



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
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.

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

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: _____

SEVENTH SUNDAY OF ORDINARY TIME



February 23 – Seventh Sunday in Ordinary Time

Leviticus 19.1-2, 17-18
1 Corinthians 3.16-23
Matthew 5.38-48

March 1 – First Sunday of Lent

Genesis 2.7-9, 16-18, 25; 3.1-7++
romans 5.12-19
Matthew 4. 1-11

Parish Calendar February 24 – March 1

Mon. 24	9:30 am Men's Bible Study 6:00 pm Adoration 6:10-6:40 pm Reconciliation 6:30 pm Decision Point (session 8) 7:00 pm MASS 7:00 pm KOC General/Executive Meeting
Tues. 25	8:20-8:45 am Reconciliation 8:30 am Rosary 9:00 am MASS 9:30 am Women's Fellowship 6:00 pm CWL General Meeting 6:30 pm Called to the Table (session 2)
Wed. 26	Ash Wednesday 7:00 pm MASS
Thurs. 27	10:00 am Cenacle of Marian Movement of Priests 6:00 pm Adoration 6:10-6:40 pm Reconciliation 7:00 pm MASS 7:30 pm Small Faith Group
Fri. 28	8:20-8:45 am Reconciliation 8:30 am Rosary 9:00 am MASS 9:30 am Flame of Love
Sat. 29	4:15-4:45 pm Reconciliation 5:00 pm MASS
Sun. 1	First Sunday of Lent 9:00 am MASS 10:00 am Rosary 10:30 am MASS

***There will be a second collection the weekend of Feb. 29/March 1 for Diocesan and Missionary Works**

Mass Intentions

Sat., February 22 – 5:00 pm

Intentions of Joan Turner by Margaret Droogh and Family
Jodi and Brittany by Joan and Family
Intentions for Theresa Saunders by Dolores Bahen

Sun., February 23 – 9:00 am

†Richard Walker by The Garvey Family
Intentions of Margaret Mulvihill by Marion DiGaspari
Intentions of Pat Foley by Margaret and Joan

Sun., February 23 – 10:30 am

All Parishioners

Mon., February 24 – 7:00 pm

Living and Deceased Members of the Muldoon and Monaghan Families

Tues., February 25 – 9:00 am

†Peter Daly

Ash Wed., February 26 – 7:00 pm

All Parishioners

Thurs., February 27 – 7:00 pm

For All the Bishops and Priests of Ottawa

Fri., February 28 – 9:00 am

For All Those Suffering from Mental Illness

Sat., February 22 – 5:00 pm

†Leo and †Bill Turner by Phil Rocco

Deceased Members of the Turner and Clarke Families by Joan and Family

Living and Deceased Members of the Catholic Women's League

Sun., February 23 – 9:00 am

All Parishioners

Sun., February 23 – 10:30 am

†Oswald and †Kay Muldoon by Msgr. Joseph Muldoon



We pray for those who are sick:

Sarah, Brittany Cane-Erwin, Bob, Pat, Isaac, Tom Pegg, Margaret Beazley, Giuseppe Mangano husband of Mimma

We pray for those who have died:

†Jacqueline Kennedy, sister of Rev. Daryl Kennedy

†Sr Anna Clare Berrigan

†Margaret Foley

†Sr Elizabeth Jane Fraser

† Indicates Deceased

LENT 2020

Fasting and Feasting:

Try to practice one of these each day during Lent.

10. Fast from blaming. Feast on praising.
11. Fast from gossip. Feast on building up others.
12. Fast from arrogance. Feast on littleness.
13. Fast from daydreaming. Feast on prayer.
14. Fast from busyness. Feast on stillness
15. Fast from quick answers. Feast on pondering.
16. Fast from being first. Feast on being last.
17. Fast from being right. Feast on being teachable.
18. Fast from laziness. Feast on usefulness.
19. Fast from being in the spotlight. Feast on

PRAYER FOR VOCATIONS –

Ash Wednesday—February 26. That men and women will answer the call of their vocations, denying themselves, taking up their crosses, and following Christ, we pray to the Lord.
First Sunday of Lent – March 1. That prayer, penance and almsgiving will dispose more men and women to follow the Holy Spirit as He leads them to discover their vocations in Christ, we pray to the Lord.

ANNOUNCED MASSES –

Please remember to arrange your announced Masses well in advance as dates fill up quickly.

Word from the Pastor

Jesus said, "For if you love only those who love you, what recompense will you have? Do not tax collectors do the same?... So be perfect, just as your heavenly Father is perfect. We can see that Jesus is not interested in half-hearted, or part-time disciples. We can't be good Christians only at home and when we gather at church. There are no boundary lines for Christian love, because God has not drawn boundaries around God's love. God, not the world, is the standard for our love. To love in God's way we will need to pray earnestly for help from God. Whom do you find the most difficult to love? Have you thought about asking God to help you love that person?"

Lent begins this week, Feb. 26 with Ash Wednesday and imposition of ashes with Eucharist at 7PM.

Please place last year's palm branches in the basket in the Atrium by Shrove Tuesday, February 25, 2020.

The Word Among Us Lenten reflection booklets on the daily Scriptures will be available for the Season of Lent.

Income tax receipts are available for contributions to the Parish in 2019. Thank you for your generosity through the weekly envelope system. New envelope holders are asked to sign the sheet (in the Atrium) indicating the number on their envelopes and to write their address and telephone number for the first few Sundays so we may record the offering. Please consider automatic debit and remembering Holy Spirit Parish in your will.

Patricia Duggan will be here selling religious articles the weekend of March 7-8, 2020. Your donations/purchases help support the poor she works with in Croatia.

Monsignor Joseph Muldoon

Archbishop's Lenten Letter 2020 "One does not live by bread alone"

Dear Brothers and Sisters in Christ,

The Collect of the 1st Sunday of Lent is: "Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects." Lent helps us grasp Easter.

In the Gospel of Lent's first Sunday, Satan tempted Jesus after his forty days of prayer and fasting in the desert. The devil wanted Jesus to turn stones into loaves of bread. This temptation tries to sow doubt about God's care for us and his Providence. It's also placing our temporary cravings above our real need, which is obeying God's will for our salvation.

Christ's response to the tempter's ploy encapsulates Lent's meaning: "One does not live by bread alone, but by every

word that comes from the mouth of God." Our real nourishment comes from listening to and obeying God, not satisfying passing desires. Jesus' days in the desert with God in prayer and fasting strengthened him to resist the trials of the devil.

We have three time-tested practices to prepare for Easter: prayer, fasting, and almsgiving (or charity). Isn't it interesting that these practices all involve giving? Prayer gives God more time in our lives. Fasting gives up something to strengthen our willpower to repel sinful attachments. Almsgiving gives to charity to help lessen someone's suffering.

For fasting to be fruitful, you have to sacrifice something you like. Consequently, unless you really like broccoli, you cannot give it up and count that as "fasting."

Fasting can mean more than abstaining from food, treats, or drink. You might consider fasting from social media one day a week or taking a break from TV or Netflix to curb your desire for entertainment. It's hard to hear the Lord if we are always online. We need to "plug into" God. That means fasting from less meaningful stimulation.

The Prayer after Communion for the First Sunday of Lent reads, "Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord that we may learn to hunger for Christ, the true and living bread, and strive to live by every word which proceeds from your mouth." We cannot live by our earthly bread alone. Jesus is the Word of God, and the Eucharist is the real presence of Jesus. "My flesh is true food and my blood is true drink," said our Lord. A simpler diet can help us discern this banquet.

Lent is a privileged time of spiritual renewal. Let us use this time with the help of God's grace to prepare well for our Easter celebration, so that we can better reflect the new life of Christ within us!



Terrence Prendergast, S.J.
Archbishop of Ottawa

As Lent Approaches Mark Your Calendars:

Please join us in our Lenten journey every Friday for the Stations of the Cross hosted by the various Ministries within Holy Spirit Parish. Starts at 6pm followed by a poverty meal. Everyone is welcome.

Dates

28th Feb: Hosted by Knights of Columbus

06th Mar: Hosted by Knights of Columbus

13th Mar: Hosted by Lectors, Sacristans and other Ministries

20th Mar: Hosted by Catholic Women's League

27th Mar: Hosted by the Eucharistic Ministers

03rd Apr: Hosted by Catholic Women's League

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