



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: _____

FIFTH SUNDAY IN ORDINARY TIME



Feb 9 – 5th Sunday in Ordinary Time

Isaiah 6.1-2a,3-8
1 Corinthians 15.1-11
Luke 5.1-11

Feb 16 – 6th Sunday in Ordinary Time

Jeremiah 17.5-8
1 Corinthians 15.12,16-20
Luke 6.17,20-26

Parish Calendar

- Mon, Feb 10** St. Scholastica
6:30 pm RCIA
7:00 pm Prayer Shawl Ministry
- Tue, Feb 11**
7:00 pm Choir Practice
7:35 pm Knights of Columbus planning meeting
- Wed, Feb 12**
1:00 pm Blood Donor Clinic
- Thu, Feb 13**
9:00 am Children’s Faith Formation
9:30 am Cenacle of Marian Movement of Priests
6:30 pm Youth Night Grades 3-5
- Fri, Feb 14** St. Cyril & St. Methodius
9:30 am Flame of Love Prayer Group
- Sat, Feb 15**
4:15-4:45 pm Reconciliation
5:00 pm Mass
- Sun, Feb 16** 6th Sunday in Ordinary Time
9:00 am Mass
11:00 am Mass

*hospitality & coffee hosted by the Catholic Women’s League after the 9 & 11 am Masses. Everyone welcome!

*Please note: No weekday Masses Feb 10-14, 2025

The **Lighthouse Youth Ministries** Youth Nights continue: this week Grades 3-5. This week’s theme: Honesty. 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

Confirmation Preparation begins in February 2025. We need small group leaders once a week beginning February 18. If interested or for more details, please contact Alex at youth@holyspiritparish.ca

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 Fr. Geoff that looks suspicious, call the parish. Do not respond to the email. Call anytime if you have questions! It’s a sad reality that scammers use priests’ names to prey on the generous good will of parishioners.

Donate to our Parish
or Youth Ministry



Mass Intentions

- Sat, Feb 15 – 5:00 pm**
Intentions of Maureen Gifford by Dolores & Warren Bahen
- Sun, Feb 16 – 9:00 am**
†Joe Amaral by Maria & Family
†Ann Kozuchar by Kyle Vincent
- Sun, Feb 16 – 11:00 am**
For the intentions of all parishioners



Please pray for those who are sick: Eileen; Donald Fowler
Please pray for those who have died: †

†Indicates Deceased.



PREPARING For LENT... Please return your blessed palms from last year and place them in the basket at the entrance. They will be burned and used as ashes for Ash Wednesday.

The Jubilee Year 2025: Jubilee Year resources can be found on the CCCB website at www.cccb.ca/evangelization-catechesis-catholic-education/the-ordinary-jubilee-of-the-year-2025/

World Day of the Sick – February 11 The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

Looking to Volunteer Occasionally? Canadian Blood Services holds blood donation events at our church. We need a volunteer willing to be the church contact during the events that take place once every couple of months. This is approximately an 8-hour commitment. If interested or for more details, please contact the parish office.

If your child was born in 2021, it's time to register them to start **Kindergarten 2025 at the Ottawa Catholic School Board!** All our schools provide a nurturing, innovative, and faith-filled environment with rich French programming, making it an excellent choice for your child as they start their schooling journey. Registering is Easy - Simply complete the online registration form and upload your documents. If you have questions, our Admissions team (Admissions@ocsb.ca) will be happy to help. Visit ocsb.ca/register to register today!

Funny for the Week: *Atheism is a non-prophet organization.*

For e-Transfer please send it to admin@holyspiritparish.ca and use the password: Holyspirit (all one word with a capital H).

Gospel Reflection: “My mouth will tell, O Lord, of your deeds of salvation.” The words prophets or prophesying occur today in all three of our readings. What do prophets do? The response to the psalm helps us understand: “my mouth will tell, O Lord, of your deeds of salvation.” These words are not just repetition of an ancient hymn because they reflect our gratitude for what God is doing in our own individual lives today as well. Fr. Geoff

Understanding the Mass – Why “Chalice” and not “Cup”? In the Eucharistic Prayers during the consecration, where God transforms ordinary bread and wine into the Body and Blood of Christ His Son, the priest uses the words of Jesus at the Last Supper. The priest prays: “Take this all of you and drink from it, for this is the *chalice* of my blood...”. Why don’t we use the word “cup”? We drink from cups all the time in daily life. The Mass is not only the Last Supper – a sacred meal – it is also the Offering of Christ on the Cross – a sacred Sacrifice. “*Chalice*” reminds us that we are participating in the Heavenly Banquet when we celebrate Mass and not just a festive meal shared with our friends at home. The special altar vessels we use – the chalice, paten (the plate) and the ciborium (the covered dish) – are made of precious metals to remind us of the most precious substance they contain, the Body, Blood, Soul and Divinity of Christ in the Eucharistic Species. Fr. Geoff

Pope St. John Paul II: Vocation Prayer Lord Jesus, as You once called the first disciples to make them fishers of men, let Your sweet invitation continue to resound: Come, follow Me! Give young men and women the grace of responding quickly to Your voice. Support our bishops, priests, and consecrated people in their apostolic labor. Grant perseverance to our seminarians and to all those who are carrying out the ideal of a life totally consecrated to Your service. Mary, Mother of the Church, the model of every vocation, help us to say “Yes” to the Lord Who calls us to cooperate in the divine plan of salvation. Amen.

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 February 20 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

Spiritual Gifts Workshop: You are invited on a **Journey of Discovery**, a journey to discover your God-given gifts (charisms) for service and ministry. Sign up to attend an interactive workshop to be offered at St. Mary’s Parish on Fri, Feb 14, 7:00pm to 9:30pm, and Sat, Feb 15, 10:00am to 4:30pm. Lunch provided. Register at spiritual.gifts@stmarysottawa.ca

Restructured Finance Committee: we have restructured our Finance Committee into a Finance Committee and a Repair and Maintenance Subcommittee. In addition, I would like us to have a Stewardship Subcommittee as well as part of our restructuring. We are working on the latter. The **Finance Committee** meets Monthly with me and is composed of: Jan Haubrich (Chair), Patricia Wood, Marcel Sauv , Leo Coulas and Philip Kiazzyk. The **Repair and Maintenance Subcommittee** is composed of Gerry Lafleur, Julian Francispillai and Andr  Castonguay. It reports back to me and the Finance Committee. I am grateful for everyone’s expertise and generous help! Fr. Geoff

This year’s **Coldest Walk of the Year in Stittsville** is happening on February 22, 2025. The walk is a fundraiser for Lionhearts, a Stittsville-based organization focused on food recovery and food security. We are encouraging residents, community organizations, and churches to participate. You can create a team, or join an existing team, or support the walk by making a donation. Registration and more information are available here: www.cnoy.org/location/ottawastittsville

Valentines Day Takeout Feb 14th Enjoy a delicious homemade Italian dinner: meat lasagna, Caesar salad and dessert brownies from the Our Lady of the Visitation kitchen. Additional sides include: generous sized meat balls in sauce. Meals are packaged family style: 4 dinners \$100.00; 2 dinners \$50.00; meatballs 6 for \$20 or 12 for \$30. Limited number of Single serving meals available at \$25. Prepaid orders at 613-822-2007. Curb side pickup 4 pm to 6 pm Fri, Feb 14th at Our Lady of the Visitation Banquet Hall 5338 Bank St. Email office@olvottawa.ca. Include phone number. Proceeds to church building restoration.

Come walk with us! March 17 - Celebrate the 9am Mass at St. Patrick’s Fallowfield, and pilgrimage to St. Patrick’s Basilica. The 28 km walk will take approximately 8 hours, leaving 9:45am and concluding with a potluck reception in the Scavi of St. Patrick’s Basilica. Check out the Pilgrimage details and signup! Check the route, need for a ride or able to provide a ride, optional start/finish points, potluck dish/volunteer cleanup: www.tinyurl.com/St-Patrick-Pilgrimage

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.

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



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

Remember...
 Let our advertisers know you saw their ad here. 

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

613-728-4780



Thomas A. PEGG
 PLUMBING AND HEATING LTD.

THE COLE FAMILY...
 SERVING OUR COMMUNITY SINCE 1924

COLE FAMILY OWNED SINCE 1924
PINECREST REMEMBRANCE FUNERAL
Services Ltd.
 613-831-7122
 Pinecrest-Remembrance.com

COLE FUNERAL SERVICES
Services Ltd.
 613-829-3600
 ColeFuneralServices.com

HIGHLAND PARK CEMETERY
Cole Family owned
 613-829-3600
 HighlandParkCemetery.ca

Dedicated to providing personalized service and choice

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