



# 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](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Sean Flynn, 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 - 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 31 – 4th Sunday in Ordinary Time

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

### Feb 7 – 5th Sunday in Ordinary Time

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

#### Parish Calendar

#### Sun, Feb 7 5<sup>th</sup> Sunday in Ordinary Time

MASS will be available on the church website: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

**Please pray for those who are sick:** Pat, Connie O'Brien, Gerard, Lystra Charles; Rabbi Rueven Bulka; Diana Clarke

**Please pray for those who have died:** †Sophie Kiazzyk, aunt of Phil Kiazzyk  
† Indicates Deceased

#### PRAYER FOR FAMILIES

Healing Jesus, help us see where we have been enslaved and weighed down by burdens you want to lift from us. Give us the courage to set them before you and allow you to lift them with us and from us. May we seek the healing and freedom you desire for us. 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

That all those discerning or pursuing a vocation to the priesthood, diaconate or consecrated life will find encouragement through our prayers and sacrifices on their behalf, we pray to the Lord.

#### WORLD DAY OF THE SICK– February 11

The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

#### 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:

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](mailto: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](mailto:admin@holyspiritparish.ca).

#### INCOME TAX RECEIPTS 2020

Official Donation Receipt for Income Tax Purposes 2020 are ready for pick up. 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.

#### COUNTDOWN FOR LENT

Ash Wednesday is approaching! Lent begins on February 17. Lent is a time of repentance, change of heart and prayer.

## Word from the Pastor

“The people were astonished at Jesus’ teaching, for he taught them as one having authority and not as the scribes.” St. Mark 1:21-31. We have confidence in Jesus’ words. We trust he will continue to be faithful to us as he sends us modern prophets to teach us his ways by their words and example. Regular reflection on Jesus’ teachings can shape us; help us resist evil and turn towards the good. As the crowds acknowledged that day Jesus taught in the synagogue - his teaching has authority. Whose words and actions have the power to sway us and call us to righteous living? Who gives us perspective and a lens through which to look out at our world to help us find the good and reject the evil? For Christians, Jesus’ words have such authority for us.

*Monsignor Joseph Muldoon*

**Take Five for Faith: Daily renewal for busy Catholics**

**Turn things around** It is arguably the biggest about-face in history: Paul goes from passionately persecuting Christians to converting to Christianity and becoming one of its most important champions. And it’s a hard-to-beat conversion story: falling off a horse and encountering the risen Lord. But it’s a story that happens in the hearts of Christians all the time: Life knocks you down while going the wrong way, and you’re not ready, willing, or able to see the truth—and then somehow Jesus changes everything. By the grace of God, it happens to you again and again. Paul is proof that it’s never too late, that you’ve never made too many mistakes, that you’re never too far gone to keep turning yourself around.

*“Repent, and believe in the gospel.”*

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**Website:** The new website\* for the Archdiocese of Ottawa-Cornwall can be found at [www.archoc.ca](http://www.archoc.ca). This is a work in progress. If you have suggestions or concerns, please contact Kim at [kwalsh@alexandria-cornwall.ca](mailto:kwalsh@alexandria-cornwall.ca). \*Anyone using the URLs for Ottawa or Alexandria-Cornwall will automatically be redirected to the new website.

**CWL League Development Day Online:** This year, it is a 2-Part Online Session led by Leslie Giddings MEd, OCT, IAF Certified Professional Facilitator. **Feb 13 & 27, 10:00-11:30am.** All are welcome! There is no cost. Info: [www.ottawa.cwl.on.ca/files/League\\_Development\\_Day\\_2021.pdf](http://www.ottawa.cwl.on.ca/files/League_Development_Day_2021.pdf). Registration: Tina McKay: [tinamckay.cwl@gmail.com](mailto:tinamckay.cwl@gmail.com) or 613-697-4200.

**‘By My Side Program’ for Separated and Divorced Catholics:** Virtually via Zoom. A program of spiritual friendship and healing. The 6 week sessions begin **Sat, Mar 27**. Registrants will receive a private link to join prior to their first session. The women sessions are 9-11 AM. The men sessions are 12-2 PM. The program, led from a Catholic faith exploration perspective, is designed to help participants find reconciliation, peace and healing by taking positive steps in their daily spiritual life. Further info & registration: [www.bymyside.ca](http://www.bymyside.ca) or on Facebook at: [facebook.com/bymysideott](https://facebook.com/bymysideott) or contact Mary Jane Manley at (613-294-1308). The cost is \$40.

**Alpha Course Online from St. Isidore, Kanata:** Experience Alpha online for men, women and youth on weekdays & weekends starting **Feb 19**. To join us please register online at [www.StIsidoreKanata.com](http://www.StIsidoreKanata.com).

**Prayer in Times of Crisis**

For our community  
in this time of crisis:  
Lord, sustain us with your strength  
and guide us in the ways of wisdom.

Almighty God,  
you are blessed throughout all ages  
for your mercy and love.  
Look upon us in our time of need  
and give us the strength  
to persevere in your love.  
Protect your people from all harm  
and guide us with the light of your face  
until we overcome all dangers.

We make this prayer through Jesus Christ our Lord.

Amen

(Excerpt from *Blessings and Prayers for Home and Family*, CCCB Publications)

Discover more at [ccbpublications.ca](http://ccbpublications.ca)

*Ultimately, the Gospel is a love story—a story about a God who passionately loves you. We have to be able to tell that story to a world that desperately needs to hear it. What we cannot do is remain silent. ~ Fr. Dave Pivonka, TOR from Metanoia: A Journey with Christ into Conversion*

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