



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: _____

SIXTH SUNDAY IN ORDINARY TIME



February 15 – 6th Sunday in Ordinary Time

Sirach 15.15-20
1 Corinthians 2.6-10
Matthew 5.17-37

February 22 – First Sunday of Lent

Genesis 2.7-9,16-18,25; 3.1-7
Romans 5.12-19
Matthew 4.1-11

Parish Calendar

- Mon, Feb 16** *Parish Office closed for Family Day*
7:00 pm Catholic Women's League Executive meeting
- Tue, Feb 17**
9:00 am Mass
7:00 pm Knights of Columbus council meeting
- Wed, Feb 18** **Ash Wednesday**
9:00 am Mass
7:00 pm Mass
- Thu, Feb 19**
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
7:00 pm Finance Council meeting
- Fri, Feb 20**
9:00 am Mass
9:30 am Flame of Love Prayer Group
9:30-10:30 am Adoration & Benediction
6:30 pm Way of the Cross hosted by Altar Servers
- Sat, Feb 21**
4:15-4:45 pm Reconciliation
5:00 pm Mass
- Sun, Feb 22** **First Sunday of Lent**
9:00 am Mass
10:00 am Discussion Group - *Return*
11:00 am Mass



Mass Intentions

- Tue, Feb 17 – 9:00 am**
Intentions of Marion by Margaret
- Ash Wednesday, February 18 – 9:00 am**
Intentions of Justin Gifford by Dolores & Warren
- Ash Wednesday, February 18 – 7:00 pm**
Intentions of Laplante & Lebrun Families
- Thu, Feb 19 – 9:00 am**
Intentions of O'Hara Family
- Fri, Feb 20 – 9:00 am**
Intentions of Ann McDougall by Linda
- Sat, Feb 21 – 5:00 pm**
†Carlos & †Marina Wolf and †Teresa & †Jose Chavolla by Daniel & Veronica Chavolla
- Intentions of Warren Bahen by Dolores
†Ida Spadafora by Carole & Pat Kennedy
- Sun, Feb 22 – 9:00 am**
For living & deceased members of the Catholic Women's League
In honour of the Immaculate Heart of Mary
Intentions of Diane Jamison by Mike & Tamara
Intentions of Dan Boudreau
- Sun, Feb 22 – 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.



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

There will be a special collection for Diocesan & Missionary Works the weekend of February 21 & 22, 2026.

Adoration of the Blessed Sacrament will be held on Friday, February 20 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.

“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 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!

LENT is Coming – Ash Wednesday is February 18

Masses with the distribution of ashes will be celebrated at 9:00 am and 7:00 pm on February 18. The Way of the Cross will be held each Friday evening during Lent at 6:30 pm in the church.

Observing Lent - Ash Wednesday & Good Friday: Ash Wednesday and Good Friday are days of fast and abstinence. Fridays are days of abstinence. Fasting binds all persons from 18 to 59 years, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken. Abstinence from meat binds all persons who are 14 and older, unless prevented by poor health. In the Archdiocese of Ottawa-Cornwall, the consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays of Lent. Catholics may substitute special acts of charity or piety on the Fridays of Lent. The Archbishop mandates this observance for the spiritual well-being of the faithful.

Reflection:

The Gospel today touches on the important point of the relationships of Jesus Christ and Christians to God's law. Jesus states: "Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill." Jesus fulfills the external law by bringing it to its fruition: one commentator talks about how Jesus is asking more of us by challenging us to live not just by the letter of the law but to find and live the Spirit of the law (Leiva-Merikakis). Today we hear Jesus make a series of challenging statements to his disciples inviting them to go deeper than focusing on observable behaviour to address what lies in our hearts. Jesus reveals that God cares about our thoughts and intentions, not just about our external observance of the rules. But he does not say the rules are irrelevant. He says the opposite: "whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven." Fr. Geoff

Lenten Penitential Service: All parishioners are invited to a short Lenten Penitential Service on March 11 at 7:00 pm. This will be a prayerful time of reflection, followed by the opportunity for individual confession. There will be several priests available to hear confessions. Come and experience God's mercy and forgiveness this holy season. All are welcome.

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

Coffee Sunday Volunteers Needed-March is Cookie Month every 1st and 3rd Sundays of the month, we are blessed to have a chance to gather over coffee, juice and treats to share some time together as parishioners and disciples. We are looking for volunteers who can help set up, clean up afterwards and also for contributions for the snacks – this month Cookies! Sign up and bring your favorite cookies to share with your fellow parishioners.

Don't Give Up Chocolate for Lent. Do something bold. Join us for BEST LENT EVER and journey through thirty-three miraculous events from history that will change how you experience Lent, live your faith, and encounter God for the rest of your life! Do You Believe in Miracles? This Lent, join Matthew Kelly on a journey to discover how God miraculously intervenes in human history – and your everyday life. Are you ready to see miracles all around you? Visit www.dynamiccatholic.com/lent and join today!



The CWL would like to thank all the parishioners who supported the Euchre Tournament on January 31st. A special thank you to CWL member Michelle Cole and her team for their hard work and leadership. It was great fun. Keep your eyes peeled for another in the Spring.



Do you like to sing? Do you like to participate and sing in church! Then God wants your voice! Anyone interested in coming out to sing with us during the Lenten, Triduum and Easter Seasons is always welcome to attend our 7:00pm Wednesday rehearsals (next one is Feb 25th)

and/or extra Lenten Season Sunday Choir Rehearsals throughout the month of March. Or, if you just like Lent and Easter music, you are also welcome to come out to just sing and learn the music! Singing for God is always good for the soul! If interested, contact Divina (divina.hogan@gmail.com) after mass.

Archbishop's Fund for Mission Advancement – Special Collection (February 21-22) The First Sunday of Lent is the Diocesan & Missionary Works special collection, which supports the **Archbishop's Fund for Mission Advancement**. This fund helps Archbishop Damphousse respond quickly and generously to real needs and to opportunities that support the mission of the Church, especially here in the Archdiocese of Ottawa–Cornwall, supporting evangelization, youth and family ministry, Catholic education and campus ministry, and other charitable works close to home. Thanks to your generosity, more than **\$60,000** was raised last year. This year, our goal is **\$100,000**. Thank you for being a part of the mission!

Lenten Encounter of Formation and Prayer: On the occasion of the 800th Anniversary of the death of Saint Francis of Assisi on March 8th at 3:00pm at St. John the Apostle Church, 2340 Baseline Road. This encounter offers a space for formation and prayer, inspired by the life and spirituality of Saint Francis of Assisi, within the context of the Lenten season. The encounter includes screening of a film on his life and a virtual pilgrimage through Assisi, and more. All are welcome. For more information see www.stjohntheapostleparish.com/news-and-events

The Permanent Council of the Canadian Conference of Catholic Bishops (CCCB) has issued a **statement strongly supporting Private Member's Bill C-218**, which seeks to prevent persons whose sole medical condition is mental illness from accessing euthanasia and physician-assisted suicide ("MAiD"). The CCCB has a strong record of opposing "MAiD" and seeking to limit its scope in Canadian society. Referencing empirical research and the professional judgment of many mental health professionals, today's statement notes that mental illness is not necessarily irremediable. This implies that access to treatment for mental illness, including palliative care, must be improved. The Permanent Council concludes with an exhortation to allow parliamentarians to vote on Bill C-218 according to their conscience rather than following party line. Read the full statement: www.cccb.ca/wp-content/uploads/2026/02/2026-02-04-Statement-by-CCCB-PC-Support-of-Bill-C-218.pdf

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