



# 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)  
Father John Orban, Associate Pastor, [john@holyspiritparish.ca](mailto:john@holyspiritparish.ca)  
Jean-Pascal Moquin, 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. - 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.

**DEADLINE FOR WRITTEN SUBMISSIONS  
FOR PARISH BULLETIN: Tuesday, noon**

### 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

Pauline Foley, President 613-836-9444

### KNIGHTS OF COLUMBUS

Joseph Carbonetto, Grand Knight 613-831-0411

### PARISH FINANCE COUNCIL

Steve Campanelli, Chair 613-793-6389

### 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: \_\_\_\_\_

## EIGHTH SUNDAY OF ORDINARY TIME



### March 3 – Eighth Sunday in Ordinary Time

Sirach 27.4-7  
1 Corinthians 15. 54-58  
Luke 6.39-45

### March 10 – First Sunday of Lent

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

### Parish Calendar March 4 – March 10

<b>Mon. 4</b>	<b>St. Casimir</b>	6:00 pm Adoration 6:10-6:40 pm Reconciliation 6:30 pm Rosary 6:30 pm Decision Point (Confirmation Prep) 7:00 pm <b>MASS</b> 7:30 pm CWL Meeting 7:30 pm KOC Executive Meeting
<b>Tues. 5</b>		8:20-8:45 am Reconciliation 8:30 am Rosary 9:00 am <b>MASS</b> 9:45 am Women's Fellowship
<b>Wed. 6</b>	<b>Ash Wednesday</b>	9:00 am <b>MASS</b> 7:00 pm <b>MASS</b>
<b>Thurs. 7</b>	<b>St. Perpetua and St. Felicity</b>	10:00 am Cenacle of Marian Movement of Priests 11:00 am Mass at Hazeldean Gardens 6:00 pm Adoration 6:10-6:40 pm Reconciliation 6:30 pm Rosary 7:00 pm <b>MASS</b> 7:00 pm Baptism Preparation 7:30 pm Small Faith Group
<b>Fri. 8</b>	<b>St. John of God</b>	8:20-8:45 am Reconciliation 8:30 am Rosary 9:00 am <b>MASS</b> 9:30 am Flame of Love 6:00 pm CWL Mary's Way of the Cross and Lenten Poverty Dinner 6:30 pm The Harvest Youth Group
<b>Sat. 9</b>	<b>St. Frances of Rome</b>	4:15-4:45 pm Reconciliation 5:00 pm <b>MASS</b>
<b>Sun. 10</b>	<b>First Sunday of Lent</b>	9:00 am <b>MASS</b> 10:00 am Rosary 10:30 am <b>MASS</b> 6:30 pm Decision Point – (Confirmation Prep)

Reminder that clocks "spring" forward  
the night of Saturday, March 9, 2019.

### MARY'S WAY OF THE CROSS

Please join the Catholic Women's League at Holy Spirit Parish on **Friday, March 8th at 6:00 pm** for Mary's Way of the Cross which "follows the Mother of Jesus as she walks the road to Calvary", followed by a Poverty Dinner. All are welcome.

### STITTSVILLE FOOD BANK

Our local Food Bank is in need of the following items: canned stews and chili, instant coffee, soda crackers, apple sauce, fruit cups, canned fruit, toilet paper, Kleenex, Cheez Whiz, condiments (mustard, ketchup, relish and mayonnaise).

### Mass Intentions

#### Sat., March 2 – 5:00 pm

Intentions of the people of Venezuela by Cenacle of the Marian Movement of Priests  
†Anne Cillis and †Margaret Asquith by Jacinta and Tony Asquith  
†Patricia Ryan-Commando by David and Terry Ryan

#### Sun., March 3 – 9:00 am

All Parishioners

#### Sun., March 3 – 10:30 am

†Garfield Ogilvie by the Dalrymple Family  
†Matthew McConville by Kathleen McConville and Family  
†Gladys Tanguay by Kevin O'Hara

#### Tues., March 5 – 9:00 am

†Adrian Cozzolino and †Alina Lusito by Nick Lusito

#### Wed., March 6 – 7:00 pm

†Luigi Lolli by Bianca Lolli and Family

#### Thurs., March 7 – 7:00 pm

†Denis St. Amour by Praying Mothers

#### Sat., March 9 – 5:00 pm

†John Krahulec by Janet and Bill Truchan and Family  
†Mary Roach by Josefina Graham and Family  
Intentions of Pope Francis by the Cenacle of the Marian Movement of Priests

#### Sun., March 10 – 9:00 am

Intentions of the Turner and Clarke Families  
Living and Deceased Members of the Catholic Women's League  
†Maria Girardi by Donella and Joe Gabriele

#### Sun., March 10 – 10:30 am

All Parishioners

† Indicates Deceased



### WEDDING ANNIVERSARY BLESSINGS March 16/17



If you are celebrating an anniversary in March and would like your marriage blessed at one of the masses on the weekend of March 16 and 17, please call the office and leave your name, the number of years married and the mass you plan to attend.

### PASTORAL PERSPECTIVES ON END OF LIFE ISSUES

is a free seminar organized by our Pastoral Care Team to help you understand the medical circumstances and pastoral care options surrounding end of life issues.

Medical, health and pastoral care professionals will share information and answer questions on these important issues. All are welcome to attend, **Sunday March 24th 1-4pm** in the parish hall. Please contact the office or Fr. John for further information.

### INCOME TAX RECEIPTS FOR 2018

All unclaimed income tax receipts have now been sent out by mail.

### PALMS

Quite a few parishioners have brought in old palms – thank you. The deadline is Shrove Tuesday.

## Word from the Pastor

Jesus said: "A good person out of the store of goodness in their heart produces good, but an evil person out of a store of evil produces evil, from the fullness of the heart the mouth speaks." St Luke 6:9-45. Our individual hearts need tending. Our church heart needs attention as well. For example: our church communities do not always produce the good fruits of mutual forgiveness; we can be judgmental towards non-members; we may not communicate hospitality to the outsider and marginalized, etc. How would you describe your parish community's heart? What can you do to add to "the store of goodness" in your parish?

Copies of The Word Among Us are available for parishioners for Lent.

There will be a second collection March 9 and 10, 2019 for Diocesan and Missionary Works.

We have found a monstrance for adoration of the Blessed Sacrament at a cost of \$3,200. If you are interested in supporting the new altar appointments through a special donation, please make it payable to Holy Spirit Parish (Altar Appointments) and place it in the Sunday Collection or give it to the office. Thank you.

*Monsignor Joseph Muldoon*

### YOUTH MINISTRY

This week at The Harvest, we kick off Lent with a night of prayer and learning about the Rosary. Where does it come from? Why do we pray it? How can it change our Lenten experience? What does it have to do with roses? Join us this week at The Harvest from **6:30-8:30 pm** in the church hall as we answer these questions as well as share in fellowship, games and snacks.

### COMMUNITY EVENTS:

**2019 Journey of Hope – for Separated and Divorced Catholics:** Led from the perspective of the Catholic faith; designed to help participants find reconciliation, peace and healing. Women's session **Tues., Mar. 19**; men's session **Thurs., Mar. 21**. Sessions run 6 weeks, 7:00 - 9:00 pm at Queen of the Most Holy Rosary parish hall, 20 Grant St. Cost: \$25. Info & registration: [www.journeyofhopeottawa.com](http://www.journeyofhopeottawa.com); Mary Jane Manley (613-294-1308).

**Retreat For Men:** One day retreat led by Auxiliary Bishop Christian Riesbeck CC on *Into the Breach*. Pre-registration required at ([www.retreat4men.org](http://www.retreat4men.org)). Cost: \$20; students \$15. Lunch by the Queenship of Mary. Donation for vocations accepted. St Augustine Parish, 1060 Baseline Rd., **Mar. 9, 8:00 am - 3:00 pm**. Info: Denis Belanger 819-962-1883.

**"Why Be Afraid? Sharing in the Joy of God and His Power over Evil."** A Lenten Mission with Deacon Doug McManaman at St John the Apostle Parish, 2340 Baseline Rd., **March 10, 11, & 12, 7:00 pm**. All are welcome. Info at parish office: 613-829-1760.

**Maryvale Academy School-Day Open Houses:** Please call the principal to register for part or all of the day (613-321-2186, ext. 2). **Thurs., Mar. 28, and Tues., Apr. 9, 8:30 am – 3:00 pm**. Maryvale Academy, 2191 Benjamin Avenue, 2<sup>nd</sup> Floor. Info: [www.maryvaleacademy.ca](http://www.maryvaleacademy.ca).

### Men's Retreat

The Holy Redeemer Knights of Columbus, Father Hezuk Shroff, the Queenship of Mary and the parish staff invite you to attend the annual KofCDavid Farrell memorial retreat, titled "The Mystery of Grace and the Indwelling of the Blessed Trinity," to be held on **16 March 2019** at Holy Redeemer Church, 44 Rothesay Drive, Kanata, 613-836-1764, E-mail [reception@holyredeemer.ca](mailto:reception@holyredeemer.ca). The retreat includes breakfast at 9:00AM, confessions, Stations of the Cross and Mass at Noon. Info available at [kofc9544.ca](http://kofc9544.ca)

## LENT 2019

### Fasting and Feasting:

Try to practice one of these each day during Lent.

1. Fast from grumbling. Feast on gratefulness.
2. Fast from food. Feast on scripture.
3. Fast from television. Feast on holy images and the crucifix.
4. Fast from idle chatter. Feast on listening.
5. Fast from loudness. Feast on silence.
6. Fasts from anger. Feast on forgiveness.
7. Fast from selfishness. Feast on generosity.
8. Fast from sadness. Feast on joyfulness.
9. Fast from complaining. Feast on thankfulness.

### 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. All intentions will be printed in a bulletin during the Easter Season.

**(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 • LILA KELLY  
 JENNIFER GASPAR • ROBERT PACAN  
 300 March Rd., #601 **613-592-6290** amk-law.ca

**WHELAN**  
 FUNERAL HOME  
  
 Sean P. Copeland • 515 Cooper St.  
 call with confidence Tel: 613-233-1488  
**A Family Owned & Operated Business since 1925**

Because family matters!  
**613-591-6580**  
 kellyfh.ca/Kanata  
  
**Kelly**  
 Funeral Home - Kanata  
 by Arbor Memorial  
 Arbor Memorial Inc.

**LAURYSSEN**  
 KITCHENS  
 KITCHENS | VANITIES | CLOSETS  
 2415 Carp Rd., Stittsville **613-836-5353**  
 www.laurysenkitchens.com

**PROLOK**  
 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



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

**Catholic Cemeteries**  
 of the Archdiocese of Ottawa  
 Hope Cemetery **613-822-1212**  
 HopeCemetery.ca  
 Notre-Dame Cemetery **613-746-4175**  
 NotreDameCemetery.ca  
 Traditional Burial • Mausoleum • Columbarium  
 Crematorium • Chapel • Monuments-Urn  
 Traditional Burial • Columbarium  
 Monuments-Urn

**Bridlewood Home Hardware**  
 Eagleson Rd.  
 (at Michael Cowpland Dr.)  
**613-599-7447**

Buying or Selling Your Home?  
**JOHNSPAGNOLI**  
 SALES REPRESENTATIVE, ABR  
 YOUR HOME IS WORTH IT  
**613-282-6917**  
 homes@johnspagnoli.com  
  
 ROYAL LEPAGE  
 Team Realty

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

**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

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

**Napolis Cafe**  
 Ristorante Italiano  
 1300 STITTVILLE MAIN STREET  
**613.836.7722**  
 NAPOLISCAFE.COM

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

**The Pottery PlayHouse**  
 A Paint Your Own Ceramic & Clay Creation Studio  
 Stittsville Main Street  
 613-831-0088  
 www.thepotteryplayhouse.ca

**Messy Maid**  
 Makes Your Day!  
**613-612-6243**  
 www.messymaid.com  
 Special Offer for Parishioners  
 Worry-Free Cleaning Services

**DANNY NAILS & SPA**  
  
**NAILS AND WAX**  
 500 Hazeldean Rd.  
 Unit 110  
**613-836-8819**

"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**  
 jgafinanningan@gmail.com  
  
  
 A portion from the sale of every home sold by this Sales Representative is donated to C.H.E.O

IT'S WISE to ADVERTISE!

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

THE PERFECT **SPOT** TO ADVERTISE YOUR BUSINESS!  
  
 TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637

**HAZELDEAN FAMILY CHIROPRACTIC**  
  
**Dr. Erin McLaughlin, D.C.**  
 484 Hazeldean Road, Kanata  
 www.hazeldeanchiropractic.com  
**613-831-9665**  
 Trusted since 2004 ~ New Patients Welcome  
 Call Today for Consultation

**613-728-4780**  
  
**Thomas A. PEGG**  
 PLUMBING AND HEATING LTD.