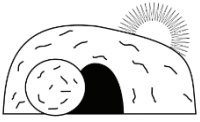
Names: _____

Email: _____

Address: _____ Postal Code: _____

Phone Number: _____

EASTER SUNDAY



Apr 17 - Easter Sunday, the Resurrection of the Lord

Acts 10.34a,37-43
Colossians 3.1-4
John 20.1-18

Apr 24 - Divine Mercy Sunday

Acts 5.12-16
Revelation 1.9-11a,12-13,17-19
John 20.19-31

Parish Calendar

Mon, Apr 18 Parish Office Closed

Sat, Apr 23 5:00 pm Mass

Sun, Apr 24 Divine Mercy Sunday

9:00 am Mass

10:30 am Mass

and MASS will be available on the church website: www.holyspiritparish.ca

Please Note: The Parish Office will be closed on Easter Monday.

PRAYER FOR VOCATIONS

That the Risen Lord, made known to us through apostolic witness, will bestow upon us more men and women who will answer the call to proclaim His life, death and resurrection as priests, deacons, sisters and brothers, we pray to the Lord.

To start the conversation, contact Fr. Pierre Champoux, Director of Vocations, at vocations@archottawa.ca or 613-558-1445.

To all the parishes' generous faithful

Thank you to all who donate to the ongoing operation of the parish. Please bring your donation in the form of a cheque in an envelope with your name and envelope number. This can be dropped off between 9am and 3pm Monday to Friday. For e-Transfer, please send it to admin@holyspiritparish.ca and use the password "Holyspirit". We currently have a significant number of parishioners who contribute via bank auto debit. If you would like more information about the program or wish to participate, please contact the Parish Office at 613-836-8881 or email admin@holyspiritparish.ca.

March 2022 Financial Summary

Total Revenue \$24 303.72

Total Expenses \$33 902.42

Net Loss \$ 9 598.70

Thank you for your ongoing support of the parish.

Take Five for Faith: Daily renewal for busy Catholics

The tree of life blossoms again A teaching from the Law of Moses says it all: "Cursed be the one who hangs from a tree" (Deut. 21.23). The body of such a person was to be buried the same day, or the land would be defiled. Religious leaders sought a verdict of crucifixion from the Romans for precisely this reason: to quell talk that Jesus was God's chosen. It's also why Jesus' disciples rushed to gain permission to take him down from the cross that same day. Like every kingdom paradox, of course, the "cursed tree" becomes a tree of life for those who believe. Celebrate this hope today!

"They put [Jesus] to death by hanging him on a tree."

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Mass Intentions

Sat, Apr 16 – 8:00 pm

For the intentions of all parishioners

Sun, Apr 17 – 9:00 am

†Oswald & †Kay Muldoon by Msgr. Muldoon

†Pat Fernandes by Garvey Family

Sun, Apr 17 – 10:30 am

†Pasquale Iuliano by wife, Rosa Iuliano

Sat, Apr 23 – 5:00 pm

†Maria Teresa & †Jose Chavolla and †Marina & †Carlos

Wolf by Veronica W & Daniel C

†Madeleine Robillard by Mama, Papa & Family

Sun, Apr 24 – 9:00 am

For the intentions of all parishioners

Sun, Apr 24 – 10:30 am

†Margaret Droogh by Garvey Family

†Cesar Santana by Marianna Santana-Facchi

Please pray for those who are sick: Jayne, John, Marlene, Connie O'Brien, Ron, Kenneth, Linda, Gerry Kealey, husband of Elaine

Please pray for those who have died: †Rita Ouellette, mother of Deacon Gilles Ouellette; †Wayne Lee, husband of Claire; †Clarisse Woods

†Indicates Deceased

The Greatest Love Story (a.k.a. the Kerygma)

The term Kerygma is one that many Catholics do not know. Kerygma is at the very heart of the gospel. It is the essential message of our Christian faith. It is the Good news that we are called to proclaim.

The following points will help us better understand the Kerygma as well as how to explain it:

- God created us out of love to have a personal relationship with Him, now and forever.
- Our relationship has been broken by sin. We have all turned away from God in what we have done and what we have failed to do. It has separated us from Him.
- Still, God loved us so much, that He sent His only Son, Jesus, to mend that relationship. Jesus lived among us, suffered and died on the cross for our sins.
- Then... Jesus ROSE from the dead so that we might enter eternal life in Heaven.
- While He was on earth, Jesus established His Church as a place for us to gather, grow in holiness and worship Him as a community of God.

The Lord is Risen!
Alleluia!



Word from the Pastor

Most of us have become excited when someone has promised us something wonderful, only to be disappointed. Sometimes people break promises they never intended to keep. Sometimes people make promises they want to keep, but they just don't have the ability to keep them. Since we have all been disappointed by broken promises, before we trust someone's promise, we want to know two things. (1) Does the promise maker have the desire to keep their promise? and (2) Does the promise maker have the ability to keep their promise?

God has made the most tremendous promise imaginable. He has promised to raise us from the dead, give us new, heavenly bodies, and then give us eternal life. Easter is our proof that God desires to keep his promise, and he is able.

Life Without the Promise Is Life Without Hope

Paul says there is one thing worse than being disappointed by a broken promise: never having had the hope of any promise. I have heard others say if they died and there was no life after death, they would still have enjoyed their lives as Christians and not feel they gave up anything of value. But Paul says if we do not have the hope of God's promise, "we are of all men most miserable" (v. 19).

God's Desire Is to Keep His Promise to Defeat Death

St. Paul calls death "the last enemy" because of God's desire for us to live. Death entered into the world through sin. God's will from the beginning was for us to have eternal life. Adam was created immortal and lost immortality when he sinned.

A Jewish legend says Adam will be standing at the gate of heaven when we arrive. You may say what you please about his sin, which allowed death and evil to enter the world. And after you finish listing the troubles Adam's sin has caused, he will say: "Yes, my child, these things are true. I sinned but once. How about you?"

God's Ability to Keep His Promise Is Proved by Jesus' Resurrection

Jesus is "the first fruits" of the dead, or, the first to be raised. Had God not raised Jesus, we might wonder if he had the power to raise us. But now we have the promise, "in Christ shall all be made alive" (v. 22).

HAPPY EASTER Blessings to all.

Deacon Connor O'Hara of our Parish will be ordained to the Priesthood on the Feast of the Visitation of Mary, **Tue May 31 at 7PM at Notre-Dame Cathedral** by the Archbishop. On Mon May 30 there will be a Holy Hour of Prayer for Vocations in our Parish before the Blessed Sacrament from 5 to 6PM. Everyone is welcome to attend both events. Deacon Connor will celebrate a Mass of thanksgiving here on Sun Jun 5 at 10:30AM followed by a reception in the Hall. Deacons Kevin Burgess and Marc Gaudet will also be ordained at the same time.

The Stittsville Food Bank does not accept clothing. You can drop off clothing donations to the St. Vincent de Paul Society donation box on Abbott St. (large white box located in the parking lot of the school beside the forest).

Become a blessing to others. A legacy of faith remains for all as you choose to remember Holy Spirit Parish in your will. For more information contact the Parish Office.

Monsignor Joseph Muldoon

The Protective Factor of Good Boundaries

by Dr. A Mechelle Haywood

Understanding Boundaries

When people hear the word boundary, they often think of separating, isolating, or dividing lines. Boundaries can keep someone or something separate, but they are also beneficial for bringing people together. Boundaries are defined as real or imagined lines that mark a border or identify the limit of relationships, a subject, or a principle. They can help us communicate our limits in various areas of personal and ministry life as well as what is and is not appropriate in different situations. When appropriately defined and honoured, boundaries can be healthy connection points and help us navigate personal and professional relationships.

Healthy boundaries are firm yet flexible and take into account your feelings and those of others. Leadership consultant and bestselling author Henry Cloud states, "Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom."

The different domains in which we can have boundaries include:

- Intellectual: thoughts and beliefs about different topics
- Physical: preferences about physical touch and space
- Sexual: physical intimacy and reproduction
- Financial and material: money, finances, and possessions
- Communication: how we listen and/or respond during interactions
- Emotional: managing the emotions of others, regulating one's own emotions
- Time: how a person uses his/her time and values others' time

Boundaries can be grouped into two categories based on who they are protecting.

- Self-protecting boundaries: boundaries that protect us from other people.
- Other-protecting boundaries: boundaries that protect others from us.

An example of a self-protecting boundary is declining to meet with a friend or family member because every time you spend time together the interaction is hostile, or you are asked to do things with which you are uncomfortable. By setting the boundary that you will not meet with them, you are making a decision that is best for you. An example of an other-protecting boundary is a supervisor choosing to have meetings with employees in an open and spacious area, so the interaction feels safe and non-threatening.

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