



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 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 613-884-8475

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: _____

THIRD SUNDAY OF LENT



March 23 – Third Sunday of Lent

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

March 30 – Fourth Sunday of Lent

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

Parish Calendar

Mon, Mar 24

6:00 pm First Communion Preparation
6:40 pm RCIA

Tue, Mar 25 The Annunciation of the Lord

7:00 pm Mass
7:00 pm Confirmation preparation

Wed, Mar 26

9:00 am Mass
7:00 pm Choir Practice
7:00 pm Catholic Women's League general meeting

Thu, Mar 27

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, Mar 28

9:00 am Mass with Sacred Heart Grade 11
9:30 am Flame of Love Prayer Group
6:30 pm Way of the Cross hosted by the Knights of Columbus

Sat, Mar 29

1:00 pm Euchre Party
4:15-4:45 pm Reconciliation
5:00 pm Mass

Sun, Mar 30 Fourth Sunday of Lent

9:00 am Mass
11:00 am Mass
1:30 pm Choir Practice

*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!

PLEASE NOTE – in April 2025, the Tuesday Masses will be at 9:00 AM.

Sun, Apr 6 at 2-4pm – Drop in reconciliation

on Sunday, April 6th between 2 pm and 4 pm we will have several priests available to hear your confession. This is a 'drop-in' opportunity for reconciliation anytime in the two-hour time frame. Give yourself the gift of a good confession to prepare yourself for Easter.

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 6-8. This week's theme: Forgiveness. 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

Mass Intentions

Tue, Mar 25 – 7:00 pm

†Maria Aparecida Nakano & Homero Fonseca by Sabrina

Wed, Mar 26 – 9:00 am

Intentions of Maire O'Hara by Suzanne O'Hara

Thu, Mar 27 – 9:00 am

Deceased family members of Sandra Cybulski

Fri, Mar 28 – 9:00 am

Parents, grandparents, relatives & friends by Family Ho Truong

Sat, Mar 29 – 5:00 pm

†Phil & †Josh by Joan & Family
†Ron MacDonald by Vanita & Family
Intentions of Nancy Carisse by Dennis

Sun, Mar 30 – 9:00 am

For the intentions of all parishioners

Sun, Mar 30 – 11:00 am

†Gerald McKeough by Sheila & Dean Casagrande
In thanksgiving to St. Joseph by Mary
Intentions of Laplante & Lebrun Families by Garvey Family

Please pray for those who are sick: Stephen

Please pray for those who have died: †Doug Specht, husband of Donna; †Baby Davidson; †Murielle Bérubé; †Teresa Varghese

†Indicates Deceased.



Prayer for Lent (from crosswalk.com): **Prayer for Self-Denial:** Gracious God, as I practice self-denial during Lent, may I grow in humility and reliance on you. Help me to turn away from worldly distractions and focus on your presence and purpose. Amen.



Calling all Euchre players Come for a fun afternoon of Euchre on Sat, March 29, 1:00pm - 4:00pm in the Parish Hall. Hosted by the Catholic Women's League. Tickets are \$10 per person. Please purchase in advance. There will be prizes for the winners, door prizes and 50/50 draw. For info and tickets, contact Michelle or Louise at email cwlholyspiritparish@gmail.com or (613)836-3126. Everyone is welcome.

CHURCH BULLETIN ADVERTISING Liturgical Publications will be setting up the advertisements for our church bulletin. The advertising will begin in June 2025 and supports the bulletin service. Please support the bulletin and advertise your product or service. Call Liturgical Publications at 1-800-268-2637.

Looking to Pray a Bit More Each Day? Check *our sacred space.com* for a daily short guided prayer session. There's also an app - sacred space.

Gospel Reflection: Jesus tells the Samaritan woman in the Gospel “give me a drink”. We use this particular Gospel today when we celebrate the Scrutinies which are part of the process that soon to be Catholic Christians experience as they prepare to celebrate baptism, confirmation and receive Holy Communion for the first time at the Easter Vigil. Their thirst for Christ and his Gospel resonate with the encounter of the Samaritan woman and our thirst too. Fr. Geoff

Understanding the Mass – The Dismissal Mass ends with a Dismissal or a ‘commissioning’. Instead of ending with a casual ‘good-bye’ or ‘see you soon’, the priest or the assisting deacon send God’s people forth into the world with one of four dismissals. These dismissals recall Christ’s commissioning of his disciples before his Ascension to “Go and make disciples of all nations” (Matt 28:19). They remind us that we are to be witnesses to the Gospel in our daily life outside the walls of the parish church. Two of the options are very simple: “Go forth, the Mass is ended” or “Go in peace”. But even these simple dismissals are reminders to us of our duty to spread the Gospel. “Go forth” has a forceful ring to it and “Go in peace” reminds us that we go forth from the church carrying not the world’s idea of peace, but rather to share the peace of Christ. The other two options make our commission to witness to the Gospel more beautifully explicit: “Go and announce the Gospel of the Lord” or “Go in peace, glorifying the Lord by your life”. We are sent out into the world to be witnesses to the Gospel and to glorify our good and gracious God by how we live. We respond to all of these great commissions in gratitude and love by responding: “Thanks be to God”. Fr. Geoff

Archbishop’s Reception 2025 On May 15, 2025, our Archdiocese will gather to hear what God has done, what he is doing, and where he is leading us. Will you be there? Mingle with others from Ottawa-Cornwall, hear live testimonies from people who encountered God, and be present for the official launch of our new Archdiocesan vision, presented by Archbishop Marcel Dampousse. Whether you are new to the Catholic Church or have been here your whole life, we want you with us. Come be empowered with the mission. Hosted at the Infinity Convention Centre, doors open at 6 pm for a cocktail hour, followed by the main programming from 7 pm – 9 pm. Appetizers will be served. Tickets are \$65 available at ottawacornwall.ca/events/archbishops-reception/

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).

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 March 27 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

Development and Peace — External debt and ecological debt: Who owes whom? Peru is facing an ecological debt crisis as extractive industries, often foreign-owned, plunder its natural resources, harming the environment and human rights. These industries contribute to the unjust enrichment of the Global North at the expense of the Global South. Thus, as countries in the Global South incur financial debts that further impoverish them, they are owed a mounting ecological debt by the Global North that is never settled. Our partners, the Episcopal Commission for Social Action (CEAS) and the Institute Bartolomé de Las Casas (IBC) work closely with affected communities, advocating for justice and sustainable alternatives.

Diocesan Wedding Anniversary Mass 2025: For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2025! At Notre Dame Cathedral on Sunday, May 4, 2:30 pm. Please register before Easter to ensure your place! For questions and to register, contact Annmarie at annmarie.brown@ottawacornwall.ca.

Annual Stamp Sale, Craft sale and Book signing at Miriam Centre, Saturday March 29th from 9AM to 3PM!

Kids Clothing Swap on March 29th from 9am to 1pm at St. Andrew’s Church, 2 Mulkins St. For more details call 613-831-1256.

2024 Official Donation Income Tax Receipts Income tax receipts for 2024 are ready for pick up in the Atrium. Thank you to everyone for your financial contributions throughout the year. Your generosity is sincerely appreciated.

EASTER 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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