



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: _____

FIFTH SUNDAY OF ORDINARY TIME



Feb 6 – 5th Sunday in Ordinary Time

Isaiah 6.1-2a,3-8
1 Corinthians 15.1-11
Luke 5.1-11

Feb 13 – 6th Sunday in Ordinary Time

Jeremiah 17.5-8
1 Corinthians 15.12,16-20
Luke 6.17,20-26

Parish Calendar

Mon, Feb 7 9:00 am Mass
Tue, Feb 8 9:00 am Mass
Thu, Feb 10 **St. Scholastica**
9:00 am Mass
Fri, Feb 11 9:00 am Mass
Sat, Feb 12 5:00 pm Mass
Sun, Feb 13 **6th 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.

PRAYER FOR FAMILIES God of love, you gave your life to free us from sin. Help us to embrace the sacrifices we make in wearing masks, staying home, getting vaccinated, and otherwise limiting our freedoms to stop the spread of COVID. May all of our efforts accelerate the healing needed to usher us back into life after the pandemic, we pray to the Lord. 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 all men and women called by Jesus to teach the Gospel as priests, deacons, sisters and brothers, that the joy of the Lord will remain their strength during their discernment, formation and mission, we pray to the Lord.
To start the conversation, contact Fr. Pierre Champoux, Director of Vocations, at vocations@archottawa.ca or 613-558-1445.

Mass Intentions

Sat, Feb 5 – 5:00 pm
†Joseph Heenan by Dalrymple Family
†Olivette St. Amour by Suzanne & Lise Davidson
†Ethel & †Ed Piitz by Lois
Sun, Feb 6 – 9:00 am
Intentions of Patricia & Thomas Sibbald by Warren & Dolores Bahen
†Leo Mulvihill by Margaret Mulvihill
†Michael Landers by Mary Jeffrey
Sun, Feb 6 – 10:30 am
For the intentions of all parishioners
Mon, Feb 7 – 9:00 am
†Oswald & †Kay Muldoon by Monsignor Muldoon
Tue, Feb 8 – 9:00 am
†Pat Foley by Marcelle & Leo Coulas
Thu, Feb 10 – 9:00 am
Intentions of Marion Di Gaspari by Margaret Mulvihill
Fri, Feb 11 – 9:00 am
†Patrick O'Donnell by O'Donnell & Devenny Families
Sat, Feb 12 – 5:00 pm
Intentions of Dalrymple Family & †Cecile & †Henry St-Cyr by Linda Dalrymple
†Phil & †Josh by Joan & Family
†Leonard Desjardine by Ann & Bob Ryan
Sun, Feb 13 – 9:00 am
For the intentions of all parishioners
Sun, Feb 13 – 10:30 am
†Peter Rumleskie by Sandra Cybulski
†Emma Caicco by Joe & Donella Gabriele
†Ethel & Ed Piitz by Lois



Please pray for those who are sick: Jayne, John, Marlene, Philippe, Connie O'Brien

Please pray for those who have died: †Father Hughes M. Labrecque, OSM; †Jean Hodgins, mother of Catherine; †Réal Cohen, husband of Marie-Anne; †Margaret Droogh, mother of Connie McCaffrey

†Indicates Deceased

The Holy Father's Prayer Intention for February 2022: For religious sisters and consecrated women. *We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.*

Blessed Palms from previous Holy Weeks: Ashes that are used to mark the beginning of Lent come from the palms that were blessed and distributed the previous Palm Sunday of the Passion of the Lord. Parishioners are invited to bring in these palms.

Word from the Pastor

From today's Gospel reading: St. Luke 5: Peter said to Jesus, "Master we have worked hard all night and have caught nothing, but at your command I will lower the nets." Like Peter we have things that concern us and keep our minds preoccupied during the night. We can use some help to keep us focused and to guide our decisions. In the midst of all that occupies us we want to continue hearing Jesus' invitation to follow him. We especially want to do that as we toil through the sometimes, very dark periods of our lives. What areas of my life consume my energies and concern me the most? Have I considered how Jesus is inviting me to follow him in those very places?

Please consider a bequest to Holy Spirit Parish to make the Gospel known to future generations in faith. Thanks for your generosity.

Sacred Heart High School made a donation to our Parish Youth Ministry. We thank them for partnering with us on behalf of young persons.

Dog walkers are reminded not to park in our lot until 1:30PM on Sundays for the protection of all.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics
God, our shield and our strength We live in tumultuous times for sure. But the world has been topsy-turvy before. Saint Francis de Sales lived during the religious, political, and social upheaval of the Protestant Reformation. And he became known for his gentleness and patience in the face of it. Leave it to him, the patron saint of writers, to pen a prayer that is timeless balm for troubled souls: "Do not look forward to what may happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow and every day. Either he will shield you from suffering, or he will give you unfailing strength to bear it. Be at peace, then, put aside all anxious thoughts and imaginations . . ." A balm for these troubled times.

"If a house is divided against itself, that house will not be able to stand."

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INCOME TAX RECEIPTS 2021

Official Donation Receipts for Income Tax Purposes for 2021 are being prepared for all donations received and deposited in the church bank accounts in 2021. Any donations deposited after 2021 will count toward receipts for 2022.

If you wish to receive yours by mail, please drop off a self-addressed stamped envelope at the parish. 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.

Countdown for Lent – Ash Wednesday is March 2nd

Lent is a time for penance and repentance, for almsgiving and prayer, for working to change attitudes that are not pleasing to God.

Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.

World Day of the Sick – February 11

The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

Sun, Feb 13: Enjoy a homemade **Schnitzel Dinner with potato salad, red cabbage, and Apple Strudel Dessert** from Our Lady of the Visitation's kitchen. COVID19 protocols followed. Proceeds to church restoration fund. Tickets \$25. Call 613-822-2007 or email: events@olvottawa.ca. Curbside pickup 4-6 pm at 5338 Bank St.

Society of St. Vincent de Paul 'Catch the Ace' Fundraiser: The Ottawa Central Council of the Society of St. Vincent de Paul has launched its website and is inviting everyone to purchase *Catch the Ace* tickets to support an affordable housing project in Ottawa. www.ssvpottawa.ca. Cost: \$10 per ticket. Info: www.ssvpottawa.ca.

Lenten Retreat: Dr. Josephine Lombardi will be the guest speaker for a virtual retreat hosted by Queen of the Most Holy Rosary Parish. To learn more about this engaging and gifted speaker visit: www.josephinelombardi.com. Virtual, **Wed, Mar 9, 7-9 pm**. Info: ottawaholyrosary@gmail.com.

New Life Retreat: A life-changing, faith-building experience. **Monday evenings, Feb 14 – Apr 4** via Zoom. Info & registration: www.stmarysottawa.ca/new-life-retreat; new-life-retreat@stmarysottawa.ca.

Alpha via Zoom: Anyone from anywhere can join. Alpha is a series of sessions that freely explore the big questions of life. It's an opportunity to meet new people, discover more about the Christian faith, and share your thoughts in a friendly environment. Led by the Queenship of Mary Community and their lay team members. Beginning **Feb 7, 7pm** and continuing Mondays until April 25, 2022. Register online at: www.sites.google.com/view/alpha2022/home

Virtual Come and See: You are called to belong to Jesus Christ... (Romans 1.1,6). The Community Servants of the Cross (www.servantsofthecross.ca) is hosting a virtual *Come and See* for young single women who are discerning the consecrated life. It will be a time to discover your vocation and a time to connect with the Community. Online and via Zoom, **Feb 24, 7-9 pm; Feb 25 & Feb 26, during the day and 7-9 pm**. Registration by Feb 18. Please contact Sr. Michael Penelope Nguyen, SC at 613-729-8710 or vocations@servantsofthecross.ca.

"For the Servant of God every place is the right place, and every time is the right time." -St. Catherine of Siena

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