



# 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: \_\_\_\_\_

## FIFTH SUNDAY OF ORDINARY TIME



### Feb 7 – 5th Sunday in Ordinary Time

Job 7.1-4,6-7  
1 Corinthians 9.16-19,22-23  
Mark 1.29-39

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

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

#### Parish Calendar

#### Sun, Feb 14 6<sup>th</sup> Sunday in Ordinary Time

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, Rabbi Rueven Bulka, Diana Clarke, Rollande, Doreen

**Please pray for those who have died:** †Deacon Robert Turpin, †Sr. Teresa Todd  
† Indicates Deceased

#### PRAYER FOR FAMILIES

Loving Lord, you have walked with Job through loss and pain, and you have walked the pain of your own suffering and fear at Gethsemane. Be with us as we wait in hurt for your healing. Help us to trust the pain that will eventually deliver your healing. 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

For those consecrated to God by the vows of chastity, poverty and obedience, that they may seek to live their baptismal promises more intensely and have the grace to persevere in their commitment to the Lord and serve with open hearts and willing spirits, 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 pickup.

#### STITTSVILLE FOOD BANK

Thank you to all parishioners who share with those less fortunate in our community. Please do not leave food outside, but bring your donations during office hours.

#### 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.

#### Financial Summary for December 2020

Total Revenue \$47 972.75

(includes interest on Loan Fund of \$5 368.71)

Total Expenses \$22 547.74

Net Income \$25 425.01

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

Thank you for your ongoing support of the parish.

#### COUNTDOWN FOR LENT

Ash Wednesday is coming! Lent begins February 17<sup>th</sup>. Lent is a time of penance and repentance, for almsgiving and prayer. During Lent, we work to change attitudes that are not pleasing to God.



## *Word from the Pastor*

From today's Gospel reading: Simon's mother-in-law lay sick with a fever. They immediately told Jesus about her. He approached, grasped her hand, and helped her up.

Jesus is no longer trapped by the limits of time and place. He comes over to us now at this eucharistic celebration. He extends a hand, as he did for Simon's mother-in-law, to raise us up from what would press us down and to help us go further on our journey with him. At this stage of our journey with Christ, how do we experience his hand reaching out to sustain us? Who is the outstretched hand of Christ for us?

The COVID-19 experience has taught us that we often face an unknown future. What will our lives be like going forward? The medieval years of plague were followed by the Italian Renaissance that spread through Europe. The result was a flowering of culture and a yearning to return to an ancient wisdom. Individuals strove to be widely educated and to become truly human. What is God teaching us in these days? Can we listen to Him with a new energy and vitality?

*Monsignor Joseph Muldoon*

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

**Make an offer** "Offer it up" is a phrase that seems baked into our Catholic tradition. Often it comes out at times when we are at a loss from the complexities and pain of suffering, which can leave us hopeless, scared, and lonely. After months of social distancing, mourning deaths, job and school closures, and holidays spent alone, we are all in a kind of personal and corporate space of suffering. We are invited to truly *offer*, that is, to *give* ourselves into the care of others and into the loving embrace of Jesus the Christ who also has known suffering intimately. What do you need to offer up and how can you lovingly embrace others' offerings of themselves?

*"We are not among those who draw back and perish, but among those who have faith and will possess life."*

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**Pope's Prayer Intention for February 2021:** The Pope's Prayer Intention for February 2021: *We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.* Also available online at [www.popesprayer.va/](http://www.popesprayer.va/).

**New address of Ottawa Diocesan Office:** The new mailing address of the Ottawa offices of the Archdiocese is 1244 Kilborn Place, Ottawa, K1H 6L1 (note the new postal code).

**'By My Side Program' for Separated and Divorced Catholics:** Virtually via Zoom. A program of spiritual friendship and healing. The 6-week sessions begin **Sat, Mar 27**. Registrants will receive a private link to join prior to their first session. The women sessions are 9-11 AM. The men sessions are 12-2 PM. The program, led from a Catholic faith exploration perspective, is designed to help participants find reconciliation, peace, and healing by taking positive steps in their daily spiritual life. Further info & registration: [www.bymyside.ca](http://www.bymyside.ca) or on Facebook at: [facebook.com/bymysideott](https://facebook.com/bymysideott) or contact Mary Jane Manley at (613-294-1308). The cost is \$40.

**2021 World Day of the Sick:** The 29th World Day of the Sick will be celebrated on February 11, the memorial of Our Lady of Lourdes. The Holy See has released the Holy Father's Message which is entitled "*You have but one teacher and you are all brothers*" (Mt 23:8), which encourages a trust-based relationship with the sick and the nurturing of integral human healing. In his Message, Pope Francis writes: "...the commandment of love that Jesus left to his disciples is also kept in our relationship with the sick. A society is all the more human to the degree that it cares effectively for its most frail and suffering members, in a spirit of fraternal love. Let us strive to achieve this goal, so that no one will feel alone, excluded or abandoned."

**For the Love of Creation: Faith-in-Action Campaign:** *For the Love of Creation* is a national initiative that brings together faith communities and faith-based organizations in Canada to mobilize education, reflection, action and advocacy for climate justice. This year's faith-in-action campaign will run **Feb 17 – Oct 4**. To learn more about this initiative and/or how to sign up as an organizer of this campaign: [www.cpj.ca/register-for-the-love-of-creation-campaign/](http://www.cpj.ca/register-for-the-love-of-creation-campaign/). Info: John Dorner [jdorner@archottawa.ca](mailto:jdorner@archottawa.ca).

*Time and time again, God chooses people like Peter. He doesn't call the equipped; he equips the called. God chooses people who don't have the perfect background and preparation. He calls people who have a heart open to him and a willingness to do his will.*

~ **Dr. Tim Gray** from *Peter: Keys to Following Jesus*



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