



# Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8

Phone: 613-836-8881

Web: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)

Alex Ducharme, Youth/Sacramental Coordinator, [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)

Administrative Assistant, [admin@holyspiritparish.ca](mailto: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

St. Bernadette Elementary

613-907-4122

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: \_\_\_\_\_

## SIXTH SUNDAY IN ORDINARY TIME



### Feb 11 – Sixth Sunday in Ordinary Time

Leviticus 13.1-2,45-46  
1 Corinthians 10.31-11.1  
Mark 1.40-45

### Feb 18 – First Sunday of Lent

Genesis 9.8-15  
1 Peter 3.18-22  
Mark 1.12-15

#### Parish Calendar

- Mon, Feb 12** *No Mass*  
6:00 pm First Reconciliation Preparation  
7:00 pm Prayer Shawl Ministry
- Tue, Feb 13**  
**9:00 am** *Mass*
- Wed, Feb 14** **ASH WEDNESDAY**  
**9:00 am** **Mass with distribution of ashes**  
9:30 am Catechesis of the Good Shepherd
- Thu, Feb 15**  
**9:00 am** *Mass*  
9:30 am Cenacle of Marian Movement of Priests  
7:00 pm Youth Night Grades 6-8
- Fri, Feb 16**  
**9:00 am** *Mass*  
9:30 am Flame of Love Prayer Group  
9:30-10:30 am Eucharistic Adoration  
6:30pm Way of the Cross hosted by Praying Mothers followed by poverty meal
- Sat, Feb 17**  
4:00-4:25 pm Reconciliation  
**5:00 pm** *Mass*
- Sun, Feb 18** **First Sunday of Lent**  
**9:00 am** *Mass*  
**10:30 am** *Mass*

\*hospitality & coffee hosted by the Catholic Women's League after the 9 & 10:30am Masses. Everyone welcome!

*There will be a special collection for Diocesan & Missionary Works on the weekend of Feb 17 & 18, 2024.*

**PRAYER FOR VOCATIONS** That the Holy Spirit will be the guiding force in every marriage and lead spouses to protect and pray for each other every day, we pray to the Lord.

**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](mailto: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](mailto:admin@holyspiritparish.ca).

#### Shrove Tuesday Pancake Breakfast on Sunday, February 25, 2024



The Knights of Columbus are hosting a **Pancake Breakfast** in the Church Hall after the Sunday Masses on February 25th. Everyone is welcome to attend. Pancakes, sausages and juice/coffee/tea will be served. This is a **FREE** event but donations are humbly suggested.

#### Mass Intentions

- Sat, Feb 10 – 5:00 pm**  
†Gordon Ramsey by Sandra Cybulski
- Sun, Feb 11 – 9:00 am**  
For the intentions of all parishioners
- Sun, Feb 11 – 10:30 am**  
†Rita Ryan by Joanne Fontinic  
†John Curry by Jane Hill
- Tue, Feb 13 – 9:00 am**  
†Dr. Joseph Di Gaspari by Marion  
Intentions of Maureen Gifford by Dolores & Warren Bahen  
Intentions of Michael & Amanda by Marie
- Wed, Feb 14 – 9:00 am** **ASH WEDNESDAY**  
†Susan Culas by Tessie Stoppa & Family
- Thu, Feb 15 – 9:00 am**  
Intentions of Marion Di Gaspari by Margaret Mulvihill  
Intentions of Justin Gifford by Dolores & Warren Bahen
- Fri, Feb 16 – 9:00 am**  
†Stella Metcalfe by Sandra Cybulski
- Sat, Feb 17 – 5:00 pm**  
Intentions of Evelyn Meaney by Secret Sister  
Intentions of Tobias Carryer by Nelida Carryer
- Sun, Feb 18 – 9:00 am**  
For the intentions of all parishioners
- Sun, Feb 18 – 10:30 am**  
Intentions of the living & deceased members of Dalrymple Family  
†Phil & †Josh by Joan & Family

**Please pray for those who are sick:** Patrick, Michael, John, Miriam, Muriel, Hugh, Nancy, Bert, Gerald, Ron, Wayne  
**Please pray for those who have died:** †Joseph Manditsch

†Indicates Deceased

**The Catholic Women's League of Canada means: FUTURE**  
My Catholic Women's League is active in the present and looks to the future with enthusiasm. For more than 100 years, members have been making a difference nationally and even internationally as a member of World Union of Catholic Women's Organisations. The future needs you.

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 6-8. Check Parish Calendar above. Our ministry is still looking for volunteers, if you feel called to help in any way, please contact Alex for next steps!  
[youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)

**"Be still and know that I am God"** (Ps. 46:10). Are you interested in experiencing contemplative prayer? Christian Meditation meeting at Our Lady of Fatima, 153 Woodroffe Ave: Saturdays at 9:45am. For more information contact Theresa 613-722-1693.



## Word from the Pastor

From today's Gospel reading: Moved with pity, Jesus stretched out his hand, touched the leper and said to him, "I do will it. Be made clean." Who are we at this Eucharist today? We are a community of people always in need of cleansing; always stretching out our hands saying to Jesus, "If you want, you can make us clean." And Jesus responds quickly and with compassion, as he did for the leper, "Of course I want to, be clean." Who are the modern "lepers" in our world, people shunned for no fault of their own? Is there someone, neglected by others, that I need to stretch out my hand to?

We can use some help with the operation of the slides for Saturday and Sunday Masses. If you can assist the parish, please contact the office and training will be provided.

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*

### December 2023 Financial Summary

Total Revenue	\$47 970.51
Total Expenses	\$32 359.96
Net Income	\$15 610.55

Thank you for your generous weekly support of Holy Spirit for our financial needs. At some point the Parish is looking to purchase a generator to provide basic facilities in the case of a power outage.

**Sacrament Preparation** Our First Reconciliation and First Communion Class have begun! Please keep all those children and families in your prayers as they prepare to receive the Lord in a new way! Confirmation registration is still open for a short time; please contact Holy Spirit Church Youth Minister/Sacrament Coordinator, Alex Ducharme at [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)

**Kindergarten Registration (OSCB)** If your child was born in 2020, it's time to register them to start Kindergarten 2024 at the Ottawa Catholic School Board! Their schools provide a nurturing, innovative, and faith-filled environment with rich French programming, making it an excellent choice for your child as they start their schooling journey. Registering is Easy - Visit [www.ocsb.ca/register/](http://www.ocsb.ca/register/) to register today!

**Ash Wednesday is a universal day of fasting and abstinence from meat.** During Lent, penance is an important requirement of Christian life. Fulfillment of this duty involves prayer, works of piety and charity, and self-denial by fulfilling one's obligations more faithfully and especially by observing the prescribed fast and abstinence. Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open to prayer, to share more in the suffering of those who are starving and to save money to give to the poor. Fasting is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, a witness of the depth of our faith. The law of *abstinence from meat* binds those who are 14 and older; the law of *fasting* binds those from 18 to 59 years of age.

### This Lent, let's work toward *Reaping our Rights*



This year, Development and Peace — Caritas Canada's *Create Hope: Reaping our Rights* campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. Do this by: 1. **Donating** online at [devp.org/give](http://devp.org/give) or during the Solidarity Sunday collection on March 17, the fifth Sunday of Lent. Your generosity helps support over 73 projects in 36 countries around the world! 2. **Learning more by reading the Mini-magazine** and other resources available at [devp.org/lent/resources](http://devp.org/lent/resources). 3. Meeting our solidarity visitors and **participating in the campaign launch webinar on Feb 17 at 1:30pm.**

### Experience our new ministry called Fresh Fire!

We are partnering with others as we work together to help parishes in becoming explosively alive in advancing God's Kingdom here on earth. We offer a deeper understanding of the role of the Holy Spirit, we provide teachings on God's healing power and how much he is still alive today and, we train and equip God's people to be ministers of the great commission. Fri, Feb. 16th & Sat, Feb. 17th; Seeking His Treasures Retreat; St. Mary's Parish, Ottawa; Cost: \$20. Amazing Speakers | Encounters with Jesus | Practical applications for evangelization. For more information or to sign up, visit: [www.servantsofthecross.regfox.com/fresh-fire-retreats](http://www.servantsofthecross.regfox.com/fresh-fire-retreats)

Holy Redeemer Parish, **Couples for Christ**, and its Family Ministries are inviting married couples to the upcoming "Christian Life Program", starting on Sat, Feb 24 from 1-3pm at Holy Redeemer. The program intends to refresh family Christian foundations with topics ranging from God's Love to how to live a family life closer to God's original plan for families. The program consists of 8 weekly sessions (Saturdays) each having a small talk, discussion, sharing, and fellowship. The program is free of charge. Space is limited. For those couples with young children under 12 years old, there will be fun activities and light refreshments. To register, please visit: [www.form.jotform.com/230196013501038](http://www.form.jotform.com/230196013501038).

### An Examination of Conscience for Today's Catholic

*(In this excerpt, the author uses both Scripture and the writings of Pope Francis to guide the Examination of Conscience.)*

**God's mission for me** *It was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. (Psalm 139.13-14)*

You too need to see the entirety of your life as a mission. Try to do so by listening to God in prayer and recognizing the signs that he gives you. Always ask the Spirit what Jesus expects from you at every moment of your life and in every decision you must make, so as to discern its place in the mission you have received. (*Gaudete et Exsultate*, 23) Do I see myself as playing a role in the unfolding of God's plan for humanity? How do I discern God's will for my life? Do I value my own desires for wealth, public acclaim and personal comfort more than I value carrying out my God-given mission?

Glen Argan, *Create in Me a Clean Heart: An Examination of Conscience for Today's Catholic* (Toronto: Novalis, 2020), pp.3-9.

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