



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: _____

NINETEENTH SUNDAY OF ORDINARY TIME

August 8 – 19th Sunday 1 Kings 19.4-8; Ephesians 4.30-5.2; John 6.41-51



August 15 – Assumption of the Blessed Virgin Mary Revelation 11.19a,12.1-6a,10ab;
1 Corinthians 15.20-26; Luke 1.39-56

August 22 – 21st Sunday Joshua 24.1-2a,15-17,18b; Ephesians 4.32-5.1-2,21-32; John 6.53,60-69

August 29 – 22nd Sunday Deuteronomy 4.1-2,6-8; James 1.17-18,21-22,27; Mark 7.1-8,14-15,21-23

September 5 – 23rd Sunday Isaiah 35.4-7; James 2.1-5; Mark 7.31-37

St. Joseph, pray for us.

Immaculate Heart of Mary, pray for us.

Parish Calendar August 9 to September 5

Wednesdays 9:00 am **Mass**

Wed, Sep 1 only No Mass

Thursdays 9:00 am **Mass**

Fridays **Parish Office Closed**

9:00 am **Mass**

Fri, Sep 3 only *Parish Office Open*

Saturdays 5:00 pm **Mass**

Sundays 10:30 am **Mass**

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

Any changes to weekday Masses will be announced at the
weekend Masses and posted on the church front doors.

Mass Intentions

Sat, Aug 7 – 5:00 pm

For the intentions of all parishioners

Sun, Aug 8 – 10:30 am

†Pamela Rodericks by Joe & Donella Gabriele

Intentions of Sterling Children by Joanne Parenteau

†Ray Hoffman & Deceased Family Members by Barb

Intentions of Elaine & Gerry Kealey

Wed, Aug 11 – 9:00 am

†Nora Williams by Frank Dowd

Thu, Aug 12 – 9:00 am



Fri, Aug 13 – 9:00 am

Deceased Family & Friends of Sandra Cybulski

†Patrick O'Donnell by O'Donnell & Devenny Families

Sat, Aug 14 – 5:00 pm

†John Myslicki by Christine Myslicki & Family

†Jerry Nieczykowski by Mary Garvey

†Stanley Perera by Rohan, Shiroma, Mark & Ryan

Sun, Aug 15 – 10:30 am

For the intentions of all parishioners

Wed, Aug 18 – 9:00 am

Thu, Aug 19 – 9:00 am

Fri, Aug 20 – 9:00 am

†Patrick O'Donnell by O'Donnell & Devenny Families

Sat, Aug 21 – 5:00 pm

For the intentions of all parishioners

Sun, Aug 22 – 10:30 am

†Maria Girardi by Joe & Donella Gabriele

In thanksgiving to Holy Spirit & Holy Trinity by Marie,
Judette & Elza

Intentions of Zellie & Louis Martin by Marie, Judette & Elza
Wed, Aug 25 – 9:00 am

Thu, Aug 26 – 9:00 am

Fri, Aug 27 – 9:00 am

†Patrick O'Donnell by O'Donnell & Devenny Families

Sat, Aug 28 – 5:00 pm

Living & Deceased Members of the Catholic Women's League

†Mary Lalonde by Barb Hoffman

Rita Perera by Rohan, Shiroma, Mark & Ryan

Sun, Aug 29 – 10:30 am

For the intentions of all parishioners

Thu, Sep 2 – 9:00 am

†Matt Marcil by Jacques & Jeannie Marcil

Fri, Sep 3 – 9:00 am

†Michel Marsolais by Jacques & Jeannie Marcil

†Nelson Cybulski by Sandra

Sat, Sep 4 – 5:00 pm

For the intentions of all parishioners

Sun, Sep 5 – 10:30 am

Intentions of Virginia Harris by Catholic Women's League

†Giovanni Paci by Anna Santusci

Antonio Medeiros by Alice

**We keep those who are ill and those who have died in our
prayers.**

†Indicates Deceased

PRAYER FOR VOCATIONS

August 8 - For all those called to priesthood and consecrated
life that they will trust in Him and His choice of them.

August 15 - That guided by the example of Mary, men and
women will accept the call of the Lord to follow their vocation
to the priesthood or consecrated life, we pray to the Lord.

August 22 - That trusting in Christ's words to Peter, all those
called to follow the Lord as priests, deacons and in the
consecrated life will recognize the gift of their call and follow
Him faithfully.

August 29 - That none of us will be a hindrance to those men
and women called to take up their cross and follow Jesus as
priests, deacons or in the consecrated life.

Project Rachel is a ministry of healing for adults who are
suffering from an abortion experience in the past. For further
information, contact St. Mary of Egypt Refuge in confidence,
at 289-691-6840, or by e-mail
projectrachel@stmarysrefuge.org. Our web page is
www.stmaryrefuge.org/rachel

Word from the Pastor

“Fidelity often consists in doing simple things like helping a person in need, listening to Jesus, or asking God for gifts. God calls us to do great things, simple things, hidden things. How can you rise to the challenge?” ~ **From Bible in a Year**

“Embracing the teachings of Christ can be a subversive activity, because when we follow the Lord, He uses us to overthrow the deceptions, injustices, hatred, and sin of this world and to help the Kingdom of God to flourish with greater authenticity and power.” ~ Bishop Donald Hying **from his book Love Never Fails**

Banns for Ordination

Mr. Connor Joseph John O’Hara is to be ordained to the Diaconate for the **Archdiocese of Ottawa-Cornwall** on **August 10, 2021** at **St. Finnan Basilica, Alexandria, ON**. Please remember him in your prayers. Canon Law obliges Catholics to reveal any impediment to sacred orders to the bishop or pastor.

Delivery of our new Canon Copier: If you need to make copies please ask Tamara for assistance.

“People are often unreasonable, illogical and self-centered: forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives: be kind anyway.” St. Mother Teresa of Calcutta.

Monsignor Joseph Muldoon

The Knights of Columbus are sponsoring a series of FUNdraisers in the Park to support local artists, growers, crafters and makers with a venue to present their creations in an open environment on August 15 at Village Square Park from 9 AM to 6 PM. Funds raised will be supporting the Stittsville Food Bank through Holy Spirit Parish Knights of Columbus. Please let your friends know and we will love to see you there!

Upcoming Blood Donation Event at Holy Spirit Parish on Tuesday, August 17th from 2:00 pm to 8:00 pm. Book now to donate at www.blood.ca

To all the parishes’ generous faithful Thank you to all who donate to the ongoing operation of the parish. 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.

Kids in Church A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was. The girl replied, “I’m drawing God.” The teacher paused and said, “But no one knows what God looks like.” Without looking up from her drawing, the girl replied, “They will in a minute.”

Night of Worship and Ministry: An evening of praise, prophecy, teaching and healing. Theme: *Let the Word Take Root*. Speaker: David Mulcair. Online, **Aug 27, 7-9 pm** at St. Mary’s Parish Ottawa YouTube Channel (www.youtube.com/channel/UCtV6m7ZoNkrK4HJOSU6jQFA). Info: Natalia 613-728-9811 x720 or night.worship.ministry@stmarysottawa.ca.

Liturgical Music Re-Start: This **Autumn 2021** Chorus Ecclesiae and the Canadian Symposium on Music in Liturgy are sponsoring a series of free-admission music sessions for cantors, members of parish choirs, and all who are interested in music for the liturgy. A great opportunity to get re-energized after COVID! Info: email Lawrence Harris at ChoirClass@hotmail.com.

PARISH EMPLOYMENT OPPORTUNITY at St. Patrick’s Parish Fallowfield The parish needs a part-time bookkeeper with at least 5 years experience to start as soon as possible. The bookkeeper is responsible for maintaining a complete and accurate set of records for financial reporting purposes in accordance with generally accepted accounting principles and other general duties. Working knowledge of Sage 50 accounting software (or a similar accounting package) and previous bookkeeping experience with a parish would be an asset. Please forward your resume to office@stpatricksfallowfield.com

Richard J. Foster, a Christian theologian in the Quaker tradition, writes in his book, *Celebration of Discipline* (Harper, 1990): “To experience the liberating spirit of simplicity will affect how we live.” He goes on to offer ten principles for the outward expressions of simplicity (90-95):

1. Buy things for their usefulness rather than their status.
2. Reject anything that is producing an addiction in you.
3. Develop a habit of giving things away. De-accumulate!
4. Refuse to be propagandized by the custodians of modern gadgetry.
5. Learn to enjoy things without owning them.
6. Develop a deeper appreciation for the creation.
7. Look with a healthy skepticism at all “buy now, pay later” schemes.
8. Obey Jesus’ instructions about plain, honest speech (Matt. 5:37) and if you consent to do a task, do it. Make honesty and integrity the distinguishing characteristics of your speech.
9. Reject anything that breeds the oppression of others.
10. Shun anything that distracts you from seeking first the kingdom of God.

Pope Francis reinforces Foster’s thoughts, “It is good to inspire an art of living together in simplicity, benevolence, fraternity, as well as to educate in the culture of respect and encounter. . .”(4/6/18).

ADAM MILLER KELLY
 PROFESSIONAL CORPORATION
BARRISTERS & SOLICITORS
 MARY MILLER
 JENNIFER GASPAR • ROBERT PACAN
 300 March Rd., #601 **613-592-6290** amk-law.ca


PRO LOK
 Design & Build Ltd.
 Custom Landscape Design & Build
 613-858-3169

Glen Scottish Restaurant
 The Best Fish & Chips in the Valley
 1010 Stittsville Main St.
613-836-5622
 www.theglen.ca


Because family matters!
613-591-6580
 kellyfh.ca/Kanata


Kelly
 Funeral Home - Kanata
 by Arbor Memorial

Arbor Memorial Inc.

LAURYSEN
KITCHENS
 KITCHENS | VANITIES | CLOSETS

2415 Carp Rd., Stittsville
613-836-5353
 www.laurysenkitchens.com



Bridlewood Home Hardware
 Eagleson Rd.
 at Michael Cowpland Dr.
613-599-7447

Liturgica Inc.
 GIFTS & SOUVENIRS
 FOR ALL RELIGIOUS OCCASIONS
 602-1260 Old Innes Rd.
 (Innes Rd. & St. Laurent Blvd.)
613-745-1537
 www.liturgica.ca

Secure, Memory Care in Kanata *At Its Finest*
 Call Bonnie for a Complimentary Tour & Lunch
613.806.3516

 **THE Courtyards**
 ON EAGLESON
 An All Seniors Care Living Centres Residence
 630 Eagleson Rd., Kanata, ON
 allseniorscare.com


THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!



TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637


Allstate
 You're in good hands.
 Allstate Insurance Company of Canada
 18-462 Hazeldean Rd., Kanata


Sandy Villeneuve Elson
 Agent
613.592.8283
 svilleneuve@allstate.ca
 www.allstate.ca

 **Postcard Perfect**
 TURFGRASS SPECIALISTS LTD.
 (613) 831-4246
 info@postcardperfect.ca
 www.PostcardPerfect.ca





Shopping Locally Saves Gas!

 **arbique&ahde**
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. **613-836-2240** info@arbiqueahde.com

DANNY NAILS & SPA



NAILS AND WAX
 500 Hazeldean Rd.
 www.DannyNailsSpa.ca
613-836-8819

613-728-4780

Thomas A. PEGG
 PLUMBING AND HEATING LTD.

Remember...
 Let our advertisers know you saw their ad here.




THOMAS CAVANAGH
 CONSTRUCTION LIMITED
 9094 Cavanagh Rd., Ashton, ON
613.257.2918 www.thomascavanagh.ca