



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 - 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: _____

TWENTY-SEVENTH SUNDAY OF ORDINARY TIME



Oct 2 – 27th Sunday in Ordinary Time

Habakkuk 1.2-3;2.2-4
2 Timothy 1.6-8,13-14
Luke 17.5-10

Oct 9 – 28th Sunday in Ordinary Time

2 Kings 5.14-17
2 Timothy 2.8-13
Luke 17.11-19

Parish Calendar

Mon, Oct 3
9:00 am Mass

Tue, Oct 4 St. Francis of Assisi
9:00 am Mass
9:30 am Lay Apostolate of Jesus Christ the Returning King

Thu, Oct 6
9:00 am Mass
9:30-10:30 am First Friday Adoration and Benediction
9:30 am Cenacle of Marian Movement of Priests

Fri, Oct 7 Our Lady of the Rosary
9:00 am Mass
9:30 am Flame of Love Prayer Group

Sat, Oct 8
4:00-4:25 pm Reconciliation
5:00 pm Mass

Sun, Oct 9 28th Sunday in Ordinary Time
9:00 am Mass
10:30 am Mass
and Mass will be available on the church website:
www.holyspiritparish.ca

Adoration of the Blessed Sacrament will be held on **Thursday, October 6** after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction at 10:30. We are invited to pray for the Synod as called by Pope Francis and for vocations to the Priesthood.

PRAYER FOR VOCATIONS That by the power of the Holy Spirit, every Catholic called to the priesthood and consecrated life will guard the treasure of their unique vocation in Christ and fan it into a flame of their love for Him, we pray to the Lord.

To all parishes' generous faithful Thank you to all who donate to the ongoing operation of the parish. 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.

Life Chain: Presented by Campaign Life Coalition. **Sun, Oct 2, 2 – 3 pm.** Pray silently for an end to abortion and for those affected by it. Life Chain is held simultaneously in more than 250 locations across Canada each year. Link to map of locations in your area: www.campaignlifecoalition.com/life-chain.

Mass Intentions

Sat, Oct 1 – 5:00 pm
†Mary Kavanaugh by Ken & Bonnie

Sun, Oct 2 – 9:00 am
For the intentions of all parishioners

Sun, Oct 2 – 10:30 am
†Adrianna Margaret Niles by Anna Cantusci & Family
Intentions of Marian Charbonneau by Connie & Mary
†John Eggenberger by Joe & Donella Gabriele

Mon, Oct 3 – 9:00 am
†Michael Di Iorio by Francesco & Gerry
†Brian Moore by Francesco

Tue, Oct 4 – 9:00 am
†Jean & †John Irwin by Dolores & Warren Bahen

Thu, Oct 6 – 9:00 am
Intentions of Margaret Mulvihill by Marion DiGaspari
†Father Leonard St. John by Monsignor Muldoon

Fri, Oct 7 – 9:00 am
Deceased members of the Cullen family by Eileen

Sat, Oct 8 – 5:00 pm
†Raymond Paul by Family

Sun, Oct 9 – 9:00 am
†Peter Martel by Eileen Garvey & Family
†Guerino Fata by Patrick & Linda O'Hare

Sun, Oct 9 – 10:30 am
For the intentions of all parishioners



Please pray for those who are sick: Jayne, John, Marlene, Connie O'Brien, Ron, Linda, Maria, Nancy, Dan, Maureen, Tom
Please pray for those who have died: †Raymond Paul; †Shirley O'Connell, wife of Gerry

†Indicates Deceased

*The **Catechesis of the Good Shepherd** is a time-tested approach to faith formation. It feeds the deepest needs of children, allowing each one to get to know God personally. In a retreat-like atmosphere, through the use of special materials designed just for them, children hear the Word proclaimed and grow in their relationship with God. (CGSAC website) After being shut down for more than two years, the Catechesis of the Good Shepherd program will be starting up this fall. This program is jointly administered through Holy Redeemer and Holy Spirit parishes. The atrium, that special place where children and catechists gather, is located at St. Joseph House on Holy Spirit Church property. The program will begin in early October. Level 1 (ages 3-5 years) will be offered. Level 1 sessions will be held Wednesday mornings from 9:30 to 11:15 beginning October 12th. For information about the program or to register, please contact Kim at 613-884-8475.*

STITTSVILLE FOOD BANK Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but school snacks such as crackers, cookies, apple sauce, fruit cups and juice boxes are also needed. Please do not leave food outside, but bring your donations during office hours or when you come to Sunday Mass.

Word from the Pastor

Jesus said, "If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you." Mustard seed faith is planted in us at our baptism. It is watered and cultured by family, friends, and the worshiping community and so it grows. Great faith is already contained in the mustard seed. We tend to be preoccupied by size and quantity. We presume that we need a lot of faith to tackle the important issues in our lives and the world around us. This preoccupation can limit our whole-hearted, response to the tasks we disciples have before us. Have we ever used the excuse that our faith is weak and done nothing when we should have done something? Have we encouraged others in their faith? How?

Municipal Election Day is Oct 24. Please exercise your vote.

Weekend Retreat Days at Martyrs Shrine, Midland Oct 7-11. Here is the schedule: Thu, Oct 6, 9:00am Mass with adoration to 10:30am. Fri, Oct 7, Eucharist at 9:00am. No Mass Mon, Oct 10 or Tue, Oct 11. On Wed, Oct 12, Thu, Oct 13, and Fri, Oct 14 Mass is at 9:00am.

Become a blessing to others. A legacy of faith remains for all as you choose to remember Holy Spirit Parish in your will. For more information contact the Parish Office.

Monsignor Joseph Muldoon

Take Five for Faith: Daily renewal for busy Catholics

Listen up, as Mary did Mary is the Queen of Heaven and preeminent among the saints. She holds the singular distinction of being at the same time both virgin and mother. Owing to her giving birth to the Son of God, she holds the exalted title Mother of God. Yet it is none of these things that make her blessed. Jesus ramps up Mary's blessedness a notch by recognizing that she's blessed because she hears the word of God and does it. That means we can join Mary in joy and fulfillment by doing the same.

"He replied, 'Rather, blessed are those who hear the word of God and observe it.' "

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Talk on The Blessed Virgin Mary and Evangelization:

With Friar Francis Mateo, OFM Conv. at Assumption of the Blessed Virgin Mary Parish, 320 Olmstead St, Vanier. Also live-streamed at www.facebook.com/assumption.church.522.

Thu, Oct 6, 7:30 pm. Free. Info: cfcottawa@coupleforchrist.ca. Hosted by Couples for Christ & it's Family Ministries.

New Life Retreat: Are you looking for more meaning in your life? Are you seeking a personal encounter with the living Jesus Christ? Are you looking to experience the Baptism in the Holy Spirit? **Fri, Oct 14 – Sun, Oct 15**, in-person at St. Mary's Parish, 100 Young St, Ottawa. Info/register: stmarysottawa.ca/new-life-retreat; 613-224-5723. Free will offering.

PAINT NIGHT EVENT

The Holy Spirit Parish Catholic Women's League Council in Stittsville is hosting a paint night featuring the Paint Party Sisters to be held on Wed, Oct 12th from 7 - 9 pm at Holy Spirit Parish Hall. Everyone is welcome: please bring a friend for a fun evening. Tickets must be purchased ahead of time and are on sale now at \$40 per person; the price includes all supplies and light refreshments will be served. Please contact Marilyn at 613-836-9839 or Claire at 613-612-1659 or email cwlholyspiritparish@gmail.com for details.

We are happy to announce the start of a **child and youth choir**. The short rehearsals are after the 10:30 Mass on the 1st and 3rd Sunday each month, about 11:30-12:00. Parents can enjoy Hospitality Sunday while the kids who want to sing are rehearsing in the Conference Room. Special refreshments and snacks will be available for the choir participants. Rehearsals are scheduled for October 2 and October 16. Every child and youth aged 7 and older are welcome to join. No sign-ups or auditions necessary. Please join us!

Project Rachel Retreat

Women suffering the loss of a child from abortion need support. If this is your pain, or the grief of someone you know, consider the upcoming Project Rachel retreat at St. Mary of Egypt Refuge, Nov 4-6, 2022. For more information, contact us through our confidential phone line at 289-691-6840, e-mail us at ProjectRachel@stmarysrefuge.org, or visit www.stmarysrefuge.org/rachel.

7 Ways to honor the men in your life by Zoe Romanowsky
Building up our husbands, fathers, brothers, and friends goes a long way toward making life better for men -- and women.

1. Choose saints for the men in your life and ask for their intercession
2. Make a point to regularly say thank you
3. Point out something you appreciate
4. Don't criticize or gossip about your husband or partner behind his back
5. Speak well publicly of the men you know and love
6. Encourage time for friendship, exercise and prayer
7. Spend some quality time ... on his terms

A professor in my Ignatian Spirituality class told us about a man who prayed, asking God to take away his resentment at a relative, without success. The professor said, "Show me how you pray." The man, looking very fervent, lifted his head to the heavens and repeated over and over, "God, take this resentment away from me!" The professor looked at the man's hands, which were clenched tight. He said, "Your words are saying you want to let this go, but your hands are telling a different story." The man opened his hands and prayed again, and relief came to his face. Sometimes our body knows more than our mind is willing to acknowledge.

—Excerpted from *2023: A Book of Grace-Filled Days* by Tom McGrath

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