



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
Sean Flynn, Youth/Sacramental Coordinator, youth@holyspiritparish.ca
Administrative Assistant, admin@holyspiritparish.ca

OFFICE HOURS: Monday to Friday 9:00 a.m. - 12:00 p.m.; & 12:30 p.m. - 3:30 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: _____

THIRD SUNDAY OF LENT



Mar 20 – 3rd Sunday of Lent

Exodus 3.1-8a,13-15
1 Corinthians 10.1-6,10-12
Luke 13.1-9

Mar 27 – 4th Sunday of Lent

Joshua 5.9a,10-12
2 Corinthians 5.17-21
Luke 15.1-3,11-32

Parish Calendar

Mon, Mar 21 9:00 am **Mass**
6:15 pm Knights of Columbus General Mtg
Tue, Mar 22 9:00 am **Mass**
Thu, Mar 24 9:00 am **Mass**
Fri, Mar 25 **The Annunciation of the Lord**
9:00 am **Mass**
9:30-10:30 am Reconciliation
7:00 pm Way of the Cross
Sat, Mar 26 5:00 pm **Mass**
Sun, Mar 27 **4th Sunday of Lent**
9:00 am **Mass**
10:30 am **Mass**
and **MASS** will be available on the church
website: www.holyspiritparish.ca

WAY OF THE CROSS: Please join us **Friday, March 25 at 7pm** in our Lenten journey hosted by Knights of Columbus. Everyone is welcome.

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.

PRAYER FOR VOCATIONS

That like Moses, young people will enter more deeply into conversation with the Lord in prayer as they seek to discover their vocations in Christ, we pray to the Lord.

February 2022 Financial Summary

Total Revenue \$25 724.99
Total Expenses \$22 341.50
Net Income \$ 3 383.49

Thank you for your ongoing support of the parish.

Supporting Ukraine:

We can see there is a humanitarian crisis unfolding in Ukraine and across Europe as people flee to safety in neighbouring countries. How can we contribute materially to help alleviate the suffering this invasion is causing? Here are three agencies that will use donations received to assist those most in need.

Catholic Near East Welfare Association (CNEWA); 223 Main Street, Box 80; Ottawa, Ontario K1S 1C4

www.cnewa.org/ca/campaigns/ukraine/ Help the People of Ukraine Survive the War - CNEWA Canada (cnewa.org)

Development and Peace; 1425 René-Lévesque Blvd W, 3rd Floor; Montreal QC H3G 1T7 www2.devp.org/en/civicrm/contribute/transact?reset=1&id=3&gl=24360 Give now | Development and Peace (devp.org)

Canadian Jesuits International; 70 St Mary Street; Toronto ON; M5S 1J3 www.canadianjesuitsinternational.ca/

Mass Intentions

Sat, Mar 19 – 5:00 pm

†Maureen (White) DesRoche by Pauline Foley

Sun, Mar 20 – 9:00 am

†Leo Gregory by Muriel
†Ethel & †Ed Piitz by Lois
†Ermelinda Chiarello by Mary Jeffrey

Sun, Mar 20 – 10:30 am

For the intentions of all parishioners

Mon, Mar 21 – 9:00 am

†Madeleine Robillard by Mama, Papa & Family
†Fern & †Lucette Marcil by Jacques & Jeannie Marcil

Tue, Mar 22 – 9:00 am

†Margaret Droogh by Donella Gabriele
†Pasquale Santomauro & †Daniel Marisi Louana by Francesco Dilorio

Thu, Mar 24 – 9:00 am

†Pat Foley by Faranda Family
†Sharon Fitton by Joanne McSheffrey

Fri, Mar 25 – 9:00 am

†Father Brady McNamara by Faranda Family
†Patrick O'Donnell by O'Donnell & Devenny Families
Intentions of Justin Gifford by Dolores & Warren Bahen

Sat, Mar 26 – 5:00 pm

†Gale Bjorkstedt by David & Shirley Pipkins
†Harry Young by Patrick & Linda O'Hare

Sun, Mar 27 – 9:00 am

For the intentions of all parishioners

Sun, Mar 27 – 10:30 am

†Margaret Droogh by Marilyn Ogilvie
†Cassidy Grace Crompton by Ian & Monica Govan

Please pray for those who are sick: Jayne, John, Marlene, Philippe, Connie O'Brien, Richard, Ron, Tom Wakeham

Please pray for those who have died: †Sylvia Keyworth, mother of Barrie; †Frank Troppmann, uncle of Serge & Lana Muller; †Phyllis Russett, wife of Brian; †Sr. Evelyn McGovern

†Indicates Deceased

To all the parishes' generous faithful

Thank you to all who donate to the ongoing operation of the parish. Please bring your donation in the form of a cheque in an envelope with your name and envelope number. This can be dropped off between 9am and 3pm Monday to Friday. For e-Transfer, please send it to admin@holyspiritparish.ca and use the password "Holyspirit". We currently have a significant number of parishioners who contribute via bank auto debit. If you would like more information about the program or wish to participate, please contact the Parish Office at 613-836-8881 or email admin@holyspiritparish.ca.

I am not always faithful, but I never lose courage. I leave myself in the arms of Our Lord. He teaches me to draw profit from everything, from the good and the bad that he finds in me. He teaches me to invest in the Bank of Love, or rather it is he who invests for me, without telling me how he does it—that is his affair, not mine. Saint Thérèse of Lisieux, Letter 16 to Céline



Word from the Pastor

Jesus said to the people, "There was once a person who had a fig tree planted in his orchard, and when he came in search of fruit on it, but found none, he said to the gardener, 'For three years I have come in search of fruit on this fig tree but have found none. So cut it down.'" Lent is an appropriate time to reflect whether we have procrastinated in making important changes in our lives. The parable of the fruitless fig tree has a note of hope about it. A year of grace is given it; one more chance, with extra care, devoted to it to bear fruit. What area of my life feels fruitless and needs attention? What must be "pruned" so I can bear good fruit?

Deacons Connor O'Hara, Kevin Burgess and Marc Gaudet who are preparing for the Sacrament of Holy Orders (Priesthood), will be ordained at Notre Dame Cathedral in May 2022. They are assured of our prayers.

His Holiness Pope Francis appointed the Most Reverend Martin Laliberté, P.M.É., as the new Bishop of the Diocese of Trois-Rivières.

More volunteers are needed for ministry in the parish.

Please remember your parish in your will by making a bequest to Holy Spirit Parish. For more information contact the Parish Office.

Monsignor Joseph Muldoon



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One of Development and Peace's strengths is our ability to mobilize thousands of Canadians like you to amplify marginalized voices from the Global South. Our partners want businesses to not be able to perpetrate abuses in their countries with impunity.

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EASTER ALTAR FLOWERS

A special way to remember loved ones or to celebrate a loved one's birthday or anniversary, is to donate Altar Flowers in their honour. Please complete this form and put it, along with your cheque made payable to Holy Spirit Parish, in an envelope marked *Easter Altar Flowers* and place it in the collection basket or drop it off at the Parish Office. All intentions will be printed in a bulletin during the Easter Season.

(PLEASE PRINT CLEARLY)

Name of person(s) or intentions: _____

Name of person making the donation: _____

Amount (circle): \$25 \$50 \$100 or _____

Phone No. (613) _____ Envelope No. _____

Remember loved ones this Easter and give glory to the Lord by helping to decorate for this beautiful season.

Ten Habits That Will Keep You Present at Mass

FR. ED BROOM, O.M.V.

1. Punctuality

Not only should we arrive on time, we should always strive to arrive early for Mass. It takes time to move from active-mode to contemplative-mode and to make this transition smoothly and efficaciously. As athletes warm up before arriving on the playing field to commence the game, so in our spiritual exercise we must warm up to God. This takes time, effort and good will on our part. Furthermore, one of the key elements for arriving early for the Holy Sacrifice of the Mass can be that we can offer our own many intentions on the altar even before Mass begins.

2. Sacred Silence

The Prophet Isaiah entered the Temple in silence to encounter the thrice holy God. Jesus is truly present in every Tabernacle of the Catholic Church. Isaiah encountered God and received his sublime vocation as Prophet to all the nations in this silent but powerful encounter with God. Before the burning bush, in the silence God spoke to Moses, endowing and empowering him with the vocation to lead the chosen people out from the slavery of Egypt. Finally, Elijah encountered God on the Holy Mountain. Not in the fire, not in thunder, nor in the earthquake did Elijah encounter the Almighty God, but in the silent and gentle breeze. As we enter the Church and draw close to our three-times holy God, we must shake the noise of the world from our sandals and enter into the Presence of God, who speaks to those who have quiet and contemplative hearts.

3. Genuflection

When walking in the Presence of Jesus, truly present in the Tabernacle, we should make a reverential gesture of adoration. This we call *the genuflection*. How? Quite simple! With hands folded in prayer, bow your right knee all the way to the ground, touching the ground with that knee, and then up! Easy, don't you think? Many have forgotten or never been taught to carry out this gesture of adoration toward the Lord of Lord's and the King of King's—Jesus in the Tabernacle! In times past, this gesture was done in the presence of a King. Now we do it before the King of the Universe: Jesus the Lord!

4. Modesty

It must be expressed with great clarity, frankness, and charity—the real importance of modesty in dress, at all times, but most especially in the Presence of Jesus in the Tabernacle and the Holy Mass. We should never forget our obligation to give a good example at all times and places and in all circumstances. Never forget our dignity and our eternal destiny. We are created in the image and likeness of God. Through Baptism, we are transformed into living Temples of the Blessed Trinity. Saint Paul points out that we are all called to be Ambassadors of Christ. Never do we want to be a cause of temptation and scandal for anyone, but most especially in the context of the Church and the Mass.

5. Guardian Angel: Ask for Their Help

At the very moment of our conception, God, in His infinite goodness, gave us a friend to help us arrive safely and securely at our eternal destiny. This person is our Guardian Angel. We should beg our Guardian Angel to help us to pay attention and to participate fully, actively and consciously in every Mass. If we beg for their help, they will be most pleased to help us!

See next week's bulletin for the next five habits...

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