



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 9:00 a.m. – 12:00 p.m.; Tuesday 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 Baudouin holyspiritcff@gmail.com

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: _____

FOURTH SUNDAY IN ORDINARY TIME



February 1 – 4th Sunday in Ordinary Time

Zephaniah 2.3; 3.12-13
1 Corinthians 1.26-31
Matthew 5.1-12

Parish Calendar

Mon, Feb 2	The Presentation of the Lord <i>Parish Office closed in the afternoon</i> RCIA
Tue, Feb 3	9:00 am Mass followed by blessing of throats 9:30 am Lay Apostolate of Jesus Christ the Returning King
Wed, Feb 4	9:00 am Mass
Thu, Feb 5	9:00 am St. Agatha 9:00 am Mass 9:00 am Children's Faith Formation 9:30 am Cenacle of Marian Movement of Priests 6:30 pm Youth Night Grades 3-5
Fri, Feb 6	9:00 am St. Paul Miki & Companions 9:30-10:30 am First Friday Adoration & Benediction 9:30 am Flame of Love Prayer Group
Sat, Feb 7	9:00 am First Saturday Mass 9:30 am Men's Discussion Group 4:15-4:45 pm Reconciliation 5:00 pm Mass
Sun, Feb 8	9:00 am Mass 10:00 am Discussion Group - <i>Return</i> 11:00 am Mass

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

Adoration of the Blessed Sacrament will be held on Friday, February 6 after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Adoration with Benediction at 10:30AM.

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.

February 8 – 5th Sunday in Ordinary Time

Isaiah 58.6-10
1 Corinthians 2.1-5
Matthew 5.13-16

Mass Intentions

Tue, Feb 3 – 9:00 am	Intentions of Aaron Gifford by Dolores & Warren
Wed, Feb 4 – 9:00 am	Intentions of Marion by Margaret
Thu, Feb 5 – 9:00 am	Intentions of O'Hara Family
Fri, Feb 6 – 9:00 am	Intentions of Maxine & Shirley by Anastasia Stoppa
Sat, Feb 7 – 9:00 am	Deceased members of Holy Spirit Parish Knights of Columbus Council
Sat, Feb 7 – 5:00 pm	†Peter Maunsell by Mike & Tamara
	†Ralph Peckham by Denise Peckham & Family
	For all souls in purgatory by Abraham Family
Sun, Feb 8 – 9:00 am	†Xavier Hidalgo by Suzanne & Kevin O'Hara
	†Marcelle Coulas by Pauline Foley
	Intentions of Terry & Geneva Irwin by Dolores & Warren
	†Sheila D'Arcy Guerin by Eileen Garvey
Sun, Feb 8 – 11:00 am	For the intentions of all parishioners
	Please pray for those who are sick:
	Please pray for those who have died: †

†Indicates Deceased.



“Return” – A Discussion Series on Bringing Catholics Back to the Church Have you ever wondered how to help friends, children, or other loved ones reconnect with their Catholic faith? Join us for “Return,” a five-part discussion series offering guidance, support, and practical tools for reaching out to those who have drifted away from the faith. The discussion will draw on Brandon Vogt's book *Return: How to draw your child back to the Church*. **When:** Immediately following the 9:00am Mass for one hour in the Conference Room on Sundays, Feb 8 & 22, and Mar 8. Let's come together as a parish family to learn, pray, and grow in our mission to welcome others home. All are welcome to join any or all of the sessions!



Knight of Columbus Parish Pancake

Breakfast The Knights of Columbus will be hosting a Pancake Breakfast in the parish hall on Sunday, February 15th from 10:00am to 1:00pm. All are invited! Please join us for pancakes, sausages and baked beans. The cost is Free-Will donation to support our programs. We look forward to seeing you there.

Reflection:

The point of the Beatitudes in the Gospel is not a checklist for earning our way into heaven or to acquire earthly blessings. Jesus instead shows us in his person that he is the living example of the Beatitudes. He shows us what they look like in action. If we adopt these Beatitudes ourselves we will be more like him (Leiva-Merikakis). The Beatitudes are God's gift to us not an imposition because they reveal how to live a Godly life.

Fr. Geoff

LENT is Coming – Ash Wednesday is February 18

Please return your blessed palms from last year and place them in the bin at the entrance. They will be burned and used as ashes for Ash Wednesday.



The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 3-5. Bring a friend! Check Parish Calendar above. Our ministry is still looking for volunteers. If you feel called to help in any way, please contact Alex for next steps! youth@holyspiritparish.ca

Children's Liturgy begins this weekend at the Sunday, February 1st, 11:00am Mass and continues the First Sunday of each month. This program is for children ages 5-9 and offers a child-friendly reflection on the Gospel. We are also looking for volunteers to help support this ministry. If you are interested in assisting, please contact the parish office. We look forward to welcoming our young parishioners!

BY MY SIDE This nonprofit ministry will assist separated and divorced Catholic women to reconnect and build on their faith. These 6 weekly sessions for women begin on Sat, March 28 and are offered virtually over Zoom from 9-11am. All registrants will receive a private link to join prior to their first session. The program, led from a Catholic faith exploration perspective, is designed to help participants find reconciliation, peace and healing by taking positive steps in their daily spiritual life. For information and registration, please visit: www.bymyside.ca or contact Mary-Jane 613-294-1308.

Echo - a diocesan youth night for youth in Grades 6–12. Feb 6th, 7pm – 9:30pm at St. Mary Parish (100 Young St). Step out of the daily noise and focus in on the voice of Christ. The night includes powerful praise and worship, Eucharistic adoration, a talk, small group conversations, and plenty of snacks. Whether faith feels solid, uncertain, or somewhere in between, Echo is a place to show up as you are and encounter something real.

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

St. Blaise February 3 – The Feast of Saint Blaise is a beautiful invitation to healing. The Church offers a special blessing of throats: a priest places two crossed candles on the throats of believers and invokes Saint Blaise's healing and protection. Throats will be blessed after Tuesday Mass this week. *Through the intercession of Saint Blaise, Bishop and Martyr, may God deliver you from every disease of the throat and from every other illness. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

Did You Know? Holy Spirit Parish Has a Prayer Shawl Ministry

Our Prayer Shawl Ministry is a group of caring women who gather once a month to knit or crochet shawls filled with love and compassion. These shawls are gifted to individuals who are ill, grieving, or simply in need of feeling the comforting embrace of God's love. We are always happy to welcome new members—whether you join us in person or prefer to be one of our “silent knitters” who work from home. If you know someone who would benefit from receiving a prayer shawl, or if you'd like to join the ministry, please contact Claire at 613-612-1659 or email prayershawlmin@gmail.com.



United, Loved & Destined Join us as we worship and testify in honour of the first anniversary of Sr. Anna's passing away on Sat, Feb 7th from 7 – 8:30pm at St. Mary's Parish (100 Young St.) All are welcome. Reception to follow – Livestream available.

You're Invited! The Servants of the Cross (servantsofthecross.ca) are hosting a **COME AND SEE** for young single women who are discerning the consecrated life. It will be a time to discover your vocation and a time to connect with our Community. Join us either in-person or on Zoom from **Feb 20 – 22nd**. Register by Fri, Feb 13th by contacting Sr. Penelope Micae Nguyen, SC, Vocations Director, at 613-551-0899 or vocations@servantsofthecross.ca. For more info visit www.servantsofthecross.ca. “Come and See” and let the Lord speak to your heart. Space is limited! Let us know if you are interested.

Quo Vadis? Where Are You Going? Is the Lord calling you to serve him as a priest? Join other men discerning the priesthood for monthly formation, fellowship, and Eucharistic Adoration on February 26 at 7:00 pm at the new Café des Tours, located in the basement of Notre Dame Cathedral in Ottawa. For more information, contact Fr. Connor O'Hara, the Vocations Director for the diocese, at vocations@ottawacornwall.ca

**Donate to our Parish
or Youth Ministry**



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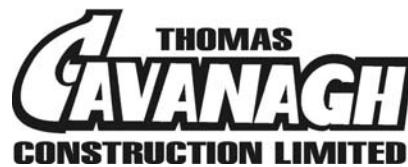
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