



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 - 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: _____

SECOND SUNDAY OF LENT



Feb 28 – 2nd Sunday of Lent

Genesis 22.1-2, 9-13, 15-18
Romans 8.31b-35,37
Mark 9.2-10

Mar 7 – 3rd Sunday of Lent

Exodus 20.1-17
1 Corinthians 1.18,22-25
John 2.13-25

Parish Calendar

Mon, Mar 1 9:00 am **Mass**
Tue, Mar 2 9:00 am **Mass**
9:30 am Women's Fellowship
Thu, Mar 4 9:00 am **Mass**
Fri, Mar 5 9:00 am **Mass**
6:30 pm Catholic Women's League
Way of the Cross
and available on the church website
Sat, Mar 6 5:00 pm **Mass**
Sun, Mar 7 **Third Sunday of Lent**
10:30 am **Mass**
and **MASS** will be available on the church
website: www.holyspiritparish.ca

Mass Intentions

Sat, Feb 27 – 5:00 pm

†Patricia Cowan by David & Shirley Pipkins
†Patrick O'Donnell by O'Donnell & Devenny Families
Special Intentions by Charles Falase

Sun, Feb 28 – 10:30 am

For the intentions of all parishioners

Mon, Mar 1 – 9:00 am

†Connie Porcino by Dan & Deborah Poitras
†Donald O'Connor by Dan O'Connor & Family
Intentions of Claude Marcil by Jacques & Jeannie Marcil

Tue, Mar 2 – 9:00 am

Intentions of Patricia & Thomas Sibbald by Dolores & Warren

Intentions of Margaret Mulvihill by Marion DiGaspari

Thu, Mar 4 – 9:00 am

†Philip by Joan
Deceased Relatives of Bahen Family by Dolores & Warren

Fri, Mar 5 – 9:00 am

Intentions of Marion DiGaspari by Patricia DiGaspari
†Rita Perera by Shiroma, Rohan, Mark & Ryan
†Ronald MacDonald by Vanita & Family

Sat, Mar 6 – 5:00 pm

For the intentions of all parishioners

Sun, Mar 7 – 10:30 am

†Tommy Pegg by Sandra McGann
Intentions of Dalrymple Family by Linda Dalrymple
†Isabel Farrell by Phil Rocco

Please pray for those who are sick: Pat, Lillian, Connie O'Brien, Gerard, Walter, Claude Marcil, Bev & Paul Ballyk

Please pray for those who have died: †Patricia Clost, sister of Lillian Hamilton; †Carol Fazzino, wife of Antonio; †Wayne Giardino, husband of Nancy; †Cara Kelly, daughter of Julie & Mike Kelly

† Indicates Deceased

PRAYER FOR FAMILIES

God of the Mountains, you call us to climb hard paths, to glory at the summit, and to descend again to continue our mission to love. Keep us focused on the life that is before us, with our hands and hearts open to the gifts that lie right in front of us. 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 those considering a call to the priesthood or consecrated life will answer the call of the Lord unhesitatingly like Abraham, we pray to the Lord.

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.

INCOME TAX RECEIPTS 2020

All unclaimed Official Donation Receipt for Income Tax Purposes for 2020 will be sent out by mail in the coming weeks.

Word from the Pastor

Jesus took Peter, James and John, and led them up a high mountain, apart by themselves. And he was transfigured before them... Today's gospel presents a summary of the Christian life. The mountain experience is what we are doing today as we gather for worship and seek nourishment. While the valley symbolizes where we go after today's celebration to live out our Christian vocation. The valley is the place of holiness where we take up the cross to follow Jesus in service to others. Have you ever had an experience that changed your outlook on life for the good? Did you see God's hand in that experience?

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics
Invitation to love We enter the Lenten journey with the intention to draw closer to God by means of prayer, generosity, and fasting. Talk to God and share what is on your mind, read the daily scripture, practice the prayer of meditation. Find ways to be generous with time or treasure: write a card, heal a broken relationship, bake bread to share, donate to a group that cares for the underserved. And admit that some fasting—whether from gaming, social media, or worrying—could improve your connection to God. This Lent is an opportunity, not a burden. Embrace it with hope. Live it with love.

“Even now, says the Lord, return to me with your whole heart.”

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An Examination of Conscience for Lent

Whatever Is Just...

~ Am I trying my best to care for the poor and the unfortunate?

~ Do I treat other people fairly?

~ Have I engaged in improper deals, whether at work or amongst my friends?

~ Have I focused more on the flaws of those around me than on my own flaws?

From The Word Among Us Lent 2021

January 2021 Financial Summary

Total Revenue \$20 018.00
Total Expenses \$24 625.51 (*includes monthly mortgage payment of \$4145*)
Net Income/Loss - \$4607.51

*Upcoming expenses for the parish: metal shingles for the tower roof \$31 500.00

Thank you for your ongoing support of the parish.

LENTEN LITANY ON FASTING AND FEASTING

Fast from judging others;

Feast on the Christ indwelling them.

Fast from emphasis on differences;

Feast on the unity of all life.

Fast from apparent darkness;

Feast on the reality of light.

Fast from thoughts of illness;

Feast on the healing power of God.

Fast from words that pollute;

Feast on phrases that purify.

Fast from discontent;

Feast on gratitude.

~ William Arthur Ward

Share Love, Share Lent Online Activities: Join Development and Peace each week of Lent to explore different aspects of our mission, featuring partners from Nigeria, Caritas Bangladesh, Honduras, as well as Bishop Goudreault and Karri Munn-Venn of Citizens for Public Justice. More info & registration forthcoming for national THINKfast, Solidarity Sunday Mass & Good Friday Way of the Cross. <https://www.devpc.org/en/region-events/sharelent2021> and register in advance. Webinars recorded. Info: Stefany Dupont, sdupont@devpc.org.

...Let the Holy Spirit blow through the world so that it might be converted and that you might bring back to the Father His redeemed creation in its fulfillment. Amen.
~ Adrienne von Speyr from a prayer collected in her book *With God and With Men*

In the crowd of people with all their needs, Jesus sees you. He sees the way you have suffered. He sees what was stolen from you. He sees what you have endured. He sees your grief and loss... He sees it all, and He cares. ~ Lisa Brenninkmeyer from her devotional *Rest: 31 Days of Peace*

Call for bibles, statues, and rosaries from the St. Vincent de Paul Thrift Stores: In partnership with the Ottawa Catholic School Board. If you have Catholic Bibles, religious statues, or rosaries to donate, the Ottawa SSVP Thrift Stores, in partnership with the Ottawa Catholic School Board, are gathering religious items and making sure they find a new home in local English Catholic Schools. Simply drop off your donations during the weekdays, 9:00 am – 4:00pm at 1273 Wellington St. W. & 1620 Merivale Rd. Info: www.saintvincentdepaul.ca/contact-us.

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