



# 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)  
Administrative Assistant, [admin@holyspiritparish.ca](mailto: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: \_\_\_\_\_



**Jun 14 – Solemnity of the Most Holy  
Body and Blood of Christ**

Deuteronomy 8.2-3,14-16  
1 Corinthians 10.16-17  
John 6.51-59

**Jun 21 – 12<sup>th</sup> Sunday in Ordinary Time**

Jeremiah 20.10-13  
Romans 5.12-15  
Matthew 10.26-33

*Parish Calendar Jun 15-21*

**Sun Jun 21 12<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:**

Bob Ryan, husband of Ann

**Please pray for those who have died:**

†Marjorie Webster

†Jean (John) Masson, father of Deacon Mark

† 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.

**WEDDING ANNIVERSARY BLESSINGS June-August**

If you are celebrating an anniversary in June, 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.

*“Love is the most beautiful sentiment the Lord has put into the soul of men and women.” St. Gianna Beretta Molla*

**WEDDING ANNIVERSARY BLESSINGS:**

Congratulations to Pat & Pauline Foley who celebrate their 54<sup>th</sup> Wedding Anniversary on June 18<sup>th</sup>. May God bless the two of you abundantly in love, joy, and happiness.

**PRAYER FOR FAMILIES:** Jesus, you have loved us by your Body and Blood, that we might taste and see how faithful you are. Eternal life is the continuation of what we taste, see and celebrate now. May we look for you now and always. Amen.

**WORLD DAY OF PRAYER FOR PRIESTS – June 19**

Catholics worldwide are urged to pray for Priests today on the World Day of Prayer for Priests. The day was begun by Saint John Paul II in 2002 with the objective of having all Catholic faithful join in prayer for the sanctification of Priests. The World Day of Prayer for Priests coincides with the Feast of the Sacred Heart of Jesus.

*Remember to check the church website,  
[www.holyspiritparish.ca](http://www.holyspiritparish.ca) for regular updates.*

**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 in the form of a cheque in an envelope (sorry we are not accepting cash at this time) with your name and envelope number. This can be dropped off in the office mailbox between 9am and 3pm Monday to Friday. Tamara checks it twice daily. For e-Transfer, please send it to [admin@holyspiritparish.ca](mailto: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)

**Celebrate 5<sup>th</sup> Anniversary of Laudato Si’ with a Special Anniversary Year (24 May 2020 – 24 May 2021):** On 24 May 2015, Pope Francis signed the encyclical *Laudato Si’: On the Care for Our Common Home*, which called upon not only Catholics all over the world, but the entire global community to recognize how every person is profoundly connected and dependent on one another, as well as on the natural world in which we all live.

**UPCOMING BLOOD DONATION EVENT:** Holy Spirit Parish, Thursday, July 2<sup>nd</sup> from 4:30pm to 8:30pm. Please book in advance; no walk-in appointments available currently. Book now at [blood.ca](http://blood.ca) or call 1-888-2-DONATE

**To our Parish Faithful,**

**The Provincial Government will soon announce phase 2 of the plan to more normalize our lives which will include opening churches for the faithful. Planning for Holy Spirit Parish has started and we hope that Sunday Mass can be held in the church on the weekend of June 20 and 21. We are still working out details to ensure the safety of everyone who attends, and hope to share them with you as soon as possible.**

**We know now that the number of people allowed in the church will be restricted to allow for adequate social distancing, and are working on how to ensure the pews are properly marked to allow this as well as details for Communion and the collection. The diocese will be sending out detailed guidelines in the next few days and our plans will firm up then, and we will share them with you.**

## Word from the Pastor

*We look forward to the day, hopefully very soon, when we are permitted to gather in the Church as a community. We are awaiting instructions from the Archbishop on opening procedures. Until then the doors will continue to be locked. Call or email the office for urgent requests. Exercise the virtue of patience!*

From today's 1 Corinthians reading:

'The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ?'

At communion, when the Eucharistic ministers hold the sacred food and drink before us, they will say, "the Body of Christ; the Blood of Christ." They are not only naming what they are offering us, they are also naming each one of us. In other words, the real presence is not only to be found in church, but in each baptized Christian nourished by the Eucharist and becoming the real presence of Christ to the world. Does receiving the Eucharist make me more conscious of my union with those believers around me in church? Have I ever thought of being a eucharistic minister at liturgy, or for the homebound?

**FOOD BANK DONATIONS:** Thank you to all parishioners who so generously have been donating to our local Food Bank. If you want to make a donation of non-perishable food items, please bring to the Parish between 9AM and 3:30PM and ring the door bell so your donation of food is not left outside. Thanks!

## Monsignor Joseph Muldoon

**UPCOMING PILGRIMAGE TO OUR LADY OF THE CAPE AND TO THE SHRINE OF SAINT ANNE:** Dear pilgrims and faithful, the 146<sup>th</sup> annual pilgrimage to Our Lady of the Cape and to the Shrine of St. Anne de Beaupre will not happen on Aug 8-9, 2020. The pilgrimage has now been rescheduled for **Sep 12-13 or Oct 17-18, 2020**. The projected dates will obviously depend on the federal, provincial, territorial and public Health governments' decisions.

**Here are some things to consider as we move closer to opening our Church:**

*Our trials reveal our dependence on God.* During the Covid-19 crisis, we have become even more aware of our reliance on God. So many things are out of our control in this broken world, and we trust that God holds us close to himself, even as we work to find a cure for this disease and strive to protect others from infection.

## RACISM IN OUR SOCIETY

On June 9, 2020, Archbishop Prendergast participated in an Inter-Faith Zoom Gathering to renounce racism.

The recent dramatic killing by police of George Floyd in Minneapolis has had reverberations around the world as people protest this lack of respect for the personal dignity and life of each person created in God's image. I invite you to pray for the healing of relationships between people of different races and to help bring about the elimination of expressions or gestures of racism wherever these are found, including here in Canada.

✠Terrence Prendergast, S.J.

Archbishop of Ottawa-Cornwall

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

**The cure for what ails us** Pope Francis said that living the Beatitudes means 'going against the flow' of the world. What the world tells us – that wealth brings security, that power gives us strength, that pleasure makes us satisfied – is the opposite of what Jesus says. Francis asks us to let the Beatitudes "unsettle us... challenge us, and... demand a real change in the way we live." We've clearly been upended in this sense by the current pandemic, and we have learned first-hand that nothing exempts us from vulnerability. Jesus was, is, and always will be our only hope. Live accordingly.

*"Rejoice and be glad, for your reward will be great in heaven."* Reprinted with permission from *PrepareTheWord.com*

**TAKE THE QUIZ:** Students preparing for First Eucharist have been asked to respond to these questions as they listen and pray for the Bread of Life. Try your luck...answers soon.

1. Jesus is called the Bread of \_\_\_\_ ?
2. The official prayer of the Church that all Catholics share is called?
3. At the Eucharist a person proclaims God's word. What is this person called?
4. There are two parts to the Eucharist. What are they called?
5. What does the word 'Gospel' mean?
6. Who proclaims the Gospel at the Eucharist?
7. Name the writers of the Gospels. (there are 4)
8. The priest explains God's Word in a reflection after the Gospel. What is this reflection called?

**PRAY 613:** The Cornwall and Area Christian Council has launched the Pray 613 initiative, a counties-wide effort to pray for the sick, hurting, disillusioned and others during the pandemic. The idea is a simple one, at 6:13 am or 6:13 pm or both, people are invited to stop for 3 minutes and pray. Info: <https://www.standard-freeholder.com/news/local-news/calling-on-those-in-613-area-code-to-pray-each-day-during-crisis>

**Moving?? Help us keep our records up to date. Notify the Office with your old and new contact information.**

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