



# 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: \_\_\_\_\_

### THIRD SUNDAY IN ORDINARY TIME



#### January 25 – 3<sup>rd</sup> Sunday in Ordinary Time

Isaiah 9.1-4  
1 Corinthians 1.10-13,17-18  
Matthew 4.12-23

#### February 1 – 4<sup>th</sup> Sunday in Ordinary Time

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

#### Parish Calendar

<b>Mon, Jan 26</b>	St. Timothy & St. Titus <i>Parish Office closed in the afternoon</i> 6:30 pm RCIA
<b>Tue, Jan 27</b>	<b>9:00 am</b> Mass
<b>Wed, Jan 28</b>	St. Thomas Aquinas <b>9:00 am</b> Mass 6:00 pm Choir Practice 7:00 pm Catholic Women's League general meeting
<b>Thu, Jan 29</b>	<b>9:00 am</b> 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
<b>Fri, Jan 30</b>	<b>9:00 am</b> Mass 9:30 am Flame of Love Prayer Group
<b>Sat, Jan 31</b>	St. John Bosco 1:00 pm Euchre Tournament 4:15-4:45 pm Reconciliation <b>5:00 pm</b> Mass
<b>Sun, Feb 1</b>	<b>Fourth Sunday of Ordinary Time</b> <b>9:00 am</b> Mass <b>11:00 am</b> 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

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)

**Children's Liturgy** begins Sunday, February 1 at the 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. Our young children will leave the main Sunday Mass during the Scripture readings to hear the Gospel explained at their own level through simplified language, stories, songs, and activities, fostering faith development and full participation in worship, with children returning before the Liturgy of the Eucharist. 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!

**Please Note: the Parish Office is closed on Monday afternoons.**

#### Mass Intentions

**Tue, Jan 27 – 9:00 am**

Intentions of Father Geoff by Parishioner

**Wed, Jan 28 – 9:00 am**

Intentions of O'Hara Family

**Thu, Jan 29 – 9:00 am**

†Rachelle Moffatt by Family

**Fri, Jan 30 – 9:00 am**

Intentions of Jeremy by Rita

**Sat, Jan 31 – 5:00 pm**

For holy souls in purgatory

†John Young by Family of Bill & Margaret Young

†Ann Ryan by Bob & Family

For all souls in purgatory

**Sun, Feb 1 – 9:00 am**

For the intentions of all parishioners

**Sun, Feb 1 – 11:00 am**

†Larry Whelehan by Family

Intentions of Annemarie MacDiarmid by Pat Doyle

†Joe McGrath by Family



**Please pray for those who are sick:** Monsignor Joe Muldoon; Mafalda; Maureen; Kevin; Father Tom Riopelle; Delilah

**Please pray for those who have died:** †Ralph Peckham; †Jie Chen; †Don McKenna, brother-in-law of Doreen Sauve

†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, Jan 25, 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!

**STITTSVILLE FOOD BANK** Thank you to all parishioners who share with those less fortunate in our community. Monetary donations are best right now but toiletries, toilet paper, tissue, juice, canned fruits and vegetables, canned meat, salmon and tuna, rice, cereal, cookies, crackers, coffee and tea are also needed. Please check expiry dates on donations. Please bring your donations during office hours or when you come to Sunday Mass. Please only leave food (not clothing).

**Donate to our Parish or Youth Ministry**



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).

**Reflection:** “Come follow me...” Jesus invites each one of us into a personal relationship of discipleship with him. The Greek verb we translate as ‘follow’ means to ‘walk behind’, to follow in the footsteps of the person. Jesus invites us to walk in his way, doing what he does, patterning our life after his lived example. Today, we hear how Jesus began to gather the Apostles around himself at the beginning of his public ministry: “[Jesus] went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people.” His message was one of repentance as well as of sharing God’s mercy, as we see by his healing the sick: “Repent, for the kingdom of heaven is at hand.” The kingdom of heaven (or God’s kingdom) is not about physical geography but rather the boundaries of our hearts. To be a disciple means to reorient our lives away from this world’s false values and empty promises in favour of kingdom values and God’s offer of friendship. To follow Christ means to walk in his footsteps, to do as he did.

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.



**Calling all Euchre players** Come for a fun afternoon of Euchre on Saturday, January 31, 1pm - 4pm in the Parish Hall hosted by the Holy Spirit Parish Catholic Women’s League. There will be tables for tournament play as well as non-tournament tables. Haven’t played in years? We have a table set up for you! Tickets are \$10 per person available at the door. There will be prizes for the tournament winners, door prizes and a 50/50 draw. For info and tickets, contact Michelle Cole or Louise Beggs at [cwlholyspiritparish@gmail.com](mailto:cwlholyspiritparish@gmail.com) or 613- 836-3126. Everyone is welcome.

**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](http://www.bymyside.ca) or contact Mary-Jane 613-294-1308.

## Pope Leo XIV proclaims Franciscan Jubilee Year

On the occasion of the 800th anniversary of the death of St. Francis of Assisi in 1226, Pope Leo XIV has proclaimed a special jubilee year along with plenary indulgences. This Franciscan Jubilee Year, which will extend until January 2027, is considered a gift for the entire Church and an occasion for authentic spiritual renewal.

## Sunday of the Word of God - January 25

In the Apostolic Letter *Aperuit illis*, Pope Francis instituted the Sunday of the Word of God, which is celebrated on the Third Sunday in Ordinary Time. “Devoting a specific Sunday of the liturgical year to the word of God can enable the Church to experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world.” Pope Francis, *Aperuit illis*, 2

## World Day for Consecrated Life – February 2

The purpose of the day is “to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels” as well as “to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord” (St. John Paul II, 1997).

## CHRISTMAS ALTAR DECORATIONS 2025

Thank you to all who donated so generously to the Christmas decorations of our church.

Intentions of Marie Boon

Intentions of C. Myslicki

For living & deceased Gagatек Family members by Alice  
In memory of Agnes, Leo, John, Bob, Imelda & Bryan

Mulvihill by Margaret Mulvihill

Intentions of Guy Belanger by Michel Hotte

In memory of Patrick Foley by Pauline Foley

In memory of Suzanne & Phil Bernier by Family

For deceased members of Holy Spirit Parish Catholic  
Women’s League

Deceased family members of Jan & Leslie Haubrich  
In memory of Nelson Cybulski by Sandra Cybulski

In memory of Marcelle Coulas by Leo Coulas

For deceased members of the Paris / Keogh Family  
In memory of Mary K. Bleskie by Glenn Bleskie

In memory of Thomas Cybulski by Ray Golka & Josephine  
Cybulski

For deceased members of the Hearn & Oldford Families by  
Charles & Clare Oldford

In memory of Adele, Rita, Verna & Emmett Ryan

In memory of Madeleine Riordan by James Riordan  
In thanksgiving by T. Rose

In memory of Stephen & Vivian Wenslawek by Dan  
Wenslawek

In thanksgiving for Anthony, Joshua & Reetu Priyanka

In memory of Marian & Louise Harkof and Alan & Joyce  
Wilson by Kerry Wilson

For living & deceased members of the Hanna Family  
In memory of Zora & Joseph Radotic, and Andrey, Ken &

John Cheam by Nancy & Glenn Cheam

In memory of Richard Jeffrey by Mary Jeffrey

In memory of Patrick, Michael & Joseph Fowler by Joanne  
Gage



**LAURYSEN**

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)

**CHRISTOPHER LYONS**  
 **REAL ESTATE BROKER**  
 Full Service REALTOR®

"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)



**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)

 **arbique&ahde**  
 associate lawyers

Stittsville Shopping Centre

**204-1300 Main St. 613-836-2240** [info@arbiqueahde.com](mailto:info@arbiqueahde.com)



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.



**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.



**statue**  
 CANADA  
 MANUFACTURING  
 SINCE 1978

1099 Carp Rd  
 613.277.5588  
[info@statuecanada.ca](mailto:info@statuecanada.ca)

[www.statuecanada.ca](http://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



  
**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](http://Dannymovingservicesltd)  
[www.dannymovingservicesltd.com](http://www.dannymovingservicesltd.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

  
 THE COLE FAMILY...  
 SERVING OUR COMMUNITY SINCE 1924

**PINECREST**  
 REMEMBRANCE

**COLE**  
 FUNERAL

**HIGHLAND**  
 PARK CEMETERY

COLE FAMILY OWNED SINCE 1924

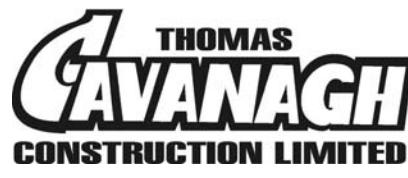
Services Ltd.

Services Ltd.

COLE FAMILY OWNED

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](http://www.thomascavanagh.ca)