



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: _____

FOURTEENTH SUNDAY OF ORDINARY TIME



Jul 5 – 14th Sunday in Ordinary Time

Zechariah 9.9-10
Romans 8.9,11-13
Matthew 11.25-30

Jul 12 – 15th Sunday in Ordinary Time

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

Parish Calendar July 6-12

| | | |
|--------------------|-------------------------------------|------|
| Mon, Jul 6 | 9:00 am | MASS |
| Tue, Jul 7 | 9:00 am | MASS |
| Thu, Jul 9 | 9:00 am | MASS |
| Fri, Jul 10 | <i>Parish Office Closed</i> | |
| | 9:00 am | MASS |
| Sat, Jul 11 | St. Benedict, Abbot | |
| | 5:00 pm | MASS |
| Sun, Jul 12 | 15th Sunday in Ordinary Time | |
| | 10:30 am | MASS |

MASS will be available on the church website:

www.holyspiritparish.ca

Mass Intentions

Sat, Jul 4 – 5:00 pm

†Luigi Lolli by Bianca Lolli & Family
†Jose Santos by Ana Santos
†Pat Mangione by Jackie & Ross Pilley

Sun, Jul 5 – 10:30 am

For the intentions of all parishioners

Mon, Jul 6 – 9:00 am

†Diana & †Neil by Angela & Milan Plzak

Tue, Jul 7 – 9:00 am

†Alina Lusito & †Adrian Cozzolino by Nick Lusito

Thu, Jul 9 – 9:00 am

Intentions of Connie O'Brien by Family

Fri, Jul 10 – 9:00 am

†Reg & †Auxilda Marsolais by Jeannie & Jacques Marcil

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

Please pray for those who are sick:

Please pray for those who have died:

†David Greenough, husband of Judy

†Roger Derenzis, husband of Diane

† Indicates Deceased

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. Summer Sunday bulletin dates: July 12th, 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.

WEDDING ANNIVERSARY BLESSINGS July-August

If you are celebrating an anniversary in July or August and would like it mentioned at Mass, please call the Parish Office with your 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

PRAYER FOR FAMILIES

God of the little ones, open our hearts and ears to hear the wisdom of those who are small, suffering, or otherwise ignored. Help us follow in your humble way, that especially those whose dignity has been ignored might have access to the abundance of life you have promised. Amen.

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)

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

"Manager of Mission": St. George Parish is seeking to fill the position of **Manager of Mission**, assisting in leadership and administration of the parish, with particular focus on development and evangelization. This full-time position includes work in the areas of communication, administration, and catechetical and discipleship initiatives. Interested candidates should submit a CV by July 22, 2020, to office@saintgeorges.ca. Only candidates selected for an interview will be contacted.

Word from the Pastor

Come to me, all you who labor and are burdened, and I will give you rest. (St. Matthew 11:25)

Take my yoke upon you and learn from me.... For my yoke is easy, and my burden light. Shall we accept the yoke Jesus is offering? One thing we sense from Jesus is that his yoke is not meant to be oppressive. St. Paul says it will lead us to freedom. When we accept Jesus' yoke we also receive him as our full-time helper, our 'yoke partner'. Which explains how Christians were able to accomplish enormously difficult and seeming impossible tasks, even martyrdom, in Jesus' name. What parts of my life would I identify as carrying the 'yoke of Jesus'? How do I experience Jesus helping me carry that yoke?

Weekly Attendance is increasing. On June 27-28, approximately 200 people in total came for the Eucharist at 5:00pm and 10:30am. The children preparing for First Eucharist joined us with their families. More of our youth will participate in the Liturgy over the following weeks as part of the Program. Thank you for contributing to the needs of the Parish.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics

Welcome, prophet Younger generations are quick to tell older ones how wrong they are about everything. But wise elders don't dismiss challenges to their perspectives lightly – especially when they have some truth to them. A prophetic word may at times come more naturally to the young: free of the accretions of habit and with no comfortable niche to defend (yet). Take time today to talk across the age gap. Hear the words to another generation's songs, consider their protests, withhold instant judgment. Having a conversation partner, as we've learned from the time of isolation, is worth the investment.

"Whoever received a prophet because he is a prophet will receive a prophet's reward."

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Congratulations to the Grade 6 students of Holy Spirit School who graduate this spring!

Kate, Ronan, Kaitlyn, Evan, Samuel, Stella, Hayden, Tyler, Chloe, Madeleine, Marc, Logan, Daven, Ruby, Chloe, Tristan, Meagan, Audrey, William, Dylan, Clark, Ethan, Avery, Chloe, Nicolas, Raiah, Braydon, Alexis, Lukas, Shane, Noel, Seamus, Mary, Clare, Thomas, Elizabeth, Jocelyn, Dante, Declan, Matthew, Ella, Jordan, Adam, Evie, Gavin, Evanee, Maya, Quaid, Maggie, Grace, Braedan, McKenna, Caroline

PRAYER FOR VOCATIONS: For an increase in laborers to the Lord of the Harvest in response to our prayers for vocations to the priesthood, diaconate and the consecrated life, and for the holiness of all those now serving the people of our diocese in these vocations.

Common Prayer for the Fifth Anniversary of Laudato Si': Pope Francis urges everyone to take part in Laudato Si' Year which continues to May 24, 2021. He has announced a special prayer entitled [Common Prayer for Earth and for Humanity](#) to accompany our reflections during the year-long anniversary celebration of the encyclical. The prayer helps us in our response to the global pandemic and to the cry of the Earth and the cry of the poor. For more info contact: John Dorner (jdorner@archottawa.ca).

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

Spiritual neglect is resisted.

Let's say you are struggling to establish the practice of praying the daily Rosary or daily Chaplet of Divine Mercy, or even just making a Morning Offering upon rising each day. Your failures to practice these devotions would be examples of "spiritual neglects" that cause your spiritual life to suffer. Frequent Confession can help you get back on track, especially if your confessor assigns them to you as a penance and so you begin to carry them out more faithfully on your own.

Spiritual tepidity is resisted.

Let's say you do, indeed, carry out such spiritual practices—but only infrequently. In other words, you carry them out in a tepid or lukewarm manner. The graces from frequent Confession can help ignite a renewed spiritual fervor that will help make your daily spiritual life grow stronger and more committed every day.

Conscience is purified.

Confession of one's sins brings with it a purification and, importantly, peace of conscience. This is tied to the healing aspect of Confession. Indeed, Confession is one of two "healing" sacraments, along with the Sacrament of the Anointing of the Sick.

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

5. "If God is with us, who can be against us?" (Romans 8:31)

These ten short words contain the power to alleviate the heaviest of crosses due to the simple reason that we know that the Lord is in control and He can do whatever He wants. However, whatever the Lord does is always for our welfare, for our spiritual progress, and for the salvation of our immortal soul.

6. "For nothing will be impossible for God." (Luke 1:37)

These short seven words actually were addressed to the Blessed Virgin Mary from the Messenger, the Archangel Gabriel, referring to the Virginal conception of Jesus in Mary's womb. Immersed in the dense cloud of desolation, we feel as if we are lost and that nothing is possible to save us from this horrible interior state. Quite the contrary! The Word of God reminds us that absolutely nothing is impossible for God. He can move the highest mountains of our discouragement and desolation in a split-second if we trust in Him.

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