



# 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)  
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: \_\_\_\_\_

## SECOND SUNDAY IN ORDINARY TIME



### Jan 19 – Second Sunday in Ordinary Time

Isaiah 62.1-5  
1 Corinthians 12.4-11  
John 2.1-12

### Jan 26 – Third Sunday in Ordinary Time

Nehemiah 8.2-4a,5-6,8-10  
1 Corinthians 12.12-30  
Luke 1.1-4; 4.14-21

#### Parish Calendar

**Mon, Jan 20**  
7:00 pm Catholic Women's League Executive meeting

**Tue, Jan 21**  
St. Agnes  
7:00 pm Mass  
7:35 pm Knights of Columbus Council meeting

**Wed, Jan 22**  
9:00 am Mass  
7:00 pm Choir Practice

**Thu, Jan 23**  
9:00 am Mass  
9:30 am Cenacle of Marian Movement of Priests  
7:00 pm Youth Night Grades 6-8

**Fri, Jan 24**  
St. Francis de Sales  
9:00 am Mass  
9:30 am Flame of Love Prayer Group

**Sat, Jan 25**  
The Conversion of St. Paul the Apostle  
4:15-4:45 pm Reconciliation  
5:00 pm Mass

**Sun, Jan 26** 3rd Sunday in Ordinary Time  
9:00 am Mass  
11:00 am Mass

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

**ATTENTION WOMEN OF HOLY SPIRIT PARISH** It's our annual Catholic Women's League membership drive! All women are welcome. CWL members will be in the parish hall after all three Masses January 18 and 19 to help you sign up or renew your membership. The cost is \$40/yr. For more information contact Louise Beggs at 613-852-4469.

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

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](mailto:youth@holyspiritparish.ca)



**LENT IS COMING...** 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/](http://www.cccb.ca/evangelization-catechesis-catholic-education/the-ordinary-jubilee-of-the-year-2025/)

#### Mass Intentions

**Tue, Jan 21 – 7:00 pm**  
Intentions of Michael & Jennifer by Marie

**Wed, Jan 22 – 9:00 am**  
All souls in purgatory

**Thu, Jan 23 – 9:00 am**  
Intentions of Matt Whelehan by Eileen

**Fri, Jan 24 – 9:00 am**  
Intentions of Margaret Mulvihill by Marion & Patricia

**Sat, Jan 25 – 5:00 pm**  
†Phil & †Josh by Joan & Family  
Intentions of Aaron Gifford by Dolores & Warren Bahen

**Sun, Jan 26 – 9:00 am**  
For the intentions of all parishioners

**Sun, Jan 26 – 11:00 am**  
†Larry Whelehan by Family  
†Ryan Nathaniel Thomas by Nikhil & Aishwarya Thomas  
For living & deceased members of the Catholic Women's League  
†Doris Foote by Marilyn & Family

**Please pray for those who are sick:** Matt, son of Eileen  
**Please pray for those who have died:** †Jean Pegg, mother of Allison Adam; †Margaret Manion

†Indicates Deceased.

**Week of Prayer for Christian Unity January 18 - 25** This week we pray for unity among Christians. God longs for all his children to be one, as he and the Son are one, so we earnestly pray for greater unity. It's an error to say, "we all believe the same thing, Father," so why pray for unity? If we did share all of our beliefs in common, why are there so many Christian denominations? Despite the differences, we do share some fundamental beliefs in common. There are many points of alignment where our shared faith in Jesus can help us work together to care for the weak, the vulnerable, the marginalized and the suffering. I've met many other people of different denominations in my ministry and I have found wonderful friends who, though not Catholic, are faith filled, Christian witnesses and whose judgment I respect. Let's pray for greater unity!

Donate to our  
Parish  
or Youth  
Ministry



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*).

### **Gospel Reflection:**

The miracle in the Gospel today shows us Jesus is special. He can do the impossible. He proves God's care for us, even for the daily events of our lives, like a wedding disaster in the making. God can take the ordinary and turn it into something extraordinary when we listen to him and obey his promptings. Let us allow our Blessed Mother Mary to direct us to "do whatever [Jesus] tells you."

Fr. Geoff

---

### **Understanding the Mass – The Eucharistic Prayers.**

The content of the four principal Eucharistic Prayers that we use are very ancient. The current versions are a more literally accurate translation of the language used in the oldest prayers. It is important to recognize that there is a distinctive "Christian way of speaking" in the Eucharistic prayers. The language and the structure of these prayers are a unique communication between human beings and God. What takes place during the Eucharistic Prayer is a miracle – ordinary bread and wine are transformed into the Body, Blood, Soul and Divinity of Jesus Christ! The rhythm, formulation and "sound" of the language we use draws our attention to the fact that what we are participating in at the Divine Liturgy is something completely different than any other dialogue or activity we do anywhere else. The language in the Eucharistic Prayers sounds very humble, for example, which emphasizes our dependence on God's goodness and mercy. There is also an emphasis on praising God and thanking Him in effusive and respectful terms. These structures help us remember that what we are participating in together is a miraculous, blessed and unique experience of encounter with God. Fr. Geoff

### **Help Needed Counting Parishioners at Weekend Mass:**

We are looking for volunteers to count parishioners at the weekend Masses. We have the handheld counters. It involves counting how many people come to a Mass and recording the number in a log sheet in the sacristy. We are hoping to collect some 'hard data' on attendance. If you can volunteer to count at a Mass on a rotating schedule, please contact Alex at [youth@holyspiritparish.ca](mailto:youth@holyspiritparish.ca)

### **Synod Update: Echoes from the Synod Assembly in Rome: A Voting Delegate's Insight.**

Dr. Catherine Clifford, professor and founding director of the Centre for Research on Vatican II and 21st century Catholicism at St. Paul University, served as a voting delegate and expert consultant at the Synod on Synodality. What happened in Rome? What does synodality mean for you and me? Come and learn. Bring your questions on Sunday, February 9 at 12 pm in the parish hall. Followed by a light lunch offered by our CWL and Holy Spirit Parish synod team. Everyone is welcome. For more information contact Louise 613-852-4469.

**By My Side:** This nonprofit ministry will assist separated and divorced women to reconnect and build on their faith. These sessions for women begin on Saturday, March 29 and are offered virtually over zoom. All registrants will receive a private link to join prior to their first session. The sessions are 6 weeks and run from 9 am to 11 am. The program, led from a Catholic faith exploration perspective, is designed to help participants find reconciliation, peace and healing by taking positive steps in their daily spiritual life. For further info and registration, visit [www.bymyside.ca](http://www.bymyside.ca) or contact Mary-Jane at 613-294-1308. Participants are asked for a \$40 payment to help cover resources and promotion. Any leftover funds are donated directly to charity.

Do you have a great costume that you are dying to wear? St. Theresa is inviting you to join us Sat, Mar 1, 2025 for our **Mardi Gras Dinner and Dance**. Wear a costume, wear a mask or come as you are, just bring your dancing shoes. Food, fun and friends all for \$40. Contact Wendy Schieman at 613-230-4552 or call the parish office at 613-235-5119.

**The Ottawa Cursillo Movement** is holding a Men's Weekend from Jan 30 to Feb 2 and a Women's Weekend from Apr 24-27 at Centre de L'Amour in Plantagenet. Cursillo is a Spanish word meaning "little" or "short" course. The Cursillo begins Thursday evening with a short introduction and orientation, then the retreat phase begins. The weekend includes a daily celebration of the Mass, prayer times, listening to talks, and group discussion. There are three meals provided each day. The weekend ends late Sunday afternoon. No one is too well-informed or too spiritual to make a Cursillo. The Cursillo gives those who attend it a living understanding of fundamental Christian truths and the desire to serve the Church. To apply for the weekend, please use the following link: [www.form.jotform.com/243008372660048](http://www.form.jotform.com/243008372660048)

You are warmly invited to Holy Redeemer parish on Tuesday, January 28th at 7:00pm for our monthly **Heart of Worship** adoration event. The evening will include a talk by Francine Dilawri on "Encountering the Heart of Jesus in Adoration", praise and worship music, silent prayer time, confessions, and fellowship afterwards.

**Holy Hour for Vocations** Come and "pray to the Lord of the harvest" for vocations (Mt 9.38). On Jan 30<sup>th</sup> at 7PM, everyone is invited to Notre-Dame Cathedral Basilica for an evening of Eucharistic Adoration, praying for an increase of all vocations within the Archdiocese of Ottawa-Cornwall, and to hear from our Auxiliary Bishop Yvan Mathieu about Consecrated Life. A social time will follow in the Café des Tours (located on the lower level of the Cathedral). Free parking is available in the 'blue line section' of the public parking lot behind the Cathedral. For more information, reach out to the Director of Vocations, Fr. Connor O'Hara, at [vocations@ottawacornwall.ca](mailto:vocations@ottawacornwall.ca)

**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

**THE COLE FAMILY...**  
 SERVING OUR COMMUNITY SINCE 1924

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

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

**HIGHLAND PARK CEMETERY**  
Cole Family owned  
 HighlandParkCemetery.ca

*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.

**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

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