



NEWS RELEASE

CANADIAN SPIRIT RESOURCES INC. ANNOUNCES INVESTOR RELATIONS APPOINTMENT

Calgary, AB October 20, 2008 – Canadian Spirit Resources Inc. (“CSRI” or the “Company”) (TSXVENTURE:SPI) (OTCBB:CSPUF) announces that Adam Buchanan has joined the Company with responsibility for investor and community relations.

Prior to joining CSRI, Mr. Buchanan held the position of Manager, Investor and Community Relations with a major Canadian diamond exploration company; worked as executive assistant to several ministers in the Government of British Columbia; and gained valuable experience with a Vancouver-based communications organization and a large Canadian investment firm.

Mr. Buchanan graduated with a Bachelor of Arts, Political Science degree from Simon Fraser University. He completed courses through the Canadian Securities Institute whereby he received the Professional Financial Planners designation.

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 (see News Release dated July 17, 2008) and its deeper Montney play (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