



# 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](http://www.holyspiritparish.ca)

## PASTORAL TEAM

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

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: \_\_\_\_\_

SEVENTH SUNDAY OF ORDINARY TIME



**Feb 19 – 7th Sunday in Ordinary Time**

Leviticus 19.1-2, 17-18  
1 Corinthians 3.16-23  
Matthew 5.38-48

**Feb 26 – 1st Sunday of Lent**

Genesis 2.7-9,16-18,25; 3.1-7  
Romans 5.12-19  
Matthew 4.1-11

*Parish Calendar*

**Mon, Feb 20** Parish Office Closed for Family Day  
*No Mass*

**Tue, Feb 21**  
**9:00 am** Mass  
7:00 pm Catholic Women’s League Executive Meeting  
7:00 pm Finance Council Meeting

**Wed, Feb 22** **ASH WEDNESDAY**  
**9:00 am** Mass with distribution of ashes  
9:30 am Catechesis of the Good Shepherd

**Thu, Feb 23**  
**9:00 am** Mass  
9:30 am Cenacle of Marian Movement of Priests

**Fri, Feb 24**  
**9:00 am** Mass  
9:30 am Flame of Love Prayer Group

**Sat, Feb 25**  
4:00-4:25 pm Reconciliation  
**5:00 pm** Mass

**Sun, Feb 26** **First Sunday of Lent**  
**9:00 am** Mass  
**10:30 am** Mass  
**12:00-12:45 pm** 1<sup>st</sup> Communion Preparation Meeting  
**1:00-2:30 pm** Confirmation Preparation Meeting  
\*and Mass will be available on the church website: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

*Mass Intentions*

**Sat, Feb 18 – 5:00 pm**  
†Phil & †Josh by Joan & Family  
†Anne Gallagher by Devlin Family  
†Marie Devlin by Devlin Family

**Sun, Feb 19 – 9:00 am**  
†Janine Dekker by Brian  
†Patsy Lepine by Mary Jeffrey  
Intentions of Jean Pegg by McGann Family

**Sun, Feb 19 – 10:30 am**  
For the intentions of all parishioners

**Mon, Feb 20 – NO MASS**

**Tue, Feb 21 – 9:00 am**  
Intentions of Marion Di Gaspari by Margaret Mulvihill  
Intentions of Justin Gifford by Dolores & Warren Bahen

**Wed, Feb 22 – 9:00 am** **ASH WEDNESDAY**  
†Mae O’Connor by Dan O’Connor & Family  
†Vince Valente by Sandra Cybulski

**Thu, Feb 23 – 9:00 am**  
†Emmett O’Connor Jr. by Dan O’Connor & Family

**Fri, Feb 24 – 9:00 am**  
†Elaine O’Connor by Dan O’Connor & Family

**Sat, Feb 25 – 5:00 pm**  
†Maria Teresa & †Jose Chavolla and †Marina & †Carlos Wolf by Veronica Wolf & Daniel Chavolla  
Intentions of Marion Di Gaspari by Patricia  
†Joseph Di Gaspari by Family

**Sun, Feb 26 – 9:00 am**  
For the intentions of all parishioners

**Sun, Feb 26 – 10:30 am**  
†Connie O’Brien by Ontario Provincial Council of the Catholic Women’s League



**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.

**CWL NEWS** The Catholic Women’s League General Meeting will be held on Monday, February 27th at 7:00pm. All members welcome.

**Please pray for those who are sick:** Bruce, Marlene, Ron, Dan, Dorothy, Alma, Patrick, Bill, Gaye; Gerald Jean, brother of Suzanne Regimald

**Please pray for those who have died:** †Gerry Kealey, husband of Elaine

†Indicates Deceased

**PRAYER FOR VOCATIONS**

For perseverance in sincere prayer on the part of the faithful, asking the Lord for holy vocations to the priesthood, diaconate and consecrated life, we pray to the Lord.

**January 2023 Financial Summary**

Total Revenue \$41 543.50  
Total Expenses \$19 170.86  
Net Income \$22 372.64

Thank you for your ongoing support of the parish.

## Word from the Pastor

Jesus said, “For if you love only those who love you, what recompense will you have? Do not tax collectors do the same?... So be perfect, just as your heavenly Father is perfect.” We can see that Jesus is not interested in half-hearted, or part-time disciples. We can’t be good Christians only at home and when we gather at church. There are no boundary lines for Christian love, because God has not drawn boundaries around God’s love. God, not the world, is the standard for our love. To love in God’s way we will need to pray earnestly for help from God. Whom do you find the most difficult to love? Have you thought about asking God to help you love that person?

We thank Principal Brent Hopkins and Sacred Heart High School staff and students for the generous donation to our Parish Youth Ministry.

During Lent for the parts of the Mass, we will sing the Kyrie, Sanctus and Agnus Dei.

Fr. Alain Guevremont has been appointed Executive Assistant to the Archbishop effective March 7, 2023.

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*

**Take Five for Faith: Daily renewal for busy Catholics**  
**Make a petition, not a deal** It can be tempting, especially when we’re desperate, to try to bargain with God: “If you do this one thing for me, I’ll quit a bad habit forever and never miss Mass again.” But that’s not how our relationship with God works. For starters, Jesus told us not to bargain, but to simply ask for what we need (Matthew 7:7-11). God already knows what we need better than we do but wants us to ask anyway, persistently even—because a willingness to be vulnerable and share intimacy are central to any healthy relationship. For that reason, petitionary prayer isn’t always easy. Open up with your longings and offer God your trust, rather than a deal.

*“Amen, I say to you, no sign will be given to this generation.”*  
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**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”. 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).

This year, Development and Peace — Caritas Canada’s *Create Hope: Stand for the land* campaign calls you to support our sisters and brothers in the Global South in defending their land and territory. Do this by:



**1. Donating** online at [devp.org/give](http://devp.org/give) or during the Solidarity Sunday collection on Mar 26, the fifth Sunday of Lent. Your generosity helps support over 86 projects in 40 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).

**2022 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.

**Shrove Tuesday Pancake Supper:** All are invited to join a meal of pancakes, sausages, beans, dessert, coffee and tea. St. John the Apostle Parish, 2340 Baseline Rd, **Feb 21, 5:30 - 7pm**. Free will offering in support of community charities. Hosted by St. John’s Catholic Women’s League and Knights of Columbus. Info: 613-829-1760.

**Turkey/Syria Earthquake Emergency Aid Campaign**  
 Parishioners are invited to donate to any one of the organizations collecting funds to assist with aid in Turkey and Syria. These four organizations are well positioned in the region to respond quickly and efficiently with their Caritas and Jesuit Refugee Service networks, local Eastern churches, and their many social and emergency initiatives.

**Aid to Church in Need:** [www.bit.ly/acn-donate-syria](http://www.bit.ly/acn-donate-syria) Toll free #: 1-800-585-6333 Ext 228

**Canadian Jesuits International:** [www.canadianjesuitsinternational.ca](http://www.canadianjesuitsinternational.ca) Toll free #: 1-800-448-2148

**Catholic Near East Welfare Association Canada:** [www.cnewa.ca](http://www.cnewa.ca) Toll free #: 1-866-322-4441

**Development and Peace-Caritas Canada:** [www.devp.org](http://www.devp.org) Toll free #: 1-800-494-1401

In preparation for Lent this prayer can assist us:

### **Prayer of Surrender**

Father, I believe that you know me and love me. I have not always chosen to love you, and have broken my relationship with you through my sins.

Thank you for sending your Son Jesus who proved your love for me on the cross.

Lord Jesus, I open the door of my heart and I invite you to be at the centre of my life - to be my Saviour and my Lord.

Direct me by your Holy Spirit and help me to Live the Gospel with my whole life.

Amen.

from Catholic Christian Outreach



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