



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

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: _____

THIRD SUNDAY OF ORDINARY TIME



Jan 23 – 3rd Sunday in Ordinary Time

Nehemiah 8.2-4a,5-6,8-10
1 Corinthians 12.12-30
Luke 1.1-4; 4.14-21

Jan 30 – 4th Sunday in Ordinary Time

Jeremiah 1.4-5,17-19
1 Corinthians 12.31-13.13
Luke 4.21-30

Parish Calendar

Mon, Jan 24 St. Francis de Sales
9:00 am Mass

Tue, Jan 25 St. Paul the Apostle
9:00 am Mass

Thu, Jan 27 9:00 am Mass

Fri, Jan 28 St. Thomas Aquinas
9:00 am Mass

Sat, Jan 29 5:00 pm Mass

Sun, Jan 30 4th Sunday in Ordinary Time
9:00 am Mass
10:30 am Mass

and MASS will be available on the church website: www.holyspiritparish.ca

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 FAMILIES God of the broken hearted, help us to continue to listen and be open to the Spirit, not letting ourselves be discouraged. May your Spirit and your Life refresh our souls and enlighten our eyes. Let us set aside time to pray with the Scriptures in our own personal way and together in our families, we pray to the Lord. Amen.

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 2021 Official Donation Receipts for Income Tax Purposes for 2021 are being prepared for all donations received and deposited in the church bank accounts in 2021. Any donations deposited after 2021 will count toward receipts for 2022.

If you wish to receive yours by mail, please drop off a self-addressed stamped envelope at the parish. Receipts will be mailed out on February 28, 2022. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

Mass Intentions

Sat, Jan 22 – 5:00 pm
†Olivette St. Amour by Theresa Hunt
†Tom Pegg by McGann Family

Sun, Jan 23 – 9:00 am
For the intentions of all parishioners

Sun, Jan 23 – 10:30 am
†Pat Foley by Mary Jeffrey
†Russ Grant by Garvey Family
†Cecile & †Henry St-Cyr by Dalrymple Family

Mon, Jan 24 – 9:00 am
†Ria Kessels-Waciuk by Brenda & John Beriault

Tue, Jan 25 – 9:00 am
Intentions of Marion Di Gaspari by Margaret Mulvihill

Thu, Jan 27 – 9:00 am
In thanksgiving for answered prayer by Jeannie Marciel

Fri, Jan 28 – 9:00 am
†Ethel & †Ed Piitz by Lois

Sat, Jan 29 – 5:00 pm
†Lillian Hamilton by Sandra Cybulski
†Rose Marie Losinski by Phil Rocco

Sun, Jan 30 – 9:00 am
For the intentions of all parishioners

Sun, Jan 30 – 10:30 am
†Larry Whelehan & †Mark Schroeder by Family
Living & Deceased Family & Friends of Shirley & Don Gillis

Please pray for those who are sick: Jayne, Carlos Oliviera, John, Marlene, Philippe, Connie O'Brien, Jean Hodgins

Please pray for those who have died: †Michael Landers, nephew of Mary Jeffrey; †Don Pruner; †Leonard Desjardine, husband of Lois



†Indicates Deceased



You are warmly invited to take part in the Synod with our parish. A Letter of Invitation to **you** to take part in the Synod at Holy Spirit Parish, with full details, is on the church website, www.holyspiritparish.ca, and copies are in the church foyer. Listening Sessions begin in January! Your parish representative is Louise Beggs ([613-852-4469](tel:613-852-4469), louisebeggs@icloud.com), assisted by Richard Konchak (Rkonchak36@icloud.com), and with the guidance of Msgr. Joseph Muldoon. Please read the letter. We want to hear from you!

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.

To start the conversation, contact Fr. Pierre Champoux, Director of Vocations, at vocations@archottawa.ca or 613-558-1445.

Word from the Pastor

Jesus unrolled the scroll and found the passage where it was written: The Spirit of the Lord is upon me.... God has sent me to proclaim.... a year acceptable to the Lord.

Jesus tells his hearers, "Today this scripture passage is fulfilled in your hearing." Luke is reminding us we don't have to wait for some future time and place for God to come to set us free, it is happening "Today." The One anointed with the Spirit enables us now to be in right relationship with God and one another. Where in my life do I not feel free from fear, guilt, the past, etc? In faith, can I embrace the truth of Christ's words for me today: he has come to proclaim liberty?

Preparations are already underway in Rome for the 2025 Jubilee, a special year of grace and pilgrimage in the Catholic Church. The theme will be 'Pilgrims of Hope'. The 2025 Jubilee will be the Church's first ordinary jubilee since St. John Paul II led The Great Jubilee of 2000. The Jubilee of Mercy opened by Pope Francis in 2015 was an extraordinary jubilee.

Consider a Bequest to Holy Spirit Parish in your will to assist the ongoing renewal of faith in our Parish.

Today the Church celebrates the 'Word of God' and the Week of Prayer for Christian Unity.

The Parish wishes to thank Richard Leger for his dedicated volunteer ministry and we wish him health in his retirement.

Take a copy of 'Rediscover the Saints' by Matthew Kelly

Monsignor Joseph Muldoon

Parishioners are invited to take a copy of the Catholic Register, available in the atrium. Limited supply.

Happy New Year 2022!

The boarding on **Flight 2015** has been announced. Your luggage should only contain the best souvenirs from 2021.

The bad and sad moments should be left behind. The duration of the flight will be 12 months. So, tighten your seatbelt.

The next stop-overs will be: **Health, Love, Joy, Harmony, Well-being and Peace.**

The captain offers you the following menu which will be served during the flight.

*A cocktail of **Friendship**.....A supreme of **Health**.....a Gratin of **Prosperity**..... A Bowl of **Success**.....a Cake of **Happiness**.....All accompanied by burst of laughter...*

Parishioners are invited to purchase **JacintaPICS 2022 Photo Calendar**. They make great gifts (early Valentine's) and they are \$19.99 each. Five dollars from each sale is donated to the Stittsville Food Bank. To purchase a calendar, visit: www.jacintainkstore.com/product/Calendar_2022_by_JacintaPICS/74

The more I wanted to pray for my father and could not, the more I realized how much my hatred of him had harmed me instead of harming him. I can't remember where I heard this saying, but it came back to me then: Refusing to forgive is like drinking poison and hoping that the other person will die.
~ Derya Little from her book *From Islam to Christ*

Virtual Come and See: You are called to belong to Jesus Christ... (Romans 1:1, 6). The Community Servants of the Cross (www.servantsofthecross.ca) is hosting a VIRTUAL Come and See for young single women who are discerning the consecrated life. It will be a time to discover your vocation and a time to connect with the Community. Online and via Zoom, **Thu, Feb 24, 7-9 pm; Fri, Feb 25 & Sat, Feb 26, during the day and 7-9 pm.** Register by Fri, Feb 18. Please contact Sr. Michael Penelope Nguyen, SC at 613-729-8710 or vocations@servantsofthecross.ca.

Evangelization Coordinator Job Posting: Holy Redeemer Parish, Kanata is looking to hire a part-time Evangelization Coordinator to help advance our parish mission to build missionary disciples. We are looking for someone who loves Jesus, has a passion for sharing the Gospel and has the leadership skills to build evangelization initiatives in the parish. For more info: www.holyredeemer.ca or contact holyredeemerjobs@gmail.com. Application deadline is **Jan 31, 2022.**

Alpha for Seniors: Feeling Down? Feeling Forlorn? Need a little spiritual and faith refreshment? Sessions beginning Tuesday afternoon, **Feb 15** via Zoom. Free. Offered by Ottawa-Cornwall Catholic Seniors. Registration details: www.en.archoc.ca/seniors. Info: Patricia Marsden-Dole pmarsdendole@archottawa.ca.

Society of St-Vincent de Paul: Join the Ottawa Central Council of the Society of St-Vincent de Paul (SSVP) in its efforts to support safe and affordable housing in Ottawa. New 'Catch the Ace' fundraising initiative. The first draw will take place on Feb 14, 2022. Info: SSVPcta@gmail.com.

The Week of Prayer for Christian Unity is celebrated around the world on **January 18-25**. This universal week of prayer encourages Christians of all denominations to meet, to participate in various liturgical and other community activities, and to pray together that all may be one, as Christ desires. The 2022 theme – *We saw the star in the East, and we came to worship him* (Mt 2:2) – calls Western Christians to focus on the epiphany when God's salvation is revealed to the nations in Bethlehem and at the Jordan. This focus on the theophany (the manifestation) is, in a sense, a treasure which Christians of the Middle East can offer to their brothers and sisters around the world.

Faith Leaders Training Opportunity Offered Through Ottawa Public Health in April 2022:

OPH seeks to contribute to the improved well-being of the population through the use of supportive environments that enhances mental health where residents live, learn, play and work. One of the ways that OPH does this is through the facilitation of fostering resilient communities by working directly with faith leaders in Ottawa communities. The faith leader training is free and is open to all faith leaders in the broader Ottawa region. The training includes key areas of learning such as mental health and mental illness; reducing mental health stigma; crisis support and suicide awareness; protective and risk factors; self-care among faith leaders; and mental health resources. To learn more and register, contact Sarah Hafez at sarah.hafez@ottawa.ca.

ADAM MILLER KELLY
 PROFESSIONAL CORPORATION
BARRISTERS & SOLICITORS
 MARY MILLER
 JENNIFER GASPAR • ROBERT PACAN
 300 March Rd., #601 **613-592-6290** amk-law.ca



PRO LOK
 Design & Build Ltd.
 Custom Landscape Design & Build
 613-858-3169

Glen Scottish Restaurant
 The Best Fish & Chips in the Valley
 1010 Stittsville Main St.
 613-836-5622
 www.theglen.ca

Because family matters!
613-591-6580
 kellyfh.ca/Kanata




Kelly
 Funeral Home - Kanata
 by Arbor Memorial

Arbor Memorial Inc.

LAURYSEN
KITCHENS
 KITCHENS | VANITIES | CLOSETS

2415 Carp Rd., Stittsville
613-836-5353
 www.laurysenkitchens.com

Bridlewood Home Hardware
 Eagleson Rd.
 at Michael Cowpland Dr.
613-599-7447



Home Hardware

Liturgica inc.
 Religious Supplies & Gifts
 Shop online:
 www.liturgica.ca
 613-745-1537
 Showroom:
 2310 St-Laurent, Unit 209

Secure, Memory Care in Kanata *At Its Finest*
 Call Bonnie for a Complimentary Tour & Lunch
613.806.3516

THE Courtyards ON EAGLESON
 An All Seniors Care Living Centres Residence
 630 Eagleson Rd., Kanata, ON
 allseniorscare.com



THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!



TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637



Allstate
 You're in good hands.
 Allstate Insurance Company of Canada
 18-462 Hazeldean Rd., Kanata



Sandy Villeneuve Elson
 Agent
 613.592.8283
 svilleneuve@allstate.ca
 www.allstate.ca

Postcard Perfect
 TURFGRASS SPECIALISTS LTD.
 (613) 831-4246
 info@postcardperfect.ca
 www.PostcardPerfect.ca



Shopping Locally Saves Gas!



DANNY NAILS & SPA



NAILS AND WAX
 500 Hazeldean Rd.
 www.DannyNailsSpa.ca
 613-836-8819

arbique&ahde
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. 613-836-2240 info@arbiqueahde.com

613-728-4780




Thomas A. PEGG
 PLUMBING AND HEATING LTD.

Remember...
 Let our advertisers know you saw their ad here.



THOMAS CAVANAGH CONSTRUCTION LIMITED
 9094 Cavanagh Rd., Ashton, ON
 613.257.2918 www.thomascavanagh.ca