



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
Administrative Assistant, admin@holyspiritparish.ca

OFFICE HOURS: Monday to Friday 9:00 a.m. - 3:00 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: _____

THIRD SUNDAY OF EASTER



April 26 – 3rd Sunday of Easter

Acts 2.14,22b-28
1 Peter 1.17-21
Luke 24.13-35

May 3 – 4th Sunday of Easter

Acts 2.14a,36b-41
1 Peter 2.20b-25
John 10.1-10

Parish Calendar April 27 – May 3

Sun May 3 4th Sunday of Easter

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

Please remember the victims of the shooting in Nova Scotia and their grieving families.

Please pray for those who are sick:

Father Francis Morissey, OMI

Please pray for those who have died:

†Rosanne MacDonald, Mother of Suzanne O’Hara;

†Rick Maisonneuve, nephew of Pauline Foley.

† Indicates Deceased

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.

PRAYER FOR VOCATIONS: *Third Sunday of Easter - April 26, 2020.* For prayerful openness in our young people, that they will see their vocation discernment as a call to love the Lord and respond generously to His choice of them, we pray to the Lord.

ALL THE WAYS WE PRAY:

What is a Prayer?

Prayer doesn’t just happen when we kneel or put our hands together and focus and expect things from God. Thinking positive and wishing good for others is a prayer. When you hug a friend. That’s a prayer. When you cook something to nourish family and friends. That’s a prayer. When we send off our near and dear ones and say, ‘drive safely’ or ‘be safe’. That’s a prayer. When you are helping someone in need by giving your time and energy. You are praying. When you forgive someone by your heart. That is prayer. Prayer is a vibration. A feeling. A thought. Prayer is the voice of love, friendship, genuine relationships. Prayer is an expression of your silent being. Keep praying always.

Project Rachel is a free, confidential post-abortion healing ministry for any abortion sufferer. The next retreat is scheduled for October 16-18, and more information will follow in the coming months.

ARCHDIOCESE OF OTTAWA–DIRECTIVE ON VIDEOCASTING THE MASS:

The directive from the Chancery Office, information on making a Spiritual Communion, and updated suggestions for Mass on TV/Internet can be found on the diocesan website: www.CatholicOttawa.ca Current information is updated as it becomes available.

RESOURCES DURING THE COVID-19 PANDEMIC

- The Archdiocese has a prayer team ready to intercede for your intentions
<https://catholicottawa.ca/your-prayer-intentions>
- For a Catholic alternative to You Tube, try Gloria.tv.
- For a clean, family-friendly alternative to Netflix, consider Pureflix.com.
- For great Catholic teaching and Bible studies, consider Formed.org, which is offering a 40-day free trial if begun by the end of April.
- A pro-life home-schooling curriculum source is offering \$6,000 worth of materials free of charge during the pandemic: <https://culture-of-life-studies.myshopify.com/>.

VIRTUAL NATIONAL MARCH FOR LIFE, MAY 10-14, 2020.

The program will include high profile movies and interviews streamed online from May 10-12; a virtual candlelight vigil on Wednesday, May 13; online pro-life Masses and religious services on Thursday, May 14, and a livestreamed “virtual” rally, with guests from Canada and around the world. All events will be hosted on MarchForLife.ca and various social media platforms. A pro-life special is planned to be broadcast on May 14 on the Eternal Word Television Network (EWTN).

**The Lord is Risen!
Alleluia!**

Word from the Pastor

From today's Gospel reading: St Luke 24:13-35. They said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" Jesus explains the Scriptures to the two disciples on the road. The biblical Word of God is proclaimed and explained so that new insight is given to the disciples. Then, as we do in worship, after hearing the Word of God, the needy disciples gather around the table with Jesus where bread is blessed, broken and given to them. Has the Word of God ever made your heart burn within you as it did for the disciples? If you do not already, why not turn to the Scriptures each day to discover, as the disciples did, Christ's living presence with you?

Monsignor Joseph Muldoon

Litany of Trust

From the belief that I have to earn Your love ...
Deliver me, Jesus.
From the fear that I am unlovable ... Deliver me,
Jesus.
From the false security that I have what it takes ...
Deliver me, Jesus.
From the fear that trusting You will leave me more
destitute ... Deliver me, Jesus.
From all suspicion of Your words and promises ...
Deliver me, Jesus.
From the rebellion against childlike dependency on
You ... Deliver me, Jesus.
From refusals and reluctances in accepting Your
will ... Deliver me, Jesus.
From anxiety about the future ... Deliver me, Jesus.
From resentment or excessive preoccupation with
the past ... Deliver me, Jesus.
From restless self-seeking in the present moment ...
Deliver me, Jesus.
From disbelief in Your love and presence ...
Deliver me, Jesus.
From the fear of being asked to give more than I
have ... Deliver me, Jesus.
From the belief that my life has no meaning or
worth ... Deliver me, Jesus.
From the fear of what love demands ... Deliver me,
Jesus.

*"Repent, for the Kingdom of Heaven is close at hand."
(Matthew 4.17)*

It was the last day before the football team of the large university was to play its biggest game of the season... Unfortunately, the head football coach had just received the troubling news that his star quarterback had been disqualified by the Dean for academic reasons. The coach went running to the Dean's office to protest and he was informed that the student was caught cheating on an important exam. The coach demanded to know what evidence they had to prove the quarterback had cheated. The Dean explained, "Well, he sat right next to an 'A' student, the best student in the class, and on the first nine questions, his answers were identical – word for word – to the answers of the 'A' student." Not satisfied, the coach insisted, "That doesn't prove he was cheating. Maybe he really studied this time. Or maybe the 'A' student copied from him." The Dean answered, "I understand. I had the same concerns. But it was his answer to the tenth question that proved it. The 'A' student had written, 'I don't know', and the quarterback wrote, 'I don't know either.'"

From discouragement ... Deliver me, Jesus.
That You are continually holding me, sustaining
me, loving me ... Jesus, I trust in you.
That Your love goes deeper than my sins and
failings, and transforms me ... Jesus, I trust in you.
That not knowing what tomorrow brings is an
invitation to lean on You ... Jesus, I trust in you.
That you are with me in my suffering ...
Jesus, I trust in you.
That my suffering, united to Your own, will bear
fruit in this life and the next ... Jesus, I trust in you.
That You will not leave me orphan, that You are
present in Your Church ... Jesus, I trust in you.
That Your plan is better than anything else ... Jesus,
I trust in you.
That You always hear me, and in Your goodness
always respond to me ... Jesus, I trust in you.
That You give me the grace to accept forgiveness
and to forgive others ... Jesus, I trust in you.
That You give me all the strength I need for what is
asked ... Jesus, I trust in you.
That my life is a gift ... Jesus, I trust in you.
That You will teach me to trust You ... Jesus, I trust
in you.
That You are my Lord and my God ... Jesus, I trust
in you.
That I am Your beloved one ... Jesus, I trust in you.

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