



# 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: \_\_\_\_\_

## THIRTEENTH SUNDAY OF ORDINARY TIME



### Jun 28 – 13th Sunday in Ordinary Time

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

### Jul 5 – 14th Sunday in Ordinary Time

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

#### Parish Calendar

**Mon, Jun 29** 9:00 am MASS  
**Tue, Jun 30** 9:00 am MASS  
*Wed, Jul 1* Parish Closed for Canada Day  
**Thu, Jul 2** 9:00 am MASS  
**Fri, Jul 3** 9:00 am MASS  
**Sat, Jul 4** 5:00 pm MASS  
**Sun, Jul 5** 14<sup>th</sup> Sunday in Ordinary Time  
10:30 am MASS

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

#### Mass Intentions

**Sat, Jun 27 – 5:00 pm**

For the intentions of all parishioners

**Sun, Jun 28 – 10:30 am**

Living & Deceased Members of the Catholic Women's League

†Joe Amaral by Family

†Greta Hoegy by Mary Jeffrey & Family

**Mon, Jun 29 – 9:00 am**

†Pius & Regina Francispillai by Marie & Family

**Tue, Jun 30 – 9:00 am**

†Alina Lusito & Adrian Cozzolino by Nick Lusito

**Thu, Jul 2 – 9:00 am**

Intentions of Dalrymple Family by Linda Dalrymple

**Fri, Jul 3 – 9:00 am**

†Reg & Michel Marsolais by Jeannie & Jacques Marciel

**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

**Please pray for those who are sick:**

Bob Ryan, Pat, Mike, Archbishop Marcel Gervais,  
Connie O'Brien, Randy

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

†

† Indicates Deceased

#### PRAYER FOR FAMILIES

Good and gracious God, open our lips to proclaim your faithfulness. Especially when our lives are overwhelming or difficult, help us draw deeply on the roots of your goodness, in our own lives and for generations before us. Give us deep trust that you will work all things for good. 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.

#### 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*

#### WEDDING ANNIVERSARY BLESSINGS:

Congratulations to Jack & Terry Tonon and also Mike & Tamara Fortin who celebrated their Wedding Anniversaries on June 27<sup>th</sup>. May God bless these couples abundantly in love, joy, and happiness.

#### 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 Friday. 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)

*The books of the Bible do not merely form an historical collection of texts. They contain the Word of God that he is speaking to us here and now. - Fr. Michel Remery from Tweeting with God*

Thank you to all the dedicated volunteers who helped prepare our church for reopening and who continue to keep our worship space available to all parishioners.



## Word from the Pastor

From today's 2 Kings reading: One day Elisha came to Shunem where there was a woman of influence, who urged him to dine with her.

During the first part of our celebration today we, like the Shunemite woman welcomed God's Word into our 'home' – we made room for it in our hearts. As Scripture reminds us, the Word blossoms there with a promise of new life. God sends prophetic people to speak the Word to us, but remember, prophetic people don't always fit into official categories; they aren't always bearing an institutional stamp of approval. Yet, God often comes to us in the other and through people who are strangers.

Who comes bearing the Word of God to me? Do they comfort, or challenge me with their message?



HAPPY CANADA DAY!  
GOD BLESS OUR COUNTRY

*Monsignor Joseph Muldoon*

**TAKE THE QUIZ:** Students preparing for First Eucharist have been asked to respond to questions as they listen and pray for the Bread of Life. Here are the answers from last week's questions:

9.Thanksgiving; 10.Bread and wine; 11.Our Father; 12.Amen; 13.It is so; 14.Gospel of the Lord; 15.Pray, be obedient, be kind; 16.Family, teachers, priest

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

#### 3. *Do not be afraid!* (Mt. 11.28-30)

Time and time again Jesus reminds the Apostles and us not to be afraid, but rather to trust, to place all of our trust in Him. In addition to these four consoling words of Jesus are the five words that Jesus told Saint Faustina to paint on the Divine Mercy image: "Jesus, I trust in you." May the Lord cast out your fears as you trust totally in His love, Presence, and Friendship.

4. "Come to me, all of you who are weary and find life burdensome, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Prayerfully repeat these words and the burden of your sorrows, the weight of your cross, the darkness of your sadness and desolation will dissipate like a cloud evaporates in the sunlight.

**Moving?? Help us keep our records up to date. Notify the Office with your old and new contact information.**  
[admin@holyspiritparish.ca](mailto:admin@holyspiritparish.ca) 613-836-8881

**Take Five for Faith: Daily renewal for busy Catholics**  
**Love leads the way** Doing good is not only what we are called to do as Christians, it is also a benefit to all human beings in the long run. Evolutionary studies show that cooperative behaviour has long-term benefits for human beings; whereas selfish behaviour is a short-term win. In these difficult days, let love be your guide, your inner voice, and your consolation. Doing good is indeed its own reward. "Take care not to perform righteous deeds in order that people may see them."

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

#### Self-knowledge is increased.

Many saints make clear in their writing and teaching that self-knowledge is needed to grow in holiness. This means knowing and admitting your virtues so you can advance them in your life, and knowing and admitting your vices so you can uproot them out of your life.

#### Christian humility grows.

Humility is the "moral virtue that keeps a person from reaching beyond himself. It is the virtue that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbors," (Fr. John Hardon, *Modern Catholic Dictionary*).

Not only does the practice of frequent Confession help us to grow in humility, but the very act of making a good examination of conscience (required before even stepping into the confessional) is humbling—and it helps us to grow in self-knowledge.

#### Bad habits are corrected.

Little by little, through frequent Confession and honesty with one's confessor, who will offer advice accordingly, bad habits can be overcome. Frequent, worthy reception of the Sacrament of Confession means frequent graces received from that sacrament for those bad habits.

### **Congratulations to the Grade 6 students of St. Stephen Catholic School who graduate this spring!**

Chidi, Madisyn, Sanchaita, Elias, Ashlynn, Gabe, Adriano, Eryn, Noah, Christopher, Logan, Jacob, Mayra, Jackson, Nicholas, Emma, Shaefer, Andrew, Desmond, Madison, Adamo, Joshua, Zachary, Vanessa, Dean, Brooklyn, Phoenix, Lilyanna, Brady, Emma, Alison, Joseph, Akira, Andrew, Naveo, Jackson, Benjamin, Cole, Avery, Nicholas, Elizabeth, John, Clark, Elliot, Jackson, Honoura, Paul, Ethan, Joshua, Jessaca, Niall, Rylen, Sophia, Ella, Marisol, Sienna, Ryan, Owen, Ashton, Brock, Jaxon, Mateusz, Julia, Autreen, Maya, Madeleine, Charles, Brooke, Claudia, Nicholas, Adison, Lillee, Marco, Maggie, Cameron, Jad



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