



# 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)  
Tamara Fortin, 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.

### 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](mailto: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: \_\_\_\_\_

## FIRST SUNDAY OF LENT



### March 9 – First Sunday of Lent

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

### March 16 – Second Sunday of Lent

Genesis 15.5-12,17-18  
Philippians 3.17-4.1  
Luke 9.28b-36

#### Parish Calendar

**Mon, Mar 10**  
6:30 pm RCIA  
7:00 pm Prayer Shawl Ministry

**Tue, Mar 11**  
7:00 pm Mass  
7:35 pm Knights of Columbus planning meeting

**Wed, Mar 12**  
9:00 am Mass  
7:00 pm talk: Mercy & the Mass

**Thu, Mar 13**  
9:00 am Mass  
9:30 am Cenacle of Marian Movement of Priests

**Fri, Mar 14**  
9:00 am Mass  
9:30 am Flame of Love Prayer Group  
6:30 pm Way of the Cross hosted by the Altar Servers

**Sat, Mar 15**  
4:15-4:45 pm Reconciliation  
5:00 pm Mass

**Sun, Mar 16 Second Sunday of Lent**  
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!  
1:30 pm Choir Practice

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

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

**Prayer for Lent** (from [crosswalk.com](http://crosswalk.com)): **Prayer for Guidance:** Heavenly Father, as I embark on this Lenten journey, guide my steps and illuminate my path with your wisdom. May your Word be a lamp to my feet and a light to my soul. In Jesus' name, I pray. Amen.

**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! Wednesday, March 12, 7 pm to 8:30 pm in the church.

**CWL Hospitality and Easter Crafts:** March 16 at Hospitality in the parish hall, some CWL members have knitted or crocheted some Easter Bunnies, etc. Pick up a cute, hand-made Easter craft while supplies last!

#### Mass Intentions

**Tue, Mar 11 – 7:00 pm**  
Intentions of Praying Mothers

**Wed, Mar 12 – 9:00 am**  
Intentions of Father Connor O'Hara by Suzanne O'Hara

**Thu, Mar 13 – 9:00 am**  
†Nelson Cybulski by Sandra

**Fri, Mar 14 – 9:00 am**  
†Leo Gregory by Muriel Gregory

**Sat, Mar 15 – 5:00 pm**  
†Pat Foley by Pauline

Intentions of Ann Ryan by Bob & Family  
†Hugh Carroll by Carol & Family

**Sun, Mar 16 – 9:00 am**  
For the intentions of all parishioners

**Sun, Mar 16 – 11:00 am**  
Intentions of Siolek Family by Alison Mirabelli  
Deceased members of Brooks & Gregory Family by Muriel Gregory  
†Rita & †Adele Ryan by Eleanor Lecours  
†Grant MacDonald by MacDonald-Keyworth Family  
†Glen Byrne by Elaine Kealey



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

**Please pray for those who have died:** †Marie Armstrong, wife of Ron; †Jacquie Livingston

†Indicates Deceased.



**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](mailto:cwlholyspiritparish@gmail.com) or (613)836-3126. Everyone is welcome.

**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!

Our Youth Ministry will be holding a **Family Movie Night** open to any and all Families beginning at 6pm on Thursday, March 13. Come for one movie or two. Snacks and drinks will be provided. We hope to see everyone there!

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*).

**March is the Month of St. Joseph:** we have a tradition in the Church of honouring St. Joseph during this month. His feast day is March 19th, which often falls in Lent but we take a 'break' from Lent on that day to honour this holy man. He has many titles in the Church and there is a long history of devotion to the foster father and guardian of Jesus, the husband of Mary, the protector of the Holy Family, patron of a good death, the Patron of the Universal Church. Here is a prayer for your use from the 1st Century of the Church:

**Prayer to St. Joseph:** Oh, St. Joseph, whose protection is so great, so prompt, so strong, before the throne of God, I place in you all my interests and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your Divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most Loving of Fathers. Oh, St. Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine Head for me and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departed souls – pray for me. Amen.

Fr. Geoff

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**Understanding the Mass – Behold the Lamb of God:** At the "Invitation to Communion," the priest shows the consecrated host to the people and says: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those who are called to the supper of the Lamb." These words echo the words of John the Baptist to his disciples when he identified Jesus as "the Lamb of God who takes away the sin of the world" (John 1:29 and see also John 1:36). These words also remind us of the Book of Revelation where John reports the angel saying to him: "Blessed are those who have been called to the wedding feast of the Lamb" (Rev: 19:9). The people's response repeats, with one change, the words of the Roman centurion in Luke's Gospel when he asked Jesus to cure his servant: "Lord I am not worthy that you should enter under my roof, but only say the word and my servant [we say instead "*my soul*"] shall be healed" (cf. Luke 7: 6-7). The Lord, the Lamb of God who takes away our sin, does truly come to us in the Eucharist, because of His great love.

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 Damphousse. 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/](http://ottawacornwall.ca/events/archbishops-reception/)

**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](http://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](mailto: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.

**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](mailto:office@olvottawa.ca) Proceeds to OLV church building restoration.

**Development and Peace — Caritas Canada: a movement of solidarity** Established in 1967, Development and Peace — Caritas Canada is the official international development organization of the Catholic Church in Canada. We address the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. We champion women and social movements as key agents of lasting change. Our transformative work is possible **thanks to the generosity and support of our members** and Canadians who stand by us.

**Echoes from the Synod Assembly in Rome: A Voting Delegate's Insight...** On Feb 9, Team Holy Spirit, our parish and ladies from our CWL, hosted a presentation by Dr. Catherine Clifford, professor and founding director of the Centre for Research on Vatican II and 21st century Catholicism at St. Paul University, and who served as a voting delegate and expert consultant at the Synod on Synodality. She shared her experience and wisdom around the Synod itself and the method of Synodality, which is a way of being for our Church moving forward, as inspired by Pope Francis. A recording of her presentation and Q&A with the 60 parishioners in attendance is available on our Parish website: [holyspiritparish.ca](http://holyspiritparish.ca) - scroll down to **Synod Update**. Enjoy!

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