



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: _____

TWELFTH SUNDAY OF ORDINARY TIME



Jun 21 – 12th Sunday in Ordinary Time

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

Jun 28 – 13th Sunday in Ordinary Time

2 Kings 4.8-12a,14-16
Romans 6.3-4,8.11
Matthew 10.37-42

Parish Calendar

Mon, Jun 22 9:00 am MASS
Tue, Jun 23 9:00 am MASS
Thu, Jun 25 9:00 am MASS
Fri, Jun 26 9:00 am MASS
Sat, Jun 27 5:00 pm MASS
Sun, Jun 28 13th Sunday in Ordinary Time
10:30 am MASS

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

Mass Intentions

Sat, June 20 – 5:00 pm

For the intentions of all parishioners

Sun, June 21 – 10:30 am

†Antonio Girardi by Joe & Donella Gabriele

†Jose Santos by Ana Santos

†Leo Gregory by Elisabeth & Max

Mon, June 22 – 9:00 am

Intentions of Patricia Mulvihill by The Garvey Family

†Angela DiGaetano by The Garvey Family

†Lucette & †Fern Marcil by Jeannie & Jacques Marcil

Tue, June 23 – 9:00 am

†Nelson Cybulski by Nancy O'Brien

†Ronald Vidal by Maia Vidal & Family

†Alina Lusito & †Adrian Cozzolino by Nick Lusito

Thu, June 25 – 9:00 am

†Pietro, †Filomena & †Teresa Scarfo and †Raffaele,

†Angela & †Maria Tassone by Giuseppe & Teresa Scarfo

Intentions of Dalrymple Family by Linda Dalrymple

†Catherine Smith by Julie Whitfield

Fri, June 26 – 9:00 am

†Fern & †Lucette Marcil by Jeannie & Jacques Marcil

†Alan Selvadurai by Marie & Family

†Nelson Cybulski by Sandra

Sat, June 27 – 5:00 pm

For the intentions of all parishioners

Sun, June 28 – 10:30 am

Living & Deceased Members of the Catholic Women's League

†Joe Amaral by Family

†Greta Hoegy by Mary Jeffrey & Family

Please pray for those who are sick:

Please pray for those who have died:

†William Boon, husband of Marie

† 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.

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 at the Parish Office between 9am and 3pm Monday to Friday. 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 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

PRAYER FOR FAMILIES

God of love, teach us your abundant economy of love. May we see ourselves how you see us, so when we look out at your people we see immeasurable value and worth. Amen.



Happy Father's Day: Some first graders were asked to draw a picture of God in their Sunday school class. Their finished products contained some interesting theology. One child depicted God in the form of a brightly colored rainbow. Another presented him as an old man coming out of the clouds. An intense little boy drew God with a remarkable resemblance to Superman. The best entry, however, came from a little girl. She said, "I didn't know what God looked like, so I just drew a picture of my daddy."

Word from the Pastor

From today's Jeremiah 20.10 reading: *Jeremiah said, I hear the whisperings of many.... "All those who were my friends are on the watch for any misstep of mine. 'Perhaps he will be trapped; then we can prevail and take our vengeance on him.' But the Lord is with me, like a mighty champion; my persecutors will stumble, they will not triumph."*

Can you identify with Jeremiah? Do you feel overburdened by responsibilities, or that your good deeds are misunderstood even by those closest to you? Do you sometimes want to shake your fist at God and shout, "What have you gotten me into?!" If you do, Jeremiah will stand with you and encourage you because that's the way he felt. However, he has more to say. Notice how his lament shifts – he turns to the God, who called him and to whom Jeremiah first said, "Yes." He prays a prayer of thanksgiving. How bold he is! He is anticipating God's coming to help him even before he has proof of it. That's "Jeremiah-faith."

Have you ever prayed a prayer of complaint to God because of what was happening in your life? How did it feel to pray so boldly? And how did you feel after you prayed that way?

Our principle of unity is the Holy Spirit who reminds us that above all we are God's beloved children. He comes to us, in our differences and difficulties to tell us that we have one Lord, Jesus, and one Father. For this reason we are brothers and sisters! Pope Francis

Monsignor Joseph Muldoon

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

We have been reminded of our responsibility to care for the sick and vulnerable. The impact of the virus on the elderly and those with other health issues reminds us that Christ calls us to care for the sick. In particular, Covid-19 has focused our attention on older people who may feel particularly isolated during this time of social distancing. The chance to demonstrate our love and respect for them is a gift from God!

Congratulations to the Grade 6 students of Guardian Angels School who graduate this spring!

Ishwar, Rahaf, Nathaniel, Cooper, Olivia, Aiden, Nathan, Braedan, Peyton, Jamie, Margaret, Noah, Sophie, Eva, Brook, Jack, Peyton, Marcus, Carter, Claire, Olivia, Peyton, Abbey, Lucas, Milla, Natasha, Ashton, Kaitlyn, Camden, Haley, Leah, Adriano, Mikku, Reid, Marcus, Brian, Lila, Jackson, Brayden, Shai, Theodor, Nathan, Elisabeth, Landon, Eryn, Nolan, Rylen, Katelyn, Liam, Dylan, Markus, Benjamin, Evan, Ryan, Hayden, Alex, Anthony, Megan, Aidan, Emma, Ileana, Erika, Daniel, Annabelle, Matthew, Ava, Benjamin, Samuel, Daniel, Tyler, Chris, Makena, Leigha, Rahul, Seth Cameron, Avery, Parker, Nicholas, Evan, Elizabeth, Olivia, Devin, Nevyn, Clarke, Avery, Victoria, Matthew, Melody Mae, Connor, Gwenyth, Madelyn, Brianna, Adi, Maya

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.

9. What does the word Eucharist mean?
10. What two gifts did Jesus give to the Apostles at the Last Supper?
11. What prayer did Jesus teach his disciples to say?
12. When the priest holds up the Body of Christ to us what word do we say in response?
13. What does the word 'Amen' mean?
14. At the end of the Eucharist the priest says, "Go and announce the _____"?
15. How can you love and serve the Lord at home?
16. Who teaches you to love and serve God?

Answers from last week's questions: 1.Life; 2.Liturgy; 3.Lector; 4.Liturgy of the Word and Liturgy of the Eucharist; 5.Good News; 6.Priest; 7.Matthew, Mark, Luke, John; 8.Homily

A SUMMER BLESSING

May you walk with God this summer in whatever you do, wherever you go. Walking with God means walking with honesty, and with courage, walking with love, and respect, and concern for the feelings of others.

May you talk to God this summer, and every day, and in every situation. Talking with God means praying words of praise for the beauty of creation, saying prayers of thanks for friends and good times, asking for God's help in all of your decisions, expressing sorrow when you have failed.

May you talk with God every day. Amen.

Author unknown

UPON THIS ROCK: Daily reflections written by men, for men. Upon This Rock was born out of a desire to bring the gospel to men in a personable and relatable way, through the experiences of other men who are actively growing in their faith. Upon This Rock is for men of all walks of life, cultures, backgrounds, and levels of faith. No matter where you are in your faith, you are most welcome. Sign up/info at <https://www.uponthisrock.ca/>.

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

1. *The Psalm of the Good-Shepherd (Psalm 23)*

Prayerfully and calmly read the most famous Psalm (Psalm 23) in the Bible, once, twice, or as many times as you like, starting with the words: "The Lord is my Shepherd; there is nothing I shall want..." The Lord will shine light in your darkness!

2. *"Behold I am with you always, even until the end of the world." (Mt 28: 20)*

These were the last words of the Lord Jesus on earth before He ascended into heaven to sit at the right hand of God the Father. In discouragement, all too often we feel lonely; that nobody is there for me; nobody really cares for me. Not so! The Lord promised to be with us always, even until the end of the world.

ADAM MILLER KELLY
 PROFESSIONAL CORPORATION
 BARRISTERS & SOLICITORS
 MARY MILLER
 JENNIFER GASPAR • ROBERT PACAN
 300 March Rd., #601 **613-592-6290** amk-law.ca

PRO LOK
 Design & Build Ltd.
 Custom Landscape Design & Build
 613-858-3169

Glen Scottish Restaurant
 The Best Fish & Chips in the Valley
 1010 Stittsville Main St.
 613-836-5622
 www.theglen.ca

Because family matters!
613-591-6580
 kellyfh.ca/Kanata


Kelly
 Funeral Home - Kanata
 by Arbor Memorial

Arbor Memorial Inc.

LAURYSSEN
 KITCHENS
 KITCHENS | VANITIES | CLOSETS

2415 Carp Rd., Stittsville
613-836-5353
 www.laurysenkitchens.com

Postcard Perfect
 TURFGRASS SPECIALISTS LTD.
 (613) 831-4246
 info@postcardperfect.ca
 www.PostcardPerfect.ca

Eat Shop Spend and Enjoy LOCAL
 please support the businesses that support your parish

Liturgica Inc.
 GIFTS & SOUVENIRS
 FOR ALL RELIGIOUS OCCASIONS
 602-1260 Old Innes Rd.
 (Innes Rd. & St. Laurent Blvd.)
613-745-1537 www.liturgica.ca

Call 1-800-268-2637 for this space

Postcard Perfect
 TURFGRASS SPECIALISTS LTD.
 (613) 831-4246
 info@postcardperfect.ca
 www.PostcardPerfect.ca

Remember...
 Let our advertisers know you saw their ad here.



Allstate
 You're in good hands.
 Allstate Insurance Company of Canada
 18-462 Hazeldean Rd., Kanata

Sandy Villeneuve Elson
 Agent
613.592.8283
 svilleneuve@allstate.ca
 www.allstate.ca

Napolis Cafe
 Ristorante Italiano
 1300 STITTSVILLE MAIN STREET
613.836.7722
 NAPOLISCAFE.COM

Messy Maid
 Makes Your Day!
613-612-6243
 www.messymaid.com

Special Offer for Parishioners

Worry-Free Cleaning Services

DANNY NAILS & SPA



Secure, Memory Care in Kanata At Its Finest
 Call Bonnie for a Complimentary Tour & Lunch
613.806.3516

arbique&ahde
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. 613-836-2240 info@arbiqueahde.com

THE Courtyards ON EAGLESON
 An All Seniors Care Living Centres Residence
 630 Eagleson Rd., Kanata, ON
 allseniorscare.com

arbique&ahde
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. 613-836-2240 info@arbiqueahde.com

THOMAS CAVANAGH CONSTRUCTION LIMITED
 9094 Cavanagh Rd. Ashton, ON
613.257.2918 www.thomascavanagh.ca

NAILS AND WAX
 500 Hazeldean Rd.
 www.DannyNailsSpa.ca
 613-836-8819

THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!




TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637

THOMAS CAVANAGH CONSTRUCTION LIMITED
 9094 Cavanagh Rd. Ashton, ON
613.257.2918 www.thomascavanagh.ca

"Professional and Bilingual Assistance in Buying and Selling"

Jean-Guy A. Finningan, ABR
 5517 Hazeldean Road, Unit 1
 Ottawa, ON K2S 0P5
613.769.2319
 jgafininningan@gmail.com



613-728-4780


Thomas A. PEGG
 PLUMBING AND HEATING LTD.

 Shopping Locally Saves Gas!

RE/MAX **CHEO**
 AFFILIATES REALTY LTD. BROKERAGE FOUNDATION FOUNDATION

A portion from the sale of every home sold by this Sales Representative is donated to C.H.E.O