



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
Deacon John Orban, Associate, john@holyspiritparish.ca
Marian Poyner, Pastoral Associate, m.poyner@holyspiritparish.ca
Administrative Assistant, admin@holyspiritparish.ca

OFFICE HOURS: Monday to Friday 9:00 a.m. - 3:00 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.

**DEADLINE FOR WRITTEN SUBMISSIONS
FOR PARISH BULLETIN: Tuesday, noon**

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

Pauline Foley, President 613-836-9444

KNIGHTS OF COLUMBUS

Joseph Carbonetto, Grand Knight 613-831-0411

PARISH FINANCE COUNCIL

Steve Campanelli, Chair 613-793-6389

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: _____

SIXTH SUNDAY OF ORDINARY TIME



Feb. 11 – Sixth Sunday in Ordinary Time

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

Feb. 18 – First Sunday of Lent

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

Parish Calendar February 12 – February 18

Mon. 12	10:00 am	Men's Bible Study Group
	6:30 pm	Rosary
	6:30 pm	Decision Point (Confirmation Prep.)
	7:00 pm	Liturgy of the Word & Communion
	7:00 pm	Prayer Shawl Ministry
Tues. 13	8:30 am	Rosary
	9:00 am	Liturgy of the Word & Communion
	9:45 am	Women's Fellowship
Wed. 14	Ash Wednesday	
	9:30 am	Distribution of Ashes at Holy Spirit School
	10:45 am	Distribution of Ashes at Guardian Angels School
	12:30 pm	Distribution of Ashes at St. Stephen School
	7:00 pm	MASS
Thurs. 15	10:00 am	Cenacle of Marian Movement of Priests
	11:00 am	Mass at Granite Ridge
	6:20 – 6:45 pm	Reconciliation
	6:30 pm	Rosary
	7:00 pm	MASS
	7:00 pm	Small Faith Group
Fri. 16	8:20 – 8:45 am	Reconciliation
	8:30 am	Rosary
	9:00 am	MASS
	9:30 am	Flame of Love
	6:00 pm	Way of the Cross and Poverty Meal by Catholic Women's League
Sat. 17	4:15-4:45 pm	Reconciliation
	5:00 pm	MASS
Sun. 18	First Sunday of Lent	
	9:00 am	MASS
	10:00 am	Rosary
	10:30 am	MASS
	6:30 pm	Decision Point (Confirmation Prep.)

Hospitality after all Masses on February 17th and 18th will be hosted by the Catholic Women's League

INVITATION TO WOMEN'S FELLOWSHIP

The Holy Spirit Women's Fellowship meets every Tuesday morning to pray and sing in the Chapel after the 9am Mass followed by a time of casual fellowship. No registration or commitments required, just show up with a willingness to share your love of faith and friends.

WEDDING ANNIVERSARY BLESSINGS February 17 & 18



If you are celebrating an anniversary in February and would like your marriage blessed at one of the masses on the weekend of February 17 & 18, please call the office and leave your name, the number of years married and the mass you plan to attend.

LENTEN RETREAT: The Trinity and the Incarnation

One day Lenten retreat. Holy Redeemer Church, 44 Rothesay Drive, Kanata, **Sat., Feb. 17, 7:45 a.m. - 3:15 p.m.** Cost: \$20; \$25 after Feb. 10. Sponsored by Holy Redeemer Knights of Columbus Council 9544. Info: www.kofc9544.ca or 613-591-3641. Info sheets in atrium.

Mass Intentions

Sat., February 10 – 5:00 pm

Intentions of Judith Hurdman
†Norbert Clarke by his sister Joan
Living and deceased members of the Galletti & Plzak families by Angie & Milan Plzak

Sun., February 11 – 9:00 am

All Parishioners

Sun., February 11 – 10:30 am

†Jose Santos by Ana Santos
†Michael O'Hara by Kevin and Suzanne
†Reg Harris by Margie and Sean

Wed., February 14 – 7:00 pm

All Parishioners

Thurs., February 15 – 7:00 pm

†Alan Selvadurai by Marie and family

Fri., February 16 – 9:00 am

†Eileen McEvoy by Joe & Donella Gabriele

Sat., February 17 – 5:00 pm

†Denise Irwin by Dolores & Warren Bahen
†Eileen McEvoy by Margaret Droogh
†Leigh Anne MacDonald-Corbett by her family

Sun., February 18 – 9:00 am

Intentions of Patricia Di Gaspari by Marion Di Gaspari

†Phil and †Josh by Joan

†Kay Bell by Michelle and Paul Carroll

Sun., February 18 – 10:30 am

All Parishioners

Please pray for those who are ill:

Judith Hurdman, wife of Doug
Brett Wilson
Luigi Lolli, husband of Bianca



Please pray for those who have died:

†David Kealey
†Father Reginald MacNeil
†Noriene Burns
†Moe Stafford

† Indicates Deceased

RCIA – Rite of Christian Initiation of Adults

RCIA is the Catholic formation process that brings inquirers into the fullness of the faith and covers all the basic topics of the Catholic Catechism. Weekly Wednesday evening sessions will begin on **February 21st, from 7 pm to 8:30 pm**. For more info: call the parish office (613-836-8881) or email Marian Poyner m.poyner@holyspiritparish.ca

MARY'S WAY OF THE CROSS

Please join the CWL at Holy Spirit Parish on **Friday, Feb. 16th at 6:00 pm** for Mary's Way of the Cross which "follows the Mother of Jesus as she walks the road to Calvary". A free will donation will be accepted for the foodbank followed by a Poverty dinner afterwards.

Lenten Walk with the Lord – 40 Acts of Kindness

A kindness for each day during Lent. Copies of calendar available in the atrium.

Word from the Pastor

Moved with pity, Jesus stretched out his hand, touched the leper and said to him, "I do will it. Be made clean." When Mark describes Jesus healing the man he uses a word that literally means a snorting in anger (v. 43). The anger wasn't directed at the leper, but at the man's debilitating disease. Anger is a passion that may move us to act against the injustice leveled against those without voice, or rights. When we observe an injustice, see the innocent oppressed, a righteous anger should stir us to do something about it. What injustice do we observe that stirs us to anger? How shall we respond to what so moves us?

Pope Francis announced that Feb. 23, the Friday of the first week of Lent, would be a day of prayer and fasting for peace given the many ongoing conflicts throughout the world, particularly those in the Democratic Republic of the Congo and South Sudan.

St. Joseph House would benefit from some small end tables. If you have these items please call the office.

Monsignor Joseph Muldoon

THE 5 PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

Archbishop's Letter for Lent 2018

Dear brothers and sisters in Christ,

St. Caesarius of Arles (470-542) described the perennial challenge of Lent: "Devoting ourselves to God out of love for eternal life, during these days let us with all solicitude strive to repair and compose in the little ship of our soul whatever throughout the year has been broken or destroyed or damaged or ruined by many storms, that is, by the waves of sin."

Ash Wednesday's gospel reading highlights prayer, fasting and almsgiving as some dependable practices of Lent to help us in this renewal (see Matthew 6.1-6, 16-18).

The Church encourages Catholics to make the entire Lenten season a period of discipline with attention to personal prayer, participation in Mass, and the observance of fasting (only one full meal that day) and abstinence (not eating meat that day).

During Lent, there is obligatory fasting and abstinence on Ash Wednesday (February 14) and Good Friday (March 30), and abstinence on the other Fridays.

These are the basics for everyone and I recommend that you observe these traditional practices.

A little self-denial is healthy in many ways. It gives you a tiny insight into Jesus' agony on the cross for you. It gives you a hint of the suffering of the needy who do not share your life of abundance. It also asserts that not every appetite controls you. The opposite, unbroken self – indulgence, is a form of idolatry: "Their end is destruction; their god is the belly." (Philippians 3.19)

You might wish to join me in my weekly Monday abstinence from social media and the internet. Although these are not evil, they tend to close us in on ourselves and impede communication with family members, work associates, and other.

Disconnecting for a time could help you experience Jesus' forty days in the desert. Unplug from the noise that surrounds you to concentrate on what is important. Quiet and solitude will help you to become still and find time for family interaction, prayer, and listening to God's Word in the Scriptures.

Additional traditional acts of "giving up" sweets, alcohol, tobacco or other pleasures during Lent could help you personalize your spirit of Lenten sacrifice – a desire to "turn from sin and believe the Good News."

Almsgiving flows naturally from the money you will save by making these sacrifices. I urge you to be particularly caring for the needy by supporting the Diocesan Works appeal on the first Sunday of Lent (February 18). Please also contribute to the Lenten campaign for the poor of the world conducted by Development and Peace, the social justice charity promoted by the Bishops of Canada (on Share Lent Sunday, March 18).

In your quest for renewal, make a good Lenten confession. The Church mandates that Catholics conscious of serious sin make an annual confession during the Easter Season (Ash Wednesday to Divine Mercy Sunday). Wise Catholics recognize that this practice of confession is vital to spiritual growth.

This Lent, receive the ashes on Ash Wednesday in your parish church and journey with Jesus to Easter by reading the Scriptures on your own and with others.

The gospels of the first two Sundays focus on Our Lord's temptation and transfiguration. They will remind you of the struggle against sin - individual and social - for which you do penance, and of the glory of Christ that awaits you in overcoming temptation and sin.

The third, fourth, and fifth Sundays of Lent offer selections from John's gospel telling of Christ's glorification through his cross and resurrection.

Passion Sunday recalls Jesus' entry into Jerusalem and his sufferings as recounted in the gospel of Mark. The Passion Narrative brings Lent to a climax and leads into the Sacred Triduum (from Holy Thursday to the Vespers on Easter Sunday).

May the Lord bless you and all in the Archdiocese as we set out to celebrate the Easter mystery "with the joy of minds made pure" (Lenten Preface 1).

Sincerely yours in Christ,
✠ Terrence Prendergast, S.J.
Archbishop of Ottawa

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