



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 - 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 24 – 3rd Sunday in Ordinary Time

Jonah 3.1-5,10
1 Corinthians 7.29-31
Mark 1.14-20

Jan 31 – 4th Sunday in Ordinary Time

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

Parish Calendar

Sun, Jan 31 4th Sunday in Ordinary Time

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

Please pray for those who are sick: Pat, Connie O'Brien, Gerard, Lystra Charles; Elizabeth Wesselingh, wife of Max; Rabbi Rueven Bulka

Please pray for those who have died: †Pam Peris, sister of Shyla Rodericks; †Vincent Keating; †Maureen Fish, wife of Patrick; †Bernadette Lunney; †Fr. Paul McKeown, osm (Order of Servants of Mary); †Sr. Mona Kelly (Our Lady's Missionaries); †Carol & †John Rouillard; †Kelly Wilkinson, son of Diane Wilkinson & Nick Kouri

† Indicates Deceased

PRAYER FOR FAMILIES

Migrant Mover, you pitched a tent in the desert, walked out to fishing boats, weathered storms, fed crowds without money - and you ask us to follow you. Show us where our attachment to, and comfort with, our lives keeps us from serving you the way you desire. Draw us into your divine movement, going out to seek all who are searching for you. 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 VOCATIONS

For an increase in vocations to the priesthood, diaconate and consecrated life and for a deeper gratitude for the priests, deacons and religious now serving our diocese, we pray to the Lord.

REACH OUT TO YOUR NEIGHBOUR

Lent begins Ash Wednesday, February 17, 2021 and the Lenten issue of *The Word Among Us* has arrived. An invitation is extended to all parishioners to bring a copy of *The Word Among Us Lent 2021* to our shut-ins and elderly – your neighbour, your friend, your relative. Call the parish office to arrange a pick up.

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.

To all the parishes' generous faithful:

On behalf of the Parish Finance Committee, I want to thank all parishioners for your ongoing generous support; both financial and spiritual. 2020 was a difficult year for the Parish, because our revenues were down significantly from 2019. As we shared with you in November, during our Masses, the Finance Committee has been careful in ensuring we have sufficient funds to cover any projects and have been able to keep the day to day expenses under control. Our only large expenditure, the installation of the new steeple roof, was to have happened in the fall but has been delayed to the spring.

Thank you to all who donate to the ongoing operation of the parish. With the current Provincial Stay at Home order this has been more difficult because Masses are limited to very few participants. Please consider bringing your donation with your name and envelope number to the parish office anytime during the week. Safety protocols are being followed.

We currently have a significant number of parishioners who contribute via bank auto debit. If you want to set up an auto-debit for your donations, please contact the parish office.

And finally, you may wish to donate using e-transfer. If so, please send it to admin@holyspiritparish.ca and use the password "Holyspirit".

Alex Golob

INCOME TAX RECEIPTS 2020

Income tax receipts for 2020 are being prepared for all donations received and deposited in the church bank accounts in 2020. Any donations deposited after 2020 will count toward receipts for 2021.

If you wish to receive yours by mail, please drop off a self-addressed stamped envelope at the parish. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

Word from the Pastor

As Jesus passed by the Sea of Galilee, he saw Simon and his brother casting their nets into the sea... Jesus said to them, "Come after me and I will make you fishers of people." Then they abandoned their nets and followed him. We hear Jesus' invitation, "Come follow me," each day, as life presents us with choices. Shall we forgive when asked? Shall we help someone in need? Shall we buy less for ourselves and give more to the poor? Shall we see the injustice or turn a blind eye? In these, and so many other occasions, we hear the same invitation Jesus made to those fishermen and like them, we put other considerations aside to follow him.

What recent choices have I made that show my desire to follow Christ? What changes do I have to make in my life to follow him more fully?

84 students have registered for the Sacraments this year. They will use the books *We Prepare for Reconciliation*, *We Share in the Eucharist*, and *Decision Point* by Matthew Kelly. An excellent video called 'Encouragement' was also sent to the families.

"Worshiping God is not something we do spontaneously. True, human beings have a need to worship, but we can risk missing the goal. Indeed, if we do not worship God, we will worship idols — there is no middle way, it is either God or idols. In our day, it is particularly necessary for us, both as individuals and as communities, to devote more time to worship. We need to learn ever better how to contemplate the Lord. We have somewhat lost the meaning of the prayer of adoration, so we must take it up again, both in our communities and in our own spiritual life." Pope Francis Epiphany 2021.

The New Testament is hidden in the Old and the Old Testament is revealed in the New according to St. Augustine.

New plans in progress at Holy Spirit Parish include:
New metal shingles on the tower roof; new telephone system.

Monsignor Joseph Muldoon

BY MY SIDE: This non-profit ministry will assist separated and divorced Catholics to reconnect and build on their faith. Six week sessions for both women and men begin on Sat, Mar 27, 2021 virtually over Zoom. All registrants will receive a private link to join prior to their first session. For information and to register, visit: www.bymyside.ca

Take Five for Faith: Daily renewal for busy Catholics
Lifestyles of the brave and mobile Media coverage is thick concerning the lifestyles of the rich and famous. The lives of the truly heroic, on the other hand—faithful spouses, conscientious parents, the working poor, folks who turn their lives around after addiction or costly misdirection—are mostly hidden from view. Faithful discipleship requires effort, quiet persistence, and most of all, movement in the spirit. Followers don't stand still, unchangeable in opinions or behaviours. Growth is required. The terms of the deal are as follows: "Come—and see."

"'Rabbi . . . where are you staying?' He said to them, 'Come and you will see.' "

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eAlpha via Zoom

The Alpha Experience helps prepare us for Eternal Life by using dynamic films and interactive discussions which explore the basics, and help deepen the Christian Faith. Alpha is open for everyone and anyone from all walks of life! Meet and greet on-line, enjoy a short video then participate in small group discussions.

WEDNESDAYS: Visit: www.stmarysottawa.ca/alpha. Easy access from your own home, **starts Wed, Jan 27, 7-9 pm**. Simple guidance to use Zoom is provided. No cost. Hosted by St. Mary's Parish. Info: www.tinyurl.com/StMarysAlpha; 613 728-9811 x701.

THURSDAYS: **Glengarry Alpha at St. Finnan's** (Alexandria) Starting **Thu, Jan 28, 6:30 – 8:00 pm**. No cost. Register at www.stfinnan.ca or for more info contact Elizabeth 613-527-3209 or mcdonellbe@gmail.com.

**I said a prayer for you today,
And know God must have heard.**

**I felt the answer in my heart
Although He spoke no word!**

**I didn't ask for wealth or fame
(I knew you wouldn't mind).**

**I asked him to send treasures
Of a far more lasting kind!**

**I asked that He be near you
At the start of each new day;**

**To grant you health and blessings
And friends to share your way!**

**I asked for happiness for you
In all things great and small.**

**But it was for His loving care,
I prayed the most of all!**

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