



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: _____

FIRST SUNDAY OF LENT



Mar 6 – 1st Sunday of Lent

Deuteronomy 26.4-10
Romans 10.8-13
Luke 4.1-13

Mar 13 – 2nd Sunday of Lent

Genesis 15.5-12, 17-18
Philippians 3.17-4.1
Luke 9.28b-36

Parish Calendar

Mon, Mar 7	9:00 am	Mass
Tue, Mar 8	9:00 am	Mass
Thu, Mar 10	9:00 am	Mass
Fri, Mar 11	9:00 am	Mass
	7:00 pm	Way of the Cross
Sat, Mar 12	5:00 pm	Mass
Sun, Mar 13		2nd 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 11 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

For all men and women being chosen by Christ to follow Him as priests, deacons, sisters and brothers, that they will persevere in the face of temptations against faithfulness to their call, we pray to the Lord.

To start the conversation, contact Fr. Pierre Champoux, Director of Vocations, at vocations@archottawa.ca or 613-558-1445.

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 in the office mailbox between 9am and 3pm Monday to Friday. Safety protocols are being followed. 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.



Daylight Saving Time Begins March 13th. Before going to bed, remember to set your clocks ahead one hour on Saturday, March 12th!

January 2022 Financial Summary

Total Revenue	\$33 375.12
Total Expenses	\$20 662.69
Net Income	\$12 712.43

Thank you for your ongoing support of the parish.

Mass Intentions

Sat, Mar 5 – 5:00 pm

†Phil & †Josh by Joan & Family
†Krystyna Szkwarek by David & Shirley Pipkins
†Luigi Lolli by Bianca, Children & Family

Sun, Mar 6 – 9:00 am

For the intentions of all parishioners

Sun, Mar 6 – 10:30 am

†Maureen DesRoche by Beggs Family

Mon, Mar 7 – 9:00 am

†Michela Dilorio & †Joseph Dilorio by Francesco Dilorio

Tue, Mar 8 – 9:00 am

†Margaret Droogh by Women's Fellowship
Intentions of Gifford Family by Dolores & Warren Bahen

Thu, Mar 10 – 9:00 am

†John Curry by Knights of Columbus

Fri, Mar 11 – 9:00 am

†Pat Foley by Sandra Cybulski

Intentions of Patricia & Thomas Sibbald by Dolores & Warren Bahen

Sat, Mar 12 – 5:00 pm

†Ethel & †Ed Piitz by Lois

Sun, Mar 13 – 9:00 am

For the intentions of all parishioners

Sun, Mar 13 – 10:30 am

†Nelson Cybulski by Sandra & Family
†Pat Foley by Dalrymple Family
†Maria Girardi by Joe & Donella Gabriele

Please pray for those who are sick: Jayne, John, Marlene, Philippe, Connie O'Brien, Richard, Sylvia Keyworth

Please pray for those who have died: †Desmond Foley

†Indicates Deceased



The Man in The Glass

When you get what you want in your struggle for self, and the world makes you King for a day, then go to the mirror and look at yourself, and see what that man has to say.

For it isn't your Father, or Mother, or Wife, who judgement upon you must pass. The feller whose verdict counts most in your life is the man staring back from the glass.

He's the feller to please, never mind all the rest, for he's with you clear up to the end, and you've passed your most dangerous, difficult test if the man in the glass is your friend. You may be like Jack Horner and 'chisel' a plum, and think you're a wonderful guy, but the guy in the glass says you're only a bum if you can't look him straight in the eye.

You can fool the whole world down the pathway of years, and get pats on the back as you pass, but your final reward will be heartaches and tears if you've cheated the man in the glass.
by Dale Wimbrow 1934

Smile: An 87 year old was admitted to hospital. The intake nurse said, "Has your diet changed?" For Lent the lady proclaimed she gave up "whipped cream, Jell-O, hard candy and my two beers at night, and look where it's gotten me..." So, where will Lent get you?

Word from the Pastor

When together forever is causing real harm: Sometimes relationships don't work out. In the case of marriage, the Catholic Church urges reconciliation and offers pastoral help. But sometimes even reconciliation is impossible, especially when harm is present. That is why the church encourages people not to enter into marriage lightly, or any life commitment for that matter. The tools of discernment, prayer, spiritual reading, and seeking wise counsel can help you as you determine your best path. If you or a loved one need more information about beginning or ending a marriage or other life vocation, seek out the church's help

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The Knights of Columbus Council 12249 has made a donation to our Youth/Sacramental Ministry in the Parish and we are grateful for their commitment to young persons.

The new TVs in the church, at a cost of \$2 500.00 each, are more efficient and provide a clearer image.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics

Take a step toward wholeness Today's gospel refers three times to Gehenna. Typically, Gehenna is interpreted as another term for hell. Who is in hell? Can we go to hell after we die? These questions have puzzled believers and scripture scholars for centuries, and the living cannot answer them from direct experience. The church teaches in the catechism that "this state of definitive self-exclusion from communion with God and the blessed is called 'hell.'" We know what separates us from God, and we know what unites us with God. Take a step today, no matter how small, to unite yourself with God.

"Salt is good, but if salt becomes insipid, with what will you restore its flavor? Keep salt in yourselves."

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A Prayer for Lent

Lord Jesus, you became a servant to show us the path to true greatness. We pray that through our Lenten prayer and practice, your Holy Spirit may shape us into true disciples capable of serving you and our sisters and brothers. Give us the strength and courage to put your words into practice each day. Help us to recognize our sin and whatever is holding us back from you. Make us willing to change so that we can be the people you are creating us to be. Amen.

A Prayer for Ukraine

God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions. Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them. We pray in the name of Jesus, the Prince of Peace. Amen.

Archbishops Justin Welby & Stephen Cottrell

A Lent of great importance

Peace be with you. The Church will begin the forty holy days of Lent on March 2, a day when we will not only be marked with ashes but invited to seriously enter into an attitude of conversion. How will we live the next few weeks leading up to Christ's ultimate sacrifice on the cross and his glorious victory over death and evil? We will accomplish this only if we keep our focus on the Lord who will guide us. Through prayer, fasting and almsgiving, Christians around the world will be empowered to be more attentive to God and to the needs of their neighbors. Is this important to us? The climate in which we find ourselves these days is troubling. In the midst of the complexities of our world, it is easy to become distracted, to lose patience, to become gripped by fear, and to undermine the dignity of the human being next to us or at a distance. We have just experienced an intense time in the nation's capital following a long pandemic that has tested us in many ways. This experience has been felt in many ways in our families, our parishes and our workplaces. The accumulated frustrations have manifested themselves in different ways, leaving us with people who are wounded, misunderstood, vulnerable and in search of profound peace. What can we say about our brothers and sisters in Ukraine who are shaken these days by the unjustified Russian invasion of their country? I count myself among those who are concerned about the serious consequences of a war that could take on global dimensions. Let us pray for peace and a just resolution to this international crisis. To establish peace around us and in our world, we first must have divine peace in our hearts. True peace can only take shape and transform our actions through an intentional and lasting communion with our Lord Jesus Christ. It is in Him that we will find the Way, the Truth and the Life. In Him alone will we discover the merciful love that heals, forgives and transforms even the most wounded of hearts. Our hope rests in Him alone who remains faithful to His Father and who promises us eternal life. It will therefore be essential to make this Lenten season a sincere time of conversion in the footsteps of Jesus Christ. As our churches reopen to full capacity for the liturgies and devotions of our rich tradition, thanks to changes in the restrictions imposed by the pandemic, let us take advantage of this grace to renew our faith and our religious practice. Let us pray intentionally for peace in our personal and community devotions. Let us adopt the daily practice of listening to the Holy Spirit who dwells in our hearts and who unites us to the Father and the Son. This is the spirit in which we are invited to live the synodal process launched by Pope Francis. It is an invitation to all members of the Church to listen to the Holy Spirit in order to be more united in our efforts to build the Kingdom of God. This learning to listen to one another throughout this synodal process is the way in which the Holy Father wishes to unite the diversity within our Church that tends to divide our great family. This is one of 5 key principles of our diocesan synodal process (this document will soon be posted on [Synod 2021-2023 - Catholic Archdiocese of Ottawa-Cornwall - Cornwall, Ontario \(archoc.ca\)](https://www.archoc.ca)). While giving everyone a chance to freely express their thoughts and desires for our Church, this spiritual exercise should seek to unite and revitalize our Church, not divide it. Let us support one another in prayer and charity throughout this Lenten season.

✠Marcel Damphousse, Archbishop of Ottawa-Cornwall

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