



# 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](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Sean Flynn, Youth/Sacramental Coordinator, [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)  
Administrative Assistant, [admin@holyspiritparish.ca](mailto: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: \_\_\_\_\_

## FIFTH SUNDAY OF LENT



### Mar 21 – 5th Sunday of Lent

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

### Mar 28 – Palm Sunday of the Passion of the Lord

Mark 11.1-10; Isaiah 50.4-7  
Philippians 2.6-11  
Mark 14.1-15.47

#### Parish Calendar

**Mon, Mar 22** 9:00 am **Mass**  
**Tue, Mar 23** 9:00 am **Mass**  
9:30 am Women's Fellowship  
**Thu, Mar 25** **The Annunciation of the Lord**  
9:00 am **Mass**  
**Fri, Mar 26** 9:00 am **Mass**  
**Sat, Mar 27** 5:00 pm **Mass**  
**Sun, Mar 28** **Palm Sunday of the Passion of the Lord**  
10:30 am **Mass**  
and **MASS** will be available on the church  
website: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

#### Mass Intentions

**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  
**Mon, Mar 22 – 9:00 am**  
Intentions of Marion DiGaspari by Margaret Mulvihill  
†Phil & †Josh by Joan & Family  
**Tue, Mar 23 – 9:00 am**  
In thanksgiving for favours received by Joan  
Intentions of Margaret Mulvihill by Marion DiGaspari  
**Thu, Mar 25 – 9:00 am**  
Intentions of Justin Gifford by Dolores & Warren  
†Larry Whelehan & †Mark Schroeder by Eileen  
Intentions of Marie Budden  
**Fri, Mar 26 – 9:00 am**  
In thanksgiving by Suzanne O'Hara  
†Patrick O'Donnell by O'Donnell & Devenny Families  
**Sat, Mar 27 – 5:00 pm**  
For the intentions of all parishioners  
**Sun, Mar 28 – 10:30 am**  
†Fr. Paul McKeown by Nancy & Dennis Carisse  
†Patricia Fitzpatrick by Suzanne O'Hara  
†Ray Foley by Leonard Foley

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

**Please pray for those who have died:** †John Crowe, husband of Marie; †Fernand Mayer, father of Deacon Jacques Mayer; †Walter Prince, husband of Sheila  
† Indicates Deceased

#### PRAYER FOR FAMILIES

God of life, create in us clean hearts filled with your law of love. May we be consumed by the task you have given us to follow you to the ends and edges of love. 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

For all those being called to the priesthood, diaconate and consecrated life, that they may deepen their faith in Christ who calls them to glorify God in a profoundly personal way through their vocations, we pray to the Lord.

#### Holy Week Celebrations

##### Holy Thursday, Mass of the Lord's Supper April 1<sup>st</sup> at 7:00 pm

Bring bells to ring at the Gloria.  
Adoration of the Blessed Sacrament continues  
until 9:00 pm.  
Please bring a donation for the Food Bank.

##### Good Friday, The Passion of the Lord April 2<sup>nd</sup> at 3:00 pm

##### Holy Saturday, Easter Vigil – First Mass of Easter April 3<sup>rd</sup> at 8:00 pm

(NOTE: NO 5:00 pm MASS)

Bring bells to ring at the Gloria.

##### Easter Sunday, The Resurrection of the Lord April 4<sup>th</sup> at 10:30 am (time is subject to change)



#### An Examination of Conscience for Lent

Whatever Is Pure...

~ Have I guarded myself against temptations to lust?  
~ Have I acted impurely, either with someone else or with myself?  
~ Am I treating my husband or wife with honour and respect?

From The Word Among Us Lent 2021

"Apart from the cross, there is no other ladder by which we may go to heaven."

~ St. Rose of Lima

## Word from the Pastor

Some Greeks who had come to worship at the Passover Feast came to Philip, who was from Bethsaida in Galilee, and asked him, “Sir, we would like to see Jesus.”

Jesus and his disciples hadn’t preached to these Greeks. They didn’t proselytize them, they came of their own free will. What was the attraction? They and we are attracted by the One who, in his hour, is a completely faithful servant to God; who shows total generosity, willing to give up everything for us, without holding back anything in reserve. How have we benefitted from the sacrifices others have made on our behalf? What sacrifices are we being asked to make for the well being of others? How have we experienced the fruits of these sacrifices in our own lives?

The Diocese of Arusha, Tanzania has been greatly affected by the Pandemic, with many infected and orphaned. Bishop Prosper Lyimo responded to our generosity when our Parish sent a donation to the people and they are appreciative of our gift to them.

*Monsignor Joseph Muldoon*

**Take Five for Faith: Daily renewal for busy Catholics**  
**Don’t look at me** During Lent, it’s easy to imagine we’re scoring points with heaven by all this fasting, praying, and almsgiving. Giving up binge-watching for a season, spending 15 minutes daily in contemplation, or funding a different cause each Friday are all worthy activities that may deepen our commitment to faithful living. None of these practices will actually buy us a ticket to paradise, however. Grace is free and unearned, so we can’t boast about it. Our Lenten practices are simply our way of saying “Thank You” to the Giver of all good gifts.

*“It is the gift of God; it is not from works, so no one may boast.”*

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### LENTEN LITANY ON FASTING AND FEASTING

Fast from lethargy;                      Fast from problems that overwhelm;

**Feast on enthusiasm.**                      **Feast on prayer that undergirds.**

Fast from suspicion;                      Fast from shadows of sorrow;

**Feast on truth.**                      **Feast on the sunlight of serenity.**

Fast from thoughts that weaken;                      Fast from idle gossip;

**Feast on promises that inspire.**                      **Feast on purposeful silence.**

~ William Arthur Ward

### February 2021 Financial Summary

Total Revenue            \$22 976.00

Total Expenses            \$20 418.89

Net Income                    \$ 2557.11

*\*Upcoming expenses for the parish: metal shingles for the tower roof \$31 500.00*

Thank you for your ongoing support of the parish.

Dear Lay Faithful,

Inspired by Pope Francis’s newest encyclical, *Fratelli Tutti*, this year Development and Peace’s Lenten campaign, *Share Love, Share Lent*, invites us into a global solidarity. Pope Francis writes, “All of us have a responsibility for the wounded, those of our own people and all the peoples of the earth. Let us care for the needs of every man and woman, young and old, with the same fraternal spirit of care and closeness that marked the Good Samaritan” (79). This Fifth Sunday of Lent, or ‘Solidarity Sunday’ is designated by the Canadian Conference of Catholic Bishops for a collection for Development and Peace – Caritas Canada. Now into our second year of the global pandemic, there is much upheaval in many of our lives – and even more so for our brothers and sisters in the Global South. I invite each according to their means to give generously. Thank you in advance for promoting the fraternity and social friendship of which Pope Francis speaks. Wishing you and yours continued blessings in this Lenten season. In Christ, +Marcel Damphousse, Archbishop of Ottawa-Cornwall

### Prayer Shawl Ministry

This year marks the 10<sup>th</sup> anniversary of the Holy Spirit Prayer Shawl Ministry – a ministry whose mission is to provide prayer shawls to those who are suffering in any way, whether through illness, grieving, or loneliness. When wrapped around you, the prayer shawl is like the hand of God holding you close and giving you comfort and peace.

In spite of the difficulties presented by the coronavirus pandemic, over the last year the ladies of the Prayer Shawl Ministry have met through Zoom and kept busy knitting and crocheting shawls for those in need. If you know of anyone who would benefit by receiving a prayer shawl, please contact us at [prayershawlministry@gmail.com](mailto:prayershawlministry@gmail.com). Free will donations are accepted. We are here to serve.

### 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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