



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: _____

EIGHTH SUNDAY OF ORDINARY TIME



Feb 27 – 8th Sunday in Ordinary Time

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

Mar 6 – 1st Sunday of Lent

Deuteronomy 26.4-10
Romans 10.8-13
Luke 4.1-13

Parish Calendar

Tue, Mar 1 9:00 am Mass
Wed, Mar 2 Ash Wednesday
9:00 am Mass
Thu, Mar 3 9:00 am Mass
Fri, Mar 4 9:00 am Mass
Sat, Mar 5 5:00 pm Mass
Sun, Mar 6 1st Sunday of Lent
9:00 am Mass
10:30 am Mass
and MASS will be available on the church
website: www.holyspiritparish.ca



Mass Intentions

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
Tue, Mar 1 – 9:00 am
†Margaret Droogh by Pauline Foley
†Joseph Lazazzera & †Francesco DiIorio by Francesco
DiIorio
Ash Wed, Mar 2 – 9:00 am
†John Curry by Beggs Family
Thu, Mar 3 – 9:00 am
†Sharon Fitton by Jeannie & Jacques Marcil
Intentions of Justin Gifford by Warren & Dolores Bahen
Fri, Mar 4 – 9:00 am
Intentions of Dalrymple Family & †Cecile & †Henry St-Cyr
by Linda Dalrymple
†Ethel & †Ed Piitz by Lois
Sat, Mar 5 – 5:00 pm
†Phil & †Josh by Joan & Family
†Krystyna Szkwarek by David & Shirley Pipkins
Sun, Mar 6 – 9:00 am
For the intentions of all parishioners
Sun, Mar 6 – 10:30 am
†Maureen DesRoche by Beggs Family
Please pray for those who are sick: Jayne, John, Marlene,
Philippe, Connie O'Brien, Richard, Sylvia Keyworth



There will be a special collection for Diocesan & Missionary Works the weekend of March 5 & 6, 2022.

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.

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.

PRAYER FOR VOCATIONS

That the Lord will bless us with vocations to the priesthood and consecrated life to serve as teachers to his flock, we pray to the Lord.

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

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

†Indicates Deceased

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.

Word from the Pastor

Jesus said to his disciples: “A good person out of the store of goodness in their heart produces good, but an evil person, out of a store of evil, produces evil.” Jesus calls our attention to the quality of our hearts. Just as we tend to our physical well being, so too, we examine regularly the condition of our spiritual hearts. Our hearts need constant vigilance and tending to keep them focused on and producing the good works Jesus has called us to do. Do we nourish our hearts with the words of Jesus, to guide them and keep them strong in his service? How would you describe the primary focus of your heart?

Two new television screens have been installed by members of Finance Council for clearer projection of the slides at the Eucharist.

Please note there are no baptisms in Lent which is a Penitential Season (from March 1 - April 17).

Ash Wednesday Eucharist with imposition of ashes will be at 9:00am March 2nd.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics
Courage under fire They called him the “Scourge of Apartheid” and “Guardian of the Light.” Was he a Marvel superhero? Would you believe an archbishop? An Oblate of Mary Immaculate, Denis Hurley of Durban (1915-2004) opposed the racist regime of South Africa for 50 years, calling it ‘blasphemy’ and ‘intrinsically evil’ as first the world’s youngest bishop and later as the youngest archbishop. Hurley joined Anglican Archbishop Desmond Tutu and three others on the South African government’s ‘most wanted’ list. Standing up for the truth may put us on a hit list. It also makes us blessed in God’s eyes.

“Blessed are you when people hate you, and when they exclude and insult you, . . . on account of the Son of Man.”

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Did you know? While some Protestant denominations receive Communion, the Catholic Church is the only one who believes that during the Eucharist, the bread and wine that the priest consecrates truly becomes the Body and Blood of Jesus (Transubstantiation)? This is not just a symbol but Christ himself who sacrifices himself for men once again.

Catholic Link-Facts about the Catholic Church

World Day of Prayer March 4

The World Day of Prayer is observed annually on the first Friday in March. It is an invitation for Christians to pause and pray together ecumenically. This recalls our Christian responsibility to be sensitive to the signs of the times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community. Sponsored by the *Women’s Inter-Church Council of Canada* and its national counterparts around the world, it is celebrated in approximately 165 countries.

That Man is You (TMIY) Lenten Journey: A men’s leadership formation program. Join the men of St. Maurice and strive to become better husbands, better fathers, better men, and better disciples. Embark on a contemplative journey through John’s gospel with the goal of journeying deeper into friendship with Christ and experiencing the fruits of this Divine union. He is always knocking on our hearts. Beginning **Sat, Mar 5**. Free will offering. Info: (613) 818-0742.

Lenten Retreat - Developing Your Personal Relationship with Christ: Dr. Josephine Lombardi will be the guest speaker for a virtual retreat (via Zoom) hosted by Queen of the Most Holy Rosary Parish. Virtual, **Wed, Mar 9, 7-9 pm**. Register at www.forms.gle/rhNV27BU8AHRmvsE8. Info: ottawaholyrosary@gmail.com.

I am Hungry Feasting-Fast Series: This Lent, the Servants of the Cross invite you to a new discipleship series called I am Hungry-Feasting-Fast! Join the Servants of the Cross (on Zoom) for an adventure into the heart of the Father (book \$10 digital; \$20 hard copy). Details: www.servantsofthecross.ca/engage/i-am-hungry/ under “I’m in. I want to join the Feasting-Fast!” Info: programs@servantsofthecross.ca.

Palliative Care and MAiD Lecture: March Lecture Series (via Zoom) presented by The deVeber Institute. **8 pm, Mon, Mar 1** (Three Perspectives), **Thu, Mar 10** (Doctors’ Roundtable) and **Wed, Mar 16** (Mental Health and MAiD). Info & registration for each session at www.deveber.org.

Mary’s Way of the Cross: Looking for what to do during Lent? Join us every Friday during Lent with Mary’s Way of the Cross starting **Mar 4, 2022**. Hosted by Sylvie Rollin, Alexandre Grenier and Mike Budge. Starts with meditation/hymns at 6:40 pm. ZOOM: www.us02web.zoom.us/j/83547558788?pwd=bTZ0YWxqdDRiL2YyamxsZ0VtVFJhQT09. Mar 4, 11, 18, 25 & Apr 1, 8, 15.

This Lent, let’s put people and planet first



This year, Development and Peace — Caritas Canada’s *People and Planet First* campaign calls you to support our sisters and brothers in the Global South in defending their rights and the planet. Do this by:

- 1. Donating** online at devp.org/give or during the Solidarity Sunday collection on April 3, the fifth Sunday of Lent. Your generosity helps support over 85 projects in 27 countries around the world!
- 2. Learning more by reading the Mini-magazine** and other resources available at devp.org/lent/resources.
- 3. Signing the petition** for strong laws to control Canadian corporations’ behaviour abroad at devp.org/act.

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