



# Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8  
Phone: 613-836-8881  
Web: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Alex Ducharme, 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 - 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: \_\_\_\_\_

## FOURTH SUNDAY IN ORDINARY TIME



### Jan 28 – Fourth Sunday in Ordinary Time

Deuteronomy 18.15-20  
1 Corinthians 7.32-35  
Mark 1.21-28

### Feb 4 – Fifth Sunday in Ordinary Time

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

#### Parish Calendar

- Mon, Jan 29**  
9:00 am Mass  
6:00 pm First Reconciliation Preparation
- Tue, Jan 30**  
9:00 am Mass
- Wed, Jan 31** St. John Bosco  
9:30 am Catechesis of the Good Shepherd
- Thu, Feb 1**  
9:00 am Mass  
9:30 am Cenacle of Marian Movement of Priests  
7:00 pm Youth Night Grades 6-8
- Fri, Feb 2** The Presentation of the Lord  
9:00 am Mass  
9:30 am Flame of Love Prayer Group  
9:30-10:30 am First Friday Adoration & Benediction  
7:00 pm Youth Night Grades 9-12
- Sat, Feb 3**  
4:00-4:25 pm Reconciliation  
5:00 pm Mass
- Sun, Feb 4** 5th Sunday in Ordinary Time  
9:00 am Mass  
10:30 am Mass

\*hospitality & coffee hosted by the Knight's of Columbus after the 9 & 10:30am Masses. Everyone welcome!

Adoration of the Blessed Sacrament will be held on Friday, February 2 after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction until 10:30AM. We are invited to pray for the Synod as called by Pope Francis and for vocations to the Priesthood.

#### POPE'S PRAYER INTENTION – February

For the terminally ill ~ That those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment, we pray to the Lord.

#### PRAYER FOR VOCATIONS

For those consecrated to God by the vows of chastity, poverty, and obedience, may seek to live their baptismal promises more intensely and have the grace to persevere in their commitment to the Lord, we pray to the Lord.

**Heart of Worship Adoration Evening** – Tue, Jan 30 at Holy Redeemer Parish at 7-8:30pm – Spiritual talk by Ian Anderson – Praise and Worship music – Confessions – Silent prayer time – Fellowship – Livestream link: [www.YouTube.com/HolyRedeemerParishKanata](http://www.YouTube.com/HolyRedeemerParishKanata)

#### Mass Intentions

- Sat, Jan 27 – 5:00 pm**  
†Annie Cybulski by Lori, Mark, Ashton & Ashleigh Hoare
- Sun, Jan 28 – 9:00 am**  
For the intentions of all parishioners
- Sun, Jan 28 – 10:30 am**  
†Larry Whelehan by Family  
†Phil & †Josh by Joan & Family  
†Doris Foote & †Laura Foote-Hunter by Marilyn & Family
- Mon, Jan 29 – 9:00 am**  
†Maximilian Stoppa by Tessie  
Intentions of Hugh O'Hara by Suzanne
- Tue, Jan 30 – 9:00 am**  
†Alina Lusito & †Adrian Cozzolino by Nick & Pam Lusito  
Intentions of Garvey Family
- Thu, Feb 1 – 9:00 am**  
Intentions of Marion Di Gaspari by Margaret  
†Garfield Ogilvie by Family
- Fri, Feb 2 – 9:00 am**  
Parents, grandparents, relatives & friends by Family Ho Truong  
Intentions of Isabella by Marion Di Gaspari  
Intentions of Colin Bahen by Dolores & Warren Bahen
- Sat, Feb 3 – 5:00 pm**  
†Phil Fitzgerald by Barb & Family
- Sun, Feb 4 – 9:00 am**  
Intentions of Mafalda Giroux by Anne MacIsaac  
Intentions of Donald Fowler by Joanne Gage
- Sun, Feb 4 – 10:30 am**  
For the intentions of all parishioners

**Please pray for those who are sick:** Patrick, Gerald, John, Nancy, Miriam, Muriel, Hugh, Mona, Bert, Ron, Donald, Elijah

**Please pray for those who have died:** †

†Indicates Deceased

#### 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](mailto:admin@holyspiritparish.ca) and use the password: Holyspirit (all one word with a capital H). 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).

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 6-8 and Grades 9-12. Check Parish Calendar above. Our ministry is still looking for volunteers, if you feel called to help in any way, please contact Alex for next steps! [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)



## *Word from the Pastor*

Please welcome Fr. Andrew Taylor of the Archdiocese of Toronto who is celebrating the Eucharist this weekend.

The Knights of Columbus will be recruiting new members on Sunday, February 4.

Some parish goals for 2024: to enhance our Youth/Sacramental Ministry with our full-time coordinator, to reflect together on the Gospel of St. Mark, and to look at the possibility of a generator for the church in the event of a power failure. More details to follow.

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*

**The Catholic Women's League of Canada means: CONNECTION** My Catholic Women's League council is parish-based yet connected to Canada's largest women's organization. How connected are you? You will meet women from your region, diocese, province and country by becoming involved in your parish Catholic Women's League council! Your place is among us!

The **Holy Spirit Parish Catholic Women's League (CWL)** will be holding its annual membership drive on the weekend of January 27-28. The annual fee for 2024 is \$40. We welcome all women aged 16 and above, and all categories of membership: Fully Active, Partially Active, and Financially Supportive. CWL members from our Council will be on hand in the Atrium following masses on the weekend of January 27-28 to welcome new and returning members for 2024.

**Sacrament Preparation** Our First Reconciliation and First Communion Class begins this week. Please keep all those children and families in your prayers as they prepare to receive the Lord in a new way! Confirmation registration is still open for a short time; please contact Holy Spirit Church Youth Minister/Sacrament Coordinator, Alex Ducharme at [youth@holyspiritparish.ca](mailto:youth@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 juice, canned fruits & veggies, canned meat, salmon & tuna, rice, cereal, cookies, crackers, coffee and tea are also needed. Please drop off your donations during office hours or when you come to Sunday Mass.

**Kindergarten Registration (OSCB)** If your child was born in 2020, it's time to register them to start Kindergarten 2024 at the Ottawa Catholic School Board! Their schools provide a nurturing, innovative, and faith-filled environment with rich French programming, making it an excellent choice for your child as they start their schooling journey. Registering is Easy - Visit [www.ocsb.ca/register/](http://www.ocsb.ca/register/) to register today!

## **Choosing Life In a Culture of Death: A Christian Response to MAID**

On Feb 3, 2024, Metropolitan Bible Church is hosting a conference on the topic of MAID and how Christians can respond to it. Though not a Catholic event, this is nonetheless a very relevant topic and a good way to come together as Christians to discuss. Join for what is likely to be Canada's largest Christian conference on euthanasia and assisted suicide. At this year's Canadian Religious Freedom Summit, we will hear from key Christian leaders who will remind us of the great value of each person made in God's image. You'll hear stories of medical staff navigating through the MAID issue, people with disabilities pressured to receive MAID, and parents who have lost their child as they faced end-of-life questions. Be a part of this practical and timely event where you will be equipped to encourage and support choosing life in a culture of death. February 3, 2024 at Metropolitan Bible Church, 2176 Prince of Wales Dr, 1:30PM - 4:30PM Register at [www.FreedomSummit.ca](http://www.FreedomSummit.ca)

St. John the Apostle Parish, 2340 Baseline Road, is hosting an **Evening of Worship, Prayer and Healing** on Friday, Feb 2 at 7pm. Guest Speaker is Fr. Ben St. Croix, CC, Topic: "How to Expect Healing". This is a special opportunity to experience the power of God's love and grace in a personal way. Everyone is welcome. Info [paulineyantha@gmail.com](mailto:paulineyantha@gmail.com) or [cmadhavan@gmail.com](mailto:cmadhavan@gmail.com).

## **Take Five for Faith: Daily renewal for busy Catholics Remember our migrant roots**

America was once renowned as the land where people could come to breathe freely. Scripture reminds us of the considerable gifts that migrant people bring with them. Whether king or commoner, each person offers what they have to make the community more dynamic. Let's welcome the newcomer and remember that the infant Jesus was once a migrant, too.

*"Raise your eyes and look about; they all gather and come to you."*

*Reprinted with permission from PrepareTheWord.com*

## **SURPRISE IN HEAVEN**

I dreamt death came the other night  
and Heaven's gate swung wide.  
An angel with a halo bright ushered me inside.  
And there! To my astonishment  
stood folks I'd judged and labeled  
as "quite unfit", "of little worth",  
and "spiritually disabled".  
Indignant words rose to my lips  
but never were set free,  
For every face showed stunned surprise –  
Not one expected me!

Anonymous



**LAURYSSEN**  
**KITCHENS**  
 KITCHENS | VANITIES | CLOSETS  
 2415 Carp Rd., Stittsville 613-836-5353  
 www.laurysenkitchens.com

**HAZELDEAN FAMILY CHIROPRACTIC**  
 Dr. Erin McLaughlin  
 Dr. Pierre Paradis  
 613-831-9665  
 hazeldeanchiropractic.com

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

Planning for the future  
 Take the first step today and receive a **FREE** Planning Kit.  
**613-591-6580**  
 kellykanatafh.ca  
 Kelly Funeral Home  
 Kanata Chapel  
 by Arbor Memorial  
 580 Eagleson Road | Kanata, ON  
Arbor Memorial Inc.

Secure,  
 Memory Care  
 in Kanata  
*At Its Finest*  
**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**

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


**Danny Tran CLEANING SERVICES Inc.**  
 RESIDENTIAL • COMMERCIAL  
 WE ARE COVERED BY INSURANCE AND WSIB  
 500 Hazeldean Rd, Unit 110, Kanata  
**613-853-0010**  
 Dannytrancleaningservicesinc@gmail.com  
 www.dannytrancleaningservicesinc.com



**ACCELERATE YOUR ASSETS & INVENTORY INTO LIQUIDITY**  
**613.850.6588 XLR8auctions.com**  
 **XLR8AUCTIONS**  
 AUCTIONEERS & LIVE STREAM SALES

**SAVE THOUSANDS WHEN YOU SELL**  
RESIDENTIAL / FARM / WATERFRONT / COMMERCIAL  
 **XLR8 REALTY GROUP**  
 BROKERAGE  
**WWW.XLR8REALTY.COM 1.613.831.8180**  
**GET PAID WHEN YOU BUY**

**DANNY MOVING SERVICES Ltd.**  
 Pickup & Delivery  
 RESIDENTIAL • COMMERCIAL  
 WE ARE COVERED BY INSURANCE AND WSIB  
 500 Hazeldean Road, unit 110  
 Kanata ON K2L 2B5  
**613-793-5678**  
 Danny movingservicesltd@gmail.com  
 www.dannymovingservicesltd.com

**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.

**THE COLE FAMILY...**  
 SERVING OUR COMMUNITY SINCE 1924  
 **PINECREST REMEMBRANCE**  
 — Services Ltd. —  
 —COLE— FUNERAL SERVICES  
 613-831-7122 www.colefuneralservices.com  
 HIGHLAND PARK —CEMETERY—  
 613-829-3600 www.pinecrest-remembrance.com  
*Dedicated to providing personalized service and choice*

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