



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 - 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: _____

FOURTH SUNDAY OF LENT



Mar 14 – 4th Sunday of Lent

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

Mar 21 – 5th Sunday of Lent

Jeremiah 31.31-34
Hebrews 5.7-9
John 12.20-33

Parish Calendar

Mon, Mar 15 9:00 am **Mass**
Tue, Mar 16 9:00 am **Mass**
9:30 am Women's Fellowship
Thu, Mar 18 9:00 am **Mass**
Fri, Mar 19 **St. Joseph**
9:00 am **Mass**
Sat, Mar 20 5:00 pm **Mass**
Sun, Mar 21 **Fifth Sunday of Lent**
10:30 am **Mass**
and **MASS** will be available on the church
website: www.holyspiritparish.ca

There will be a special collection for **Development & Peace**
/ Share Lent the weekend of **March 20 & 21, 2021.**

Mass Intentions

Sat, Mar 13 – 5:00 pm

For the intentions of all parishioners

Sun, Mar 14 – 10:30 am

†Leo Gregory by Muriel & Family

†Fr. Paul McKeown by Nancy & Dennis Carisse

†Patricia Fitzpatrick by Suzanne O'Hara

†Jack Highley by Anne & Richard

Mon, Mar 15 – 9:00 am

†Teresa Girardi by Joe & Donella Gabriele

Intentions of Marion DiGaspari by Margaret Mulvihill

Tue, Mar 16 – 9:00 am

†Patricia Clost by Lillian & Lionel

Intentions of Gerry Hurley by Wally & Joan Moroz

Thu, Mar 18 – 9:00 am

†Kathryn Gillis by Elaine McBane

Intentions of Patricia DiGaspari by Marion DiGaspari

†Patrick O'Donnell by O'Donnell & Devenny Families

Fri, Mar 19 – 9:00 am

†Theresa & †Francis Bafaro by Marian Hearn

Intentions of Isabella Torchia by Marion DiGaspari

†Fr. Brady McNamara by Faranda Family

Sat, Mar 20 – 5:00 pm

Deceased members of the Troy Family by David &
Shirley Pipkins

Intentions of Margaret Fairfield by Shirley Fairfield

Intentions of Pat Foley by Shirley Fairfield

Sun, Mar 21 – 10:30 am

For the intentions of all parishioners

Please pray for those who are sick: Pat, Lillian, Connie O'Brien, Gerard, Claude Marcil, Jeannine Meunier, Nicole Coates

Please pray for those who have died: †Fr. Brady McNamara; †Joan Yeldon; †Theresa Yeldon, wife of Wayne; †Herman Groetelaars, father of Fr. Louis Groetelaars;

† Indicates Deceased

PRAYER FOR FAMILIES

God who so loves the world, draw us into your longing for the salvation of all people. Find us at the edges of our own irritation and injury, praying and sacrificing for the salvation of those we find hardest to like. To love as much as you love, merciful Father, we pray to the Lord. 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.

PRAYER FOR VOCATIONS

That we may have faithful priests, deacons, and consecrated religious to guide us just as Jesus was the light that came into the world, we pray to the Lord.

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.

An Examination of Conscience for Lent

Whatever *Is Honorable*...

~ Am I using my gifts and talents for God's glory?

~ Do my goals in life reflect gospel values, or are they based more on self-centered, worldly ambitions?

~ Do I speak to other people – and about them – in a way that is respectful and straightforward?

From The Word Among Us Lent 2021

Word from the Pastor

For God so loved the world that God gave his only Son, so that everyone who believes in him might not perish but might have eternal life. In John's Gospel, to "believe" in Jesus is to "act in truth," or "do the truth." It is not just about applauding Jesus from the sidelines. It's doing what we claim to believe. We believe in Christ because we have received the gift of grace from our out-reaching God. Lent calls us to reflect on this gift and then act out of the new life it gives us. Have I been more of a sideline Christian than a full time participant? What change can I make this Lent to be more committed to doing faith?

Tips for Virtual Meeting Attendees

1. Mute your microphone
2. Be mindful of background noise
3. Position your camera properly
4. Limit distractions
5. Avoid multi-tasking
6. Prepare materials in advance
7. Dress appropriately
8. Speak up

St. Francis of Assisi said, "Men lose all the material things they leave behind them in this world, but they carry with them the reward of their charity and the alms they give. For these they will receive from the Lord the reward and recompense they deserve."

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics
Sibling rivalry of biblical proportions The Parable of the Prodigal Son could as easily be called the Parable of the Bitter Brother. The story might have ended with the celebration at the return of the repentant prodigal. But instead we are left to ponder the feelings of the "good son," the obedient one who followed all the rules but never got a party thrown in *his* honour. It's a very human story, reenacted in nearly every family in one form or another. "Mother always liked you best." "You were Dad's favorite." "All we ever did was bail you out of trouble." Will the bitter brother in the gospel story reconcile? Has bitterness or division in your own family been reconciled? Consider being the reconciler who brings it about.

"Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends."

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LENTEN LITANY ON FASTING AND FEASTING

Fast from hostility;	Fast from personal anxiety;
Feast on non-resistance.	Feast on eternal Truth.
Fast from bitterness;	Fast from facts that depress;
Feast on forgiveness.	Feast on truths that uplift.
Fast from self-concern;	Fast from discouragement;
Feast on compassion for others.	Feast on hope.

~ William Arthur Ward

Expansion of MAID Poses Danger to the Disabled and Mentally Ill: The Senate has amended Bill C-7. If these amendments pass the House of Commons, it will make it much easier for vulnerable Canadians to access assisted suicide and euthanasia putting them at increased risk. The amendments are: 1. Allowing people to write advance directives that require euthanasia to be administered if they are sick or disabled and lose the ability to make their own medical decisions. 2. Removing the restriction on euthanasia for people whose primary diagnosis is mental illness. This change will automatically take place 18 months after the Bill is passed. The Senate's amendments will soon be sent back to the House of Commons for approval. Please register your concern to your Member of Parliament by using the following link from the [Coalition for Healthcare and Conscience](http://www.CanadiansForConscience.ca): www.CanadiansForConscience.ca

Prayer to St. Joseph

Glorious Patriarch Saint Joseph, whose power makes the impossible possible, come to my aid in these times of anguish and difficulty. Take under your protection the serious and troubling situations that I commend to you, that they may have a happy outcome (*here make your request*). My beloved father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power. Amen.

Please consider a Bequest – Make a Will

Please remember Holy Spirit Parish in your Will. For proper wording of the bequest in your will or for any other information please contact the Development Office of the Archdiocese at 613-738-5025 or www.archoc.ca

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: _____

Phone Number: (613) _____

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

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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