



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
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.

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: _____

THIRD SUNDAY IN ORDINARY TIME



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

Feb 2 – Feast of the Presentation of the Lord

Malachi 3.1-4
Hebrews 2.10-11,13b-18
Luke 2.22-40

Parish Calendar

- Tue, Jan 28** St. Thomas Aquinas
7:00 pm Mass
- Wed, Jan 29**
9:00 am Mass
7:00 pm Choir Practice
7:00 pm Catholic Women's League General Meeting
- Thu, Jan 30**
9:00 am Mass
9:00 am Children's Faith Formation
9:30 am Cenacle of Marian Movement of Priests
6:30 pm Youth Night Grades 3-5
7:00 pm Small Faith Group (by zoom)
- Fri, Jan 31** St. John Bosco
9:00 am Mass
9:30 am Flame of Love Prayer Group
7:00 pm Youth Night Grades 9-12
- Sat, Feb 1**
9:00 am First Saturday Mass
9:30 am Cor: Into the Breach
4:15-4:45 pm Reconciliation
5:00 pm Mass
- Sun, Feb 2 Feast of the Presentation of the Lord**
9:00 am Mass
11:00 am Mass

*hospitality & coffee hosted by the Knights of Columbus after the 9 & 11 am Masses. Everyone welcome!

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

The **Knights of Columbus** is an international Order of Catholic men who are called to lead with faith, protect our families, serve others and defend values in a busy changing world. Our local Holy Spirit Council 12249 will be holding a membership drive February 1st and 2nd. When you become a member, you will find that Knights of Columbus membership brings Catholic men together in a powerful way. For more information, please email: koc@holyspiritparish.ca

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

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

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

Mass Intentions

- Tue, Jan 28 – 7:00 pm**
Intentions of Praying Mothers
- Wed, Jan 29 – 9:00 am**
Intentions of Isabella Torchia by Marion
- Thu, Jan 30 – 9:00 am**
Intentions of John Bahen by Dolores & Warren Bahen
- Fri, Jan 31 – 9:00 am**
Parents, grandparents, relatives & friends by Family Ho Truong
- Sat, Feb 1 – 9:00 am**
Intentions of Youth of Holy Spirit Parish by Alison Mirabelli
- Sat, Feb 1 – 5:00 pm**
†Mary K. Bleskie by Agatha Belskie
Intentions of Mafalda Giroux by Anne MacIsaac
- Sun, Feb 2 – 9:00 am**
Intentions of Dan Boudreau & Family by Mike & Tamara
Intentions of Amanda & Zach by Marie
†Norman Raymond by Tanya Raymond
- Sun, Feb 2 – 11:00 am**
For the intentions of all parishioners
- Please pray for those who are sick:**
Please pray for those who have died: †Norman Raymond; †Peter Mikelsons; †Roy Tolman; †Deacon René Angers



†Indicates Deceased.

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/

ATTENTION MEN OF HOLY SPIRIT PARISH Men's Discussion Group Cor sponsored by the Knights of Columbus: Join us after the First Saturday Mass on February 1st at 9:45 am until 10:45 am for a discussion based on the Knights of Columbus series for men "Into the Breach." There is coffee, a short video and a facilitated discussion on the topic. The next session is: "Fatherhood". All men are welcome!

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!

Gospel Reflection: The Gospel begins with St. Luke's testimony – St. Luke was a very careful documenter of the life of Christ. You might say that he was the first investigative reporter: he sought out the people who knew Jesus and who had been witnesses to his ministry. In the second half of the Gospel, we hear Jesus read that well known passage from Isaiah where the prophet announces God's promise to send a saviour who would free us from our sins, release those held in captivity by sins and crippling guilt, to proclaim the time of God's favour. We know that Jesus did all of these things as a precursor to his ultimate mission of mercy - dying on the cross for our sins.
Fr. Geoff

Understanding the Mass – Eucharistic Prayers After the Preface, we typically use one of four Eucharistic Prayers at Mass for the prayers that consecrate the bread and wine into the Body and Blood of Christ. The First Eucharistic Prayer (the Roman Canon) dates back to the fourth century under Pope Damasus I (who also commissioned St. Jerome to produce the Latin Vulgate version of the Bible). The Second Eucharistic Prayer is even older: its origins can be traced back to the third century. The Third Eucharistic Prayer was composed after the Second Vatican Council, and it resembles the Second Eucharistic Prayer in many ways. The Fourth Eucharistic Prayer is a little different because it is very similar to the ones used in the Eastern Liturgy of the Church (where it is called the *anaphora*). One difference with this fourth prayer is that it has its own proper Preface that must be used with it because the Preface and the Eucharistic Prayer form a seamless whole to present the entire history of salvation. In the Missal, the English translation is close to the Latin original. Isn't it amazing to know that what we do closely resembles what the Church has celebrated for over almost 1,700 years in both the West and the East?
Fr. Geoff

Prayer of St Teresa: Let nothing disturb you. Let nothing frighten you. All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices.

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.

Holy Hour for Vocations Come and "pray to the Lord of the harvest" for vocations (Mt 9.38). On Jan 30th 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. For more info, reach out to Fr. Connor O'Hara, at vocations@ottawacornwall.ca

CHRISTMAS DÉCOR & RESOURCES 2024

Thank you to all who donated so generously to the Christmas decorations of our church.

- For deceased relatives of the Sauve & Foley Families by Jim & Doreen Sauve
- For deceased members of Coleman & Bennett Families by Paul & Marilyn Bennett
- For deceased members of the Murphy/Nash Families by Cori Nash
- In memory of Madeleine & Mary Riordan; & Madeline Commins by James Riordan
- In memory of Tom Cybulski by Ray Golka & Josephine Cybulski
- Intentions of C. Myslicki
- In memory of Lorie Grant by Barbara Purdy
- In thanksgiving by Teresa Rose
- For deceased members of the Keough/Paris Family by C.Paris & W.Keough
- In memory of Mary K. Bleskie by Glenn Bleskie
- In memory of Agnes, Leo, Bob, John, & Imelda Mulvihill; & Rita & Annalea Fera by Margaret Mulvihill
- In memory of Guy Belanger & Carias Hotte by Michel Hotte
- For living & deceased members of Hanna Family by Kamal & Kamilia Hanna
- In memory of Pat Foley by Pauline Foley
- In memory of Suzanne & Phil Bernier by Shirley Bernier



Message from Archbishop Damphousse about the "Called by Name" Programme: As you well know, we all have a part to play in asking the Lord to send out "labourers into his harvest" (Mt 9:38). Towards this end, I am asking for your assistance in implementing a programme intitled: 'Called by Name' in your parish. 'Called by Name' is a proven programme which promotes vocations by inviting specific trusted individuals (clergy, staff, etc.) to identify potential vocations in others. These trusted nominators are asked if they have sensed, in others, a call to the priesthood for men or consecrated life for women. Yes, I am quite aware that all vocations are important, but this year our resources only allow us to begin here. We will expand our efforts in the future years.

On Sunday (February 1 and 2), nominations will begin via the following link. Anyone is invited to make nominations. These nominating individuals are asked to think of people they feel could be called to the priesthood or consecrated life for women. Nominations will take place on an archdiocesan web page. (Those under 18 can be nominated, however, all diocesan contact with the nominee will be done via the parent or legal guardian.)

["Called By Name" Nominations - « Nommé personnellement » nominations](#)

Nominees will then be invited to consider attending a follow-up discernment event to take place later in 2025. Details will be sent directly to those nominated. Thank you for helping to create a culture of vocations in the archdiocese! If you have any questions about this process, please reach out to Fr. Connor O'Hara, the Director of Vocations, at vocations@ottawacornwall.ca

In Christ,
Archbishop Marcel Damphousse

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
 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