



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: _____

SECOND SUNDAY OF LENT



Feb 25 – Second Sunday of Lent

Genesis 22.1-2,9-13,15-18

Romans 8.31b-35,37

Mark 9.2-10

Mar 3 – Third Sunday of Lent

Exodus 20.1-17

1 Corinthians 1.18,22-25

John 2.13-25

Parish Calendar

Mon, Feb 26

- 9:00 am** Mass
6:00 pm First Reconciliation Preparation
7:00 pm Catholic Women's General Meeting

Tue, Feb 27

- 9:00 am** Mass
7:00 pm Confirmation Preparation

Wed, Feb 28

- 9:30 am Catechesis of the Good Shepherd
7:00 pm Prayer Shawl Ministry

Thu, Feb 29

- 9:00 am** Mass with Sacred Heart Grade 8
9:30 am Cenacle of Marian Movement of Priests
7:00 pm Youth Night Grades 6-8

Fri, Mar 1

- 9:00 am** Mass
9:30-10:30 am First Friday Adoration & Benediction
9:30 am Flame of Love Prayer Group
6:30pm Way of the Cross hosted by Extra Ordinary

Ministers of Holy Communion followed by poverty meal

Sat, Mar 2

- 4:00-4:25 pm Reconciliation
5:00 pm Mass

Sun, Mar 3 Third Sunday of Lent

- 9:00 am** Mass
10:30 am Mass

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

Adoration of the Blessed Sacrament will be held on Friday, March 1st after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction until 10:30AM. We are invited to pray for the Synod as called by Pope Francis and for vocations to the Priesthood.

PRAYER FOR VOCATIONS That those the Lord is calling to be a priest, deacon, or consecrated brother or sister will listen to Him, and proclaim His name, 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 Confirmation Class has begun! Please keep all those children and families in your prayers as they prepare to receive the Lord in a new way!

Mass Intentions

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

Mon, Feb 26 – 9:00 am

All souls in purgatory
†Elena Aquino Jackson by Ray & Maria (Aquino) Gaudreau

Tue, Feb 27 – 9:00 am

Intentions of John Cybulski by Sandra
Intentions of Cameron & Susana Bahen by Dolores & Warren Bahen

Intentions of Garvey Family

Thu, Feb 29 – 9:00 am

Intentions of Marion Di Gaspari by Margaret Mulvihill
†Brian du Quesnay by Theresa Anderson

Fri, Mar 1 – 9:00 am

Parents, grandparents, relatives, friends by Family Ho Truong
†Tony Dean by Pauline Foley

Sat, Mar 2 – 5:00 pm

†Canio Manfredo by Suzanne O'Hara

Sun, Mar 3 – 9:00 am

Intentions of Marion by Patricia & Isabella
Intentions of Doreen & Jim Sauve & Family by Pauline Foley

Sun, Mar 3 – 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, Matthew

Please pray for those who have died: †Allan Clark, husband of Sandra



†Indicates Deceased

The Catholic Women's League of Canada means: HUMANITY Love one another. Catholic Women's League members go beyond charitable acts with compassion, love, sympathy and tolerance, seeking out issues of injustice. Come share the love.

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 youth@holyspiritparish.ca

Heart of Worship Adoration Evening - Tue, Feb 27 at Holy Redeemer Parish (44 Rothesay Dr.) at 7pm - 8:30pm – Spiritual talk by Amy Hall – Praise and Worship music – Confessions – Silent prayer time – Fellowship – Livestream link: www.YouTube.com/HolyRedeemerParishKanata

Word from the Pastor

There are times in our lives when we have a mountain-top experience and we can easily use Peter’s words to describe it. “Lord it is good that we are here.” These moments are very special: at our own wedding, a new job; getting into the college of our first choice; retirement after years of hard work. AND there are everyday experiences when we can also say, “Lord it is good that we are here”: watching our child take his/her first steps; holidays with the whole family around the table and everyone getting along; having coffee with our best friend. These are moments when we feel we are on a mountain top and we can say with Peter, “It is good that we are here.” And we thank God for these times. But our lives aren’t always as comfortable as Peter describes. We have experiences when we can’t say, “It is good that we are here.” In fact, there are times when we don’t want to be “here”— and would rather be anywhere else: not without a job; not struggling with relationships; not failing at school; not undergoing chemotherapy. These are hardly mountain-top experiences - during these times we could hardly say, “It is good that we are here.” We would prefer to say, “I want out!”

March is Fraud Prevention Month. Be aware!

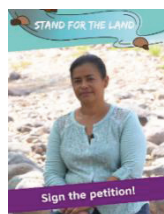
If you are picking up another person’s tax receipt please contact them first and be sure you take the correct one.

Our newest Parish School, St. Bernadette, will join us for the celebration of the Eucharist on Sunday, March 3rd at 10:30am and share refreshments in the Hall afterward.

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

Last chance to sign the Stand for the Land petition



Today is the deadline for signing a letter to Honduran ambassador to Canada asking her government to protect those who are fighting to defend forests and rivers in a Honduran national park against pollution from a mine. The letter is part of Development and Peace — Caritas Canada’s last fall campaign. Over 20,000 Canadians have signed it in solidarity with these struggling communities of Guapinol and the San Pedro sector.

Join the effort and add weight to our demands. Sign now at www.devp.org/act. Thank you for your solidarity!

Project Rachel at the Refuge is offering a retreat Apr 19-21, for women who are suffering the effects of abortion. At our retreats, we welcome women whose pain has been silenced and denied by the world. See our web site (www.stmarysrefuge.org/rachel), phone or e-mail us in confidence, 289 691 6840 or projectrachel@stmarysrefuge.org

Soul of Christ (Anima Christi)

Soul of Christ, sanctify me, Body of Christ, save me, Blood of Christ, inebriate me, Water from the side of Christ, wash me, Passion of Christ, strengthen me. O good Jesus, hear me, Within your wounds hide me. Permit me not to be separated from you. From the malignant enemy, defend me. At the hour of my death, call me, and bid me come to you, That with your saints I may praise you, forever and ever. Amen

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.)

Harmony with nature *From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. (Psalm 104.13)* Many people today sense a profound imbalance which drives them to frenetic activity and makes them feel busy, in a constant hurry which in turn leads them to ride roughshod over everything around them. This too affects how they treat the environment. An integral ecology includes taking time to recover a serene harmony with creation, reflecting on our lifestyle and our ideals, and contemplating the Creator who lives among us and surrounds us. (*Laudato Si’, 225*) Do I take time to contemplate the awesome beauty and order of nature? Does my prayer include times of silent meditation in which I am open to the gentle presence of the Creator? Do I ever go for a walk or sit outside with a friend, casually discussing those things which are most important to us?

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

St. Patrick Day Pilgrimage Sat, Mar 16, 2024 at 8AM from St. Patrick’s Fallowfield to St. Patrick’s Basilica, Ottawa. For more details and route visit www.tinyurl.com/3kwbtnu8

We have to reprimand the undisciplined, console the faint-hearted, support the weak, refute the opponents, be wary of the clever, instruct the ignorant, stir up the lazy, thwart the belligerent, restrain the proud, appease the quarreling, help the needy, liberate the oppressed, encourage the good, tolerate the wicked, and love everyone. ~ **St. Augustine of Hippo**, quoted in the book, *Desire and Unity: Augustinian Spirituality for Today*

Enjoy a delicious served **St. Patrick’s Day meal**, Mar 17th, from Our Lady of the Visitation’s kitchen, 5338 Bank St. Doors open at 2 pm with Karaoke, a licensed bar and a DJ dance event. Maximum 100 people with 8 or 10 per table. Buy a table of 8 minimum for \$35 per person or purchase individual tickets at \$40 per person. To order your tickets, call 613-822-2007.

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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