



# 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](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Sean Flynn, Youth/Sacramental Coordinator, [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)  
Administrative Assistant, [admin@holyspiritparish.ca](mailto: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 - 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: \_\_\_\_\_

## SIXTH SUNDAY OF ORDINARY TIME



### Feb 14 – 6th Sunday in Ordinary Time

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

### Feb 21 – 1st Sunday of Lent

Genesis 9.8-15  
1 Peter 3.18-22  
Mark 1.12-15

#### Parish Calendar

Wed, Feb 17 8:45 am Ash Wednesday - Virtual

Fri, Feb 19 6:30 pm Knights of Columbus  
Way of the Cross - Virtual

Sun, Feb 21 First Sunday of Lent

MASS will be available on the church  
website: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

**Please pray for those who are sick:** Pat, Connie O'Brien, Gerard, Lystra Charles, Diana Clarke, Rollande, Doreen

**Please pray for those who have died:** †Sr. Teresa Kelly (Grey Sister – Pembroke); †Louis Vachon, brother of Deacon Claude Vachon; †Marcel Faucher, brother of Fr. Serge Faucher; †Joan Sparks; †Charles O'Reilly, husband of Nancy; †Patricia McMillan, sister of Fr. Gerard Monaghan; †Paula Sherriff-Scott, mother of Deacon Christopher Moffat

† Indicates Deceased

#### 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.

#### 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 Holy Spirit will assist all those discerning a vocation to the priesthood, diaconate, or consecrated life to discover the truth of God's call, we pray to the Lord.

#### REACH OUT TO YOUR NEIGHBOUR

Lent begins Ash Wednesday, February 17, 2021 and the Lenten issue of *The Word Among Us* has arrived. An invitation is extended to all parishioners to bring a copy of *The Word Among Us Lent 2021* to our shut-ins and elderly – your neighbour, your friend, your relative. Call the parish office to arrange a pick up.

#### 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](mailto: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](mailto:admin@holyspiritparish.ca).

#### INCOME TAX RECEIPTS 2020

Official Donation Receipt for Income Tax Purposes 2020 are ready for pick up. If you wish to receive yours by mail, please drop off a self-addressed stamped envelope at the parish. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

#### LENT 2021

Fasting and Feasting: Try to practice one of these each day during Lent.

1. Fast from grumbling. Feast on gratefulness
2. Fast from food. Feast on scripture
3. Fast from television. Feast on holy images and the crucifix
4. Fast from idle chatter. Feast on listening
5. Fast from loudness. Feast on silence
6. Fast from anger. Feast on forgiveness
7. Fast from selfishness. Feast on generosity
8. Fast from sadness. Feast on joyfulness
9. Fast from complaining. Feast on thankfulness

## *Word from the Pastor*

“Whatever we do, do everything for the glory of God.”

Paul counsels us that we give glory to God when we serve one another and seek unity among God’s people. God is not glorified if my choices cause wrangling and division in the community. In fact, such behavior is a negative witness to those who may be young in the faith, or considering joining the community.

How does my daily life reflect my identity as a Christian? What do I do that denies my claim to be a Christian?

Valentines Day is celebrated on February 14<sup>th</sup>. St. Valentine who lived in 3rd century Rome is honoured by the Church for his courageous witness in martyrdom for his faith in Jesus Christ. It is also World Marriage Day. We pray for all couples and their love for each other and for their families.

In Pope Francis’ encyclical letter, *Laudato Si*, he states that as a central and unifying principle of social ethics, the common good is “the sum of those conditions of social life which allow social groups and their individual members relatively thorough and ready access to their own fulfilment” (4:156). He goes on to say, “In the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters” (4:158).

“Society as a whole, and the state in particular, are obliged to defend and promote the common good” (4:157) not only for current lives but also for future generations.

There are three key points to the common good:

1. Respect for the human person who is endowed with basic and inalienable rights as necessary for his or her integral development.
2. The overall welfare of society and the development of a variety of intermediate groups, especially, the family as the basic cell of society.
3. Calls for social peace, “the stability and security provided by a certain order which cannot be achieved without particular concern for distributive justice; whenever this is violated, violence always ensues” (ibid.).

In a 1979 homily, [St. Oscar Romero] emphasized this point:

If some day they take the radio station away from us, if they close down our newspaper, if they don't let us speak, if they kill all the priests and the bishop too, and you are left, a people without priests, each one of you must be God's microphone, each one of you must be a messenger, a prophet. The church will always exist as long as there is one baptized person. And that one baptized person who is left in the world is responsible before the world for holding aloft the banner of the Lord's truth and of his divine justice.

*A rich heart may be under a poor cloak.* Scottish Proverb.

*Monsignor Joseph Muldoon*

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### *Take Five for Faith: Daily renewal for busy Catholics*

**Share the love to feel the love** Who hasn’t felt all alone before? Perhaps let down or left by a loved one. Perhaps in such dire straits that you thought even God abandoned you. Jerome Emiliani is the saint for those low points. He found God in ultimate isolation—prison. Once free, he became a priest and devoted himself to the abandoned of 16th-century Venice—especially orphans and prostitutes. When you feel stricken with an orphan spirit, remember that you are a beloved child of a loving Creator who will never let you go. Show that same love to those who need you most.

*“They laid the sick in the marketplaces and begged him that they might touch only the tassel on his cloak.”*

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**VIRTUAL Come and See:** The community Servants of the Cross is hosting a Virtual Come and See for young single women who are thinking of consecrated life. A time to discover your vocation by listening to God and your heart. A time to grow in your relationship with God and learn how to discern his will. A time to get to know the community.... Thursday night - Saturday night, **February 18-20**. Please contact Sr. Michael Penelope at 613-729-8710 or [sisterpenelope@servantsofthecross.ca](mailto:sisterpenelope@servantsofthecross.ca) for inquiry and registration.

### **OTTAWA GIVING PROJECT**

Respond Ottawa recently launched the Ottawa Giving Project in partnership with the Alliance to End Homelessness. As the homelessness crisis explodes in Ottawa due to COVID-19, personal health is directly connected to healthy hygiene and the products that support this essential need. *What can we do?* 1. Pray – join us in praying that this initiative will unite our churches as together we seek to share the love of Christ by meeting practical needs. 2. Participate by donating personal hygiene items: deodorant, diapers, toothpaste, razors, shampoo, toothbrushes, feminine hygiene products, etc. Bring donations to Holy Spirit Church during office hours. 3. Donate financially - give a financial donation which will allow Respond Ottawa to purchase the items needed to fill the clothing cupboards of these agencies and purchase Personal Hygiene Products.

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