



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: _____

FIFTH SUNDAY IN ORDINARY TIME



February 8 – 5th Sunday in Ordinary Time

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

February 15 – 6th Sunday in Ordinary Time

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

Parish Calendar

Mon, Feb 9 *Parish Office closed in the afternoon*
6:30 pm RCIA
7:00 pm Prayer Shawl ministry
Tue, Feb 10 St. Scholastica
9:00 am Mass
Wed, Feb 11
9:00 am Mass
6:00 pm Choir Practice
Thu, Feb 12 Parish Office Closed
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 13
9:00 am Mass
9:30 am Flame of Love Prayer Group
Sat, Feb 14 St. Cyril & St. Methodius
4:15-4:45 pm Reconciliation
5:00 pm Mass
Sun, Feb 15 **Sixth Sunday of Ordinary Time**
9:00 am Mass
10:00 am Pancake Breakfast hosted by the Knights of Columbus
11:00 am Mass

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

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.



“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!

Mass Intentions

Tue, Feb 10 – 9:00 am
Intentions of Mother Mary Bernadette
Wed, Feb 11 – 9:00 am
Intentions of O’Hara Family
Thu, Feb 12 – 9:00 am
Intentions of Colin Bahen by Dolores & Warren
Fri, Feb 13 – 9:00 am
Intentions of Jeremy by Family
Sat, Feb 14 – 5:00 pm
†Phil Rocco by Grace
†Rachelle Campbell by Yvan Danis & Family
†Lynne Mills by Louise Beggs
†Jolan Zsurka by Marion, Patricia & Isabella
Intentions of Margaret Mulvihill by Marion & Patricia
Sun, Feb 15 – 9:00 am
For the intentions of all parishioners
Sun, Feb 15 – 11:00 am
†John Scrim by Des & Sue McGuire
†Joe Amaral by Maria
†Nicholas (Nick) Lepage by Claudette Levair
†Jacob & †Samantha Lommen by Family



Please pray for those who are sick: Rita Leblanc
Please pray for those who have died: †Natalie Crosby;
†Dr. Edward O’Brien, †Louise Chan, †Stefan Masternak

†Indicates Deceased.

Mass offered on Sat Feb 7 at 9AM is for the souls of: †Harris Arbiue, †Edmund Scott, †Allen Ames, †Harold Graham, †Ronald Dalphy, †Joseph McNamee, †Patrick Beckett, †Patrick Wohler, †Frank Opisso, †Rene Rattey, †Rene Charbonneau, †Michael O'Rourke, †Jean-Pierre Beaulne, †John Myslicki, †Lucien Lavallee, †Edward Farant, †Nicholas Boucher, †Joseph McNally, †Murray Newman, †Carlos Oliveira, †John Curry, †Hugh Carroll, †Phil Fitzgerald

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. 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.



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

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

Dignity of Human Life Sunday - February 8, 2026.

In 2026, our focus will be on the sanctity and dignity of human life at the end of life, encouraging prayer, reflection, and pastoral support for the elderly, the sick, the vulnerable, those nearing death, and their caregivers. The Church affirms that compassionate, high-quality palliative care is the proper and ethical response to suffering at the end of life, providing comfort, dignity, and support to both the person and their loved ones.

World Day of the Sick – February 11

The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

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.



Ottawa Pastoral Care Training Program This spring we offer the **Basic Training Course** either in-person (Monday afternoons) or online by Zoom (Monday evenings). Both courses begin Mon, Mar 9th and run weekly until May 11th (including Easter Monday). Our Spring 2026 Basic Training Course brochure is available at www.ottawapastoralcare.com/wp-content/uploads/2025/11/S2026-Basic-Course-Brochure.pdf

Valentines Celebration February 14 Don't be alone this Valentine's Day. Join us for an evening of delicious food, music and entertainment at Our Lady of the Visitation's Valentine's Celebration welcoming singles, families and couples. Doors open 4pm, licensed bar, homemade Italian buffet service at 6pm followed by an evening of entertainment and dancing. Limited takeout. Prepaid \$40 pp tickets at 613-822-2007. Step out of your comfort zone and join us for an enjoyable evening at 5338 Bank St. Proceeds to Our Lady of the Visitation's church restoration.

World Youth Day 2027 Interest Meeting – February 19th.
More info coming soon!

Don't Give Up Chocolate for Lent. Do something bold. Join 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!

Call for Nominations 2026 Stittsville Volunteer Awards

Do you know a person, business or community group that has gone above and beyond to make a difference in Stittsville? We want to hear about them! The Stittsville Volunteer Awards are an opportunity to highlight and celebrate the dedication of volunteers in our community. *Nominations must be received by Feb 27.* For details visit www.glengower.ca/community/2026-stittsville-volunteer-awards-call-for-nominations/

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. 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

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 Dampousse 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. Most of what is given stays right here in our diocese, 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!

Donate to our Parish
or Youth Ministry



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

HAZELDEAN FAMILY CHIROPRACTIC
 Dr. Erin McLaughlin
 Dr. Pierre Paradis
613-831-9665
 hazeldeanchiropractic.com

Glen Scottish Restaurant
The Best Fish & Chips in the Valley
 1010 Stittsville Main St.
613-836-5622
 www.theglen.ca

Plan a more meaningful goodbye
 We help you plan ahead:
613-591-6580
 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
 www.xlr8realty.com
 www.xlr8luxurylistings.com


statue canada
 MANUFACTURING SINCE 1978
 1099 Carp Rd
 613.277.5588
 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
 www.dannytrancleaningservicesinc.com

 Dannytrancleaningservicesinc

Liturgica inc.
 Religious Supplies & Gifts
 Shop online:
 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 • 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@gmail.com
 www.dannymovingservicesltd.com


arbique&ahde
 associate lawyers
 Stittsville Shopping Centre
 204-1300 Main St. **613-836-2240** 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 **613-614-5199**
 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 ColeFuneralServices.com HighlandParkCemetery.ca
 Dedicated to providing personalized service and choice

THOMAS CAVANAGH CONSTRUCTION LIMITED
 9094 Cavanagh Rd., Ashton, ON
613.257.2918 www.thomascavanagh.ca