



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: _____

FOURTH SUNDAY OF ORDINARY TIME



Jan 30 – 4th Sunday in Ordinary Time

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

Feb 6 – 5th Sunday in Ordinary Time

Isaiah 6.1-2a,3-8
1 Corinthians 15.1-11
Luke 5.1-11

Parish Calendar

Mon, Jan 31	St. John Bosco 9:00 am Mass
Tue, Feb 1	9:00 am Mass
Thu, Feb 3	St. Blaise 9:00 am Mass
Fri, Feb 4	9:00 am Mass 9:30-10:30 am First Friday Adoration and Benediction
Sat, Feb 5	St. Agatha 5:00 pm Mass
Sun, Feb 6	5th Sunday in Ordinary Time 9:00 am Mass 10:30 am Mass and MASS will be available on the church website: www.holyspiritparish.ca

Adoration of the Blessed Sacrament will be held on Friday, February 4 after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction at 10:30AM. We are invited to pray for the Synod as called by Pope Francis and for vocations to the Priesthood.

Feast Day of St. Blaise – Blessing of the Throats Feb 3
While we invoke St. Blaise for his protection against any physical ailment of the throat, we should also ask for protection against any spiritual ailment — profanity, cursing, unkind remarks, detraction, or gossip. May St. Blaise protect us from all evil, physical and spiritual, which may attack the throat. *Through the intercession of Saint Blaise, Bishop and Martyr, may God deliver you from every disease of the throat and from every other illness. In the name of the Father, and of the Son, and of the Holy Spirit. 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 FAMILIES God of the prophets, help us to listen to your word. Infuse in our families, friendships and communities' deep bonds of trust, honesty and tenderness. Help us to be open to a culture of encounter and dialogue wherever we find ourselves. Amen.

PRAYER FOR VOCATIONS For those called to service for the Lord as priests, deacons, 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.

Mass Intentions

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

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

Mon, Jan 31 – 9:00 am
†Max Stoppa by Tessie & Maxine Stoppa

Tue, Feb 1 – 9:00 am
Intentions of Margaret Mulvihill by Marion Di Gaspari

Thu, Feb 3 – 9:00 am
†Oswald & †Kay Muldoon by Monsignor Muldoon

Fri, Feb 4 – 9:00 am
Intentions of Patricia & Thomas Sibbald by Dolores & Warren Bahen
For special intentions by O'Donnell & Devenny Families

Sat, Feb 5 – 5:00 pm
†Joseph Heenan by Dalrymple Family
†Olivette St. Amour by Suzanne & Lise Davidson
†Ethel & †Ed Piitz by Lois

Sun, Feb 6 – 9:00 am
Intentions of Patricia & Thomas Sibbald by Warren & Dolores Bahen
†Leo Mulvihill by Margaret Mulvihill
†Michael Landers by Mary Jeffrey

Sun, Feb 6 – 10:30 am
For the intentions of all parishioners

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

Please pray for those who have died: †Moira Boyd, wife of Archie; †Marcel Coté, husband of Beverly; †Kelvin Burnett; †Sister Patricia McCarney, Congregation of Notre Dame; †Carlos Oliviera



†Indicates Deceased

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.

December 2021 Financial Summary

Total Revenue	\$43 092.60
Total Expenses	\$38 149.90
Net Income	\$ 4 942.70

Thank you for your ongoing support of the parish.

Word from the Pastor

From today's 1 Corinthians reading: "Faith, hope and love remain, but the greatest of these is love." The kind of love (agape) Paul extols is only possible for us because of the power of the Holy Spirit. There are, he says, many special gifts of the Spirit, but love is the most important for the individual Christian and for the whole Christian community. Do we agree with Paul that love, the greatest virtue, will hold the whole community together? How have we experienced that kind of love in our church community?

St. Irenaeus to be named Doctor of the Church Pope Francis will formally name St. Irenaeus, the 2nd-century bishop and martyr, a Doctor of the Universal Church, the Vatican has announced.

Welcome to Patricia Wood, as a member of Finance Council.

The Diocesan Administration has approved a 3.3% salary increase for all employees for 2022.

A message for Lectors: When reading please do not adjust the 'mic' as it creates a harsh sound. It's a good system. Speaking closely and directly into the mic works every time! If you must adjust it, please do it before the Eucharist begins. Thanks in service!

Pope Francis has reminded us to pray for God's peace for Ukraine.

Monsignor Joseph Muldoon



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!

Take Five for Faith: Daily renewal for busy Catholics
God loves an underdog We all tend to cheer for the underdog. We find it inspiring when the person or team least expected to win triumphs. David's victory over Goliath appeals to us for this reason. But there's more to the story. When we have an unsurmountable task before us, it is wise to let God take control. After all, God is all powerful. History is full of saints who did the unexpected because they trusted that God would supplement their weaknesses. As Saint Catherine of Siena advises: "Start being brave about everything . . . Don't look at your weakness, but realize that in Christ crucified you can do everything." Today pray for God's will to be revealed to you and trust that he will give you the strength you need.

"Is it lawful to do good on the sabbath rather than to do evil, to save life rather than to destroy it?"

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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.

World Day for Consecrated Life – February 2

Due to the continuing concern with the transmission of the omicron variant of the Covid virus, Archbishop Marcel will tape Mass for the World Day for Consecrated Life to be released in time for viewing on this special day. He will make a link available on the archdiocesan website (www.archoc.ca) so people in religious and consecrated life can celebrate this important day in the life of the Church and in our Archdiocese of Ottawa-Cornwall on the day itself instead of celebrating it on Saturday, February 5. Please remember the religious and consecrated in our archdiocese who have given their lives to God in service in a particular way. We are indebted to their ministry, their witness and their commitment to serve the Lord with all of their lives. May God reward them for their witness and ministry!

Project Rachel at St. Mary of Egypt Refuge is offering a weekend retreat, April 1-3, 2022, for women who have been hurt by abortion. You can speak with someone who understands and cares and have a chance to begin the healing from loss and grief. (We will follow health policy guidelines in effect then.) Phone 289-691-6840, or e-mail projectrachel@stmarysrefuge.org. *Project Rachel – private and confidential.*

New Life Retreat: You are invited to take part in a life-changing, faith-building experience. Are you looking for more meaning in your life? Are you seeking a personal encounter with the living Jesus Christ? Are you looking to experience the Baptism in the Holy Spirit? New Life Retreat, **Monday evenings, Feb 14 – Apr 4** via Zoom. Info & registration: www.stmarysottawa.ca/new-life-retreat; new-life-retreat@stmarysottawa.ca.

Breathe into me, Holy Spirit, that my thoughts may all be holy.
Move with me Holy Spirit, that my work too may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me Holy Spirit, that I may defend all that is holy.
Protect me Holy Spirit, that I always may be holy.
St. Augustine

Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity: as the book of Wisdom says: 'For old age is not honored for length of time or measured by number of years.' Many children, through the strength of the Holy Spirit they have received, have bravely fought for Christ even to the shedding of their blood. ~ St. Thomas Aquinas

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