



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: _____

EIGHTH SUNDAY IN ORDINARY TIME



March 2 – 8th Sunday in Ordinary Time

Sirach 27.4-7
1 Corinthians 15.54-58
Luke 6.39-45

March 9 – First Sunday of Lent

Deuteronomy 26.4-10
Romans 10.8-13
Luke 4.1-13

Parish Calendar

Mon, Mar 3
6:00 pm First Communion Preparation
6:30 pm RCIA
Tue, Mar 4
9:30 am Lay Apostolate of Jesus Christ the Returning King
7:00 pm Mass
7:00 pm Confirmation Preparation
Wed, Mar 5
9:00 am Mass with distribution of Ashes
7:00 pm Mass with distribution of Ashes
Thu, Mar 6
9:00 am Mass
9:00 am Children's Faith Formation
9:30 am Cenacle of Marian Movement of Priests
7:00 pm Youth Night Grades 6-8
Fri, Mar 7
9:00 am Mass
9:30-10:30 am First Friday Adoration & Benediction
9:30 am Flame of Love Prayer Group
6:30 pm Way of the Cross hosted by the Catholic Women's League
Sat, Mar 8
4:15-4:45 pm Reconciliation
5:00 pm Mass
Sun, Mar 9
9:00 am Mass
11:00 am Mass



Mass Intentions

Tue, Mar 4 – 7:00 pm
Intentions of Hugh O'Hara by Suzanne O'Hara
Wed, Mar 5 – 9:00 am
†Gayle Cronin by Michelle Cole
Wed, Mar 5 – 7:00 pm
For souls in purgatory
Thu, Mar 6 – 9:00 am
Intentions of Marion Di Gaspari by Margaret Mulvihill
Fri, Mar 7 – 9:00 am
†Patrick Muldoon by Eugene & Madeleine Muldoon
Sat, Mar 8 – 5:00 pm
†Mary K. Bleskie by Agatha Bleskie
†Sheryl MacGregor by Garvey Family
†Alice Heenan by Jean Heenan & Family
Sun, Mar 9 – 9:00 am
†Ernest & †Willietta Morris by Mary & Family
Intentions of Father Geoff
†Roderick MacLean
Sun, Mar 9 – 11:00 am
For the intentions of all parishioners



Please pray for those who are sick:
Please pray for those who have died: †Roderick MacLean, father of James MacLean; †Alex Morris, brother of Mary Jeffrey

†Indicates Deceased.

Lenten Talk: Mercy and the Mass. Every celebration of the Eucharist is an instance of God's mercy made manifest in our world, our parish and our lives. Father Geoff will give a talk on how God's mercy is invoked, implored and manifested in every celebration of the Mass. Come and learn how we experience an outpouring of God's mercy every time we gather to celebrate the Eucharist! Wed, March 12, 7 pm to 8:30 pm in the church.

Knights of Columbus Recruitment Drive March 1 & 2: Knights will be sharing their mission with the parish and offering information to men to consider joining this fraternal Catholic. Becoming a Knight is a great way to contribute to the parish community, support family life, the Church, grow in faith and meet other Catholic men who are trying to authentically live Catholic Christianity.



Calling all Euchre players Come for a fun afternoon of Euchre on Sat, March 29, 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.

*Confession available before morning Mass 8:30-8:50am
Adoration of the Blessed Sacrament will be held on Friday, March 7 after the 9AM Eucharist. The Monstrance with the consecrated host (the Body of Christ) will be placed on the altar for Benediction until 10:30AM.

The Way of the Cross will be held each Friday evening during Lent at 6:30pm in the church. Everyone is welcome!

The Lighthouse Youth Ministries Youth Nights continue: this week Grades 6-8. This week's theme: Lent. 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



Daylight Saving Time Begins March 9th. Before going to bed, remember to set your clocks ahead one hour on Saturday, March 8th!

Prayer for Lent (from crosswalk.com): Prayer for Repentance: Dear Lord, during this Lenten season, help me to recognize my sins and turn my heart toward you in genuine repentance. Grant me the strength to make amends and grow in your grace. Amen.

Reflection for Lent:

Lent is kind of like the spiritual equivalent of spring cleaning. Each spring we go through our stuff, decide what to keep, what to donate to a worthy cause and what to throw away. When we just keep accumulating stuff, not only do we begin to run out of room to store it, we also tend to forget what good stuff we actually already have. Lent is the time when we take careful stock of where we are in our relationship with God and with others. There are three things the Church encourages us to do in Lent: pray, fast and give alms (ie give to charity). We all know that we need to pray if we want to experience God's grace in our lives but we often forget about the other two things we can do in Lent. The practice of giving up something we like during Lent reminds us of Christ's supreme act of self-sacrifice on the Cross for our salvation. Our token sacrifice of, for example, dessert at dinner or a favourite TV program or video game, also helps build up our willpower too - if I can say no to something I enjoy, it gives me practice in saying no to things I shouldn't have or do. By giving alms to charity, we call to mind the many ways God has blessed us with material security and we are reminded also that God expects us to share our blessings with others. What 'Lent Cleaning' do you plan to do?

Fr. Geoff

Archbishop's Reception 2025 On May 15, 2025, our Archdiocese will gather to hear what God has done, what he is doing, and where he is leading us. Will you be there? Mingle with others from Ottawa-Cornwall, hear live testimonies from people who encountered God, and be present for the official launch of our new Archdiocesan vision, presented by Archbishop Marcel Dampousse. Whether you are new to the Catholic Church or have been here your whole life, we want you with us. Come be empowered with the mission. Hosted at the Infinity Convention Centre, doors open at 6 pm for a cocktail hour, followed by the main programming from 7 pm – 9 pm. Appetizers will be served. Tickets are \$65 available at ottawacornwall.ca/events/archbishops-reception/

Do you like to sing and you will be around during Easter Triduum weekend? God needs your voice! We invite any and all parishioners to come out to our Choir practices and join us in preparing for Lent/Triduum and Easter. Looking for all voices and abilities, or, if you just want to come out to sing and learn the songs, all are welcome to attend! Next choir rehearsals will be on Wednesdays, March 19th and 26th, at 7pm in the church. Contact Divina for more details. See you there!

Join Us for Maryvale Academy's 20th Anniversary Gala! Celebrate 20 years of faith-filled education at Maryvale Academy's 20th Anniversary Gala on April 26th, at the Blu Legacy Convention Centre. Enjoy an evening of dinner, live entertainment, and auctions, all in support of Ottawa's largest independent Catholic school. Early bird tickets are on sale now until March 17th! Visit www.maryvalegala2025.ca for more details.

PILGRIMAGE OF HOPE March 19, 2025 to St. Joseph's Oratory with Fr. John Ogbaje and Queenship of Mary Sisters. To register contact: Stan & Maria at sbielec@sympatico.ca or 613.914.0427

Pastoral Care Team:

We are organizing a Pastoral Care Team for Holy Spirit to help with the spiritual needs of parishioners. Currently, we offer Mass at our long-term care facilities and retirement homes, bring Holy Communion to some parishioners and Father Geoff visits the sick on request and also administers the sacrament of the sick. We are looking for volunteers to help us expand our capacities and look into new areas of pastoral care, such as driving people to Mass, visits to the sick, expanding our capabilities to bring Holy Communion to shut-in parishioners and other services. If you are interested in volunteering or learning more, please contact the office.

Mark the date! At **Holy Redeemer Parish** at the **11 am Mass on Sun, Mar 9**, Father Daryold Winkler of St. Basil's Parish will be joining us to reflect on the path to Indigenous reconciliation. Fr. Daryold is one of Canada's few Indigenous Catholic priests and was a media commentor during the Papal Visit. He attended Holy Redeemer's 2021 Mass recognizing the first National Day for Truth and Reconciliation. He will be accompanied by Donna Naughton, Executive Director of the Kateri Native Ministry in Ottawa. Parishioners of Holy Spirit Parish are invited to join us on March 9th to welcome Fr. Daryold and Donna Naughton and to participate in reflecting on the path towards indigenous reconciliation.

St. Patrick's Dinner & Dance March 16 Join the fun at the Annual St. Patrick's Day Dinner & Dance at the OLV Banquet Hall, 5338 Bank St, on Sun, Mar 16th from 2 - 7pm. All tickets preordered and prepaid. Order a table of 8 to 10 and pay \$35 pp. with individual tickets at \$40 each. Limited to 100 attendees. Order your tickets by calling 613-822-2007 or email with your phone number to office@olvottawa.ca Proceeds to OLV church building restoration.

This Lent, Turn Debt into Hope

2025 is a Jubilee year. A year in which Pope Francis invites us to "forgive the debts of countries that will never be able to repay them." (*Spes non confundit*, 16) Development and Peace — Caritas Canada is responding to this call through the global **Turn Debt into Hope** campaign. **Donate** online at devp.org/give or during the Solidarity Sunday collection on April 6, the fifth Sunday of Lent. Your generosity helps support over 79 projects in 34 countries around the world!

Genesis Art Show On April 27th from 12pm-4pm, come explore through art the beauty of God the Creator and his creation. Hosted by the Archdiocese of Ottawa-Cornwall at the Café Des Tours, the show will feature local artists with a focus on creation and how we find God through it. Artists can visit www.ottawacornwall.ca/genesis to learn more about submitting their artwork.

Donate to our Parish
or Youth Ministry



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