



Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8

Phone: 613-836-8881

Web: www.holyspiritparish.ca

PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, pastor@holyspiritparish.ca

Alex Ducharme, 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

Claire Moore, President

613-612-1659

KNIGHTS OF COLUMBUS

Joseph Carbonetto, Grand Knight

613-831-0411

PARISH FINANCE COUNCIL

Alex Golob, Chair

613-410-1896

OUR CATHOLIC SCHOOLS

St. Bernadette Elementary

613-907-4122

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 3 – Third Sunday of Lent

Exodus 20.1-17
1 Corinthians 1.18,22-25
John 2.13-25

Mar 10 – Fourth Sunday of Lent

2 Chronicles 36.14-17a,19-23
Ephesians 2.4-10
John 3.14-21

Parish Calendar

Mon, Mar 4
9:00 am Mass

Tue, Mar 5
9:00 am Mass
9:30 am Lay Apostolate of Jesus Christ the Returning King
7:00 pm Confirmation Preparation

Wed, Mar 6
9:30 am Catechesis of the Good Shepherd

Thu, Mar 7
9:00 am Mass with Sacred Heart Grade 9
9:30 am Cenacle of Marian Movement of Priests
6:30 pm Youth Night Grades 3-5

Fri, Mar 8
No Mass
9:30 am Flame of Love Prayer Group
6:30 pm Way of the Cross hosted by Lectors followed by poverty meal
7:00 pm Youth Night Grades 9-12

Sat, Mar 9
4:00-4:25 pm Reconciliation
5:00 pm Mass

Sun, Mar 10 Fourth Sunday of Lent
9:00 am Mass
10:30 am Mass

PRAYER FOR VOCATIONS For those considering a call to the priesthood or consecrated life, that they will answer the call and proclaim Christ crucified, we pray to the Lord.

To all parishes' generous faithful Thank you to all who donate to the ongoing operation of the parish. For e-Transfer please send it to admin@holyspiritparish.ca and use the password: Holyspirit (*all one word with a capital H*). 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.

Sacrament Preparation Our Confirmation Class has begun! Please keep all those children and families in your prayers as they prepare to receive the Lord in a new way!

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 3-5 and Grades 9-12. Check Parish Calendar above. Our ministry is still looking for volunteers, if you feel called to help in any way, please contact Alex youth@holyspiritparish.ca

The Catholic Women's League of Canada means: HUNDREDS OF RESOLUTIONS Over its history, Catholic Women's League members have proposed hundreds of resolutions; some become laws, others serve as seeds for change - all serve to educate members. We invite you to discover more!

Mass Intentions

Sat, Mar 2 – 5:00 pm
†Canio Manfredo by Suzanne O'Hara

Sun, Mar 3 – 9:00 am
Intentions of Marion by Patricia & Isabella
Intentions of Doreen & Jim Sauve & Family by Pauline Foley
Intentions of Allison Adam by Secret Sister

Sun, Mar 3 – 10:30 am
For the intentions of all parishioners

Mon, Mar 4 – 9:00 am
In honour of St. Joseph by Suzanne O'Hara

Tue, Mar 5 – 9:00 am
Intentions of Hugh O'Hara by Suzanne
Living & deceased members of MacDonald-Keyworth Family

Thu, Mar 7 – 9:00 am
†Daniel Paul by O'Donnell & Devenny Families

Sat, Mar 9 – 5:00 pm
†Mary Commins by James Riordan & Family
†Luigi Lolli by Bianca & Family

Sun, Mar 10 – 9:00 am
For the intentions of all parishioners

Sun, Mar 10 – 10:30 am
†Ian Shugart by Jacinta & Tony Asquith & Family
Living & deceased members of Catholic Women's League



Please pray for those who are sick: Patrick, Michael, John, Miriam, Nancy, Muriel, Hugh, Bert, Gerald, Ron, Wayne, Matthew, David, Scott, Peter, Vanita

Please pray for those who have died: †Bill Ryan

†Indicates Deceased

March is Fraud Prevention Month: A few small steps can make a big impact when it comes to safeguarding your personal information and protecting yourself from potential threats:

Stay Vigilant: Be cautious of unsolicited phone calls or email messages.

Manage Privacy Settings: Regularly monitor privacy settings on all your social media accounts.

Verify Links: Before clicking on any links, always verify their authenticity.

Secure Connections: Avoid using public or free Wi-Fi networks when inputting sensitive information. Whenever possible, opt for secured networks.

Exercise Skepticism: If an offer or investment opportunity seems too good to be true, it probably is.

Anyone who suspects they have been the victim of cybercrime or fraud should report it to their local police and the Canadian Anti-Fraud Centre at 1-888-495-8501.

Holy Redeemer Parish Penance Service with individual confessions is Wednesday, March 20 at 7:00 pm.

Word from the Pastor

Jesus found in the temple area those who sold oxen, sheep, and doves, as well as money changers seated there. St. John 2.13. He made a whip out of cords and drove them all out of the temple area... To those who sold doves he said, "Take those out of here, and stop making my Father's house a marketplace." Jesus reveals the righteous anger God feels when what is good and intended to help people gets infiltrated by human greed. While mercy is always available to those who seek it, still we cannot forget Jesus' indignation when he meets injustice and any restrictions on those seeking God. Is there a welcome atmosphere at my parish church as people enter the building? Do I go out of my way to introduce myself to people at church and welcome them if they are visitors?

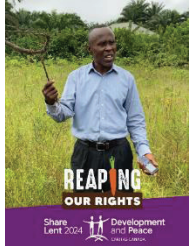
Please remember to book the rooms with the Office and indicate which room you require and the time needed. Your co-operation is appreciated.

Become a blessing to others. A legacy of faith remains for all as you choose to remember Holy Spirit Parish in your will. For more information contact the Parish Office.

Monsignor Joseph Muldoon

CUSTODIAN NEEDED Holy Spirit Parish is looking for a part time custodian to do cleaning, lawn maintenance, event setup and minor maintenance in the church, hall, and grounds. This position is for 20 hours per week. Please contact Tamara in the Parish Office, admin@holyspiritparish.ca or 613-836-8881, for more information.

Denouncing oil pollution in Nigeria



Nigeria is Africa's largest economy and biggest oil producer. Despite oil exports worth billions of dollars, millions of Nigerians remain in poverty and face food insecurity. In the south, pollution and contamination by the oil industry are causing great hardship. Development and Peace — Caritas Canada's partner Health of Mother

Earth Foundation (HOMEF) defends farmers' rights and helps protect their lands. To learn more about the work of HOMEF, watch the video at devp.org/lent.

An Examination of Conscience for Today's Catholic

(In this excerpt, the author uses both Scripture and the writings of Pope Francis to guide the Examination of Conscience.)

Spiritual poverty *The only thing that counts is faith working through love. (Galatians 5.6)* Once we believe that everything depends on human effort as channelled by ecclesial rules and structures, we unconsciously complicate the Gospel and become enslaved to a blueprint that leaves few openings for the working of grace. (Gaudete et Exsultate, 59) Am I afraid to rely upon the Holy Spirit and instead seek safety in a bureaucratic or legalistic mentality? How do I react when I receive no guidance from human authorities and their rules? Do I see myself as spiritually poor and wholly dependent on God's grace?

Glen Argan, *Create in Me a Clean Heart: An Examination of Conscience for Today's Catholic* (Toronto: Novalis, 2020), pp.3-9.

Project Rachel at the Refuge is offering a retreat Apr 19-21, for women who are suffering the effects of abortion. At our retreats, we welcome women whose pain has been silenced and denied by the world. See our web site (www.stmarysrefuge.org/rachel), phone or e-mail us in confidence, 289 691 6840 or projectrachel@stmarysrefuge.org

Soul of Christ (*Anima Christi*)

Soul of Christ, sanctify me, Body of Christ, save me, Blood of Christ, inebriate me, Water from the side of Christ, wash me, Passion of Christ, strengthen me. O good Jesus, hear me, Within your wounds hide me. Permit me not to be separated from you. From the malignant enemy, defend me. At the hour of my death, call me, and bid me come to you, That with your saints I may praise you, forever and ever. Amen

Loneliness It is the most basic human loneliness that threatens us and is so hard to face. Too often we will do everything possible to avoid the confrontation with the experience of being alone, and sometimes we are able to create the most ingenious devices to prevent ourselves from being reminded of this condition. Our culture has become most sophisticated in the avoidance of pain, not only our physical pain but our emotional and mental pain as well. We not only bury our dead as if they were still alive, but we also bury our pains as if they were not really there. We have become so used to this state of anesthesia that we panic when there is nothing or nobody left to distract us. When we have no project to finish, no friend to visit, no book to read, no television to watch, or no record to play, and when we are left all alone by ourselves, we are brought so close to the revelation of our basic human aloneness and are so afraid of experiencing an all-pervasive sense of loneliness that we will do anything to get busy again and continue the game that makes us believe that everything is fine after all. ~ Fr Henri Nouwen

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.

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