



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: _____

SEVENTH SUNDAY OF ORDINARY TIME



Feb 20 – 7th Sunday in Ordinary Time

1 Samuel 26.2,7-9,12-13,22-25
1 Corinthians 15.45-49
Luke 6.27-38

Feb 27 – 8th Sunday in Ordinary Time

Sirach 27.4-7
1 Corinthians 15.54-58
Luke 6.39-45

Parish Calendar

Mon, Feb 21 Parish Office Closed for Family Day
Tue, Feb 22 Chair of St. Peter
9:00 am Mass
Thu, Feb 24 9:00 am Mass
Fri, Feb 25 9:00 am Mass
Sat, Feb 26 5:00 pm Mass
Sun, Feb 27 8th Sunday in Ordinary Time
9:00 am Mass
10:30 am Mass
and MASS will be available on the church
website: www.holyspiritparish.ca

PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separate from You. Amen.

To all the parishes' generous faithful

Thank you to all who donate to the ongoing operation of the parish. Please bring your donation in the form of a cheque in an envelope with your name and envelope number. This can be dropped off in the office mailbox between 9am and 3pm Monday to Friday. Safety protocols are being followed. 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.

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.

To start the conversation, contact Fr. Pierre Champoux, Director of Vocations, at vocations@archottawa.ca or 613-558-1445.

Countdown for Lent – Ash Wednesday is Approaching!

Lent begins on March 2nd. Lent is a time of repentance, change of heart, and prayer. Lent is a time to take stock of where we are on our spiritual journey. It is a moment to check our spiritual bearings and take any action that will keep us moving in the right direction. Take time this Lent to engage with scripture and reflect on different aspects of your spiritual life.

Mass Intentions

Sat, Feb 19 – 5:00 pm
†Maria Teresa & †Jose Chavolla and †Marina & †Carlos Wolf by Veronica W & Daniel C
†Olivette St. Amour by Nicole Nadeau
Sun, Feb 20 – 9:00 am
For the intentions of all parishioners
Sun, Feb 20 – 10:30 am
†Ross Pollock by Marilyn & Family
†Madeleine Robillard by Mama, Papa & Family
Tue, Feb 22 – 9:00 am
†Margaret Droogh by Dolores & Warren Bahen
†Joseph DiLazzaro & †Carmela DiLazzaro by Francesco DiIorio
†Janet MacNamara by Family
Thu, Feb 24 – 9:00 am
†Ethel & †Ed Piitz by Lois
Fri, Feb 25 – 9:00 am
†Leonard Desjardine by Pauline Foley
Sat, Feb 26 – 5:00 pm
†Don Pruner by Phil Rocco
†Isaac Kroeker by Phil Rocco
Sun, Feb 27 – 9:00 am
†Agnes Mulvihill by Margaret Mulvihill
†Santino Caicco by Joe & Donella Gabriele
Sun, Feb 27 – 10:30 am
For the intentions of all parishioners
Please pray for those who are sick: Jayne, John, Marlene, Philippe, Connie O'Brien, Richard, Sylvia Keyworth
Please pray for those who have died: †Jean Baptiste; †Father Timothy Amyot, O.S.M.

†Indicates Deceased

Did you know? There are over 10 000 saints recognized by the Catholic Church. Of course, any person who enters heaven is a saint, by definition, so the number of actual saints in existence is much greater than the number canonized by the church.
Catholic Link-Facts about the Catholic Church

Upcoming Blood Donation Event at Holy Spirit Parish on Thursday, March 3rd from 3:00 pm to 8:00 pm. Book now to donate at www.blood.ca

By My Side: This non-profit ministry will assist separated and divorced Catholics to reconnect and build on their faith. Six-week sessions for both women and men begin on Sat, Mar 26, 2022 virtually over Zoom. All registrants will receive a private link to join prior to their first session. For information and to register, visit: www.bymyside.ca. We ask participants for a \$40 payment to help cover resources and promotion. Any leftover funds are donated directly to charity.



Word from the Pastor

The whole Eucharist is meant to shape us to see as God sees, and to act as God acts. As we enter the worship space, we make the sign of the cross, reminding us that we are united with one another through our baptism as sons and daughters of our loving God. As we sing and pray with one voice, we are shaped into Christ's Body, the Church. As we listen to the Word of God, we are reminded and encouraged to see the world as God sees the world and to act in the world as good stewards who live in the midst of God's gracious blessings, serving one another in mutuality and love. As we approach the Table of the Lord, we are united in Communion with one another and with our God. As we are sent out after communion, we are reminded that, shaped and formed into Christ, we are called to be Christ in the world.

Specks and logs fill the Gospel scene as Jesus invites his hearers to be people of mercy and without judging. It's a challenge worth living for each day.

Lent begins March 2nd Ash Wednesday with Eucharist at 9:00 am. Please note that no baptisms are scheduled during the penitential season of Lent. They can be scheduled in the Easier Season after April 17th.

The Lenten reflections booklet, *Growing in Grace* by Fr. Thomas Connery, will be available next weekend. Please take one copy per family and share it.

Please note that Communion is given in the hand only at all Masses.

Become a blessing to others. A legacy of faith remains for all as you choose to remember Holy Spirit Parish in your will.

If you make good choices about how to use today, you won't have regrets tomorrow.

Monsignor Joseph Muldoon

We are called to bear Christ's merciful image.

Even though Saul is delivered into his hands by the Lord, David chooses not to kill him. Paul writes that just as we have borne the image of Adam, we shall also bear the image of Christ. Jesus tells his disciples to love their enemies, give to everyone who asks, and be merciful as the Father is merciful. The Lord delivers Saul into David's hands, and yet David chooses not to kill but to show mercy. As followers of Christ, we are called to love even our enemies and treat them as we would want them to treat us. We are asked to ignore our natural inclinations toward revenge and recompense, and instead choose forgiveness and generosity – to conform ourselves to Christ.

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Updates - Diocesan Synod: If you would like to receive updates about the Synod and other Catholic material via Flocknote, please register here: www.en.archoc.ca/flocknotes.

INCOME TAX RECEIPTS 2021

Official Donation Receipts for Income Tax Purposes for 2021 are being prepared. Receipts will be mailed out on February 28, 2022. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

Take Five for Faith: Daily renewal for busy Catholics
Release the power of your touch During the COVID-19 pandemic, many people have suffered from a sense of isolation and alienation, this despite the myriad forms of modern communication from calls, to Zoom, to social media posts. Nothing is quite the same as the up close and personal—a handshake, a pat on the back, an embrace, or a kiss. Indeed, as many physicians, spiritual healers, and wisdom figures will tell you, humans not only need physical touch, but it has healing benefits. Jesus puts a finger in a man's ear and rubs his own saliva into the man's mouth to cure him. Through his touch, Jesus gives part of himself to others. Perhaps that is the secret to all healing. Each of us giving of ourselves to help others. Pray to Our Lady of Lourdes for the opportunity to provide a healing touch to someone in need.

"He makes the deaf hear and the mute speak."

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Lenten Retreat: Dr. Josephine Lombardi will be the guest speaker for a virtual retreat hosted by Queen of the Most Holy Rosary parish. Virtual, **Wed Mar 9, 7-9 pm**. Info: ottawaholyrosary@gmail.com.

Holy Redeemer's Heart of Worship adoration evening: Join us online to listen to Sister Marie Madeleine of the Queenship of Mary offer a reflection on God's transforming grace after conversion. Enjoy live music and quiet time with the Lord. Search 'Holy Redeemer Parish Kanata' on youtube for the livestream. **Tue Feb 22, 7 pm**. Info: heartofworshiphr@gmail.com.

Divestment from a Christian point of view: 1. What is the link between faith and investment? 2. How can we use our position as investors to help the climate transition? 3. What options do we have as individual investors? 4. What can our churches and dioceses do? 5. Is there cause for hope? Online, **Tue Mar 22, 2022, 7:00 - 8:30 pm**. Free. Hosted by guest presenter Kevin Thomas, CEO from SHARE. Info: creationcare@archottawa.ca.

Music Director Required: For Sunday morning Masses, Our Lady of Fatima Parish. Experience planning music for Catholic liturgies, leading choirs, good knowledge of both traditional and contemporary hymns. Must play organ/piano and sing well. Visit www.fatimaparish.ca/music-director-opportunity for a complete description. Info: office@fatimaparish.ca.

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