



NEWS RELEASE

CANADIAN SPIRIT RESOURCES INC. ANNOUNCES SHELL CANADA SPUDS FIRST WELL AT FARRELL CREEK

Calgary, AB September 23, 2008 – Canadian Spirit Resources Inc. (“CSRI” or the “Company”) (TSXVENTURE:SPI) (OTCBB:CSPUF) is pleased to announce that Shell Canada Energy (“Shell Canada”) has spud the first well, of up to a five well program, targeting the Gething Formation at Farrell Creek, British Columbia. Shell Canada, as operator, will be drilling these wells at its cost for the benefit of the previously announced joint venture. It is anticipated that this drilling program will be completed by mid-November.

The Company continues to be in a strong financial position with cash of \$12.0 million and no debt.

CSRI is a natural resources company focusing on the identification and development of opportunities in the unconventional gas sector of the energy industry. The mission of the Company is to develop 1 tcf of natural gas from unconventional resource plays in western Canada. Through two joint ventures, the Company is currently evaluating the productive capability of both its shallow Gething play (Shell Canada Energy as Operator - see News Release dated July 17, 2008) and its deeper Montney play (Canbriam Energy Inc. as Operator - see News Release dated March 19, 2008). Both of these plays are located on the Company’s principal resource property at Farrell Creek, British Columbia.

On behalf of the Board of Directors,
CANADIAN SPIRIT RESOURCES INC.

“Don Gardner”

Chief Executive Officer

For further information, please contact:

Canadian Spirit Resources Inc.

Telephone (403) 539-5005

Facsimile (403) 262-4177

Don Gardner (don.gardner@csri.ca)

or

Phil Geiger (phil.geiger@csri.ca)

The corporate information contained in this news release may contain forward-looking forecast information. The reader is cautioned that assumptions used in the preparation of such information, although considered reasonably accurate by CSRI at the time of preparation, may prove to be incorrect. The actual results achieved during the forecast period will vary from the information provided herein and the variations may be material. Consequently there is no representation by CSRI that actual results achieved during the forecast period will be the same in whole or in part as those forecast.

THE TSX VENTURE EXCHANGE HAS NEITHER APPROVED NOR DISAPPROVED
THE INFORMATION CONTAINED HEREIN AND DOES NOT ACCEPT RESPONSIBILITY
FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE