



# Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8

Phone: 613-836-8881

Web: [www.holyspiritparish.ca](http://www.holyspiritparish.ca)

## PASTORAL TEAM

Monsignor Joseph Muldoon, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Alex Ducharme, 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 - 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

Claire Moore, President 613-612-1659

### 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-SECOND SUNDAY OF ORDINARY TIME



### Sep 3 – 22nd Sunday in Ordinary Time

Jeremiah 20.7-9  
Romans 12.1-2  
Matthew 16.21-27

### Sep 10 – 23rd Sunday in Ordinary Time

Ezekiel 33.7-9  
Romans 13.8-10  
Matthew 18.15-20

#### Parish Calendar

**Mon, Sep 4** Parish Office Closed for Labour Day  
**Tue, Sep 5**  
**9:00 am** Mass  
 9:30 am Lay Apostolate of Jesus Christ the Returning King  
**Thu, Sep 7**  
**9:00 am** Mass  
 9:30 am Cenacle of Marian Movement of Priests  
**Fri, Sep 8** The Nativity of the Blessed Virgin Mary  
 Parish Office Closed  
**9:00 am** Mass  
 9:30 am Flame of Love Prayer Group  
**Sat, Sep 9**  
 4:00-4:25 pm Reconciliation  
**5:00 pm** Mass  
**Sun, Sep 10** 23rd Sunday in Ordinary Time  
**9:00 am** Mass  
**10:30 am** Mass  
 \*Catholic Women's League hospitality & coffee after the 9 & 10:30am Masses. Everyone welcome!

**Pope Francis prayer intention for September 2023** For people living on the margins: We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance, we pray to the Lord.

**Prayer for Vocations** That all men and women pursuing a vocation to the priesthood or consecrated life will have the discipline and perseverance to follow in the path of Christ, 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](mailto:admin@holyspiritparish.ca) and use the password: Holyspirit (*all one word with a capital H*). 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).

**The Catholic Women's League of Canada means: HEALING** As Catholic Women's League members, we help to heal injustice through advocacy, illness through prayer, hate with love and loneliness with care. You cannot stay away from the healing process if you are a Catholic woman. Join us today!

#### June & July 2023 Financial Summary

Total Revenue	\$53 409.50
Total Expenses	\$46 594.62
Net Income	\$ 6 814.88

Thank you for your ongoing support of the parish.

#### Mass Intentions

**Sat, Sep 2 – 5:00 pm**  
 †Laurie Eno by Lorie & Mark Hoare & Family  
 †Mary Rocco by Phil & Family  
 †Jeaninne Lemieux-Hotte by Michel  
**Sun, Sep 3 – 9:00 am**  
 For the intentions of all parishioners  
**Sun, Sep 3 – 10:30 am**  
 †Nelson Cybulski by Sandra  
**Tue, Sep 5 – 9:00 am**  
 †Michel Marsolais by Jacques & Jeannie Marciel  
 Deceased family members of Maria Chan  
**Thu, Sep 7 – 9:00 am**  
 †Donald Regnier by Raymonde Pelletier & Bernard Harland  
**Fri, Sep 8 – 9:00 am**  
 †Margaret Droogh & deceased family members  
 †Father Brady McNamara by Mike & Betty Maheux  
**Sat, Sep 9 – 5:00 pm**  
 †Phil & †Josh by Joan & Family  
 †Michael Mendolia by Mendolia Family  
**Sun, Sep 10 – 9:00 am**  
 Living & deceased members of the Catholic Women's League  
 †Al Lindsay by Mary Jeffrey  
 Deceased family members of Marie Armstrong  
**Sun, Sep 10 – 10:30 am**  
 For the intentions of all parishioners

**Please pray for those who are sick:** Bruce, Maureen, Marlene, Ron, Patrick, Gerald, John, Pierre

**Please pray for those who have died:** †Patricia Nevins, sister of Jackie Pilley & Anne MacIsaac; †Father Joseph Escibano; †Lucille Durocher, mother of Archbishop Paul-André Durocher; †Allan Lindsay, husband of Addie; †Carl Downey; †Jeri Lunney, wife of Al Lunney; †Archbishop Marcel Gervais; †Deacon Robert Russell; †Kevin McCaffrey; †Sr. Anna Summers; †Joseph McCormick, brother of Fr. Lawrence McCormick

†Indicates Deceased

**Stittsville Food Bank** Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but cereal, peanut butter, jam, rice, soups, tuna and salmon, and school supplies are also needed. Please bring your donations during office hours or when you come to Sunday Mass.

**Marriage Preparation Course:** Catholic Engaged Encounter English Canada East-Courses are via Zoom. Please see website for more information [www.ceeeast.org](http://www.ceeeast.org)  
 Upcoming virtual weekend dates: October 13-14-15, 2023; February 2-3-4, 2024; April 5-6-7, 2024; May 31, June 1-2, 2024; November 1-2-3, 2024



## Word from the Pastor

St. Matthew 16:21-27: Peter's problem is the problem of nearly every Christian. Peter is unable to understand how the same Jesus who has just been professed as "the Christ (Messiah), the Son of the living God," can in the very next breath go on to speak about the necessity of his suffering, and dying, and rising. Peter is unable to enter the "paradox" of Christian discipleship and so becomes a "stumbling block." His innate human desire to preserve his life not only prevents him from understanding what Jesus could possibly mean when he outlines the cost of discipleship, but even leads him to actively rebuke Jesus when he prophesies his suffering, dying, and rising. Peter is unable to wrap his head around the idea of a suffering and dying Messiah.

Please do not leave cash in envelopes in the front door mailbox. For security reasons use a cheque.

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**  
**Pause before speaking** Words are deeds, as theologian Peter Kreeft astutely reminds us. When we speak our thoughts into the air, we are doing something. So many words circulate in the machinery of our media that we tend to take them for granted and view them as cheap or even meaningless. But words matter. They take root in our minds and hearts, as well as in the thoughts and feelings of people who receive them from us. Before you utter the response, make the call, or hit the send key, pause to contemplate what impact your words may have on someone else.

*"My word shall not return to me void, but shall do my will, achieving the end for which I sent it."*

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September 3<sup>rd</sup> is the **Feast Day of St. Phoebe**, a Deacon in the early Church (Romans 16 1-2), and it marks a special week of reflection on the role of women in the Church today as part of Team Holy Spirit's Synod activities. On the weekend of September 9 & 10, special prayer cards will be available, and three women parishioners will be giving a reflection on St. Phoebe after Communion at each Mass: 5:00pm - Joyce Hogan; 9:00am - Louise Beggs and 10:30am - Suzanne Massie. We hope to see you!

**Jesus of Nazareth – JON FESTIVAL:** Sunday, October 15 is the music concert that will feature Grammy Award winning 'A' list artists such as Chandler Moore from Maverick City Music, Lecrae, KB, Hulvey, and more. More info for the festival and tickets, can be found on the website: [www.jonfestival.com/](http://www.jonfestival.com/)

**A Truth & Reconciliation Presentation: "The Shadow of Wardship" September 9th** Deepen your knowledge and understanding of the legacy of living under government wardship for Indigenous people today. Join the Kateri Native Ministry team with Donna Naughton, Anishinaabe Kwe from Pic River First Nation, Executive Director of Kateri Native Ministry, and with Gerry Kelly, Manager of Spiritual Programs, Galilee Center on Sat, Sep 9th at 10:00 am at Canadian Martyrs parish. No charge. Donations accepted for future workshops. Pre-registration is required. Please register by email to Maureen at [maureen.cerroni@gmail.com](mailto:maureen.cerroni@gmail.com)

Many Catholics from an older generation will remember the "midnight fast." It meant that one could not eat before Mass starting from the midnight before. For this reason Masses were generally celebrated at dawn and Masses in the evening were extremely rare. Few people wanted to fast all day long before attending Mass and receiving Holy Communion.

This practice of **fasting before Mass is an ancient discipline**, present as early as the 2nd century. It remained in place until Pope Pius XII reduced the fast to three hours in 1957. The fast was further shortened in 1964 when Pope Paul VI lowered it to one hour before reception of Communion.

The current *Code of Canon Law* reflects this change and states, "**A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before holy communion from any food and drink, except for only water and medicine**" (Canon 919 §1).

However, in some cases those rules do not apply. "The elderly, the infirm, and those who care for them can receive the Most Holy Eucharist even if they have eaten something within the preceding hour" (Canon 919 §3).

**But why? What does it matter if I ate a cheeseburger right before I walked into church on a day I intend to receive the Holy Eucharist?**

Pope Paul VI wrote concerning the power of spiritual discipline in his apostolic constitution *Paenitemini*: "Mortification aims at the liberation of man, who often finds himself, because of concupiscence, almost chained by his own senses. Through 'corporal fasting' man regains strength, and the wound inflicted on the dignity of our nature by intemperance is cured by the medicine of a salutary abstinence."

**Jesus knew the power of fasting** and went into the desert without food for 40 days before setting out on his public ministry. Furthermore, he taught his disciples that, "This kind [of demon] cannot be driven out by anything but prayer and fasting" (Mark 9:29).


Fasting builds up our spiritual strength, and the Church asks us to complete this simple task every time we receive Holy Communion for our own benefit. Just like any athlete we need to exercise discipline and fasting is great for building those spiritual muscles. Without fasting we are weak and our passions drive us to wherever the wind blows.

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