



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 - 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

Claire Moore, President 613-612-1659

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.

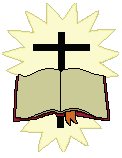
Names: _____

Email: _____

Address: _____ Postal Code: _____

Phone Number: _____

THIRD SUNDAY OF ORDINARY TIME



Jan 22 – 3rd Sunday in Ordinary Time

Isaiah 9.1-4
1 Corinthians 1.10-13,17-18
Matthew 4.12-23

Jan 29 – 4th Sunday in Ordinary Time

Zephaniah 2.3; 3.12-13
1 Corinthians 1.26-31
Matthew 5.1-12

Parish Calendar

Mon, Jan 23
9:00 am Mass

Tue, Jan 24 St. Francis de Sales
9:00 am Mass
6:00 pm 1st Reconciliation Preparation Meeting
7:00 pm Confirmation Preparation Meeting

Wed, Jan 25 Feast of the Conversion of St. Paul the Apostle
9:30 am Catechesis of the Good Shepherd

Thu, Jan 26 St. Timothy & St. Titus
9:00 am Mass
9:30 am Cenacle of Marian Movement of Priests

Fri, Jan 27
9:00 am Mass
9:30 am Flame of Love Prayer Group

Sat, Jan 28 St. Thomas Aquinas
4:00-4:25 pm Reconciliation
5:00 pm Mass

Sun, Jan 29 Fourth Sunday in Ordinary Time
9:00 am Mass
10:30 am Mass
and Mass will be available on the church website:
www.holyspiritparish.ca

To all parishes' generous faithful

Thank you to all who donate to the ongoing operation of the parish. 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.

STITTSVILLE FOOD BANK

Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but toiletries, toilet paper, tissue, juice, canned fruits and vegetables, canned meat, salmon and tuna, rice, cereal, cookies, crackers, coffee and tea are also needed. Please do not leave food outside, but bring your donations during office hours or when you come to Sunday Mass.

**We Are Called As
A Family, to
Proclaim The
Good News.**

"Love One Another As I Have Loved You"

Mass Intentions

Sat, Jan 21 – 5:00 pm
†Mae O'Connor by Dan O'Connor & Family

Sun, Jan 22 – 9:00 am
For the intentions of all parishioners

Sun, Jan 22 – 10:30 am
Intentions of Father Gerard Plant by Diocesan Catholic Women's League Executive
†Connie O'Brien by Donella Gabriele

Mon, Jan 23 – 9:00 am
†Mike McLaughlin by Pat Muldoon
†Max Stoppa by Robert & Barbara Denis

Tue, Jan 24 – 9:00 am
†Geraldine Parent by Sandra Cybulski
Intentions of Garvey Family
Special Intentions by Gerry & Kathy

Thu, Jan 26 – 9:00 am
†Rosanne MacDonald by Kevin & Suzanne O'Hara
In honour of St. Joseph

Fri, Jan 27 – 9:00 am
Intentions of Marion Di Gaspari by Isabella

Sat, Jan 28 – 5:00 pm
†Phil & †Josh by Joan & Family

Sun, Jan 29 – 9:00 am
For the intentions of all parishioners

Sun, Jan 29 – 10:30 am
†Larry Whelehan by Family
†Sheryl MacGregor by Garvey Family



Please pray for those who are sick: Marlene, Ron, Dan, Dorothy, Alma, Patrick, Bill, Joan, Jane; Alex Sinclair, husband of Debbie

Please pray for those who have died: †
†Indicates Deceased

PRAYER FOR VOCATIONS

For all men and women called by Jesus to teach the Gospel as priests, deacons, sisters and brothers, that the joy of the Lord will remain their strength during their discernment, formation and mission, we pray to the Lord.

2022 Income Tax Receipts

Income tax receipts for 2022 are being prepared. If you wish to receive yours by mail, help us save a stamp and place a self-addressed stamped envelope in the collection basket. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

Word from the Pastor

As he walked, Jesus (Matthew 4.12) called Peter and his brother Andrew. "Come follow me." They jumped into action, left their fishing boats and responded with joy. How do we respond with joy in our call? The questions for Sacraments group: Who is Jesus? Who is the Holy Spirit? What did Jesus give to the apostles at the Last Supper? Please place responses in the marked green bin at the church entrance.

The Daughters of Mary Mother of Mercy (DMMM) was founded in Nigeria in 1961 to serve the glory of God and Mary His Mother in the poor and the lowly with the mercy of God. Sister Nkechi and Sister Miriam have moved into the Parish and are requesting furniture for their kitchen, dining room and living area. The Sisters are looking for a 3-bedroom home to rent nearby. If you have items to donate or information about a home, please call the parish office to arrange it. Thank you.

Become a blessing to others. A legacy of faith remains for all as you choose to remember Holy Spirit Parish in your will. For more information contact the Parish Office.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics

And let it begin with me "The world must be educated to love Peace, to build it up and defend it." With these words, Pope Paul VI in 1968 called us each to personal responsibility for keeping the peace. Since then, successive popes have related the quest for peace to fighting poverty, protecting creation, defeating racism, caring for migrants, supporting education, ensuring opportunities to work, and overcoming indifference. As the pandemic bloomed, Pope Francis described peace as cultivating a "culture of care." Building peace includes encountering people outside our typical social cocoons. It necessarily involves creating good politics and living with hope. Make peace your personal priority.

"The LORD look upon you kindly and give you peace!"

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2023 Week of Prayer for Christian Unity: 'Do Good; Seek Justice'. Annual worship service hosted by the Christian Council of the Capital Area. **Sun, Jan 22, 4pm** at St. Andrew's Presbyterian Church, 82 Kent St, Ottawa. Light reception for fellowship and conversations after the prayer service. All are welcome! To reserve a spot and for more info: www.eventbrite.ca/e/2023-week-of-prayer-for-christian-unity-worship-service-tickets-490878991277.

Ups for the New Year (Adapted from Rev. Walter Schoedel) **1) WAKE UP**—Begin the day thanking the Lord. It is His day. Rejoice in it. **2) LOOK-UP**—Open your eyes to the Lord Jesus. Ask for his strength and blessings for the day through the anointing of his Holy Spirit. After all, he is your only Savior. **3) DRESS-UP**—Put on a smile. It improves your looks. It says something about your attitude. It enables Jesus living within you to smile at others. **4) SHUT-UP**—Watch your tongue. Don't gossip. Don't be judgmental. Say nice things. Learn to listen to others with love. Be sympathetic. **5) STAND-UP**—Take a stand for what you believe. Resist evil. Do good. Have the courage of your Christian convictions by practicing what you believe. **6) REACH-UP**—Spend time in prayer by talking to God with your adorations, confessions, thanksgivings and supplications and by listening to Him through attentive reading the Bible and the application of its message to your life. **7) LIFT-UP**—Be available to help those in need—serving, supporting, and sharing. Try to find Jesus in others and serve him there by serving them.

Kindergarten Registration with the Ottawa Catholic School Board: If your child was born in 2019, it's time to register them for Kindergarten at the Ottawa Catholic School Board. More info, 3D tours, registration help available here: www.ocsb.ca/our-schools/kindergarten/. Info: (613) 224-2222.

'By My Side' – A Virtual Program of Spiritual Friendship and Healing for Separated and Divorced Catholics: This non-profit ministry will assist separated and divorced Catholic women to reconnect and build on their faith. Six-week sessions for women begin **Sat, Apr 15, 9-11am**. Offered virtually over Zoom. All registrants will receive a private link to join prior to their first session. 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. Info & registration: www.bymyside.ca, facebook.com/bymysideott, or Mary-Jane Manley at 613-294-1308. Cost: \$40 to help cover resources and promotion.

Full-time position available: Administrative Finance Officer - Salary \$18.00/hr; 32 hours a week (Monday to Thursday 9:00am to 4pm & Friday 9:00am to 12:30) Miriam Centre, a Christian ministry, is seeking a compassionate pro-life person whose primary responsibility will be to help pregnant women and their families. **Must be fluently bilingual (oral and written)**. Please submit your resume to: Nicole Beaudin at: dir.centremiriam@gmail.com For more information and job description: www.miriamcentre.ca

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