



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: _____

FOURTH SUNDAY OF ORDINARY TIME



Jan 29 – 4th Sunday in Ordinary Time

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

Feb 5 – 5th Sunday in Ordinary Time

Isaiah 58.6-10
1 Corinthians 2.1-5
Matthew 5.13-16

Parish Calendar

Mon, Jan 30

9:00 am Mass

Tue, Jan 31 St. John Bosco

9:00 am Mass

Wed, Feb 1

9:30 am Catechesis of the Good Shepherd

Thu, Feb 2 Feast of the Presentation of the Lord

9:00 am Mass

9:30 am Cenacle of Marian Movement of Priests

Fri, Feb 3

9:00 am Mass

9:30 am Flame of Love Prayer Group

9:30-10:30 am First Friday Adoration and

Benediction

Sat, Feb 4

4:00-4:25 pm Reconciliation

5:00 pm Mass

Sun, Feb 5 Fifth Sunday of Ordinary Time

9:00 am Mass

10:30 am Mass

11:30 am Children's Choir Practice

***Knights of Columbus hospitality & coffee after the 9 & 10:30am Masses. Everyone welcome!**

and Mass will be available on the church website:

www.holyspiritparish.ca

Adoration of the Blessed Sacrament will be held on Friday, February 3 after the 9am Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction till 10:30am. We are invited to pray for the Synod as called by Pope Francis and for vocations to the Priesthood.

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.

LENT IS COMING... Ash Wednesday is February 22

Lent is a time for penance and repentance, for almsgiving and prayer, for working to change attitudes that are not pleasing to God.

Mass Intentions

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

Mon, Jan 30 – 9:00 am

Intentions of Marion Di Gaspari by Margaret Mulvihill

Tue, Jan 31 – 9:00 am

†Emmett O'Connor Jr. by Dan O'Connor & Family

Deceased Members of Coulas Family

Thu, Feb 2 – 9:00 am

†Rosanne MacDonald by Kevin & Suzanne O'Hara

Fri, Feb 3 – 9:00 am

†Vince Valente by Sandra Cybulski

Deceased Members of MacDonald & Keyworth Families

Sat, Feb 4 – 5:00 pm

†Connie O'Brien by Ann & Bob Ryan

Intentions of Mafalda Giroux by Anne MacIsaac

Living & Deceased Members of the Catholic Women's League

Sun, Feb 5 – 9:00 am

†Louise Quinn by Anne Sloan

Intentions of Mitchell Keyworth by Family

Sun, Feb 5 – 10:30 am

For the intentions of all parishioners

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

Please pray for those who have died: †Samantha Eastop; †Emma Lamb, mother of Catharina, Christian & Cecilia, husband of Brent; †Helmut Hemmerich, husband of Maria

†Indicates Deceased

PRAYER FOR VOCATIONS

For those called to service for the Lord as priests, sisters and brothers, that they will be encouraged to follow the Lord and be faithful to His choice of them, 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

From today's Gospel reading: Matthew 5.1-12. 'Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.' People of faith, inspired by the Beatitudes, have a different way of looking at life. Living our "beatitude calling" is difficult, but we know God stands with us and, in our daily lives, helps us put flesh on the Beatitudes. Even as we try, stumble and try again to live the Beatitudes, we hear Jesus' reassurance, "You are already blessed." Concretely how do we experience the opposition of others because of our faith? What gives us strength to continue to live out that faith despite the obstacles we face?

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
Twelve is enough Twelve months of the year. Twelve inches in a foot. Twelve numbers on the face of a watch. We certainly like our twelves. So does the church. The most famous of course is the 12 apostles, often simply called the Twelve. There's also the 12 days of Christmas and 12 fruits of the Holy Spirit. It's not just that 12 is a handy number for grouping things, it also carries symbolic value. It signifies completion or fullness. Twelve eggs, for example, means you have a full carton. And 12 apostles means the church has everything it needs to preach the Good News. Count your spiritual blessings—by the dozen!
"He appointed Twelve, whom he also named Apostles."

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Pope Francis's Message for the 31st World Day of the Sick: The Vatican has released Pope Francis's message for the 31st World Day of the Sick, celebrated on Feb 11, liturgical memorial of Our Lady of Lourdes. The Holy Father's message is entitled: "Take care of him" – Compassion as a synodal exercise of healing. In light of the Church's synodal journey, Pope Francis invites "all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness."

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.

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.

World Day for Consecrated Life – February 2

This day is "to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord" (Saint John Paul II, 1997).

Consecrated Life Celebration: Mass with Archbishop Dampousse and Auxiliary Bishop Mathieu, s.m. on **Sat, Feb 4, 9:00am** at St. Ignatius Martyr Parish, 518 Donald St, Ottawa. All are welcome! Mass will be livestreamed on the St. Ignatius Parish Facebook page. Coffee and refreshments after Mass.

Heart of Worship Adoration Evening: Spend time with our Lord in the Eucharist. Live music, quiet time for prayer, confession, social time (with snacks!). Guest speaker is Matthew Bisson: "Finding our Identity in Christ". Holy Redeemer, 44 Rothesay, Kanata, **Tue, Jan 31, 7:00pm**. Info: heartofworshiphr@gmail.com.

Ottawa Catholic Young Professionals (OCYP): This new ministry is for professionals under 40 looking to excel in their professional vocation while living out their faith in the workplace! Join us **Thu, Feb 2, 7:00 pm** at the Royal Oak Pub, 188 Bank St, for an evening of networking and a brief address from Amy Cronin on the topic of "How to change the world one step at a time". For more information, visit ocyp.ca, find us on Facebook, or email info@ocyp.ca.

Valentine's Day Dance: Dance with band 'Snap, Crackle, Pop' - 50's, 60's & 70's Music. Light lunch to be served. Hosted by Knights of Columbus Council 6217 at St. Martin de Porres Parish, 3891 Old Richmond Rd, Nepean on **Sat, Feb 4, 7:00pm**. Tickets at all Masses and at the Parish Office. Cost: \$20 per person. Info: Parish Office 613-828-6720.

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