



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

## THIRD SUNDAY OF LENT



### Mar 7 – 3rd Sunday of Lent

Exodus 20.1-17  
1 Corinthians 1.18,22-25  
John 2.13-25

### Mar 14 – 4th Sunday of Lent

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

#### Parish Calendar

**Mon, Mar 8** 9:00 am **Mass**  
**Tue, Mar 9** 9:00 am **Mass**  
9:30 am Women's Fellowship  
**Thu, Mar 11** 9:00 am **Mass**  
**Fri, Mar 12** 9:00 am **Mass**  
**Sat, Mar 13** 5:00 pm **Mass**  
**Sun, Mar 14** **Fourth Sunday of Lent**  
10:30 am **Mass**  
and **MASS** will be available on the church  
website: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

#### Mass Intentions

**Sat, Mar 6 – 5:00 pm**  
For the intentions of all parishioners  
**Sun, Mar 7 – 10:30 am**  
†Tommy Pegg by Sandra McGann  
Intentions of Dalrymple Family by Linda Dalrymple  
†Isabel Farrell by Phil Rocco  
†Richard Walker by Pegg, Adam & Harris Families  
**Mon, Mar 8 – 9:00 am**  
†Patricia Clost by Joe & Donella Gabriele  
Deceased relatives of Irwin Family by Dolores & Warren  
†Sheryl MacGregor by Garvey Family  
**Tue, Mar 9 – 9:00 am**  
†Theresa & †Francis Bafaro by Marian Hearn  
Intentions of Marion DiGaspari by Timothy DiGaspari  
**Thu, Mar 11 – 9:00 am**  
†Ann Fenicin by Steve & Margie Malcolm  
Intentions of Margaret Mulvihill by Marion DiGaspari  
**Fri, Mar 12 – 9:00 am**  
†Helene Maisonneuve by Joe & Donella Gabriele  
†Max Stoppa by Tessie & Maxine Stoppa  
**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

**Please pray for those who are sick:** Pat, Lillian,  
Connie O'Brien, Gerard, Claude Marcil, Janine  
Meunier, Brady McNamara

**Please pray for those who have died:** †Norman  
Richards; †Fr. Clement Fillion

† Indicates Deceased

#### 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 those considering a call to the priesthood or consecrated life, that they will answer the call and proclaim Christ crucified, 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](mailto: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](mailto:admin@holyspiritparish.ca).

#### INCOME TAX RECEIPTS 2020

All unclaimed Official Donation Receipt for Income Tax Purposes for 2020 will be sent out by mail in the coming weeks.

#### An Examination of Conscience for Lent

Whatever *Is Lovely*...

~ Are there ways in which my witness to the gospel is tarnished, whether by my speech or my actions?

~ Do I entertain grudges or resentments? Is there someone I need to forgive?

From The Word Among Us Lent 2021



**Daylight Saving Time Begins March 14th.** Before going to bed, remember to set your clocks ahead one hour on Saturday, March 13th!

## *Word from the Pastor*

Jesus answered and said to them, "Destroy this temple and in three days I will raise it up."

During Lent we are invited to fasting, prayer and almsgiving. We don't perform these works to earn God's pleasure, or admittance into God's presence. We already have that through what Jesus has done for us. Rather, our Lenten practices help us see and respond to those too hungry to fast; too scattered to pray and too poor to give alms. Do my Lenten observances make me more sensitive to those in need? Who are they and how shall I respond to them?

St. Francis of Assisi: "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."

Reminder: As Spring gets nearer, snow and ice in parking lot go through a 'thaw and freeze' routine making it slippery and potentially dangerous. Please be careful and cautious when arriving and leaving the parish.

### **The Do's and Don'ts of Email Etiquette**

- **Do** have a clear subject line
- **Don't** forget your signature
- **Do** use a professional salutation
- **Don't** use humor
- **Do** proofread your message
- **Don't** assume the recipient knows what you are talking about
- **Do** reply to each email

*Monsignor Joseph Muldoon*

**Take Five for Faith: Daily renewal for busy Catholics**  
**Agree to disagree** There is no more timely message for our divided age of partisan politics than "love your enemies." But how is that even possible? One perspective that some find helpful is that "you don't have to *love* someone to *love* them." Love in this context is not a warm, fuzzy feeling but a decision to treat with respect, to "do unto others." A tall order, but it does help to remove the expectation that we have to become fast friends with those we oppose. And maybe it will lead to a time when we can see difficult folks as people with whom we happen to disagree, rather than mortal enemies. Jesus was all about reconciliation. Let's take up the mantle.

*"But I say to you, love your enemies."*

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*"The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain." St. Padre Pio*

## **LENTEN LITANY ON FASTING AND FEASTING**

Fast from anger;

***Feast on patience.***

Fast from pessimism;

***Feast on optimism.***

Fast from worry;

***Feast on divine order.***

Fast from complaining;

***Feast on appreciation.***

Fast from negatives;

***Feast on affirmatives.***

Fast from unrelenting pressures;

***Feast on unceasing prayer.***

~ William Arthur Ward

### **Corporal Works of Mercy**

Feed the hungry--Share what you have with those who need it, down the street or around the world. Catholic Parish Outreach, Family Promise, Helen Wright Center, Oak City Cares, Women's Center, Crop Hunger Walk

Give drink to the thirsty--Share your joy and hope with those who thirst physically or spiritually. Share the Blessings, Adult Faith Sharing

Clothe the naked--Cover those who are weak and vulnerable. Crafters for Christ, Note in the Pocket, Share Tree

Shelter the Homeless--Help provide housing; make everyone welcome in the home of your heart. Door Fund, Habitat for Humanity

Visit the imprisoned--Help prisoners and those confined by fear, sadness, or illness. Prison Ministry

Visit the sick or disadvantaged--Be there for people who need you. Support Circles

Bury the dead--Remember with love and respect those who are separated by distance or death.

### **Spiritual Works of Mercy**

Counsel the doubtful, build relationships--Be a good listener and let others know how good they are. St. Monica  
Instruct the ignorant--When asked, share your advice and experience gently; advocate to make a better world. Creation Care Network, Justice for Immigrants

Warn the unjust--Challenge things you know are wrong and let others know there are better choices. Courageous Conversations--Nonviolence, Racism

Forgive all injuries--Don't carry a grudge and be merciful.

Bear wrongs patiently--Give others and yourself the room to make mistakes.

Comfort the sorrowing--Be someone to lean on in times of distress. Beginning & End of Life

Pray for the living and the dead--include the whole human family and all creation in your prayers. Adult Contemplative Prayer

Let us be renewed by God's mercy ... and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish--Pope Francis (3/31/13)

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