



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 Boudouin holyspiritcfff@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: _____

OUR LORD JESUS CHRIST, KING OF THE UNIVERSE



Nov 23 – Our Lord, Jesus Christ, King of the Universe

2 Samuel 5.1-3
Colossians 1.12-20
Luke 23.35-43

Nov 30 – First Sunday of Advent

Isaiah 2.1-5
Romans 13.11-14
Matthew 24.37-44

Parish Calendar

Mon, Nov 24	St. Andrew Dũng-Lac
6:00 pm	First Reconciliation Prep
6:30 pm	RCIA
7:00 pm	Catholic Women's League Executive meeting
Tue, Nov 25	
9:00 am	Mass
5:30 pm	First Reconciliation Prep
7:00 pm	Confirmation Parents Info meeting
Wed, Nov 26	
9:00 am	Mass with Sacred Heart Grade 11
11:00 am	Children's Faith Formation
2:30 pm	Youth Alpha
7:00 pm	Catholic Women's League General meeting
Thu, Nov 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
7:00 pm	Protect Your Family-Secure Your Future presentation by Knights of Columbus
Fri, Nov 28	
9:00 am	Mass
9:30 am	Flame of Love Prayer Group
Sat, Nov 29	
4:15-4:45 pm	Reconciliation
5:00 pm	Mass
Sun, Nov 30	First Sunday of Advent
9:00 am	Mass
11:00 am	Mass
3:00 pm	Faithful Stewardship presentation

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

Catch Up - Confirmation Parents Meeting We noticed there are many families that did not get a chance to attend our previous meetings. We will hold one final meeting on Tue, Nov 25th at 7pm in the parish hall for any families that wish to sign up their children for Confirmation this school year!

SUNDAY MISSALS The 2025-2026 Sunday Missal, "Living with Christ" is available for purchase in the Parish Office at \$5.00 each. Please call the Parish Office for assistance. Missals will be available for purchase next weekend, Nov 29 & 30. The new missal begins the First Sunday of Advent – November 30! Get yours early.

Coffee Sunday Volunteers Needed: We are looking for volunteers who can help set up, clean up afterwards and also for contributions for the snacks. Please help us to continue the chance to gather together, get to know each other better and support one another in our parish family! We will have a sign-up sheet in the atrium for volunteers. We need help to keep this tradition going! Fr. Geoff

Mass Intentions

Tue, Nov 25 – 9:00 am
Intentions of Julian & Rita & Family

Wed, Nov 26 – 9:00 am
Intentions of Julian, Jonita Family & Irene by Marie

Thu, Nov 27 – 9:00 am
Intentions of Maureen & Shane Gifford

Fri, Nov 28 – 9:00 am
Parents, grandparents, relatives & friends by Family Ho Truong

Sat, Nov 29 – 5:00 pm
For living & deceased members of the Catholic Women's League

†Lucille Gauthier by Mary Jeffrey
†Phil Rocco by Patrick & Linda O'Hare
†Doreen Holmes by Mary Garvey
†Brian Kevin McCarthy by Daniel & Veronica Chavolla

Sun, Nov 30 – 9:00 am
Intentions of Robert Bahen
Intentions of Maire O'Hara by Suzanne
†Doreen Holmes by Pauline Foley
†Bob Greening by Sandra Cybulski
†Joe Amaral by Maria & Family

Sun, Nov 30 – 11:00 am
For the intentions of all parishioners

Please pray for those who are sick:
Please pray for those who have died: †

†Indicates Deceased.



Faithful Stewardship

Your Life, Your Legacy

A presentation on Estate Planning

What legacy will you leave?
Join Archbishop Damphousse for a presentation on how to create a prayerful, high-impact Estate Plan that maximizes your spiritual and social impact.

REGISTER NOW

Nov 30, 2025

3pm-4:30pm

Holy Spirit Parish

Register ottawacornwall.ca

Reflection: We pray in our Mass today: “[God the Father] delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.” There are two kingdoms in the world: the kingdom of light and the kingdom of darkness. If we are united to Christ our head, then we are already a member of his kingdom and are under his authority and protection. If we choose to live in the kingdom of darkness, we are under the dominion of sin and death. We choose which kingdom we want to belong to and which king we want to honour and obey. These two kingdoms are governed by very different rules. The kingdom of light lives by mercy, peace, patience, justice, compassion, love and joy. The kingdom of darkness thrives on sin, selfishness and ugly behaviour. In which kingdom do we want to live? To which king will we give our obedience? Fr. Geoff

Weekly contribution envelopes for 2026 have arrived! Please pick up your box of envelopes early. If you do not have an envelope number and you would like one, envelopes are available. Call the Parish Office for assistance. Please do not use your 2026 envelopes until January 2026!

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

A **Memorial Book** has been placed in the Atrium. In this book, all parishioners are invited to inscribe the names of their family, relatives and friends who have died and who they wish to have remembered in the prayers that will be said for them during the month of November.

It's cold & Flu season – as cold and flu season begins, let's remember others in the church community. If you're feeling unwell or showing symptoms of illness, please consider staying home to rest and recover. This small act of consideration helps protect the health of our more vulnerable parishioners, including the elderly and those with chronic conditions. Thank you for helping our parish community remain safe, healthy and welcoming to all.

PARKING LOT: Winter Weather – On days of big snowstorms, please plan to arrive for morning Mass after 8:30am. This allows time for snow plowing to be completed, helping to keep our parking lot and walkways safe for everyone. Thank you for your cooperation in making sure all can arrive safely!

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*).

Keep Christ in Christmas Family Advent Party

On December 7, 2025 after the 11:00 am Mass, families are invited to the parish hall for Advent fun including music, games, crafts, and a visit from Santa! Enjoy baked goodies and refreshments while enjoying Advent fun. If you would like to help out, please contact the parish office.

Protect Your Family. Secure Your Future: You are invited to a Knights of Columbus Fraternal Benefits Night on November 27th at 7pm in the large meeting room. Learn about the Order's Catholic family-first insurance programs, including life, disability, and long-term care insurance. An expert from the Knights of Columbus will be on hand to discuss these benefits and answer your questions. Join us for this informative evening and discover the many benefits of membership in the Knights of Columbus. Refreshments will be served. For more information, contact James MacLean james.maclean.0@gmail.com.

2025 Stittsville Food Bank Christmas Campaign

Please consider purchasing gift cards for children ages 1-17 for the Stittsville Food Bank. These cards will be included in the Christmas hampers distributed this December. Your donations can be dropped off to the parish office during office hours or slipped under the office door on weekends no later than Fri, Dec 12. Thank you for the ongoing support received by those in our community who need our help.



Free Christmas Thrift Store: The École secondaire catholique Paul-Desmarais is collecting new and gently used gifts—including clothing, books, toys, stuffed animals, and wrapping paper—for its annual Free Christmas Thrift Store, with donations accepted on Fri Nov 28th from 7:30 to 9 am in front of the main office at 5315 Abbott St E. This event supports children and families in our community by ensuring every child receives a Christmas gift.

You are warmly invited to Holy Redeemer parish on Tue, Nov 25 at 7pm for our monthly **Heart of Worship** adoration event. The evening will include a talk by Fr. Zachary Romanowsky entitled “Be the one to assuage the loneliness of Christ”, praise and worship music, silent prayer time, confessions, and fellowship afterwards.

Action Life Ottawa, a pro-life educational organization, invites you to its **Annual General Meeting** on Wed, Nov 26th at 6:30 pm at Holy Cross Parish, 685 Walkley Rd. Guest speaker Alex Schadenberg, Executive Director of the Euthanasia Prevention Coalition, will present “No to Euthanasia for Mental Illness”—an important update on Canada's evolving euthanasia laws. All are welcome.

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