



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: _____

SECOND SUNDAY OF LENT



March 1 – Second Sunday of Lent

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

March 8 – Third Sunday of Lent

Exodus 17.3-7
Romans 5.1-2,5-8
John 4.5-42

Parish Calendar

Mon, Mar 2 *Parish Office closed in afternoon*
6:00 pm First Communion preparation
6:30 pm RCIA

Tue, Mar 3
9:00 am Mass
9:30 am Lay Apostolate of Jesus Christ the Returning King
5:30 pm First Communion preparation
7:00 pm Confirmation preparation

Wed, Mar 4
9:00 am Mass
6:00 pm Choir Practice

Thu, Mar 5
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, Mar 6
9:00 am Mass
9:30-10:30 am First Friday Adoration & Benediction
9:30 am Flame of Love Prayer Group
6:30 pm Way of the Cross hosted by Extra-Ordinary Ministers of Holy Communion

Sat, Mar 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, Mar 8 Third Sunday of Lent
9:00 am Mass
10:00 am Discussion Group - *Return*
11:00 am Mass
1:00 pm Choir Practice

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

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

“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,” for our last discussion session on March 8 after the 9 am Mass for one hour in the Conference Room. The discussion will draw on Brandon Vogt’s book *Return: How to draw your child back to the Church*. Let’s come together as a parish family to learn, pray, and grow in our mission to welcome others home. All are welcome!

Mass Intentions

Tue, Mar 3 – 9:00 am
Intentions of Mother Mary Bernadette

Wed, Mar 4 – 9:00 am
Intentions of Marion by Margaret

Thu, Mar 5 – 9:00 am
Intentions of O’Hara Family

Fri, Mar 6 – 9:00 am
Intentions of Laplante & Lebrun Families

Sat, Mar 7 – 9:00 am
For all souls in purgatory by Abraham Family

Sat, Mar 7 – 5:00 pm
Intentions of Julian & Rita
†Ralph Peckham by Denise Peckham & Family
Intentions of Terry & Geneva Irwin by Dolores & Warren

Sun, Mar 8 – 9:00 am
For poor souls in purgatory
†Maria Girardi by Donella & Joe Gabriele
In honour of the Immaculate Heart of Mary

Sun, Mar 8 – 11:00 am
For the intentions of all parishioners



Please pray for those who are sick: Mark, Marlene, Liah, Marilyn

Please pray for those who have died: †Dawn Butler; †Brother Edouard Ntiyankundiye; †Therese Bois

†Indicates Deceased.

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

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.



Daylight Saving Time Begins March 8th. Before going to bed, remember to set your clocks ahead one hour on Saturday, March 7th!

Donate to our Parish
or Youth Ministry



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

Prayer: “This is my beloved Son. Listen to him.” Prayer is time spent speaking and listening to God. Prayer is how we grow in our relationship with God. Prayer, like any relationship, requires the investment of time spent together. So, we need to spend some time every day with God in prayer if we want to know him and to trust him. I’d like to contrast prayer with another prevalent form of communication. Prayer, in a way, is the opposite of social media. It’s slow, not instantaneous; it’s private not public; it’s honest and not about trying to look interesting; and it’s about the silence and waiting as much as it’s about the replies. Consuming a lot of social media can make us anxious or unhappy. Prayer has only an upside and no harmful side effects! Though it might positively affect your behaviour... Finally anyone can pray and we can pray anywhere, anytime. There is no need for cell service, the Wi-Fi password or a dedicated app. All it takes is a decision to set aside some alone time with God everyday - probably at least five or ten minutes as a start - to talk to him and to listen for what he will respond in our hearts. You can pray anywhere - your bedroom, living room, outside going for a walk, in the car... It’s easiest to have a favourite spot and a regular time. We can also simply sit quietly alone with God and talk to him like an intimate friend or the loving, perfect Father he is to us. 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.

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 30th. Good Luck!



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 will be offered on the First and Third Sunday of each month at our 11:00 am Mass. 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! Join us on March 15 for Children’s Liturgy at the 11am Mass.

Fun Craft sale March 15 at Coffee Sunday hosted by the CWL. Proceeds to local charities. Hope to see you there!

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.

World Day of Prayer – March 6 The World Day of Prayer is observed annually on the first Friday in March. It is an invitation for Christians to pause and pray together ecumenically. This recalls our Christian responsibility to be sensitive to the signs of the times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community. Sponsored by the *Women’s Inter-Church Council of Canada* and international counterparts around the world, it is celebrated in approximately 165 countries.

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 will be 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. www.cccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/

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. More info www.stjohntheapostleparish.com/news-and-events

Ecological Fair 2026 March 11, 2026 from 10 am - 4:30 pm at Saint Paul University, Multipurpose Room - The Ecological Fair 2026 is a community-driven initiative of Saint Paul University that brings together students, researchers, local organizations, activists, artists, and community members to explore sustainability, ecological justice, and collective action. This full-day event creates a space for dialogue, learning, creativity, and connection, highlighting local efforts that are actively shaping more just and sustainable futures. To register call 613-236-1393 or email communications@ustpaul.ca

How to give

Online: devp.org By phone: 1-888-234-8533

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