



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

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: _____

FIFTH SUNDAY OF ORDINARY TIME



Feb 5 – 5th Sunday in Ordinary Time

Isaiah 58.6-10
1 Corinthians 2.1-5
Matthew 5.13-16

Feb 12 – 6th Sunday in Ordinary Time

Sirach 15.15-20
1 Corinthians 2.6-10
Matthew 5.17-37

Parish Calendar

Tue, Feb 7

9:30 am Lay Apostolate of Jesus Christ the
Returning King

Wed, Feb 8

9:30 am Catechesis of the Good Shepherd

Thu, Feb 9

9:30 am Cenacle of Marian Movement of Priests

Fri, Feb 10 St. Scholastica

9:30 am Flame of Love Prayer Group

Sat, Feb 11

4:00-4:25 pm Reconciliation

5:00 pm Mass

Sun, Feb 12 Sixth Sunday of Ordinary Time

9:00 am Mass

10:30 am Mass

**12:00-12:45 pm 1st Communion Preparation
Meeting**

1:00-2:30 pm Confirmation Preparation Meeting

*and Mass will be available on the church

website: www.holyspiritparish.ca

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". 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.

Pope Francis 2023 prayer intentions FEBRUARY

For parishes: we pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

PRAYER FOR VOCATIONS

That the grace of the Sacrament will be renewed by the Holy Spirit in all married people present here, we pray to the Lord.

Upcoming Blood Donation Event at Holy Spirit Parish on Wednesday, February 15th from 2:00 pm to 8:00 pm. Book now to donate at www.blood.ca

Mass Intentions

Sat, Feb 4 – 5:00 pm

†Connie O'Brien by Ann & Bob Ryan
Intentions of Mafalda Giroux by Anne MacIsaac
Living & Deceased Members of the Catholic Women's
League

Sun, Feb 5 – 9:00 am

†Louise Quinn by Anne Sloan
Intentions of Mitchell Keyworth by Family
†John Curry by Jane Hill

Sun, Feb 5 – 10:30 am

For the intentions of all parishioners

Sat, Feb 11 – 5:00 pm

Intentions of Turner & Clarke Families by Joan
†Antonio Torcaso by Betty Lou & Bruce Milne

Sun, Feb 12 – 9:00 am

For the intentions of all parishioners

Sun, Feb 12 – 10:30 am

†Raymond Paul by Maureen
†Connie O'Brien by Pauline Foley



Please pray for those who are sick: Bruce, Marlene, Ron, Dan, Dorothy, Alma, Patrick, Bill, Joan, Jane; Alex Sinclair, husband of Debbie

Please pray for those who have died: †Bert O'Connor, husband of Patricia; †Earl Stewart, father of Murray; †Teresa Hamilton, sister of Leo Coulas; †Morris Maloney, brother of Father Kelvin Maloney; †Eva Anne Foley, sister of Father Daniel Hawkins

†Indicates Deceased

Sister Nkechi and Sister Miriam have moved into the Parish and are requesting furniture for their kitchen, dining room and living area. Items still in need are: microwave, kettle, coffee maker, teapot, blender/food processor, cutlery, cookie sheet, muffin tin, mixing bowls, colander, cutting board, cutting knives, can opener, tongs, whisk, measuring spoons, re-useable containers, and milk bag jug & cutter. If you can assist by donating any of these items, please contact the parish office to make arrangements. Thank you for all the items already donated – your support is appreciated.

Word from the Pastor

Matthew 5.13 Like salt, light is not useful on its own. Intense light can even be harmful to the naked eye. We are warned not to look too long at the sun without some kind of filter. But light is useful when it enables us to see things around us that we might miss, or that other people are missing. When we do see what the dark has been covering, Jesus calls us to bring those things into the awareness of the world. For example, guided by the light of the Gospels we can see the world's injustices to whole communities of people; the plight of refugees and exiles; the degradation to the environment caused by our wasteful ways; the resurgence of anti-Semitism, the injustices done the poor in our prison system, etc. Formed by the light of the gospel teachings, we become "the light of the world." If we are salt in the world and a shining light showing the way to others, then we will fulfill the vocation Jesus has given each of us.

As a Lenten practice make a phone call or write a letter to someone at home alone or sick. Lent begins February 22, Ash Wednesday.

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.

Our Lenten theme will be 'Be Not Afraid' based on the hymn that will be used weekly in the penitential season of 40 days.

The Retreat Days will be held at Our Lady of Grace Shrine, Marylake, Toronto, from Monday, February 6 to Friday, February 10. Please note there will be no weekday Masses Monday, February 6 through Friday February 10.

For National Marriage week, Michel and Jeanette MacDonald will provide a reflection on their 26 years of Marriage at 10:30am Mass on February 12th. Michel is the Chaplaincy Leader at Sacred Heart High School.

The black kitchen fridge has been donated to Habitat for Humanity, ReStore.

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

STITTSVILLE FOOD BANK Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but toiletries, toilet paper, tissue, juice, canned fruits and vegetables, canned meat, salmon and tuna, rice, cereal, cookies, crackers, coffee and tea are also needed. Please do not leave food outside, but bring your donations during office hours or when you come to Sunday Mass.

Kindergarten Registration with the Ottawa Catholic School Board: If your child was born in 2019, it's time to register them for Kindergarten at the Ottawa Catholic School Board. More info, 3D tours, registration help available here: www.ocsb.ca/our-schools/kindergarten/. Info: (613) 224-2222.

St. Vincent de Paul Seeking Volunteers: St. Vincent de Paul thrift stores need volunteers to help in Ottawa thrift stores (Merivale Rd, Wellington St. W, Blossom Park). Info: ssvp.volunteercord@gmail.com, 613-722-7166. Individuals or parish groups welcome. Flexible times.

I Am Hungry Feasting-Fast: Oftentimes fasting gets a bad rap. And the feelings associated include thoughts like, 'No way. Too hard. I don't have it in me.' That's what we thought too. We want to introduce to you over the season of Lent that we can feast on His Word and guarantee that our nibblings, cravings, binges can be satisfied far more than those sugary treats or salty chips. Join us this Lent for the Feast! Let's walk together through this checkpoint on our discipleship path. Info nights: **Feb 13 or Feb 15, 7-8pm**. Online program runs Wednesdays in Lent, **7:30 - 9:00pm** beginning **Wed, Feb 22**. Free. Hosted by Servants of the Cross. Info: www.servantsofthecross.ca/engage/i-am-hungry/programs@servantsofthecross.ca or

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.

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