



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: _____

FOURTH SUNDAY OF ADVENT



Dec 18 – Fourth Sunday of Advent

Isaiah 7.10-14
Romans 1.1-7
Matthew 1.18-24

Dec 25 – The Nativity of the Lord

Isaiah 52.7-10
Hebrews 1.1-6
John 1.1-18

Parish Calendar

Mon, Dec 19
9:00 am Mass
6:30 pm Knights of Columbus Meeting
Tue, Dec 20
9:00 am Mass
Wed, Dec 21
9:30 am Catechesis of the Good Shepherd
Thu, Dec 22
9:00 am Mass
9:30 am Cenacle of Marian Movement of Priests
Fri, Dec 23
Parish Office Closed
9:00 am Mass
9:30 am Flame of Love Prayer Group
Sat, Dec 24
4:30 pm Mass
7:00 pm Mass
Sun, Dec 25 Solemnity of Nativity of the Lord
10:00 am Mass

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

CHRISTMAS MASSES - First Come-First Served. Please -
No seat saving. Doors open one hour before Mass.

Sat, Dec 24 at 4:30 & 7:00 pm
Sun, Dec 25 at 10:00 am

Mon, Dec 26 – NO MASS
Tue, Dec 27 – NO MASS
Wed, Dec 28 – NO MASS
Thu, Dec 29 – NO MASS
Fri, Dec 30 – 9:00 am

NEW YEAR'S MASSES

Sat, Dec 31 at 5:00 pm
Sun, Jan 1 at 10:00 am

(Please note: The Parish Office will be closed from December 22nd at 3:30 pm until January 2nd at 9:00 am.)

PRAYER FOR VOCATIONS

That many will answer the call to serve Christ as a priest, deacon, sister or brother, just as Joseph did as the Angel commanded, we pray to the Lord.

Weekly contribution envelopes for 2023 have arrived! Please pick up your box of envelopes early. If you do not have an envelope number and you would like one, envelopes are available. Call the Parish Office for assistance. **Please do not use your 2023 envelopes until January 2023!**

Mass Intentions

Sat, Dec 17 – 5:00 pm
†Phil Bernier by Family
†Gloria Pilley by Ross & Jackie Pilley
Sun, Dec 18 – 9:00 am
†Tom, †Richard & Deceased Members of the Pegg Family by Jean Pegg
†Grace Foran by Mary Jeffrey
Sun, Dec 18 – 10:30 am
For the intentions of all parishioners
Mon, Dec 19 – 9:00 am
Intentions of Emily Breen by Francesco Di Iorio
Tue, Dec 20 – 9:00 am
†Tom Anderson by Dolores & Warren Bahen
Thu, Dec 22 – 9:00 am
†Harry Abbott by Edward Dovigi
Fri, Dec 23 – 9:00 am
†Imelda Mulvihill by Dolores & Warren Bahen
Sat, Dec 24 – 4:30 pm
†Phil & †Josh by Joan & Family
Intentions of Maureen Amrith & Family
†Luigi & deceased family members of Bianca Lolli & Family
Sat, Dec 24 – 7:00 pm
For the intentions of all parishioners
Sun, Dec 25 – 10:00 am
†Agnes & †Leo, †Bob, †John & †Imelda Mulvihill by Margaret
†Oswald & †Kay Muldoon by Msgr. Muldoon
Deceased members of Scarfo & Tassone Families by Giuseppe & Teresa Scarfo



*May the blessings
of this Holy Season
be with you always.*

Please pray for those who are sick: Rolando, Marlene, Connie O'Brien, Ron, Dan, Vivianne Goneau, Dorothy, Alma, Patrick, Bill, Joan, Jane, Mary Ellen

Please pray for those who have died: †Vince Valente; Pat Mogan, mother of Martha Palmer

†Indicates Deceased

Do you enjoy singing Christmas songs? You are invited to join Divina during the Christmas season to sing beautiful Christmas songs to fill our celebrations with joyful music! If interested, please send email to divina.hogan@gmail.com

Toiletries Drive for Shepherd's of Good Hope by Kelly Funeral Home Urgent Needs: deodorant, razors, underwear (all sizes men and women); **ongoing needs:** toothbrushes, shampoo, soap. Bring donations to the bin at the Parish Office door before December 21st. Your generosity is most appreciated.

Word from the Pastor

God saw the world falling to ruin because of fear and immediately acted to call it back with love. St. Peter Chrysologus, 5th Century

The use of masks is being advised by health authorities, but at this time it is not mandated.

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.

Merry Christmas and a New Year of Peace and Joy.
Msgr. Joseph Muldoon and Staff.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics

Truly right and just The prophet Isaiah tells the Israelites to “observe what is right, do what is just.” No easy task, often leading us to ask for some guidance. Fortunately, Jesus showed us the way. As we await the celebration of Christ’s coming, take a moment to ponder some of the examples of right and just living Jesus gave us, such as caring for outcasts, being a healing presence, praying, evangelizing, and forgiving. Simply put, follow Christ’s advice to love God and your neighbor as yourself and to count your blessings, and let Christ take care of the rest.

“These works that I perform testify on my behalf that the Father has sent me.”

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Healthy Habits for the Holidays... from St. Luke Institute.

The holidays are likely to be stressful, but we can prepare ourselves for the onslaught with some simple healthy habits. “If you know something is going to be a stressful circumstance, go exercise before that,” said Dana Dowd, MSPT, the physical therapist at Saint Luke Institute. “You’ll feel a lot better going into the situation.” She offers a few practical ways to stay healthy and reduce stress during this busy time.

1. Keep a bottle of water and trail mix in your car to avoid the temptation of a quick “pick me up” visit to a drive thru.
2. If you can safely exercise outdoors, continue to stick to a regular exercise routine. Otherwise, try mall walking or climbing flights of stairs.
3. Don’t feel pressured to surrender a healthy diet while attending holiday parties or receiving gifted baked goods or alcohol at Christmas. Instead, bring a healthy contribution to a Christmas party, or pass unwanted treats or drinks on to someone else who may enjoy them.
4. Schedule time for rest and prayer breaks during a particularly busy day. If you know the day will be full, think ahead and plan for respite times.

In general, we should give ourselves permission to let others know that we are trying to make healthier decisions about eating and stress management, even during the rush and crush of the holiday season.

We are in the process of preparing our system to generate CHARITABLE RECEIPTS for 2022. If you have made an address change in the past year, please contact the Parish Office so that we can update our records. We wish to remind our supporters that if you wish to receive credit for contributions in 2022, donations must be received and deposited on or before the end of 2022. Revenue Canada does not permit charitable organizations to backdate receipts and we are bound by that regulation. So please have your year-end donations in by **SUNDAY, DECEMBER 25, 2022**, and your etransfer donations in by December 22, 2022 before 3PM, or your donations must be calculated as donations for 2023.



To all 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.

God of This Day’s Needs

God of this day’s needs, teach us to be grateful. Jesus taught us to pray for our daily bread. For most of the world, this means asking for enough to eat. For us, praying for our daily bread means praying for just enough. Not too much. Not to be greedy. Not to hoard. We pray for daily bread, not bread for a whole month. Help us to keep our lives simple, to appreciate each mouthful, to be satisfied until tomorrow, to leave room for hope. Amen.

Michael McGirr, *Doorways into Hope and Joy at Advent and Christmas* (Toronto: Novalis, 2021), p.14.

CHRISTMAS ALTAR DECOR

If you would like to donate toward the decor in celebration of a loved one’s birthday, anniversary, in memorial or in thanksgiving, please complete this form and put it, along with your cheque made payable to Holy Spirit Parish, in an envelope marked *Christmas Altar Decor* and place it in the collection basket or drop it off at the Parish Office. All names will be printed in our bulletin in the new year.

(PLEASE PRINT CLEARLY)

Name of person(s) or intention: _____

Name of person making the donation: _____

Phone No. (613) _____ Envelope No. _____

Amount (circle one): \$25 \$50 \$100 or _____

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