



# 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

Father Geoffrey Kerslake, Pastor, [pastor@holyspiritparish.ca](mailto:pastor@holyspiritparish.ca)  
Alex Ducharme, Youth/Sacramental Coordinator, [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)  
Tamara Fortin, Administrative Assistant, [admin@holyspiritparish.ca](mailto: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](mailto: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](mailto: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: \_\_\_\_\_

## FIRST SUNDAY OF LENT



### February 22 – First Sunday of Lent

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

### March 1 – Second Sunday of Lent

Genesis 12.1-4  
2 Timothy 1.8b-10  
Matthew 17.1-9

#### Parish Calendar

- Mon, Feb 23**  
6:30 pm RCIA
- Tue, Feb 24**  
9:00 am Mass with Sacred Heart Grade 7  
7:00 pm Confirmation Prep
- Wed, Feb 25**  
9:00 am Mass  
6:00 pm Choir Practice  
7:00 pm Catholic Women's League General meeting
- Thu, Feb 26**  
9:00 am Mass  
9:00 am Children's Faith Formation  
9:30 am Cenacle of Marian Movement of Priests  
7:00 pm Youth Night Grades 6-8
- Fri, Feb 27**  
9:00 am Mass with Sacred Heart Grade 8  
9:30 am Flame of Love Prayer Group  
6:30 pm Way of the Cross hosted by Pastoral Care
- Sat, Feb 28**  
4:15-4:45 pm Reconciliation  
5:00 pm Mass
- Sun, Mar 1 Second Sunday of Lent**  
9:00 am Mass  
11:00 am Mass with Children's Liturgy  
1:00 pm Choir Practice
- \*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

*The Way of the Cross will be held each Friday evening during Lent at 6:30pm in the church. Everyone is welcome!*

**“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 Sunday, 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!

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).

#### Mass Intentions

- Tue, Feb 24 – 9:00 am**  
Intentions of Gowri by Marie
- Wed, Feb 25 – 9:00 am**  
Intentions of O'Hara Family
- Thu, Feb 26 – 9:00 am**  
Intentions of Robert Bahen by Dolores & Warren
- Fri, Feb 27 – 9:00 am**  
Parents, grandparents, relatives & friends by Family Ho  
Truong
- Sat, Feb 28 – 5:00 pm**  
Intentions of John & Susan Bahen by Dolores & Warren  
†Ann Ryan by Bob & Family
- Sun, Mar 1 – 9:00 am**  
For the intentions of all parishioners
- Sun, Mar 1 – 11:00 am**  
†Bernard & †Marguerite McGrath and deceased family  
members by Family  
†Michael Chapman by Suzanne Mooney  
Intentions of Mary Oram & Mary-Lou Oram by Andrew



**Please pray for those who are sick:**  
**Please pray for those who have died: †**

†Indicates Deceased.

#### Knights of Columbus BIRDHOUSE RAFFLE



Parishioners can purchase raffle tickets to win one of several custom birdhouses. Tickets are available in the parish office during office hours and on the weekends of February 28 & March 1, March 14 & 15, and March 28 & 29. Tickets are 3 for \$5. All proceeds to Holy Spirit Parish Youth Ministry. Draw takes place on March 30<sup>th</sup>. Good Luck!

#### Journey through Lent: Weekly Video Reflections

The Canadian Conference of Catholic Bishops (CCCB) presents *Journey Through Lent*. This video series provides weekly Lenten spiritual reflections based on the readings for Sunday Mass and is available weekly from Ash Wednesday until Palm Sunday. Designed for individuals, families, and communities, *Journey Through Lent* encourages viewers to reflect on the Sunday readings. Visit [www.cccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/](http://www.cccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/)

Donate to our Parish  
or Youth Ministry



**Reflection:**

In the Gospel at the beginning of Lent, we hear about the temptations of Christ. The devil's three temptations concern feeding ourselves in some respect: feeding our desire for comfort, or for power or our egos. Christ's response is about feeding ourselves on God who truly satisfies our hearts' greatest hunger for love and meaning. We feed ourselves on the Word of God in scripture, by listening to him in prayer and with the holy Eucharist. This special bread, Holy Communion, is the bread of life. It strengthens and sustains us in our earthly journey. The Prayer after Communion for this First Sunday of Lent is: "Renewed now with heavenly bread [i.e. Holy Communion], by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living bread, and strive to live by every word which proceeds from your mouth." A great prayer for the start of our Lenten journey!  
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 and preparation for Lent, 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.

**Coffee Sunday Volunteers Needed-March is Cookie Month** every 1<sup>st</sup> and 3<sup>rd</sup> 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.

**2025 Official Donation Receipt for Income Tax Purposes** Income tax receipts for 2025 are ready for pick up in the Atrium. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 6-8. 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](mailto:youth@holyspiritparish.ca)

**Heart of Worship:** You are warmly invited to Holy Redeemer parish on Tuesday, February 24th at 7:00pm for our monthly Heart of Worship adoration event. The evening will include a talk by SPEAKER entitled "What Hinders Our Transformation?", praise and worship music, silent prayer time, confessions, and fellowship afterwards.



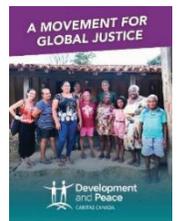
**Do you like to sing? Do you like to participate and sing in church? Then God wants your voice!** Anyone interested in coming out to sing with us during the Lenten, Triduum and Easter Seasons is always welcome to attend our 7:00pm Wednesday rehearsals (next one is Feb 25th) and/or extra Lenten Season 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](mailto:divina.hogan@gmail.com)) after mass.

**Rite of Election:** During Lent, adults from across our Archdiocese gather for the Rite of Election, publicly affirming their desire to enter the Catholic Church. At Easter, they will be fully welcomed into the Church through the sacraments of initiation. The entire Archdiocese is invited to celebrate this moment of grace. Our presence is a visible witness to the faith of the Church welcoming them and the prayers that are surrounding them. March 1, 2026, at 2:30pm at Notre-Dame Cathedral-Basilica

**Indigenous Justice:** Join St. Joseph's Parish for the inaugural "Fr. Jim Bleackley Lecture on Indigenous Justice". This event, taking place at 7pm on Mar 5, features Niigaan Sinclair (son of Murray Sinclair), a prominent activist based in Winnipeg, Manitoba. The event is sponsored by St. Joseph's Parish; admission is a freewill offering towards Kateri Native Ministry. For more information, contact Mikayla at [info@st-josephs.ca](mailto:info@st-josephs.ca) or 613-233-4095 x 251

**Oblate Lenten Parish Retreat (Mar 13-15)** All are welcome to join this parish Lenten retreat from Mar 13–15 at Canadian Martyrs Church (100 Main St). The retreat begins Friday at 7 pm with a Lenten Reconciliation Service and reflection on the Oblate Cross and St. Eugene's Good Friday experience. It continues Saturday at 2 pm, focusing on community, and concludes with reflections on Oblate spirituality during the weekend Masses (Saturday 5pm and Sunday 10 am). Language: English. Wheelchair accessible entrance available.

**Do you know Development and Peace — Caritas Canada?** It's the official international development organization of the Catholic Church in Canada and is a democratic movement for global solidarity rooted in Catholic Social Teaching. Development & Peace - Caritas Canada addresses the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. The organization also champions women and social movements as key agents of lasting change. To learn more, visit [devp.org](http://devp.org).



**LAURYSSEN**  
**KITCHENS**  
 KITCHENS | VANITIES | CLOSETS  
 Design Experience Centre - 183 Colonnade Rd S, Ottawa  
 Head Office & Manufacturing - 7 Industrial Ave, Carleton Place  
**613-836-5353** [www.laurysenkitchens.com](http://www.laurysenkitchens.com)

**HAZELDEAN FAMILY CHIROPRACTIC**  
 Dr. Erin McLaughlin  
 Dr. Pierre Paradis  
**613-831-9665**  
[hazeldeanchiropractic.com](http://hazeldeanchiropractic.com)

**Glen Scottish Restaurant**  
*The Best Fish & Chips in the Valley*  
 1010 Stittsville Main St.  
**613-836-5622**  
[www.theglen.ca](http://www.theglen.ca)

Plan a more meaningful goodbye  
 We help you plan ahead:  
**613-591-6580**  
[kellykanatafh.ca](http://kellykanatafh.ca)  
  
 Kelly Funeral Home  
 Kanata Chapel  
 by Arbor Memorial  
 Arbor Memorial Inc.

**CHRISTOPHER LYONS**  
**XLR8 REAL ESTATE BROKER**  
 REALTY GROUP INC. BROKERAGE Full Service REALTOR®  
 Residential, Commercial, Waterfront, Land, Farm, Custom Building  
 "Keep more of your equity.  
 Save thousands when you sell."  
  
**613.293.3929**  
[www.ChrisLyons.ca](http://www.ChrisLyons.ca)  
[www.xlr8realty.com](http://www.xlr8realty.com)  
[www.xlr8luxurylistings.com](http://www.xlr8luxurylistings.com)

  
**statue canada**  
 MANUFACTURING SINCE 1978  
 1099 Carp Rd  
 613.277.5588  
[info@statuecanada.ca](mailto:info@statuecanada.ca)  
**www.statuecanada.ca**  
 PLANTERS • BIRDBATHS  
 STATUES • ANIMALS  
 BENCHES • FOUNTAINS  
 RELIGIOUS • CONTEMPORARY

**Danny Tran CLEANING SERVICES Inc.**  
**RESIDENTIAL COMMERCIAL**  
 WE ARE COVERED BY INSURANCE AND WSIB  
 113 Patriot Pl, Kanata  
**613-853-0010**  
[Dannytrancleaningservicesinc@gmail.com](mailto:Dannytrancleaningservicesinc@gmail.com)  
[www.dannytrancleaningservicesinc.com](http://www.dannytrancleaningservicesinc.com)  
 [Dannytrancleaningservicesinc](https://www.facebook.com/Dannytrancleaningservicesinc)  


**Liturgica inc.**  
 Religious Supplies & Gifts  
 Shop online:  
[www.liturgica.ca](http://www.liturgica.ca)  
**613-745-1537**  
 Showroom:  
**2310 St-Laurent, Unit 209**

  
**Fernbank Dental Centre**  
 New Patients & Emergencies Welcome  
 Evening & Saturday Appointments Available  
**5373 Fernbank Road C1 613-836-8123**  
[fernbankdental@gmail.com](mailto:fernbankdental@gmail.com) • [www.fernbankdental.com](http://www.fernbankdental.com)

  
**DANNY MOVING SERVICES Ltd.**  
 Pickup & Delivery  
**RESIDENTIAL • COMMERCIAL**  
 WE ARE COVERED BY INSURANCE AND WSIB  
 500 Hazeldean Road, unit 110  
 Kanata ON K2L 2B5  
**613-793-5678**  
 [Dannymovingservicesltd](https://www.facebook.com/Dannymovingservicesltd)  
 [dannymovingservicesltd@gmail.com](mailto:dannymovingservicesltd@gmail.com)  
[www.dannymovingservicesltd.com](http://www.dannymovingservicesltd.com)

  
**arbique&ahde**  
 associate lawyers  
 Stittsville Shopping Centre  
**204-1300 Main St. 613-836-2240** [info@arbiqueahde.com](mailto:info@arbiqueahde.com)

**Stittsville Villa**  
 — Retirement Living —  
**Legendary senior living in Stittsville!**  
  
**613-836-2216**

**Thinking of Buying or Selling Your Home?**  
 I Work, Live, and Have My Office Right Here in Stittsville!  
 Call Me to Talk Real Estate or for a Free Market Evaluation on Your Home  
**Brent Conley**  
 Sales Representative  
**613-761-0123**  
 Your Home  Your Agent

  
 Bringing Quality, Affordable Dental Care To YOU!  
 Direct Billing, CDCP, OSDCP, NIHB, ODSP  
[mel@mobileteethcleaning.com](mailto:mel@mobileteethcleaning.com) **613-614-5199**  
[www.mobileteethcleaning.com](http://www.mobileteethcleaning.com)

**613-728-4780**  
  
**Thomas A. PEGG**  
 PLUMBING AND HEATING LTD.

THE COLE FAMILY...  
 SERVING OUR COMMUNITY SINCE 1924  
 COLE FAMILY OWNED SINCE 1924  
**PINECREST REMEMBRANCE FUNERAL** **HIGHLAND PARK CEMETERY**  
 Services Ltd. *Cole Family owned*  
**613-831-7122 613-829-3600**  
[Pinecrest-Remembrance.com](http://Pinecrest-Remembrance.com) [ColeFuneralServices.com](http://ColeFuneralServices.com) [HighlandParkCemetery.ca](http://HighlandParkCemetery.ca)  
 Dedicated to providing personalized service and choice

**THOMAS CAVANAGH CONSTRUCTION LIMITED**  
 9094 Cavanagh Rd., Ashton, ON  
**613.257.2918** [www.thomascavanagh.ca](http://www.thomascavanagh.ca)