



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

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: _____

FIRST SUNDAY OF LENT



Feb 18 – First Sunday of Lent

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

Feb 25 – Second Sunday of Lent

Genesis 22.1-2,9-13,15-18
Romans 8.31b-35,37
Mark 9.2-10

Parish Calendar

- Mon, Feb 19** Parish Office closed for Family Day
No Mass
6:00 pm Knights of Columbus Meeting
7:00 pm Catholic Women's League Executive Meeting
- Tue, Feb 20**
9:00 am Mass
6:00 pm First Reconciliation Preparation
7:00 pm Finance Council Meeting
- Wed, Feb 21**
9:30 am Catechesis of the Good Shepherd
- Thu, Feb 22**
Chair of St. Peter the Apostle
9:00 am Mass
9:30 am Cenacle of Marian Movement of Priests
6:30 pm Youth Night Grades 3-5
- Fri, Feb 23**
9:00 am Mass
9:30 am Flame of Love Prayer Group
6:30 pm Way of the Cross hosted by the Catholic Women's League followed by poverty meal
7:00 pm Youth Night Grades 9-12
- Sat, Feb 24**
4:00-4:25 pm Reconciliation
5:00 pm Mass
- Sun, Feb 25 Second Sunday of Lent**
9:00 am Mass
10:30 am Mass

*Pancake Breakfast hosted by the Knight's of Columbus after the 9 & 10:30am Masses. Everyone welcome!

PRAYER FOR VOCATIONS That prayer, penance and almsgiving will enable more men and women to follow the Holy Spirit as He leads them to discover their vocations in Christ, 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 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.

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

Mass Intentions

- 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
- Tue, Feb 20 – 9:00 am**
†Michael Kulas by Tessie Stoppa
†Edward Burke by Eugene & Madeleine Muldoon
Intentions of Aaron Gifford by Dolores & Warren Bahen
- Thu, Feb 22 – 9:00 am**
Intentions of Marion Di Gaspari by Margaret Mulvihill
Intentions of Rita & Julian
- Fri, Feb 23 – 9:00 am**
†Alina Lusito & †Adrian Cozzolino by Nick & Pam Lusito
Intentions of Colin Bahen by Dolores & Warren Bahen
- Sat, Feb 24 – 5:00 pm**
†Maria Teresa & †Jose Chavolla and †Marina & †Carlos Wolf by Veronica Wolf & Daniel Chavolla
Intentions of O'Hare Family by Mary Garvey
- Sun, Feb 25 – 9:00 am**
†Dr. Joseph Di Gaspari by Marion & Family
Intentions of Annemarie & Jim Quigley by Eileen Garvey
- Sun, Feb 25 – 10:30 am**
For the intentions of all parishioners

Please pray for those who are sick: Patrick, Michael, John, Miriam, Nancy, Muriel, Hugh, Bert, Gerald, Ron, Wayne
Please pray for those who have died: †Sr. Olga Rakai

†Indicates Deceased

The Catholic Women's League of Canada means: GOOD WORKS Imagine if you knew the great works done by Catholic Women's League members. As social justice activists, we pray and work for family, friends, and all people to change current issues and make this world a better place. We hope you will join us!

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 3-5 & Grades 9-12. 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

2023 Official Donation Income Tax Receipts are ready for pick up in the Atrium. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.



Word from the Pastor

"I set my bow in the clouds to serve as a sign of the covenant between me and the earth... between me and you and all living things...." Genesis sets forth a challenge to us to be the voice for the Earth and all nature when greed and indifference cause people, companies and governments to harm and drain Earth's resources. God, we hear today, is concerned for "the earth...and all living things." What can I do this Lent to take God's side in loving and caring for "all living things?" How shall I foster this loving care for creation in my family and friends?

The assignment of a pastor to a parish by the archbishop is for a six-year term and may be renewed. My 12-year term will be completed in August 2024. The retirement age for priests is normally 75. However, with the shortage of priests and depending on the circumstances, some priests have remained on in their present assignments.

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

January 2024 Financial Summary

Total Revenue \$34 544.50
 Total Expenses \$27 351.51
 Net Income \$ 7 192.99

Thank you for your ongoing support of the parish.

"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.



Development & Peace — Caritas Canada: a movement of solidarity

Established in 1967, Development and Peace — Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. We address the root causes of poverty, oppression, and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. We champion women and social movements as key agents of lasting change. Our transformative work is possible **thanks to the generosity and support of our members** and Canadians who stand by us. **Join the movement** of over 12,000 members and help us bring our campaigns to life in your community. Visit devp.org/membership.

Way of the Cross during Lent 2024 Please join us for the Way of the Cross followed by a poverty meal on Fridays during Lent. Everyone welcome.

- Feb 23 – hosted by Catholic Women's League
- Mar 1 – hosted by Extra Ordinary Ministers of Holy Communion
- Mar 8 – hosted by Lectors
- Mar 15 – hosted by Catholic Women's League
- Mar 22 – hosted by Praying Mothers

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.)

Dialogue with God *Come away to a deserted place all by yourselves and rest a while. (Mark 6.31)*

We are overwhelmed by words, by superficial pleasures and by an increasing din, filled not by joy but rather by the discontent of those whose lives have lost meaning. How can we fail to realize the need to stop this rat race and to recover the personal space needed to carry on a heartfelt dialogue with God? Finding that space may prove painful, but it is always fruitful. (*Gaudete et Exsultate*, 29) Do I attend daily to my relationship with God? Do I withdraw regularly from life's busy-ness to enter into a heartfelt dialogue with God? How have I tried to reduce the amount of time and energy I give to "superficial pleasures"?

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

Life Matters presents Human Flourishing Sun, Feb 25, 2024 at 1PM at St. John Elementary School Gym, 34 Wilson St E, Perth ON. For more info contact lifematters@gmail.com

"The whole power of the sacrament of penance consists in restoring us to God's grace and joining us with him in an intimate friendship." Reconciliation with God is thus the purpose and effect of this sacrament. For those who receive the sacrament of penance with contrite heart and religious disposition, reconciliation "is usually followed by peace and serenity of conscience with strong spiritual consolation." Indeed, the sacrament of reconciliation with God brings about a true "spiritual resurrection," restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God. *Catechism of the Catholic Church 1468*

The *Canadian Conference of Catholic Bishops* presents "Journey through Lent" with the Most Rev. Stephen Hero, Bishop of Prince Albert, and the Most Rev. Mark Hagemoen, Bishop of Saskatoon. Join us as we reflect on the Scriptures for the Sundays of Lent 2024. Visit www.cccb.ca/lent for a new reflection every Monday on the readings for the following Sunday.

EASTER ALTAR FLOWERS A special way to remember loved ones or to celebrate a loved one's birthday or anniversary, is to donate Altar Flowers in their honour. Please complete this form and put it, along with your cheque made payable to Holy Spirit Parish, in an envelope marked *Easter Altar Flowers* and place it in the collection basket or drop it off at the Parish Office. All intentions will be printed in a bulletin during the Easter Season. **(PLEASE PRINT CLEARLY)**

Name of person(s) or intentions: _____

Name of person making the donation: _____

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

Phone No. (613) _____ Envelope No. _____

Remember loved ones this Easter and give glory to the Lord by helping to decorate for this beautiful season.

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