



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

March 26, 2021

Dear friends,

Welcome to the fifty-first edition of our weekly newsletter. We are continuing the weekly newsletter for the foreseeable

future.

Remembering those who died from COVID-19

If you wish to have anyone who has died from COVID-19 remembered in the Good Friday service, please submit their name to the office or to Fr Julian by **MONDAY EVENING** so we can record it **Tuesday morning**. The Good Friday service this year will be a form of Stations of the Cross with special prayers relating to the COVID-19 pandemic.

Shout Outs

If you would like some special occasion like an anniversary or birthday acknowledged in the Sunday service, Fr Julian will be more than happy to announce it. However, it must be into either Father Julian or the office by **MONDAY EVENING** for it to be included in the service for the following Sunday.

Video Services

Morning Prayer for March 28 should arrive in your inbox on March 27 at 12 pm. This week's video features a virtual procession showing Palm Sunday processions from around the world and a dramatic reading of the Passion according to St Mark illustrated by artwork. Video services will continue every week until in-person worship resumes and thereafter every other week.

Many, many thanks to Alex Dee who is doing the audio editing for this endeavour.

Palm Crosses

There are some new palm crosses blessed this year. (Made from last year's palm fronds since

Calendar

- Mar 28 — Palm/Passion Sunday
- Mar 31 – Lenten Study. Details below
- Apr 1 – Maundy Thursday
- Apr 2 – Good Friday
- Apr 4 – Easter Sunday

our usual supplier did not bring in any palms this year.) If you wish to have a palm cross, please contact the office (or just pick one up if you have business at the church)

Holy Week and Easter

The Bishop has announced that we will remain in red stage until further notice. There will be video services for Palm/Passion Sunday including a reading of the passion, a meditative service for Maundy Thursday, a service for Good Friday and, of course, Easter Sunday.

Lenten Outreach Projects

At the Parish Council Meeting on January 20, it was decided that the projects for this year's Lenten Outreach would be St Luke's Table and the Diocesan Refugee Ministry.

Lenten Study

The Lenten season will offer 30-45 min. reflection/Bible study via Zoom on Wednesday evenings at 7pm beginning on February 24. We will do a thematic approach to the Collect of the day along with two lectionary readings for each upcoming Sunday of Lent. The readings will be sent to you in advance. If you want to be a part of this exercise, please confirm by contacting the office.

One of the blessings of these strange and unusual times is that time and space are not barriers to participation. Even if you don't live in the city, even if you don't drive at night you are welcome to join in.

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Maundy Thursday Overnight Vigil

St Mark's has had the tradition of holding an overnight vigil, beginning after the Maundy Thursday service and ending at dawn on Good Friday, remembering the hours Jesus spent in prayer in the Garden of Gethsemane after the Last Supper. This year, again, the vigil will take place with each participant in their own home.

The time slots are now covered. However, more than one person can pray at a time. If you would like to participate Please contact her at greercynthia69@yahoo.com or by phone at 613-723-2680 if you wish to participate. Thank you!

Easter Flowers

There will be flowers in the church for Easter. If you would like to contribute to the Easter flowers, please contact the office.

Dedications for Easter flowers need to be received in the office by noon on Wednesday.

Together for Easter

Although we cannot be together in person for Easter, we would like to offer you some ways to join in to the Easter Service virtually. There are four ways you could choose to join in – or do all four!

1. Record yourself saying the Easter response: **The Lord is risen indeed! Alleluia!** Send the recording to stmarks@stmarksottawa.ca. We would then add them to the soundtrack for a resounding Easter greeting.
2. Send in a picture of yourself in an Easter bonnet (or just send in a picture of yourself).
3. Send in a picture of an Easter egg – with or without your smiling face.
4. Send in a picture of a sunrise.

Unfortunately, due to time considerations, your recording would need to be received by Tuesday at noon. Any pictures would need to be received by Wednesday at noon.

Re: Debra Dynes Family House

Until the Diocese re-opens our church we are not able to accept in person donations for DDFH. I would like you to consider a financial donation at this time to help fill their food cupboards. Donations are tax deductible from the donor's perspective. Please mail a cheque directly to : DEBRA DYNES FAMILY HOUSE, 955 Debra Ave., Unit 85, Ottawa, K2G 0J5. Make sure that your name and address are on your cheque so that you will receive your tax receipt. You can also make a donation through CanadaHelps.

<https://www.canadahelps.org/en/charities/th-e-debra-dynes-family-house-inc/>

Thank you, Joan

March Bazaar

Last chance for hot cross buns! There are still some available on Thursday, April 1 and Friday, April 2. There are still turkey pies available.

Another batch of **turkey pies** have been made. If you ordered turkey pies in December and did not receive them, they are now available. There are also a number of pies not spoken for. Please contact the office if you would like to purchase any. A reminder that there are also soup mixes available for purchase.

In a new venture, Joy is offering homemade **hot cross buns** during Holy Week. They will be sold in lots of 6 for \$6.00, likely available Wednesday through Friday. Please contact the office if you would like to order Hot Cross Buns.

Thank you from Betty Caughlin

Thank you to all the people of St. Mark's who are making telephone visits during the Covid-19 pandemic. Our lives would be even more isolated without you. Thanks also to all of the people in the Prayer team for your diligent gifts of care and prayer. Thanks for the e-prayer connection & all those people who respond to it. So many gifts of caring. Betty Caughlin

It was such a joy to open an Easter greeting, and previously a Christmas greeting, and find they are from a member of St. Mark's Sunday

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School. Thanks go to Joanne Pagani & her family for carrying on this fine tradition.

Betty Caughlin

New Request for Video Backgrounds

I am particularly looking for the signs of emerging spring, especially if anyone has pictures/video of a sugar bush. Please make sure the pictures are in landscape orientation or they don't fill the screen. I can't guarantee I will use every picture but I do enjoy every picture. Thank you to all who have sent photos. – Joy

COVID 19 Vaccination

As of March 22, the COVID-19 vaccination is available to all persons who were born in 1946 or before.

There is some concern that there are a number of people over 80 who have not registered to receive a vaccine. As a community, let us look out for our friends and neighbours. If you know of anyone over 80, why not check in with them to make sure they are aware that they are now eligible. If you find there are barriers to them registering, perhaps you could let the office know what the barriers are.

The Nepean Sportsplex, Halls A & B is the site of the vaccination clinic and will continue to be used as a major vaccination site. You must book an appointment to get a vaccine. If you unsure whether you are eligible, OPH has a [Vaccine Screening Tool](#) that you can use to check. You can book an appointment the province at [Provincial Vaccine Booking](#). Caregivers are allowed to accompany the eligible person but are not allowed to receive the vaccine.

Help for Caregivers of People living with Dementia – as mentioned in Fr Julian's sermon last week.

The Canadian Institute for Health Information reports that unpaid caregivers of people living with dementia are more likely (45%) to experience distress than caregivers of other seniors (26%). As the Ottawa and Renfrew County dementia support

organization, we're receiving many calls from distressed people attending to those with memory troubles. So we're calling into the community, to offer help.

Our FREE programs and services include:

Make a Connection, Take a Break. We connect people with memory issues with a trained volunteer via phone or video chat. There is also an in-person program for the deeply isolated with no technical capabilities. The virtual/phone option has been very well received by our matches. For more information, see:

<https://dementiahelp.ca/programs-services/make-a-connection-take-a-break/>

Online/virtual learning, recreational opportunities, and support groups. For more see: <https://dementiahelp.ca/virtual-and-remote-program>

Connecting you with a Dementia Coach, who can listen, offer one-on-one support and coping strategies.

Access to all our programs and support is as easy as a phone call, email or filling out an online form: To learn more, visit: <https://dementiahelp.ca/programs-services/dementia-care-coach>.

Email: info@dsorc.ca

Call: 1.888.889.6002.

Please do not hesitate to contact me for any information or questions. No one should face dementia alone.

Thank you,

Dorian Brown
Outreach Coordinator
dbrown@dsorc.org

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Donations to the Church

We are extremely fortunate at St Mark's that there are a number of people who use Pre-Authorized Remittance (PAR). If you are not on PAR, we would encourage you to continue your donations. Of course, putting a cheque

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in the mail is always a great option for getting your donation to us. If you wish to make a donation by credit card, you may do so at CanadaHelps.

<https://www.canadahelps.org/en/dn/47820>.

You will have to remember when you go to do your taxes for 2020 where you have put your receipts from CanadaHelps. If you cannot find them, contact CanadaHelps and they will be happy to issue duplicate receipts. All money donated will be put into the appropriate income category when it comes to us.

Contacting the Church

You may contact the office at 613-224-7431 or stmarks@stmarksottawa.ca. Messages are being monitored and the business of the church is continuing, albeit remotely.

Comments and Suggestions

If you have anything you would like to see in next week's newsletter, please email the church at stmarks@stmarksottawa.ca