



Holy Spirit Catholic Parish A Welcoming Community

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

PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, pastor@holyspiritparish.ca
Alex Ducharme, 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

Claire Moore, President 613-612-1659

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 24 – Fourth Sunday of Advent



2 Samuel 7.1-5,8b-12,14a,16
Roman 16.25-27
Luke 1.26-38

Dec 25 – Nativity of the Lord



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

Dec 31 – Feast of the Holy Family



Sirach 3.2-6,12-14
Colossians 3.12-21
Luke 2.22-40

Parish Calendar

Mon, Dec 25 Nativity of the Lord
10:30 am Mass
Tue, Dec 26 St. Stephen
No Mass
Wed, Dec 27 St. John
No Mass
Thu, Dec 28 The Holy Innocents
9:00 am Mass
Fri, Dec 29
9:00 am Mass
Sat, Dec 30
4:00-4:25 pm Reconciliation
5:00 pm Mass
Sun, Dec 31 **Feast of the Holy Family**
9:00 am Mass
10:30 am Mass
Sun, Dec 31 **Solemnity of Mary, Mother of God**
5:00 pm Mass

(Please note: The Parish Office will be closed until January 2nd at 9:00 am.)

CHRISTMAS SCHEDULE

Christmas Masses - First Come-First Seated. Parishioners will be seated by ushers. Please, No seat saving. Doors open one hour before Mass.

Sun, Dec 24 at 4:30 pm & 7:00 pm
Mon, Dec 25 at 10:30 am
Tue, Dec 26 – NO MASS
Wed, Dec 27 – NO MASS
Thu, Dec 28 – 9:00 am
Fri, Dec 29 - 9:00 am
Feast of the Holy Family of Jesus, Mary & Joseph
Sat, Dec 30 at 5:00 pm
Sun, Dec 31 at 9:00 & 10:30 am
Solemnity of Mary, Mother of God
Sun, Dec 31 at 5:00 pm
Mon, Jan 1 at 10:30 am



No Scents Makes Sense! Many of your fellow parishioners suffer from allergies to hairspray, after shave, perfume, eau de cologne, etc. Please think of those around you as you prepare for Mass so that they too, may enjoy coming to church each week.

The Catholic Women's League of Canada means: VOICE If you only knew... the Catholic Women's League has a 'voice' to create change! Backed by thousands of Canadian Catholic women – it meets with government and influences laws, stands up for social justice and speaks up for those who do not have a voice. Is there a cause or issue you would like to see brought to the attention of government? Your voice matters – we can help!

Mass Intentions

Sat, Dec 23 – 5:00 pm
In honour of the Immaculate Heart of Mary
Sun, Dec 24 – 9:00 am
For the intentions of all parishioners
Sun, Dec 24 – 10:30 am
†Gerald A. Kealey by Elaine Kealey
Deceased members of Scarfo & Tassone Family
Sun, Dec 24 – 4:30 pm
†Phil & †Josh by Joan & Family
†Ben & †Blair Sauve by Marcel & Family
Sun, Dec 24 – 7:00 pm
†Bill Gagatsek by Alice
Living & deceased members of Foote-Pollock-Gunn Families
†Mary Rocco by Phil Rocco
Mon, Dec 25 – 10:30 am
In honour of the Immaculate Heart of Mary by Suzanne
Deceased members of Bahen & Irwin Families
Thu, Dec 28 – 9:00 am
Intentions of Liam O'Hara by Suzanne
†Warner Besserer by Wally & Joan Moroz
Fri, Dec 29 – 9:00 am
†Robert Nolan by Theresa Anderson
Intentions of Justin Gifford by Dolores & Warren Bahen
†Xavier Bastiampillai by Rita
Sat, Dec 30 – 5:00 pm
In thanksgiving by Marie & Family
Sun, Dec 31 – 9:00 am
For the intentions of all parishioners
Sun, Dec 31 – 10:30 am
In thanksgiving by Elsie Lafontaine
†Oswald & †Kay Muldoon and †Edward & †Ellen Monaghan
†Connie O'Brien by David O'Brien & Family
Sun, Dec 31 – 5:00 pm
†James & †Nora Muldoon and †Frank & †Mamie Doolan
†Tom & †Anastasia Dore
Please pray for those who are sick: Bruce, Marlene, Ron, Patrick, Gerald, John, Nancy, Miriam, Muriel, Hugh, Mona
Please pray for those who have died



†Indicates Deceased

We are in the process of preparing our system to generate CHARITABLE RECEIPTS for 2023. 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 2023, donations must be received and deposited on or before the end of 2023. 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 **MONDAY, DECEMBER 25, 2023**, and your etransfer donations in by December 21, 2023 before 3PM, or your donations must be calculated as donations for 2024.



Word from the Pastor

‘Behold I am the handmaid of the Lord’. Mary willingly submits to God. Having set examples of fidelity and love, the Church honours her with the titles Mother of Christ and Mother of the Church. The Catechism of the Catholic Church explains, ‘By her complete adherence to the Father’s will, to the Son’s redemptive work and to every prompting of the Holy Spirit, the Virgin Mary is the Church’s model of faith and charity’. (967)

Parish Updates: A large coffee urn and 2 microwaves have been provided for the hall kitchen; snow guards for the church roof have been ordered; several parking spots have been rented to Paul Desmarais High School; new choir microphones are on order.

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

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 (*all one word with a capital H*). 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.

FIVE Tips to Deal with a Scrooge During the Christmas Season by John Touhey, Aleteia Dec 9, 2023

Negative neighbours, surly bosses, and grumpy family members are part of the Christmas season, too. Here's how to prevent them from spoiling your holiday cheer. We will all have to face a Scrooge or two during the holidays. Maybe you have a boss who turns especially grumpy and hyper-critical as December 25 approaches. Or a neighbour who grumbles at you while you are struggling to put up your Christmas lights. Or a cousin who thinks that Christmas is a scam and lets everyone at your family gathering know it. While Advent and Christmas seem to bring out the best in many people, there are unfortunate exceptions. “Scrooges” are those people who can’t get into the holiday spirit or who actively dislike Christmastime and all that comes with it. (Note: Here we are not talking about genuinely harmful or manipulative people who are best avoided, if possible. Such people need professional help and there is generally little you can do to help them other than to pray for them.) Even if you try to limit your contact with Scrooges in the coming weeks, it’s likely that avoiding all interactions will prove impossible. That being the case, here are 5 tips that may put you in a proper mindset to deal with Scrooges:

1. TRY TO BE UNDERSTANDING It can be tempting to villainize the Scrooges in your life, but it’s important to recognize that they may have reasons for their negative feelings. They may be lonely, suffering from a mental or physical illness, or associate this time of year with suffering or loss. Your sarcastic anti-Christmas cousin may well be hiding a deep wound of some kind. Learn from the example of St. Therese of Lisieux who had a difficult superior when she entered the convent. By putting her

focus on God, St. Therese ceased to be drawn into the negativity, and was able to develop a true empathy for her superior and other nuns who bothered her. In the end, having Scrooges in her life allowed Therese to bloom into the “Little Flower” we all love and admire.

2. BE RESPECTFUL There is no law that says someone has to love Christmas. I have dear friends who are faithful Christians but who turn somewhat sour this time of year. They have a hard time dealing with all the consumerism, canned Christmas music, and tacky, over-the-top decorations that have come to dominate the holiday. Other friends of mine just feel overwhelmed at this time of year and shut down. If you love the Christmas season, that’s wonderful, but don’t let that translate into putting expectations on your family members and friends that they feel the same way. Respecting the other person’s freedom and giving them space may be the best Christmas present you can give them this year. It is also important to make a clear distinction between the holy day of Christmas and the much more secular celebration that tends to dominate our culture. Each of us probably has particular secularized traditions that we dislike.

3. GROW IN GRATITUDE Has it ever occurred to you that Jesus has put that Scrooge in your life for a reason? Christmas is a time to remember that “a savior has been born for you” (Luke 2.11) and that as Jesus said, “I have not come to call the righteous to repentance but sinners” (Luke 5.32). Keeping this in mind, it is possible to recognize how difficult and negative people can actually be a help to us when journeying toward Christmas. It’s easy to fall into the trap of thinking that Christmas is all about gift-giving and being nice to each other. The Scrooges in our lives force us to look past this sentimental understanding of Christmas to reach a deeper judgement about its meaning. That baby you see in the manger came in order to suffer on the cross for our salvation. With this in mind, we can grow in gratitude that Christ came among us poor sinners — and also in gratitude for the often-difficult people who force us to remember this fact.

4. TREASURE YOUR JOY Whenever a baby is born there is always great joy. It would be strange and rather sick if someone reacted to seeing a newborn by rolling their eyes or turning away in disgust. And if someone did react that way, you would probably regard their reaction as odd or sad, but it would not reduce your own joy and delight at having the baby present in front of you. It is exactly the same with Christmas. The presence of the Christ Child fills us with wonder, delight, gratitude, and joy. Not even a hundred Scrooges can take away from that fact. The best response we can have to someone who is negative at this time of year is to focus all the more on the amazing fact of the Incarnation. In the words of St. Gregory of Nazianzen: “He who makes rich is made poor; he takes on the poverty of my flesh, that I may gain the riches of his divinity.” Or, as Scrooge’s nephew Fred tells him quite simply in A Christmas Carol: “I’ll keep my Christmas humor to the last. So, a Merry Christmas, uncle!”

5. LOVE, LOVE, LOVE Most of all, Christmas is evidence of the great love that God has for us. He knew that we would reject him and yet he came anyway in order to bring us back to him. This overpowering love is at the heart of Christmas. It is offered to everyone, even to the Scrooges in your life.

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