



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
Administrative Assistant, 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: _____

THIRD SUNDAY IN LENT



March 15 – Third Sunday of Lent

Exodus 17.3-7
Romans 5.1-2, 5-8
John 4.5-42

March 22 – Fourth Sunday of Lent

1 Samuel 16.1,6-7,10-13
Ephesians 5.8-14
John 9.1-41

Parish Calendar March 16 – March 22

Mon. 16	6:00 pm	Adoration
	6:00 pm	Knights of Columbus General/Executive Meeting
	6:10-6:40 pm	Reconciliation
	7:00 pm	MASS
	7:00 pm	Catholic Women's League Special Events Planning
Tues. 17	8:20-8:45 am	Reconciliation
	8:30 am	Rosary
	9:00 am	MASS
	9:30 am	Women's Fellowship
Thurs. 19 St. Joseph	10:00 am	Cenacle of Marian Movement of Priests
	6:00 pm	Adoration
	6:10-6:40 pm	Reconciliation
	7:00 pm	MASS
	7:30 pm	Small Faith Group
Fri. 20	8:20-8:45 am	Reconciliation
	8:30 am	Rosary
	9:00 am	MASS
	9:30 am	Flame of Love
Sat. 21	6:00 pm	Stations of the Cross
	4:15-4:45 pm	Reconciliation
Sun. 22 Fourth Sunday of Lent	5:00 pm	MASS
	9:00 am	MASS
	10:00 am	Rosary
	10:30 am	MASS

The weekend of March 21/22, 2020 Father Pierre Champoux will celebrate Masses for Vocation Sunday.

Diocesan Theme: Christ is everything for us. "Lord, to whom can we go? You have the words of eternal life". (John 6.68).

Prayer for Vocations –

Fourth Sunday of Lent – March 22. That like the man born blind, we will allow Jesus to open our eyes and hearts to His will and to inspire more men and women to respond to His call to serve Him and His Church as priests, deacons and in the consecrated life, we pray to the Lord.

Lenten Examination of Conscience - Ecological Responsibility: When preparing for confession do we reflect on our impact on all God's creation including the poor, our children and future generations? Do we pollute the earth with what we purchase, send waste to landfill that can be recycled/composted, contribute to climate change by wasting energy? Pope Francis calls us to conversion to a 'prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption'(LS222). Info: John Dorner (jdorner@archottawa.ca).

Mass Intentions

Sat., March 14 – 5:00 pm

†Leo Gregory by Muriel and Family
†Leo Gregory by Elisabeth and Max
†Luigi Lolli by Bianca Lolli and Family
†Jack Highley, Father of Anne Konchak

Sun., March 15 – 9:00 am

All Parishioners

Sun., March 15 – 10:30 am

†Jose Santos by Ana Santos

Mon., March 16 – 7:00 pm

For a cure of the Corona virus

Tues., March 17 – 9:00 am

†Nelson Cybulski by Nancy O'Brien

Thurs., March 19 – 7:00 pm

Our Children & Grandchildren by the Praying Mothers

Fri., March 20 – 9:00 am

†Fern & †Lucette Marcil by Jeannie & Jacques Marcil

Sat., March 21 – 5:00 pm

†Pat Mangione by Jackie & Ross Pilley

Intentions of Margaret & Graham Pappin by Dolores & Warren Bahen

Sun., March 22 – 9:00 am

†Greta Hoegy by Mary Jeffrey

Intentions of Marion DiGaspari by Margaret Mulvihill

†Ray & †Lola Foley by Leonard Foley

Sun., March 22 – 10:30 am

All Parishioners

We pray for those who are sick:

Sarah, Brittany Cane-Erwin, Bob husband of Susan, Pat, Isaac, Margaret Beazley, Ralph, Steven Major

We pray for those who have died:

†Sr. Betty Berrigan, St Joseph, Pembroke

†Pierrette Mousseau, mother of Sylvia

† Indicates Deceased



STITTSVILLE FOODBANK NEEDS: Tea, coffee, hot chocolate, canned salmon, pancake mix, syrup, soda crackers, fruit cups, apple sauce, canned vegetables, stews, chilli, condiments, rice, and dried beans – stock is low. Please check expiry dates before donating.

STATIONS OF THE CROSS: Please join us **Friday, March 13 at 6pm** in our Lenten journey followed by a poverty meal hosted by Catholic Women's league. Everyone is welcome.

To All Dog Walkers: A meeting is planned for **Thursday, March 26, 7:30 pm in the Church Hall** to address everyone's expectations on utilizing the church parking lot.

Wedding Anniversary Mass of Thanksgiving: Information and online registration for the Diocesan Wedding Anniversary Mass on **Sun., May 3** at Notre Dame Cathedral is available at catholicottawa.ca/wedding-anniversary-mass.

Word from the Pastor

From today's Exodus reading: God instructed Moses "Strike the rock and the water will flow from it for the people to drink." In the desert, Israel and we learn to trust God. That's not something we learn all at once. Instead, as God provides for us each day, we are reminded again and again of our dependence on God and God's gracious generosity towards us. "Give us this day our daily bread." It's a prayer often said and learned through experience, one day at a time. For what am I thirsting now? What has quenched this thirst in the past? Where will I find the waters to quench my thirst now?

Welcome to Tamara Fortin who has been hired fulltime in the Office. Thank you to Jan and Allison for their dedicated ministry to the Parish.

In church one Sunday morning, a preacher said, "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar." With that, Leroy got in line, and when it was his turn, the Preacher asked, "Leroy, what do you want me to pray about for you?" Leroy replied, "Preacher, I need you to pray for help with my hearing." The preacher put one finger of one hand on Leroy's ear, placed his other hand on top of Leroy's head, and then prayed and prayed. He prayed a "blue streak" for Leroy, and the whole congregation joined in with great enthusiasm. After a few minutes, the preacher removed his hands, stood back and asked, "Leroy, how is your hearing?" Leroy answered, "I don't know. It ain't 'til Thursday."

All unclaimed income tax receipts have been mailed out for contributions to the Parish in 2019. Thank you to all donors.

Monsignor Joseph Muldoon

PARISH AND COMMUNITY NEWS AND EVENTS:

Weekend Retreat for Deaf Catholics - The Joy of the Gospel: To strengthen your faith. Presented in American Sign Language by Sr. Kathleen Schipani, IHM, Director of the Deaf Apostolate, Archdiocese of Philadelphia, PA, USA. Chaplain: Fr. Peter Monty, SJ. At Maison Notre Dame de la Providence, Orleans, **March 27-29**. Cost: \$55. Registration deadline: March 17. Info: maureen.cerroni@gmail.com.

UNBOUND Five Keys Conference: UNBOUND incorporates practical direction on how to respond to the Gospel in 5 key areas. Miriam Wright, International speaker. Fr. Tim Devine, CC, Father's Blessing. At Holy Redeemer Parish, 44 Rothesay Dr., **April 4, 9:00 am - 4:00 pm** (Mass 8:00 am). Cost: \$30. Info/registration by Mar. 28: unboundottawaregister@gmail.com

By My Side - A Program of Spiritual Friendship and Healing for Separated and Divorced Catholics: Led from a Catholic faith exploration perspective, the program is designed to help participants find reconciliation, peace and healing. Info: www.bymyside.ca; Mary Jane Manley 613-294-1308. Cost: \$40 for 6 weeks. At Queen of the Most Holy Rosary Catholic Church Hall. For women, starts **Tues., Mar. 24, 7-9 pm**. For men, starts **Thurs., Mar. 26**.

Standing Committee for Responsible Ministry Holds Inaugural Meeting: The inaugural meeting of the Canadian Conference of Catholic Bishops' Standing Committee for Responsible Ministry and the Protection of Minors and Vulnerable Persons was recently held in Ottawa. The first permanent structure of its kind within the CCCB, the membership of the Standing Committee involves 16 people, including 4 Bishops, victims-survivors, and experts from the fields of safeguarding, psychology, and law (canon and civil). The meeting of the Standing Committee members represents an important step for the Church in Canada in its commitment to address the grave harm sexual abuse caused to victims and their families, and to ensure all pastoral environments are safe.

Day Retreat for Women to Prepare for Holy Week – "The Theology of Liturgy": To enrich our understanding and experience of Holy Week. Speaker: Fr. Martin Farrell o.p. Includes Mass, free on-site parking and buffet luncheon. Dominican University College, 96 Empress Ave., **Sat., Mar. 28, 9:00 am – 2:30 pm**. Cost: \$40. All women are invited. Pre-register by Mar. 21: Karen (613-806-0377); (livesisterhood@gmail.com); (www.sisterhood.live/retreats/).

Annelies The Diary of a Young Girl: presented by the Ottawa Choral Society **Sunday, March 29, 2020 at 3:00 pm** at Church of St. Francis of Assisi. For more info visit ottawachoralsociety.com

Archbishop Prendergast addressing the issue of the Coronavirus (COVID-19)

The best precautions being recommended are to wash one's hands, to cough into one's sleeve and to avoid touching one's face. We should remind our people that if they are unwell, they should stay home: the Sunday obligation does not bind those who are ill.

EASTER ALTAR FLOWERS

If you would like to donate toward flowers in celebration of a loved one's birthday, anniversary, in memorial or in thanksgiving, 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 before Easter Sunday.. All intentions will be printed in a bulletin.

(PLEASE PRINT CLEARLY)

Name of person(s) or intention: _____

Name of person making the donation: _____

Phone Number: (613) _____ Amount(circle): \$25 \$50 \$100 or _____ Envelope No. _____

ADAM MILLER KELLY
 PROFESSIONAL CORPORATION
BARRISTERS & SOLICITORS
 MARY MILLER
 JENNIFER GASPAR • ROBERT PACAN
 300 March Rd., #601 **613-592-6290** amk-law.ca



Design & Build Ltd.
 Custom Landscape Design & Build
 613-858-3169

Glen Scottish Restaurant
The Best Fish & Chips in the Valley
 1010 Stittsville Main St.
 613-836-5622
 www.theglen.ca

Because family matters!
613-591-6580
 kellyfh.ca/Kanata



Kelly
 Funeral Home - Kanata
 by Arbor Memorial
 Arbor Memorial Inc.

LAURYSEN
KITCHENS
 KITCHENS | VANITIES | CLOSETS

2415 Carp Rd., Stittsville
613-836-5353
 www.laurysenkitchens.com

Call 1-800-268-2637 for this space

Eat Shop Spend and Enjoy LOCAL
 please support the businesses that support your parish

Liturgica Inc.
 GIFTS & SOUVENIRS
 FOR ALL RELIGIOUS OCCASIONS
 602-1260 Old Innes Rd.
 (Innes Rd. & St. Laurent Blvd.)
613-745-1537 www.liturgica.ca

Call 1-800-268-2637 for this space

Postcard Perfect
 TURFGRASS SPECIALISTS LTD.
 (613) 831-4246
 info@postcardperfect.ca
 www.PostcardPerfect.ca



Remember...
 Let our advertisers know you saw their ad here.



Allstate
 You're in good hands.
 Allstate Insurance Company of Canada
 18-462 Hazeldean Rd., Kanata



Sandy Villeneuve Elson
 Agent
613.592.8283
 svilleneuve@allstate.ca
 www.allstate.ca

Napolis Cafe
 Ristorante Italiano
 1300 STITTSVILLE MAIN STREET
613.836.7722
 NAPOLISCAFE.COM

Secure, Memory Care in Kanata *At Its Finest*
 Call Bonnie for a Complimentary Tour & Lunch
613.806.3516

Messy Maid
 Makes Your Day!
613-612-6243
 www.messymaid.com



Special Offer for Parishioners
 Worry-Free Cleaning Services

DANNY NAILS & SPA



THE Courtyards ON EAGLESON
 An All Seniors Care Living Centres Residence
 630 Eagleson Rd., Kanata, ON
 allseniorscare.com

arbique&ahde
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. 613-836-2240 info@arbiqueahde.com

NAILS AND WAX
 500 Hazeldean Rd.
 www.DannyNailsSpa.ca
 613-836-8819

THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!



TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637

THOMAS CAVANAGH CONSTRUCTION LIMITED
 9094 Cavanagh Rd. Ashton, ON
613.257.2918 www.thomascavanagh.ca

"Professional and Bilingual Assistance in Buying and Selling"

Jean-Guy A. Finningan, ABR
 5517 Hazeldean Road, Unit 1
 Ottawa, ON K2S 0P5
613.769.2319
 jgafininningan@gmail.com



RE/MAX **CHEO**
 AFFILIATES REALTY LTD. BROKERAGE FOUNDATION FOUNDATION

A portion from the sale of every home sold by this Sales Representative is donated to C.H.E.O

613-728-4780




Thomas A. PEGG
 PLUMBING AND HEATING LTD.

 Shopping Locally Saves Gas!