



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 - 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: _____

FOURTH SUNDAY OF EASTER



Apr 25 – 4th Sunday of Easter

Acts 4.7-12
1 John 3.1-2
John 10.11-18

May 2 – 5th Sunday of Easter

Acts 9.26-31
1 John 3.18-24
John 15.1-8

Parish Calendar

Mon, Apr 26 9:00 am Mass
Tue, Apr 27 9:00 am Mass
Thu, Apr 29 **St. Catherine of Siena**
9:00 am Mass
Fri, Apr 30 **St. Marie de l'Incarnation**
9:00 am Mass
Sat, May 1 5:00 pm Mass
Sun, May 2 **5th Sunday of Easter**
10:30 am Mass
and MASS will be available on the church
website: www.holyspiritparish.ca

Current COVID-19 Stay-At-Home order allows 10 people in attendance at Mass. Please pre-register one week in advance to attend a weekday Mass at Holy Spirit by calling 613-836-8881.

Mass Intentions

Sat, Apr 24 – 5:00 pm
†Brian & †Peggy Gallant by Phil Rocco
†Reg Harris & †Jim White by Virginia
Intentions of Judette Elliston by Marie Budden
Sun, Apr 25 – 10:30 am
For the intentions of all parishioners
Mon, Apr 26 – 9:00 am
†Lucette & †Fern Marcil by Jacques & Jeannie Marcil
Living & Deceased Members of Catholic Women's League
Tue, Apr 27 – 9:00 am
Intentions of Margaret Mulvihill by Marion DiGaspari
Thu, Apr 29 – 9:00 am
†Stephen & †Shirley Underhill by Julie Finlay
Fri, Apr 30 – 9:00 am
†Patrick O'Donnell by O'Donnell & Devenny Families
Sat, May 1 – 5:00 pm
†Josephine & †Edward Myslicki by Christine & Family
†Bob Smith by Family
Sun, May 2 – 10:30 am
For the intentions of all parishioners

Please pray for those who are sick: Pat, Siena, Lillian, Connie O'Brien, Gerard, Claude Marcil, Shirley, Rolande, France, Philippe, David, Carolyn, Nicole Coates, wife of George; Imelda Mulvihill, sister of Margaret Mulvihill

Please pray for those who have died: †Steve Pickard, husband of Kelly; †Sr. Marguerite Hennessey, Grey Sister, Pembroke; †Kathleen Keenan

†Indicates Deceased

*True humility consists in not presuming on our own strength, but in trusting to obtain all things from the power of God. ~ St. Thomas Aquinas, from the book *Sermon in a Sentence*, Vol. 5*

PRAYER FOR VOCATIONS

For an increase in vocations to the priesthood, diaconate, and consecrated life for our Archdiocese and that God will raise up good shepherds in our midst, we pray to the Lord.

PRAYER FOR FAMILIES

Good and faithful Shepherd, you have left the ninety-nine to go seek the one. In our darkest moments, you have loved us. And in turn, you have sent us to seek out the lost and broken-hearted. Enable us to be profoundly committed to loving your people and bearing witness to new life that is found in you. Amen.

PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separate from You. Amen.

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 in the office mailbox between 9am and 3pm Monday to Friday. Safety protocols are being followed. 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.

Moving?? Help us keep our records up to date. Notify the Office with your old and new contact information including your complete mailing address, and current email address. admin@holyspiritparish.ca 613-836-8881



Kids in Church

Jesus' Dad's Name: A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?" The kid said, "Well, you know, they are always talking about Verge n' Mary."

3-year-old Reese: "Our Father, who does art in heaven, Harold is His name. Amen."

Word from the Pastor

Jesus said, "I am the good shepherd. A good shepherd lays down his life for the sheep." There are a lot of voices out there that can only distract and scatter us. Perhaps we've paid too much attention to them at times in our lives. Through hard experience we have learned that they don't have our best interests at heart and if we listen to them we are scattered. But the voice of the Shepherd, Jesus tells us, wants to gather us. His voice can help us keep our wits about us in an often misguided world. Can I name the "false shepherds" I have listened to? How did they mislead me? Where and how do I listen to the voice of the Good Shepherd?

The World Day of Prayer for Vocations is celebrated this week where we are invited to reflect on the meaning of God's call and to pray for vocations. Christ, the Good Shepherd, continues to lead his people through his Bishops, Priests and Deacons. In the Archdiocese of Ottawa-Cornwall there are presently eight seminarians studying and discerning the priesthood. One is Connor O'Hara of our parish who is in his 4th Year of Theology at St. Augustine's Seminary in Toronto. Please keep them in your prayers.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics
Let your life be your witness How do you live your faith? Some days may be harder than others, but rarely, if ever nowadays, will the effort to be a faithful follower of Jesus land someone in jail or cost them their life. Yet that was the fate of the early disciples who insisted on proclaiming the stories of Jesus' life, death, and rising. There are 20th-century martyrs as well (Blessed Stanley Rother, Sister Dorothy Stang, SNDdeN, the martyrs of El Salvador among others), but faith calls all of us to kindness to all people, fairness in the face of injustice, trust in God's promised Spirit, and a constant willingness to see the face of God in our neighbors. Do people recognize you as a follower of Jesus by the way you live?

"The men whom you put in prison are in the temple area and are teaching the people."

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March 2021 Financial Summary

Total Revenue	\$30 448.00
Total Expenses	\$22 541.48
Net Income	\$ 7 906.52

Thank you for your ongoing support of the parish.

STITTSVILLE FOOD BANK

Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but toiletries, toilet paper, tissue, juice, canned fruits and vegetables, canned meat, salmon and tuna, rice, cereal, cookies, crackers, coffee and tea are also needed. Please do not leave food outside, but bring your donations during office hours.

Practicing Self-Compassion

1. Be mindful: notice and accept painful thoughts and feelings without over-identifying with them or over-emphasizing their importance.
2. Recognize that your challenges are part of a common, imperfect human experience: all human beings suffer and fall short. This can make your experience feel less isolating and overwhelming.
3. Reframe your internal dialogue: instead of focusing on the negative, acknowledge the difficulty of the situation and consider ways you might offer yourself forgiveness or comfort.

~ Sam Stoghill, Psy. D. St. Luke Institute

BEST WAY TO MOVE ON

"When conflicts are not resolved but kept hidden or buried in the past, silence can lead to complicity in grave misdeeds and sins. Authentic reconciliation does not flee from conflict, but is achieved in conflict, resolving it through dialogue and open, honest and patient negotiation. Conflict between different groups 'if it abstains from enmities and mutual hatred, gradually changes into an honest discussion of differences founded on a desire for justice.'" Pope Francis, 'Fratelli Tutti', 'All Brothers' No. 244

The **24th National March for Life (NMFL)** will be held from May 9th to 16th in Ottawa and online. Our theme this year is, "**You Are Not Alone**". We are continuing with our online and in person NMFL – the best of both worlds. The events have already begun with our 100 Day Countdown. Each day there is a quick video up on marchforlife.ca.

HOLY SPIRIT ONLINE CHARITY AUCTION

The Knights of Columbus of Holy Spirit Parish are pleased to offer an online auction to be held May 16, 2021. **YOU CAN HELP NOW.** Parishioners can either: 1. donate items where after a 15% fee for the auction software, the proceeds will go to the Parish; or 2. share items to our auction where you receive 50% of the proceeds. This way everyone wins. For more information or if you have items to donate or share, please call 613-831-0411 or e-mail carbonejoseph@netscape.net

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