



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 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: _____

TWENTY-THIRD SUNDAY IN ORDINARY TIME



Sep 7 – 23rd Sunday in Ordinary Time

Wisdom 9.13-18
Philemon 9b-10, 12-17
Luke 14.25-33

Sep 14 – Feast of the Exaltation of the Cross

Numbers 21.4-9
Philippians 2.6-11
John 3.13-17

Parish Calendar

Mon, Sep 8	The Nativity of the Blessed Virgin Mary Parish Office is closed in the afternoon
Tue, Sep 9	(No Mass)
Wed, Sep 10	(No Mass)
Thu, Sep 11	(No Mass)
Fri, Sep 12	(No Mass)
Sat, Sep 13	St. John Chrysostom
4:15-4:45 pm	Reconciliation
5:00 pm	Mass
Sun, Sep 14	Feast of the Exaltation of the Cross
9:00 am	Mass
11:00 am	Mass

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

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

ATTENTION WOMEN OF HOLY SPIRIT PARISH

The parish's Catholic Women's League (CWL) invites all women over 16 to join us, anytime! Be part of a wonderful group of ladies devoted to God and country! The last Wednesday of each month, we meet and focus on our Catholic faith and commit to help our parish and community through service and social justice. We always have social time and fun. Be as active as you wish. Come see what we do, Sep 24 at 7pm in the Church hall. Louise 613-852-4469.



VOLUNTEER FAIR September 20 & 21

Come and explore the many opportunities you can share your time and talents within our parish community! Join us after all Masses on the weekend of September 20 & 21 for our Volunteer Fair. Representatives from various ministries and groups will be available to share information and answer your questions. Whether you can give a little or a lot, there is a place for you! Take this opportunity to see where your gifts can make a difference.

Diocesan Holy Hour for Vocations which will take place at 7pm on Thursday, September 18 at Notre-Dame Cathedral Basilica. We will come together as an Archdiocese to pray and promote vocations. Archbishop Marcel Dampousse will offer a homily during the Holy Hour. We will be joined by the Young Catholics of Ottawa group. Everyone welcome!

Mass Intentions

Sat, Sep 13 – 5:00 pm

†Michael Mandolia by Mandolia Family
†John Myslicki by Family
Intentions of Colin Bahen by Dolores & Warren Bahen

Sun, Sep 14 – 9:00 am

For the intentions of all parishioners

Sun, Sep 14 – 11:00 am

†Bud McCarville by McCarville Family
†Pat Foley by Pauline Foley & Family
Intentions of Yee Family by Daniel & Divina Hogan
†Elsie Lafontaine by Barb Denis
†Josip & †Zora Radotic by Nancy Cheam



Please pray for those who are sick:

Please pray for those who have died: †Deacon Claude Brunet

†Indicates Deceased.

Children's Liturgy Volunteers Needed: we hope to offer a Children's Liturgy program at the 11:00 am Mass beginning in the Fall. We need volunteers to help coordinate it. We have a program and a coordinator but we need an assistant coordinator and volunteers. Please contact the office if you are interested.

Wedding Anniversary Blessing:



We invite all couples who celebrated a wedding anniversary in June, July, August or September to take part in a special Anniversary Blessing during Mass on the weekend of September 27 & 28. If you would like to participate, please register with the parish office by providing your names and the number of years you are celebrating. We look forward to celebrating this joyful occasion with you!

Beware of Suspicious Emails from the Priests!

Fr. Geoff will **never** ask parishioners for money, gift cards or favours by email. If you receive an email supposedly from Father Geoff that looks suspicious, call the parish. Do not respond to the email. Call anytime if you have questions! Father only uses the email address: pastor@holyspiritparish.ca It's a sad reality that scammers use priests' names to prey on the generous good will of parishioners.



Our parish raised \$4 163.00 for Multifaith Housing Initiative. Well Done Holy Spirit Parish!

**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).

Gospel Reflection:

Jesus uses the rhetorical technique of exaggeration telling us unless we hate our loved ones, we cannot be his follower. He follows this by telling us we need to embrace the Cross in our life if we are to be his disciple. The point Jesus is making is that the most important thing is our relationship with him: everything else is seen through the lens of this foundational relationship: being his disciple involves a total commitment. An occasional Christian or a Sunday only Catholic is not a disciple. I remember after one Mass a number of years ago talking to someone outside the church who said to me "what you talk about in there is fine Father, but I go back to work on Monday and the real world doesn't work that way." Isn't it our calling to try and make the world more Christ-like wherever we find ourselves?

Fr. Geoff

2025-2026 SACRAMENT PREPARATION PARENTS ONLY MEETING (no children required): FIRST RECONCILIATION and FIRST COMMUNION at Holy Spirit Parish Hall on: Tuesday, September 23, 2025 at 7:00pm; or Sunday, September 28, 2025 at 3:00pm. If you have children in Grade 2 or older and wish the Sacraments of First Reconciliation and First Communion for them, please plan to attend one of these meetings. If your child was not baptized at Holy Spirit Church, we will need a copy of their baptism certificate.

RCIA: The Rite of Christian Initiation of Adults An invitation to a journey of discovery is open to all adults seeking entry into the Catholic Church or completing their sacraments through Baptism, Reconciliation, Eucharist and Confirmation. If you or someone you know is interested in the Rite of Christian Initiation of Adults process, please call the Parish Office (613-836-8881) with regards to RCIA. We begin soon! If you would like to volunteer as a leader, contact Alex Ducharme youth@holyspiritparish.ca

Respect Life Ministry presents Horizons of Hope

We are looking for parishioners to consider serving as table leaders for our 2-day workshop that empowers and educates parishioners by addressing questions surrounding palliative care, dying, death, suffering, accompaniment, and bereavement, taking place Nov 22 & 29. You will moderate the discussion in your small group, and have the ability to listen, to steer the conversation for all to participate, to recognize and intervene if inappropriate content is being shared, to seek help when needed. For more information about being a table leader, please email farrarraquelb@gmail.com

LitSpark Youth is a teen-led nonprofit that aims to improve youth literacy in the local community. We believe in the power of reading to build language skills, confidence, and a lifelong love of learning. Please consider donating new or gently used books in the donation box at Holy Spirit Parish from Sep 8 to 29. All books will be distributed to children and families in need. For more information, visit our website at litspark.ca

Introducing our Candidate for the Permanent Diaconate:

This weekend, we are pleased to introduce Nathan and Raquel Farrar, members of our parish community. Nathan is currently in the formation program for the Permanent Diaconate. The formation process involves four years of prayer, study, and service. I invite you to keep them in your prayers as they continue to discern the call to serve the Church in this vocation. Nathan is currently serving in prison ministry and at the Shepherds of Good Hope. Raquel is co-responsible for our new Parish Respect Life Committee. Previously, Nathan and Raquel served together as catechists in RCIA ministry at St. Mary's Parish. They look forward to getting to know the parish better and participating in various parish ministries. Please introduce yourself to them and show your Holy Spirit Parish spirit of support! Fr. Geoff

Our Catholic Women's League (CWL) is hosting our annual **Paint Night** again with the fun Paint Sisters on October 8 from 7-9pm. CWL members will be selling tickets after Masses on September 13-14 and September 21. You can also reserve a ticket (still \$40) for this popular evening by contacting Louise Beggs at 613-852-4469, louisebeggs@icloud.com.



Calling all Euchre players Come for a fun afternoon of Euchre on Sat, September 20, 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.

I am pleased to announce the acceptance of three new Seminarians for the Archdiocese: Mr. **Daniel Cheung**, Mr. **Junipero Ezenwajiaku**, and Mr. **Paschal Fontillas**. They will be joining our other seminarians, Mr. **Elijah Bourrier**, Mr. **Jean-François Dacquay** and Mr. **Charles Barbeau** at Saint Augustine's Seminary of Toronto. Please keep them all in your prayers as they continue their formation for the Priesthood. Fr. Connor O'Hara

We are looking for Host Homes for the Net Teams from September 28 to 30. Contact Alex if you can help youth@holyspiritparish.ca

A Back to School Prayer for Students: Lord Jesus, I ask for Your help as I begin this new school year. Allow me to experience Your presence in the many blessings You put before me. Open my eyes to the new challenges and exciting opportunities that this new school year brings. Open my heart and mind to new friends and new teachers. Give me a generous spirit to be enthusiastic with my studies and courage to accept new opportunities. Help me to be attentive to my teachers and let me experience Your presence in my new friends. Jesus, inspire me to do my best this year! Amen.

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