



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: _____

THE MOST HOLY TRINITY SUNDAY



May 30 – Solemnity of the Most Holy Trinity

Deuteronomy 4.32-34,39-40
Romans 8.14-17
Matthew 28.16-20

Jun 6 – Solemnity of Corpus Christi

Exodus 24.3-8
Hebrews 9.11-15
Mark 14.12-16,22-26

Parish Calendar

Mon, May 31	Visitation of the Blessed Virgin Mary 9:00 am Mass
Tue, Jun 1	St. Justin 9:00 am Mass
Thu, Jun 3	St. Charles Lwanga & Companions 9:00 am Mass
Fri, Jun 4	9:00 am Mass
Sat, Jun 5	St. Boniface, Bishop 5:00 pm Mass
Sun, Jun 6	Solemnity of Corpus Christi 10:30 am Mass and MASS will be available on the church website: www.holyspiritparish.ca

Current COVID-19 Stay-At-Home order allows 10 people in attendance at Mass. Please pre-register one week in advance to attend a weekday Mass at Holy Spirit Parish by calling 613-836-8881.

Mass Intentions

Sat, May 29 – 5:00 pm

For the intentions of all parishioners

Sun, May 30 – 10:30 am

†Stephen Underhill by Knights of Columbus Holy Redeemer Council 9544

Living & Deceased Members of the Catholic Women's League
Intentions of Mary Jeffrey by Shani Spooner

Mon, May 31 – 9:00 am

†Joan Burns by Phil Rocco

Tue, Jun 1 – 9:00 am

Intentions of Marion DiGaspari by Margaret Mulvihill
Intentions of Jack & Dianna Parenteau by Joanne Parenteau

Thu, Jun 3 – 9:00 am

†Philip & †Joshua by Joan & Family

Fri, Jun 4 – 9:00 am

†Patrick O'Donnell by O'Donnell & Devenny Families
†Pius & †Regina Francispillai by Marie Selvadurai

Sat, Jun 5 – 5:00 pm

†Jennifer Armstrong by Garvey & Elford Families
Intentions of Marie & Judette

†Gord Atkinson by Virginia Harris

Sun, Jun 6 – 10:30 am

For the intentions of all parishioners

Please pray for those who are sick: Marlene, Pat, Lillian, Philippe, Carolyn, Karrin Tereschuk, Gerard, Connie O'Brien

Please pray for those who have died: †Jeanne Griffin;
†Bill McKee, husband of Veronika; †Maureen Thomson

†Indicates Deceased

PRAYER FOR VOCATIONS: That the mystery of the love of the Blessed Trinity will strengthen many men and women to respond to that love as priests, deacons and in the consecrated life, we pray to the Lord.

PRAYER FOR FAMILIES: God, the Father, Christ the Son, Spirit of Love, anoint us for your mission. Draw us into the mystery of who you are so that we might be a part of the miracle of how you love, walking us into life. 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.

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.

STITTSVILLE FOOD BANK

Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but canned fruits and vegetables, canned meat, pasta, rice, and cereal, are also needed. Please do not leave food outside, but bring your donations during office hours.

Kids in Church: A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."

Mary's fiat led her to the cross, the empty tomb and ultimately the upper room where she was once again overshadowed by the Holy Spirit. If we have the courage, as Mary did, to say yes to God's Spirit, to surrender our will to His, we too will experience the power of the Most High overshadowing us. ~ Fr. Dave Pivonka, TOR from The Wild Goose series

Word from the Pastor

The Most Holy Trinity: The sign of the Cross begins and ends our prayers and our Liturgy. It symbolizes who we are as Christians in our life of faith. We worship God in three divine persons. They dwell within us through Baptism and guide us along our pilgrim way. The Father constantly creates and gives life. The Son receives life from the Father and gives it back in gratitude. As this flow of life, this giving and receiving, goes on, gratitude intensifies and an energy, a spirit, the Holy Spirit, is created. To live in the Spirit is to live in the divine energy of love in wondrous gratitude.

Please Consider Remembering Holy Spirit Parish in Your Will: For more information on making a bequest to Holy Spirit Parish, please call the Pastor at 613-836-8881.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics Solitude and solidarity Many have experienced more solitude than they care for during the pandemic, but it'd be a shame to lose the lessons of the experience once it's over. Catholics have a strong tradition of finding the sacred in solitude. The monastic life, for example, is all about withdrawing from society to draw closer to God and ultimately to each other. Turning inward is an opportunity for growth. Ritualizing the routines of life—in the midst of grief and stress and fear—helps to maintain inner stability and clarity. At the same time, far too many haven't had the luxury of solitude to remove themselves from danger—let this fact light a fire in all of us to fight for justice for those who have risked all to serve society this past year.

"I am not alone, because the Father is with me."

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Multiply Conference: Archbishop Dampousse is encouraging clergy members and engaged parishioners to consider attending CCO's upcoming virtual conference, "Multiply." Multiply is a parish and ministry-focused conference dedicated to inspiring and equipping leaders in building movements of evangelization. Through keynote speakers and workshops, participants will hear from experts leading movements in their own parishes and dioceses across Canada and the USA. Discussions are practical in nature and aimed at learning how to intentionally accompany others, grow a missionary culture, develop the capacity of the leaders around you, and build a multiplying missionary movement. The conference takes place online on **Fri, Jun 4, 7:30-9:30pm, & Sat, Jun 5, 11am-8pm**, with breaks in between. Info & registration at www.cco.ca/multiply. Cost: \$80. Groups of 15 people or more qualify for a 15% discount by contacting multiply@cco.ca.

NEWS FROM MALTA: The president of Malta said this week that he would rather resign than sign a bill decriminalizing abortion. George Vella, a medical doctor who has served as the country's president since 2019, made the comment to NETnews on May 17. "I will never sign a bill that involves the authorization of murder," Vella said, according to the Times of Malta. "I cannot stop the executive from deciding, that is up to parliament. But I do have the liberty, if I don't agree with a bill, to resign and go home, I have no problem doing this." Asked if he thought there were cases in which abortion should be permissible, the 79-year-old president said: "You have either killed or not killed, there can be no half death. I'm very clear, there are no ifs and buts." More than 90% of Malta's population are baptized Catholics. Archbishop Charles Scicluna of Malta said May 13 that the decriminalization of abortion would be a backward step. "The womb of a mother is something that is dear and holy, it is there that human life can grow. Let us pray that the womb remains a place of life, not a place where killing takes place," he said, according to the Times of Malta.

Growing in Wisdom: Seeking Deeper Generativity: Introduction on two-year program being offered by Oblate Retreat Centres in Canada. If you are 60+ and are interested in exploring what a Spirituality for your Wisdom Years could mean for you, join this two day, virtual 'Come and See'. **Jun 4 & 5, 12:00 – 6:00 pm**. Cost: \$25. Hosted by Galilee Centre, Arnprior. For info and to register by Jun 1st: info@galileecentre.com; 613-623-4242 x21.

CELEBRATING THE YEAR OF SAINT JOSEPH
Resources from the Canadian Conference of Catholic Bishops: Available online at www.cccb.ca/evangelization-catechesis-catholic-education/celebrating-the-year-of-saint-joseph/. The resources include the official prayer card (to download), prayers, litanies, and devotions, Consecration to Saint Joseph, Church documents, *Patris Corde* guided video reflections and much more.

*'Where your treasure is, there will your heart be also' (Mt 6:21). To know a man's heart, to see what state he is in, necessarily involves finding out the treasure with which the heart is concerned, the treasure that liberates and fulfills it or the treasure that destroys and enslaves it... ~ Cardinal Jorge Mario Bergoglio (Pope Francis) from his book *The Way of Humility**

A Poem by Mexican Poet and Mystic Armado Nervo
Alone we are only a spark, but in the Spirit we are a raging fire.
Alone we are only an anthill, but in the Spirit we are a soaring mountain.
Alone we are a drop of water, but in the Spirit we are a roaring fountain.
Alone we are only a beggar, but in the Spirit we are a king.

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