



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

## FOURTH SUNDAY OF LENT



### March 15 – Fourth Sunday of Lent

1 Samuel 16.1b,6-7,10-13  
Ephesians 5.8-14  
John 9.1-41

### March 22 – Fifth Sunday of Lent

Ezekiel 37.12-14  
Romans 8.8-11  
John 11.1-45

#### Parish Calendar

<b>Mon, Mar 16</b>	Parish office closed in afternoon
6:30 pm	RCIA
7:00 pm	Catholic Women's League executive meeting
<b>Tue, Mar 17</b>	
7:00 pm	Knights of Columbus council meeting
<b>Thu, Mar 19</b>	St. Joseph
9:00 am	Children's Faith Formation
9:30 am	Cenacle of Marian Movement of Priests
7:00 pm	Finance Council meeting
<b>Fri, Mar 20</b>	
9:30-10:30 am	Adoration & Benediction
9:30 am	Flame of Love Prayer Group
6:30 pm	Way of the Cross hosted by Knights of Columbus
<b>Sat, Mar 21</b>	
4:15-4:45 pm	Reconciliation
<b>Sun, Mar 22</b>	<b>Fifth Sunday of Lent</b>
1:00 pm	Choir Practice

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

*There will be a special collection for Development & Peace / Share Lent the weekend of March 21 & 22, 2026.*

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

#### HOLY WEEK CELEBRATIONS:

**Holy Thursday ~ Mass of the Lord's Supper**  
April 2 ~ 7:00 pm

Bring bells to ring at the Gloria.

Adoration of the Blessed Sacrament continues until 9pm.

**Good Friday ~ the Passion of the Lord**  
April 3 ~ 3:00 pm

**Holy Saturday, Easter Vigil ~ the First Mass of Easter**  
April 4 ~ 8:00 pm

Bring bells to ring at the Gloria.

**Easter Sunday ~ the Resurrection of the Lord**  
April 5 ~ 9:00 am & 11:00 am



**Help Sophie Pettapiece on her CCO mission trip to Ireland!** As she prepares to share the gospel and invite others into a deeper relationship with Christ, she is seeking support of your prayers and financial support.



To learn more or to support, please scan the QR code or contact her at [sophielovesshrimp@gmail.com](mailto:sophielovesshrimp@gmail.com).

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).

**SAVE THE DATE – Family Lenten Retreat on March 28.**  
*More details coming soon... You won't want to miss it!*

#### Mass Schedule & Intentions

**Tue, Mar 17 – 9:00 am**

Intentions of Aaron Gifford by Dolores & Warren

**Wed, Mar 18 – 9:00 am**

For souls in purgatory by Sandra Cybulski

**Thu, Mar 19 – 9:00 am**

†Fern & †Lucette Marcil by Jacques & Jeannie

**Fri, Mar 20 – 9:00 am**

Intentions of Francispillai Family

**Sat, Mar 21 – 5:00 pm**

Intentions of Patricia Sibbald by Dolores & Warren

†Alan Selvadurai

†Bonnie Carmanico by Joe Carmanico & Family

**Sun, Mar 22 – 9:00 am**

For poor souls in purgatory

†Marcelle Coulas by Pauline Foley

Intentions of Eamon O'Hara by Suzanne

†Joyce Fowler by Joanne & Family

†Mary White by Dan White

**Sun, Mar 22 – 11:00 am**

For the intentions of all parishioners

**Please pray for those who are sick:** Nancy, Patrick, Max, Mary Ellen

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

†Indicates Deceased.

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

#### Easter Food Drive for the Stittsville Food Bank



canned fruit	baby cereal & snacks
canned pasta	baby food pouches
canned tuna & salmon	canned meat
crackers	school snacks
canned tomatoes & sauces	

*Please bring donations during office hours or when you come to Sunday Mass before March 22. Thank you for giving generously!*

**Diocesan Wedding Anniversary Mass 2026:** For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2026! At Notre Dame Cathedral on **Sunday, May 3, 2:30 pm**. The registration form is now available at [www.forms.office.com/r/jpBDLwD0Kq](http://www.forms.office.com/r/jpBDLwD0Kq). Please register before April 16 to ensure your place! For questions, please contact Annmarie at [annmarie.brown@ottawacornwall.ca](mailto:annmarie.brown@ottawacornwall.ca).

Donate to our Parish  
or Youth Ministry



**Sunday Reflection:** “Believing is seeing” might be a good summation of today’s scriptures. The world puts this the other way around though, demanding proof we can perceive with our eyes - “seeing is believing.” But in terms of faith, this is backwards. We only see clearly through the eyes of faith. The Christian writer and apologist C S Lewis, who wrote the Narnia Series of books, once remarked: “I believe in Christianity as I believe that the sun has risen. Not only because I see it, but because by it I see everything else.” Fr. Geoff

**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 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!

**Is the Lord calling you to the Permanent Diaconate?** Come and discover what the Diaconate is all about. Information sessions will be held on Saturday, March 14<sup>th</sup> from 10-Noon and Monday March 16<sup>th</sup> from 7-9 pm at the Diocesan Centre – 1209 Michael St. North. Contact Deacon Charles (Chuck) Fink for more info and to register at [CharlesFink@ottawacornwall.ca](mailto:CharlesFink@ottawacornwall.ca)

**Have you heard about consecrated virginity?** There are currently about 5,000 consecrated virgins in the world, and five in our Archdiocese! Consecrated virgins receive, from the diocesan bishop, a consecration to a life of perpetual virginity as a Bride of Christ. Unlike religious sisters, they remain in their ordinary circumstances, working, serving, and living in the world while bringing the love of Jesus to others. They provide for their own needs and dedicate themselves to serving God in their diocese. Rooted in prayer and sacrifice, they offer their gifts to meet the needs of the local Church. **Do you sense a call to consecrated virginity?** Or are you interested in learning more? If you are 22 or older, contact Erin Kinsella at [erinkinsella@live.ca](mailto:erinkinsella@live.ca). We would be happy to speak about how the Lord may be calling you!



**This Lent, please give generously** This Solidarity Sunday, March 22, Development & Peace-Caritas Canada’s *On Track for Justice* campaign invites you to give generously and thanks you warmly for your generosity. **Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world.** “Our longstanding partnership with Development & Peace-Caritas Canada is very important to us. It allows us to promote economic alternatives to mining and industrial agriculture, thereby strengthening local economies and agroecology. Your contributions help change the reality of communities here and make a difference for many other organizations around the world.” -*Mikaell Carvalho, Coordinator, Justiça nos Trilhos, Brazil* Help create hope for and fulfil the dreams of the communities we support in the Global South by giving to your Share Lent parish collection or online at [devp.org/give](http://devp.org/give). **Thank you for your solidarity!**

**Dinner in honour of Our Lady of Fatima – March 21 at 7PM**  
This is a dinner in honour of Nossa Senhora de Fatima (Our Lady of Fatima). **Menu:** Soup, salad, cod or pork loin, dessert, tea and coffee. **Entertainment:** DJ CARABANA. **Cost:** Adults-\$50, Kids (12 and under)-\$25; **For info and reservations:** Armando Prazeres, 705-372-6305 Gorette Ramalho, 613-323-6305

**You’re Invited – Join the Encounter School of Ministry Ottawa Campus for our very first Transformation Night!**  
We will take time to soak in the Father’s love in extended worship, and then we will receive a teaching on the Father’s heart and who we are in the Father’s eyes. We will further have time for activating what we learnt, and space for questions and answers about Encounter School. Enjoy this unique opportunity and taste of Encounter School. Tuesday, March 24<sup>th</sup>, 6:00 – 8:30pm, St. Mary’s Parish, No registration required – All are welcome.

**Heart of Worship** You are warmly invited to Holy Redeemer parish on Tuesday, March 24<sup>th</sup> at 7:00pm for our monthly Heart of Worship adoration event. The evening will include a talk by Michael Browning entitled "By His Wounds We Are Healed ", praise and worship music, silent prayer time, confessions, and fellowship afterwards.

**Soil to Sanctuary Fundraiser: Bubbles, Bingo & Bags** St. Faustina Parish of Cumberland warmly invites you to an unforgettable evening of fellowship, joy, and generosity. Join us for *Bubbles, Bingo & Bags* - a celebration where community spirit and Christian stewardship come together in support of a sacred mission: the construction of our new church home. This elegant evening will feature a high-end bingo experience with the chance to win genuine designer handbags from Michael Kors, Kate Spade, and Coach. The grand prize is a Louis Vuitton purse. **Date:** Saturday, April 18<sup>th</sup>, 2026 starting at 5:30PM at Santo Cristo Banquet Hall, 1100 Kenaston St. **Age Requirement:** This is a 19+ event

**EASTER ALTAR DÉCOR & RESOURCES**

A special way to remember loved ones or to celebrate a loved one’s birthday or anniversary, is to donate Altar Flowers in their honour. Please complete this form and put it, along with your cheque made payable to Holy Spirit Parish, in an envelope marked *Easter Décor & Resources* and place it in the collection basket or drop it off at the Parish Office. All intentions will be printed in a bulletin during the Easter Season.

**(PLEASE PRINT CLEARLY)**

Name of person(s) or intentions: \_\_\_\_\_

Name of person making the donation: \_\_\_\_\_

Amount (circle): \$25 \$50 \$100 or \_\_\_\_\_

Phone No. (613) \_\_\_\_\_ Envelope No. \_\_\_\_\_

*Remember loved ones this Easter and give glory to the Lord by helping to decorate for this beautiful season.*

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