



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: _____

FIFTH SUNDAY IN ORDINARY TIME



Feb 4 – Fifth Sunday in Ordinary Time

Job 7.1-4,6-7
1 Corinthians 9.16-19,22-23
Mark 1.29-39

Feb 11 – Sixth Sunday in Ordinary Time

Leviticus 13.1-2,45-46
1 Corinthians 10.31-11.1
Mark 1.40-45

Parish Calendar

- Mon, Feb 5** St. Agatha
9:00 am Mass
6:00 pm First Reconciliation Preparation
- Tue, Feb 6** St. Paul Miki and Companions
9:00 am Mass
9:30 am Lay Apostolate of Jesus Christ the Returning King
- Wed, Feb 7**
9:30 am Catechesis of the Good Shepherd
- Thu, Feb 8**
9:00 am Mass
9:30 am Cenacle of Marian Movement of Priests
6:30 pm Youth Night Grades 3-5
- Fri, Feb 9**
9:00 am Mass
9:30 am Flame of Love Prayer Group
7:00 pm Youth Night Grades 9-12
- Sat, Feb 10** St. Scholastica
4:00-4:25 pm Reconciliation
5:00 pm Mass
- Sun, Feb 11** **6th Sunday in Ordinary Time**
9:00 am Mass
10:30 am Mass

PRAYER FOR VOCATIONS That all those discerning or pursuing a vocation to the priesthood or consecrated life will find encouragement through our prayers and sacrifices on their behalf, 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.

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

Pilgrimage to Mexico May 16-22, 2024 with International Heritage Tours www.ihtours.com See flyer on church bulletin board for more details.

Mass Intentions

- Sat, Feb 3 – 5:00 pm**
†Phil Fitzgerald by Barb & Family
- Sun, Feb 4 – 9:00 am**
Intentions of Mafalda Giroux by Anne MacIsaac
Intentions of Donald Fowler by Joanne Gage
- Sun, Feb 4 – 10:30 am**
For the intentions of all parishioners
- Mon, Feb 5 – 9:00 am**
Intentions of Margaret Mulvihill by Marion Di Gaspari
- Tue, Feb 6 – 9:00 am**
In thanksgiving
Intentions of Droogh Family
Intentions of Michael & Stephanie Girvin by Gerry & Kathy
- Thu, Feb 8 – 9:00 am**
Intentions of Marion Di Gaspari by Margaret Mulvihill
†Emiliano
- Fri, Feb 9 – 9:00 am**
For souls in purgatory
- Sat, Feb 10 – 5:00 pm**
†Gordon Ramsey by Sandra Cybulski
- Sun, Feb 11 – 9:00 am**
For the intentions of all parishioners
- Sun, Feb 11 – 10:30 am**
†Rita Ryan by Joanne Fontinic



Please pray for those who are sick: Patrick, Gerald, John, Nancy, Miriam, Muriel, Hugh, Mona, Bert, Ron, Donald, Michael

Please pray for those who have died: †Edward Burke
†Indicates Deceased

The Catholic Women's League of Canada means: COURAGE If you only knew the courage of Catholic Women's League members. In the 1920s, Winnifred Fulton travelled by horseback to start more than 30 councils. Today we continue to carry the message of faith, service, and social justice to women across Canada and internationally. Pack your courage! Your place is among us.

Upcoming Blood Donation Event at Holy Spirit Parish on Wed, Feb 14th from 1:00 pm to 7:00 pm. Book now to donate at www.blood.ca

Diocesan Wedding Anniversary Mass: For those celebrating 60 (or more), 50, 40, 30, 25 and 20 years of marriage. At Notre Dame Cathedral Basilica on **Sun, Apr 14, 2:30 pm**. The registration form is available at www.forms.office.com/r/jpBDLwD0Kg. Please register before Easter to ensure your spot.

Word from the Pastor

In the beginning of today's gospel, St. Mark 1.29, Peter's mother-in-law "lays sick with a fever." Jesus' healings aren't just physical. If she were living in our time, she could have taken an antibiotic and probably gotten well. But she and we all need more than physical health. The outer signs of Jesus' healings indicate a deeper healing of the whole person. The woman isn't just "cured" of a physical ailment, she is also "healed." No antibiotic could bring that about. Jesus could have cured Peter's mother-in-law by a word of command. But he is more personally involved in her healing. He ministers to her with a personal touch and "helped her up," or as another translation has it, "lifted her up." He is not a detached healer but shows his love and compassion. Love can do that, give people a "lift." It has a healing power that can raise from despair to hope; depression to joy; sin to holiness and even death to life. After the cure, the mother-in-law's service to Jesus and his companions is a response to the "service" Jesus has rendered her. She was grateful for what she had been freely given. We asked for forgiveness from our sins at the beginning of today's Mass. Shall we, the forgiven, leave here and render a "service of forgiveness" to others? Mark shows throughout his gospel that Jesus has the power to conquer suffering and death. Notice again how Mark describes the healing of Peter's mother-in-law – Jesus "helped her up." In other words, Peter's mother-in-law experiences a "resurrection." That is why what he did for her is more than a cure from a sickness, it is a healing. Mark is hinting at the deep inner healing the risen Christ brings us. This new life isn't just for after our death. The woman gets up and serves Jesus and his disciples. She has been healed for Christian ministry by receiving a new life and using it to render service to others.

Please return your blessed palms from last year and place them in the bin at the entrance. They will be burned and used as ashes for Ash Wednesday.

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

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

Kindergarten Registration (OSCB) If your child was born in 2020, it's time to register them to start Kindergarten 2024 at the Ottawa Catholic School Board! Their schools provide a nurturing, innovative, and faith-filled environment with rich French programming, making it an excellent choice for your child as they start their schooling journey. Registering is Easy - Visit www.ocsb.ca/register/ to register today!

The Litany of Trust is a helpful prayer as we begin the Lenten Season with Ash Wednesday on February 14th:

LITANY OF TRUST

From the belief that I have to earn Your love; Deliver me, Jesus.

From the fear that I am unlovable; Deliver me, Jesus.

From the false security that I have what it takes; Deliver me, Jesus.

From the fear that trusting You will leave me more destitute; Deliver me, Jesus.

From all suspicion of Your words and promises; Deliver me, Jesus.

From the rebellion against childlike dependency on You; Deliver me, Jesus.

From refusals and reluctances in accepting Your will; Deliver me, Jesus.

From anxiety about the future; Deliver me, Jesus.

From resentment or excessive preoccupation with the past; Deliver me, Jesus.

From restless self-seeking in the present moment; Deliver me, Jesus.

From disbelief in Your love and presence; Deliver me, Jesus.

From the fear of being asked to give more than I have; Deliver me, Jesus.

From the belief that my life has no meaning or worth; Deliver me, Jesus.

From the fear of what love demands; Deliver me, Jesus.

From discouragement; Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me; Jesus, I trust in You.

That Your love goes deeper than my sins and failings and transforms me; Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation to lean on You; Jesus, I trust in You.

That You are with me in my suffering; Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in this life and the next; Jesus, I trust in You.

That You will not leave me orphan, that You are present in Your Church; Jesus, I trust in You.

That Your plan is better than anything else; Jesus, I trust in You.

That You always hear me and in Your goodness always respond to me; Jesus, I trust in You.

That You give me the grace to accept forgiveness and to forgive others; Jesus, I trust in You.

That You give me all the strength I need for what is asked; Jesus, I trust in You.

That my life is a gift; Jesus, I trust in You.

That You will teach me to trust You; Jesus, I trust in You.

That You are my Lord and my God; Jesus, I trust in You.

That I am Your beloved one; Jesus, I trust in You.

SISTERS OF LIFE

Written by Sr. Faustina Maria Pia, SV

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