



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
Administrative Assistant, admin@holyspiritparish.ca

OFFICE HOURS: Monday to Friday 9:00 a.m. - 3:00 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: _____

FIFTEENTH SUNDAY OF ORDINARY TIME

Jul 12 – 15th Sunday

Isaiah 55.10-11
Romans 8.18-23
Matthew 13.1-23

Jul 19 – 16th Sunday

Wisdom 12.13,16-19
Romans 8.26-27
Matthew 13.24-43

Jul 26 – 17th Sunday

1 Kings 3.5-12
Romans 8.28-30
Matthew 13.44-52

Aug 2 – 18th Sunday

Isaiah 55.1-3
Romans 8.35,37-39
Matthew 14.13-21

Parish Calendar July 13 to August 2

Mondays	9:00 am	MASS
Tuesdays	9:00 am	MASS
Thursdays	9:00 am	MASS
Fridays	<i>Parish Office Closed</i>	
	9:00 am	MASS
Saturdays	5:00 pm	MASS
Sundays	10:30 am	MASS

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

Any changes to weekday masses will be announced at the weekend masses and posted on the church front doors.

Please pray for those who are sick: Connie O'Brien, sister of Claudette Langdon

We keep those who have died in our prayers.

† Indicates Deceased

PRAYER FOR VOCATIONS

July 12: That all those now discerning their vocation will be attentive in prayer and active in their response to Jesus the Eternal Word who calls them.

July 19: That with dedicated spirits, we will beg the Lord of the Harvest to provide an abundance of vocations to the priesthood and consecrated life in our diocese who will help gather the wheat of souls into His barn.

July 26: That the Holy Spirit will give inspiration and guidance to all those discerning their vocation in Christ.

August 2: That those who desire to be "rich in what matters to God" and are discerning a vocation to the consecrated life will be enriched by the Holy Spirit.

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.



SUMMER OFFICE HOURS AND BULLETIN REMINDER

Our office will be closed on Fridays in July and August. The next Summer Sunday bulletin is August 9th, and back to weekly as of September 6th. Please arrange for your announced mass intentions early so they may be published. All submissions for the August bulletin should be in by July 30th.

PRAYER FOR FAMILIES

God of growth and new life, plant your Word in our hearts and help us to tend to the seeds of new life. May we have the courage to see the places in ourselves that are resistant to your transforming work in us. Amen.

Mass Intentions

Sat, Jul 11 – 5:00 pm

For the intentions of all parishioners

Sun, Jul 12 – 10:30 am

†Patrick O'Donnell by O'Donnell & Devenny Family

†Leo Gregory by Muriel & Family

†Michael Mendolia by Alice

Mon, Jul 13 – 9:00 am

Intentions of Ali Family

Tue, Jul 14 – 9:00 am

†Emiliano Advincula by Family

†Jack Highley, father of Anne Konchak

Thu, Jul 16 – 9:00 am

Intentions of the Dalrymple Family by Linda Dalrymple

Fri, Jul 17 – 9:00 am

Intentions of Patricia & Thomas Sibbald by Dolores & Warren Bahen

†Roland Fairfield by Shirley & Family

Sat, Jul 18 – 5:00 pm

For the intentions of all parishioners

Sun, Jul 19 – 10:30 am

†Joe Amaral by Family

†Jose Santos by Ana Santos

Intentions of Margaret & Graham Pappin by Dolores & Warren Bahen

Mon, Jul 20 – 9:00 am

Healing of Sean by Kim

Tue, Jul 21 – 9:00 am

†Alina Lusito & †Adrian Cozzolino by Nick Lusito

Thu, Jul 23 – 9:00 am

Our Children & Grandchildren by the Praying Mothers

Fri, Jul 24 – 9:00 am

†Matt Marcil by Jeannie & Jacques Marcil

Sat, Jul 25 – 5:00 pm

For the intentions of all parishioners

Sun, Jul 26 – 10:30 am

Intentions of Marion DiGaspari by Ali & Tim

Living & Deceased Members of the Catholic Women's League

†Ray & †Lola Foley by Leonard Foley

Mon, Jul 27 – 9:00 am

In Thanksgiving

Tue, Jul 28 – 9:00 am

Intentions of Marion DiGaspari by Margaret Mulvihill

Thu, Jul 30 – 9:00 am

Intentions of Dalrymple Family by Linda Dalrymple

Fri, Jul 31 – 9:00 am

†Auxilda & †Reg Marsolais by Jeannie & Jacques Marcil

†Roland Fairfield by Shirley & Family

Sat, Aug 1 – 5:00 pm

†Paul Troy by Shirley & David Pipkins

†Richard Keane by Shirley & David Pipkins

†Bruce Campbell by Betty Lou & Bruce Milne

Sun, Aug 2 – 10:30 am

For the intentions of all parishioners



Word from the Pastor

From today's Gospel reading: "A sower went out to sow....some seed fell on rich soil and produced fruit, a hundred or sixty or thirtyfold." We might imitate the parable and try a little sowing. We will keep eyes and ears open for a chance, in some overt or subtle way, to speak a word of faith to the curious, weary, despairing, doubting and searching. Who knows what the results of such seed-sowing might be? But the results are not under our control, are they? We are those who sow, wait and look for surprising results. How am I now the seed that God is planting in the world? Where and when am I called to speak the Word of God in my daily life?

Let America love its stars and stripes! But let it also realize that America will conquer by other stars and other stripes than those on our flag, namely, by the stars and stripes of Christ, by Whose stars we are illumined and by Whose stripes we are healed. We pray, too, that His Mother, who stood at the foot of the Cross, may intercede to her Divine Son, that our world may receive Him before it lies in ruins. 'If God is with us, who can be against us?' – Venerable Fulton Sheen

Monsignor Joseph Muldoon

ENVELOPE USERS:

Thank you to all our generous parishioners who contribute weekly using the Weekly Offertory Envelope system. Your generosity is appreciated. Auto-Debit donation system is also available. Call the Parish Office for more information.

Reminder: Please put your name and the amount of your donation on your weekly offering envelopes. Please do not use scotch tape or staples on your weekly offering envelopes. This will help the volunteers who count the collection weekly.

UPDATE FROM FINANCE COUNCIL:

To all the Parish's generous faithful

Thank you to all who have already donated funds to the ongoing operation of the parish. If you haven't already done so, but are thinking of donating your weekly contribution, please bring your donation with your name and envelope number to the office between 9am and 3pm Monday to Thursday. For e-Transfer, please send it to admin@holyspiritparish.ca and use the password "Holyspirit".

On behalf of the Finance Committee, I thank you again. Alex Golob (Holy Spirit Parish FC Chair)

WEDDING ANNIVERSARY BLESSINGS

If you are celebrating an anniversary this summer and would like it mentioned at Mass, please call the Parish Office with you name, wedding date, and the number of years married. We will acknowledge your special day during virtual Mass and plan to have your marriage blessed at a later date.

The right partner will bring out the best in you, soothing your heart when it aches and tapping hidden strengths—in short, helping you to make of the lumber of your life not a tavern, but a temple. - Dr. Frederick Marks

Benefits of Going to Confession Frequently by Fr. Wade L. J. Menezes, CPM

The will is strengthened.

Whereas our intellect is what helps us "to know," our will is what helps us "to choose" (based on properly ordered love). Through the practice of frequent Confession, our wills become strengthened to help us more frequently choose good over evil, virtue over vice, and the beneficial over the malicious.

A salutary self-control is achieved.

Only you can control you. Frequent Confession makes us simply want to "do better" in all aspects of daily living. It's the grace of the sacrament that propels us to control our lives better by practicing an ordinate love toward persons, places, and things and not an inordinate, or disordered, love toward them.

Grace is increased in virtue of the sacrament itself.

Every sacrament, when it is received worthily, increases sanctifying grace in the soul. For Eucharist and Confession—the only two sacraments that can be received both repetitiously and frequently—this is especially true. In fact, the Sacrament of Confession can even help to perfect the grace of our Baptism. This is because Baptism, while wiping away the Original Sin we inherit from our first parents, also wipes away any personal sin (also called "actual sin") we might have (i.e., any venial or mortal sin). Confession always helps rid us of personal sin.

Conquer Discouragement: Use of Bible Verses! by Fr. Edward Broom

7. "Cast your cares upon the Lord because He cares for you." (1 Peter 5:7)

Once again, just a few words—11 in total—offer us infinite consolation and strength. The Lord commands us to unload, to unpack, to release the burden of discouragement that weighs us down. Give all to the Lord Jesus and He will resolve the most intricate and complicated case scenarios.

8. "I have come to set the captives free." (Isaiah 61:1)

If seven is one of those numbers of perfection, once again we have a seven-word Biblical passage gleaned from the Shakespeare of the Bible—the Prophet Isaiah. Jesus will quote the same passage in His early preaching! In a state of desolation and discouragement we might feel as if we are bound, as if we are chained, as if we are shackled, and as if we were a real slave of our interior state of darkness. Jesus, the Savior, the Redeemer, the Liberator, came to smash and destroy our interior slavery, and often that is our discouragement. We might even pray: "Lord free me; Lord liberate me; Lord shatter the bonds that enslave me!"

Take Five for Faith: Daily renewal for busy Catholics

Beyond all doubt Thomas may have started out doubting, but once he saw and touched the truth, his faith took him very far indeed. It is said he traveled to the southwest coast of India in the year 52 and spent the last 20 years of his life there planting Christianity. To this day, "Saint Thomas Christians" in India trace their origins back to the apostle. In fact, Thomas is so popular that India has issued a commemorative stamp in his honor! Doubt does not oppose faith, it makes faith possible.

"Thomas answered and said to him, 'My Lord and my God!'"

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