



# 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)  
Father John Onmeje Ogbaje, Associate Pastor, [associate@holyspiritparish.ca](mailto:associate@holyspiritparish.ca)  
Alex Ducharme, Youth/Sacramental Coordinator, [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)  
Administrative Assistant, [admin@holyspiritparish.ca](mailto: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.

### CATECHESIS OF THE GOOD SHEPHERD

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

Claire Moore, President 613-612-1659

### KNIGHTS OF COLUMBUS

James MacLean, Grand Knight 613-831-8617

### PARISH FINANCE COUNCIL

Alex Golob, Chair 613-410-1896

### 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-NINETH SUNDAY IN ORDINARY TIME**



**Oct 20 – 29<sup>th</sup> Sunday in Ordinary Time**

Isaiah 53.10-11  
Hebrews 4.14-16  
Mark 10.35-45

**Oct 27 – 30<sup>th</sup> Sunday in Ordinary Time**

Jeremiah 31.7-9  
Hebrews 5.1-6  
Mark 10.46-52

*Parish Calendar*

**Mon, Oct 21**

6:00 pm First Reconciliation Prep session  
6:30 pm RCIA  
7:00 pm Catholic Women's League Executive meeting

**Tue, Oct 22**

6:30 pm Confirmation Parents meeting  
**7:00 pm Mass**  
7:35 pm Finance Council meeting

**Wed, Oct 23**

**9:00 am Mass**  
7:00 pm Choir practice  
7:00 pm Catholic Women's League Bazaar Planning meeting

**Thu, Oct 24**

**9:00 am Mass**  
9:30 am Catechesis of the Good Shepherd  
9:30 am Cenacle of Marian Movement of Priests  
7:00 pm Youth Night Grades 6-8

**Fri, Oct 25**

**9:00 am Mass**  
9:30 am Flame of Love Prayer Group  
7:00 pm Youth Night Grades 9-12

**Sat, Oct 26**

8:00 am Hall occupied  
4:30 pm Confirmation Parents meeting  
4:15-4:45 pm Reconciliation  
**5:00 pm Mass**

**Sun, Oct 27 30<sup>th</sup> Sunday in Ordinary Time**

**9:00 am Mass**  
**11:00 am Mass**

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

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).

**2025 CONFIRMATION PREPARATION - PARENTS ONLY MEETING (no children required):** at Holy Spirit Parish Hall on: Tue, Oct 22, 2024 at 6:30 pm; and Sat, Oct 26, 2024 at 4:00 pm. If you have children in Grade 6 or older and wish the Sacrament of Confirmation 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.



The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 6-8. This week's theme: Trick-or-Treat for Cans. 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](mailto:youth@holyspiritparish.ca)

**SAVE THE DATE – November 16, 2024, is our Catholic Women's League BAZAAR – you don't want to miss it!**

*Mass Intentions*

**Tue, Oct 22 – 7:00 pm**

Intentions of Garvey Family

**Wed, Oct 23 – 9:00 am**

Intentions of Michael & Jennifer by Marie

**Thu, Oct 24 – 9:00 am**

Intentions of Jeremy by Rita

**Fri, Oct 25 – 9:00 am**

†Auxilda & †Reg Marsolais by Jacques & Jeannie Marciel

**Sat, Oct 26 – 5:00 pm**

†Angelina Nava by Phil Rocco & Family

**Sun, Oct 27 – 9:00 am**

†Wanda & †Peter Srutwa by Alice

†Claudette Sabourin by Donella Gabriele

Intentions of Catholic Women's League Provincial Council Executive Members

**Sun, Oct 27 – 11:00 am**

For the intentions of all parishioners

**Please pray for those who are sick:**

**Please pray for those who have died:** †Walter Moroz, husband of Joan, †Lorie Grant

†Indicates Deceased.



**World Mission Sunday:** This Sunday we celebrate World Mission Sunday where we pray in solidarity with the whole Church and take up a collection to support the spread of the Gospel, continuing the mission that began with the original disciples. "This year's theme, chosen by Pope Francis, is rooted in the Gospel of Matthew: **"Go and Invite Everyone to the Banquet,"** reflecting the inclusive and urgent call to bring God's love to everyone... Meant to be held in every parish in the world, the proceeds benefit 1,150 territories where the Gospel has not yet been received, has been only recently embraced, or is courageously upheld in the face of persecution."

(see: [www.onefamilyinmission.org](http://www.onefamilyinmission.org))

**CUSTODIAN NEEDED** Holy Spirit Parish is looking for a part time custodian to do cleaning, lawn maintenance, event setup and minor maintenance in the church, hall, and grounds. This position is for 20 hours per week. Please contact Tamara in the Parish Office, [admin@holyspiritparish.ca](mailto:admin@holyspiritparish.ca) or 613-836-8881, for more information.

**Miriam Centre stamp sale** Annual Stamp sale 50% of the Scott catalogue price on Sat, Oct 26th, 2024 from **9AM to 3PM** at Miriam Centre, 1803 Blvd. St-Joseph Unit 107, Orléans. For more info call 613-830-8623.

**Gospel Reflection:**

Jesus instructs us: “whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all.” Like Jesus did, we humble ourselves to love and serve one another if we want to be truly great in God’s eyes.

*Father Geoffrey Kerlake*

**Catholic Women’s League Bazaar 2024:** The CWL annual Bazaar will be November 16th. There will be vendors, crafts, baked goods, door prizes, raffles, White Elephant table, religious articles and more at our Bazaar. We invite all parishioners to help us. If you have knitting, sewing, craft items and baking, it would be much appreciated! We love having a variety of crafts, so please let us know if you have items to donate. Contact us at [cwlholyspiritparish@gmail.com](mailto:cwlholyspiritparish@gmail.com)

**The Red Mass** will be celebrated at **7 pm on Thu, Oct 24, 2024**, at **Notre-Dame Cathedral** presided by the Most Reverend Marcel Damphousse, Archbishop of Ottawa. The Red Mass marks the opening of the fall session of the law courts and is sponsored by the Saint Thomas More Lawyers’ Guild of Ottawa. This Mass will provide us with an opportunity to reflect on the important role we play in our legal profession in seeking justice and fairness for our community at large. All judges and lawyers are invited to attend. Lawyers are also invited to gown for the procession and the mass. There will be a reception in the Cathedral basement following the mass. Refreshments and food at the reception is sponsored by Bergeron Clifford LLP

**What everyone needs to know about women & heart disease.**

The Holy Spirit Parish Catholic Women’s League General Meeting is pleased to invite all ladies of the parish to our General Meeting on October 28 at 7:15 pm in the Parish Hall to hear a talk by Risa Mallory, a retired psychotherapist who, as a result of a serious cardiovascular event, has become passionate about heart health advocacy, collaborative medical care and knowledge translation. Her discussion will cover: What heart disease is; How heart disease is different in women, including signs and symptoms; Risks for heart disease; How you can take heart health action; Tips for talking with your health care providers.

Following the talk by Ms. Mallory, we will have a health break with refreshments followed by our regular monthly meeting. You are most welcome to join us for this meeting or leave after the health break. We look forward to seeing you there.

**Prayer of St. Teresa of Avila:** Christ has no body but yours, no hands, no feet on earth but yours, Yours are the eyes with which he looks Compassion on this world, Yours are the feet with which he walks to do good, Yours are the hands, with which he blesses all the world. Yours are the hands, yours are the feet, Yours are the eyes, you are his body. Christ has no body now but yours, No hands, no feet on earth but yours, Yours are the eyes with which he looks compassion on this world. Christ has no body now on earth but yours. (“Christ Has No Body”)

**40 Days for Life Campaign Vigil:** The Fall 40 Days for Life campaign, a time set aside to pray and fast for an end to abortion. Join us at 84 Bank St, Ottawa, for a peaceful hour of prayer near the Abortuary on Sunday, October 20 from 2-3pm and Saturday, October 26 from 9-10am. Sign up sheets are available in the atrium.

**Renewed in Liturgy series 2024 will be** on Nov 8th, 15th and 22nd from 7:00 – 9:00 pm at Queen of the Most Holy Rosary Parish; 20 Grant St, Ottawa, with speakers, His Grace Bishop Scott McCaig, Rev. Fr. Sean Wenger, and Rev. Fr. Daniel Van Delst. Please Register online at [www.renewedinliturgy.com](http://www.renewedinliturgy.com) or call for more information at 613 355 6023.

Following the **Eucharistic Congress in the Archdiocese of Halifax-Yarmouth**, the pericardium relic of Blessed Carlo Acutis will travel to Ontario with events in Toronto and Ottawa. Pilgrims can come to venerate the relic and participate in moments of reflection, music, and personal prayer. Pilgrims will also be able to encounter Jesus in Eucharistic Adoration, which was Blessed Carlo’s deep desire.

**Fri, Nov 1<sup>st</sup> – Ottawa** (Notre Dame Cathedral, 385 Sussex Dr)

- 8:00pm-1:00am – **Highway to Heaven (Young adult social)**

- NOTE: Relic of Carlo Acutis arrives in Ottawa on Nov 2<sup>nd</sup>

**Sat, Nov 2<sup>nd</sup> – Ottawa** (Notre Dame Cathedral, 385 Sussex Dr)

- Noon – Relic of Blessed Carlo arrives in Ottawa
- 1:00 – 4:30 pm: Veneration (open to all)
- 4:30 – 6:30 pm: Mass
- 7:00 – 9:30 pm: Veneration and Adoration

**From the CCCB Concerning Lebanon:** With the support of the Canadian Conference of Catholic Bishops (CCCB), Aid to the Church in Need Canada (ACN), Catholic Near East Welfare Association (CNEWA) Canada, and Development and Peace — *Caritas* Canada (DPCC) are launching an appeal for prayers and generosity to support the most urgent needs of people in Lebanon, following the bombardments in the country that have already claimed hundreds of innocent lives.

Most Rev. McGrattan says, “There are people in Lebanon who urgently need our help at this time. That is why, in my capacity as CCCB president, I invite you to donate either to Aid to the Church in Need (ACN) Canada, to the Catholic Near East Welfare Association (CNEWA) Canada, or to Development and Peace—*Caritas* Canada (DPCC).” He adds, “Each of these organizations will work with local agencies in Lebanon to ensure your donations bring targeted and effective relief to those who are suffering.

To donate or for more information, see:

Aid to the Church in Need Canada (ACN): <https://acn-canada.org/>, Toll-free [1-800-585-6333](tel:1-800-585-6333) ext. 228; CNEWA Canada: <https://cnewa.org/ca/>, Toll-free: [1-866-322-4441](tel:1-866-322-4441); Development and Peace — *Caritas* Canada (DPCC): <https://devp.org/en/>, Toll-free: [1-888-234-8533](tel:1-888-234-8533)

**LAURYSSEN**  
**KITCHENS**  
 KITCHENS | VANITIES | CLOSETS  
 2415 Carp Rd., Stittsville 613-836-5353  
 www.laurysenkitchens.com

**HAZELDEAN FAMILY CHIROPRACTIC**  
 Dr. Erin McLaughlin  
 Dr. Pierre Paradis  
 613-831-9665  
 hazeldeanchiropractic.com

**Glen Scottish Restaurant**  
*The Best Fish & Chips in the Valley*  
 1010 Stittsville Main St.  
 613-836-5622  
 www.theqlen.ca

Planning for the future  
 Take the first step today and receive a **FREE** Planning Kit.  
**613-591-6580**  
 kellykanatafh.ca  
 Kelly Funeral Home  
 Kanata Chapel  
 by Arbor Memorial  
 580 Eagleson Road | Kanata, ON  
Arbor Memorial Inc.

Secure,  
 Memory Care  
 in Kanata  
*At Its Finest*  
**613.806.3516**  
 **THE Courtyards**  
 ON EAGLESON  
An All Seniors Care Living Centres Residence  
 630 Eagleson Rd., Kanata, ON  
**allseniorscare.com**  
  

**THE PERFECT SPOT**  
 TO ADVERTISE YOUR BUSINESS!



**TO ADVERTISE IN THIS SPACE PLEASE CALL**  
**1-800-268-2637**

**POSTCARD PERFECT LTD.**  
 TURF - SNOW - IRRIGATION  
 613-831-4246  
 info@postcardperfect.ca  
 postcardperfect.ca

**Liturgica inc.**  
 Religious Supplies & Gifts  
 Shop online:  
 www.liturgica.ca  
 613-745-1537  
 Showroom:  
 2310 St-Laurent, Unit 209

**XLR8 REALTY GROUP INC.**  
**REAL ESTATE BROKERAGE**  
*Save Thousands When You Sell*  
*Get Paid When You Buy*  
 ACCELERATING REAL ESTATE THROUGHOUT OTTAWA AND THE VALLEY

**Danny Tran CLEANING SERVICES Inc.**  
 RESIDENTIAL • COMMERCIAL  
 WE ARE COVERED BY INSURANCE AND WSIB  
 500 Hazeldean Rd, Unit 110, Kanata  
**613-853-0010**  
 Dannytrancleaningservicesinc  
 Dannytrancleaningservicesinc@gmail.com  
 www.dannytrancleaningservicesinc.com

**IG WEALTH MANAGEMENT**  
 www.brownteam.ca  
 RETIREMENT PLANNING INVESTMENTS  
 ESTATE & TAX PLANNING  
 INSURANCE & MORTGAGES  
 Adrian Brown, CFP, RRC  
 Executive Financial Consultant  
 613-295-6266  
 400 March Rd, Kanata

  
**Shopping Locally Saves Gas**

  
**613-293-3929**  
 xlr8realty.com  
    
 OVER 20 YEARS EXPERIENCE  
**CHRISTOPHER LYONS**  
 REALTOR & BROKER OF RECORD

**DANNY MOVING SERVICES Ltd.**  
 Pickup & Delivery  
 RESIDENTIAL • COMMERCIAL  
 WE ARE COVERED BY INSURANCE AND WSIB  
 500 Hazeldean Road, unit 110  
 Kanata ON K2L 2B5  
 613-793-5678  
 DannyMovingservicesLtd  
 dannyMovingservicesLtd@gmail.com  
 www.dannyMovingservicesLtd.com

**arbique&ahde**  
 associate lawyers  
 Stittsville Shopping Centre  
 204-1300 Main St. 613-836-2240 info@arbiqueahde.com

  
**THE COLE FAMILY...**  
 SERVING OUR COMMUNITY SINCE 1924  
 COLE FAMILY OWNED SINCE 1924  
**PINECREST REMEMBRANCE**  **COLE FUNERAL**  **HIGHLAND PARK CEMETERY**   
Services Ltd. Services Cole Family owned  
 Pinecrest-Remembrance.com ColeFuneralServices.com HighlandParkCemetery.ca  
 613-831-7122 613-829-3600  
*Dedicated to providing personalized service and choice*

**THOMAS CAVANAGH CONSTRUCTION LIMITED**  
 9094 Cavanagh Rd., Ashton, ON  
**613.257.2918** www.thomascavanagh.ca

  
**613-728-4780**  
**Thomas A. PEGG**  
 PLUMBING AND HEATING LTD.

**THOMAS CAVANAGH CONSTRUCTION LIMITED**  
 9094 Cavanagh Rd., Ashton, ON  
**613.257.2918** www.thomascavanagh.ca