



Holy Spirit Catholic Parish A Welcoming Community

1489 Shea Road, Stittsville, ON K2S 0G8

Phone: 613-836-8881

Web: www.holyspiritparish.ca

PASTORAL TEAM

Father Geoffrey Kerslake, Pastor, pastor@holyspiritparish.ca

Alex Ducharme, Youth/Sacramental Coordinator, youth@holyspiritparish.ca

Tamara Fortin, 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. & 11:00 a.m.

WEEKDAY EUCHARIST

As indicated in the weekly calendar.

RECONCILIATION

Available before weekday and Saturday Masses as indicated in the weekly calendar and 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.

CHILDREN'S FAITH FORMATION

Kim Boudouin 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

Louise Beggs, President cwlholyspiritparish@gmail.com

KNIGHTS OF COLUMBUS

James MacLean, Grand Knight 613-831-8617

PARISH FINANCE COUNCIL

Jan Haubrich, Chair 613-850-3283

OUR CATHOLIC SCHOOLS

St. Bernadette Elementary 613-907-4122

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 IN ORDINARY TIME



Aug 31 – 22nd Sunday in Ordinary Time

Sirach 3.17-20,28-29
Hebrews 12.18-19,22-24a
Luke 14.1,7-14

Sep 7 – 23rd Sunday in Ordinary Time

Wisdom 9.13-18
Philemon 9b-10, 12-17
Luke 14.25-33

Parish Calendar

Mon, Sep 1 Parish Office Closed for Labour Day
Tue, Sep 2
9:00 am Mass
9:30 am Lay Apostolate of Jesus Christ the
Returning King
Wed, Sep 3 St. Gregory, the Great
9:00 am Mass
6:00 pm Choir Practice
7:00 pm Finance Council Meeting
Thu, Sep 4
9:00 am Mass
9:30 am Cenacle of Marian Movement of Priests
Fri, Sep 5
9:00 am Mass
9:30-10:30 am First Friday Adoration & Benediction
9:30 am Flame of Love Prayer Group
Sat, Sep 6
9:00 am First Saturday Mass
9:30 am Men's Discussion Group
4:15-4:45 pm Reconciliation
5:00 pm Mass
Sun, Sep 7 23rd Sunday in Ordinary Time
9:00 am Mass
11:00 am Mass

*Coffee Sunday hosted by the Knights of Columbus after the 9 & 11 am Masses. Everyone welcome!

*Confession available before morning Mass 8:30-8:50am

Adoration of the Blessed Sacrament will be held on Friday, September 5 after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction until 10:30AM.

Coffee Sunday Volunteers Needed: We are looking for volunteers who can help set up, clean up afterwards and also for contributions for the snacks. Please help us to continue the chance to gather together, get to know each other better and support one another in our parish family! We will have a sign-up sheet in the atrium for volunteers. We need help to keep this tradition going! Fr. Geoff

Catholic Women's League Bazaar 2025: The CWL is in the planning stages for its annual Bazaar to be held November 15, 2025. Do you have used jewelry you would like to donate to our CWL Bazaar? We are collecting jewelry to sell at the popular Elephant Sale at our November Bazaar. A box labelled "jewelry" is on the counter in the Atrium for donations. Thank you!

Mass Intentions

Tue, Sep 2 – 9:00 am
Intentions of Michael & Jennifer by Marie
Wed, Sep 3 – 9:00 am
In thanksgiving for healing
Thu, Sep 4 – 9:00 am
†Michel Marsolais by Jacques & Jeannie
Fri, Sep 5 – 9:00 am
†Sal Ying & †Wan Yuk Yee by Daniel & Divina Hogan
Sat, Sep 6 – 9:00 am
†Cecelia Montilva by Joan Moroz
Sat, Sep 6 – 5:00 pm
Intentions of David & Teresita Yee by Daniel & Divina Hogan
Intentions of Warren Bahen by Dolores
†C.J. Abraham & †Anna Cherian by Abraham Family
Sun, Sep 7 – 9:00 am
†Agnes Mulvihill by Margaret
†Pete, †Pat, †Michael & †Julie Landers by Mary Jeffrey &
Family
Intentions of Donella Gabriele by Secret Sister
†Margaret, †Jack, †Rita & †Paul Droogh by McCaffrey
Family
Sun, Sep 7 – 11:00 am
For the intentions of all parishioners

Please pray for those who are sick:

Please pray for those who have died: †Lucille Gauthier, mother of Louise Beggs

†Indicates Deceased.

ATTENTION MEN OF HOLY SPIRIT PARISH

Are you looking for deeper connection, honest conversation, and spiritual growth? Join our Monthly Men's Discussion Group—a welcoming space where men come together to explore faith, share life experiences, support one another in their spiritual journeys and encourage each other to live out our beliefs with purpose and integrity. What to expect:

- Open and respectful dialogue
- Thought-provoking topics rooted in Christian faith
- Brotherhood and accountability
- Prayer, reflection, and practical takeaways

We meet on the first Saturday of each month after the 9am Mass. Meetings last about an hour. Drop in when you can. Each session is welcoming and self-contained. Come as you are. Leave encouraged.

Wedding Anniversary Blessing: We invite all couples who celebrated a wedding anniversary in June, July, August or September to take part in a special Anniversary Blessing during Mass on the weekend of September 27 & 28. If you would like to participate, please register with the parish office by providing your names and the number of years you are celebrating. We look forward to celebrating this joyful occasion with you!



For e-Transfer please send it to admin@holyspiritparish.ca and use the password: Holyspirit (all one word with a capital H).



Gospel Reflection: We hear today in the Book of Sirach: "Humble yourself the more, the greater you are, and you will find favour with God." Be wary of anyone who brags about their humility! The great saints of the Church teach us that humility is the foundational virtue if we want to make any progress in our spiritual life. Thomas Merton, the famous monk, writer and peace activist, once remarked: "Pride makes us artificial and humility makes us real." Sisters and brothers, let us pray today for an increase in genuine humility so that we may be authentic Christians and powerful Gospel witnesses. Fr. Geoff

Sacraments of First Communion and Confirmation for 2025-26 If you have a child entering Grade 2 (or older) in September and intend for them to receive First Communion, or a child entering Grade 6 (or older) and intend for them to receive the Sacrament of Confirmation, please email youth@holyspiritparish.ca prior to the beginning of the 2025-26 school year. Preparation for Baptism is also possible at any age. Please send a short note indicating the child's name, upcoming grade, a parent's name, and which Sacraments they hope to receive next year. We will contact all interested families for official registration in September.

RCIA: The Rite of Christian Initiation of Adults An invitation to a journey of discovery is open to all adults seeking entry into the Catholic Church or completing their sacraments through Baptism, Reconciliation, Eucharist and Confirmation. If you or someone you know is interested in the Rite of Christian Initiation of Adults process, please call the Parish Office (613-836-8881) with regards to RCIA. We begin in September! If you would like to volunteer as a leader, contact Alex Ducharme youth@holyspiritparish.ca

Join Our Respect Life Ministry! *"Before I formed you in the womb, I knew you."* — *Jeremiah 1:5* Are you passionate about promoting the dignity and sacredness of every human life, from conception to natural death? The Respect Life Ministry is looking for compassionate, dedicated volunteers to join our new team! We will work to build a culture of life in our parish and community through prayer, education, outreach, and advocacy. Whether you feel called to pray, serve, educate, or advocate, there is a place for you in this life-affirming ministry. **No experience necessary — just a heart for life and a willingness to serve.** For more information or to get involved, contact: admin@holyspiritparish.ca

Congratulations Alex & Emily Ducharme! We are delighted to share the joyful news that our Youth & Sacrament Coordinator, Alex and his wife, Emily, are expecting a baby boy in January! Please keep them in your prayers as they prepare to welcome this precious new life into their family.



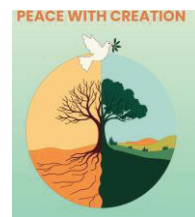
Children's Liturgy Volunteers Needed: we hope to offer a Children's Liturgy program at the 11:00 am Mass beginning in the Fall. We need volunteers to help coordinate it. We have a program and a coordinator but we need an assistant coordinator and volunteers. Please contact the office if you are interested.

ATTENTION WOMEN OF HOLY SPIRIT PARISH

The parish's Catholic Women's League (CWL) invites all women over 16 to join us, anytime! Be part of a wonderful group of ladies devoted to God and country! The last Wednesday of each month, we meet and focus on our Catholic faith and commit to help our parish and community through service and social justice. We always have social time and fun. Be as active as you wish. Come see what we do, September 24 at 7pm in the church hall. Louise Beggs 613-852-4469.

Introduction to the Season of Creation 2025

The 2025 Symbol is a tree with its left side barren, with roots digging into dry soil, surrounded by an arid, desolate landscape. In contrast, its right side is lush and green, standing amidst a flourishing landscape. The dove, carrying an olive branch in its beak symbolizes peace from a destructed, overexploited land to a land that is fertile, thriving, and hospitable. In the story of Noah, it also signifies new life after destruction. Let us remember that humanity was originally called to tend a garden. This season we are called to look at the present apportioning of the earth's bounty and restore the fair allocation of God's Creation among all his creatures, worthy of love and respect.



September is Care for Creation Month: We are stewards or caretakers only of God's creation and will one day have to give an accounting to God how we looked after his creation. There is a difference between being an owner and a caretaker. Being a caretaker means we recognize that we have an obligation to take good care of something so that it can be handed on and enjoyed by others who come after us. We need to pay attention to how we are caring for creation both at the societal level through our public policies but also by our individual choices too. Are we mindless consumers buying more than we truly need and throwing away what spoils? Do we unthinkingly contribute to pollution or avoid taking the extra effort to reduce, reuse or recycle our goods? Do we have the humility to realize we don't own the earth and its resources: we hold it in trust for our children, grandchildren and great grandchildren for generations to come? We give thanks to God for the beauty of creation; let us be wise and grateful caretakers of his great gift. Fr. Geoff

Two New Catholic Saints - Inspirations for Young People:

On September 7th, Pope Leo will canonize two young people, recognizing their unique gifts and how they lived a Christ-centered life while at the same time being "ordinary" young people. Soon to be Saints Carlo Acutis and Pier Giorgio Frassati are saints of our modern era. Take a moment to look them up on the web and you will see two people who loved the Eucharist, the Blessed Virgin Mary, the poor and marginalized but who also had ordinary interests like soccer, video games, hanging out with friends and being in nature. They are inspirations for us all but especially for our youth. If you have youth or young adults in your family, take a moment to look up these saints with your family and have a discussion about them and their witness. Fr. Geoff

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