



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

May 8, 2020

Dear friends,

Welcome to the eighth edition of our weekly newsletter. We expect this newsletter to

continue as long as we cannot meet in person. A limited number of paper copies will be placed at the link doors for people who do not have access to email.

Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for May 10. It should arrive in your inbox on May 9.

Accompanying the recording will be a file which has the complete service including the readings if you would like to read them. Unfortunately, the sermon will not be transcribed and you will need to listen to the video to hear it. Many, many thanks to Alex Dee who is doing the video production for this endeavour.

Because of the method of recording different sections at different times and then melding them together, we are able to follow the Anglican Diocese of Ottawa guidelines on Physical Distancing. There are no more than three of us in the church at any one time and we maintain a distance of 2m between us.

Update on Sewing for Ottawa

On May 6, Sewing for Ottawa donated 1000 masks on the one day. There have been several changes over the week. Operation Gowns was eliminated after requests for over 800 gowns was received. They are labour intensive and a massive number. The group has refocussed on masks since this seems to be the highest need.



1 Doing my morning exercise to stay fit during Covid-19 - submitted by Sheila Ferguson

There is a certain amount of distrust in North America of people covering their faces, even with masks, unless they are in a job which makes it prudent. It may be something we all have to grapple with in the new “normal”. In the hospitals now, the medical staff are wearing medical quality masks and some of the patients are wearing fabric masks. CHEO has an open request for fabric masks and suggests a pattern. One of the first requests for fabric masks that came through Sewing for Ottawa was from CHEO for parents who needed to visit their infants in NICU.

If anyone would like a fabric mask, there are sewers at St Mark’s who can make you one. Just let the office know. It has been taking just over a week to fill the orders so don’t give up if you have ordered.

Forward Day by Day

If you are regular reader and would like your new copy. Please let the office know and we can arrange a pick up either at the church or at Joy’s house.

Sharing Coffee Hour

If you would like to share a photo, a recipe of what you would have made for coffee hour and/or a short hello message with a few details of what you’ve been up to is welcome

to do so. The editor will not seek out people but would be happy to receive submissions.

Coffee Hour with Close Family

Good morning! We are not on the coffee roster but we've been cooking up special treats for weeks now! Oh wait, not for coffee hour but just to keep busy and for us to enjoy. I am sorry that we haven't been sharing them with you. We did manage to share some ginger snap cookies (a coffee hour favourite!) with my mum and dad (Cynthia and Paul), and some sourdough bread with my sister, Joanne, and her family.

Sourdough did you say? Yes, I've been baking with sourdough for a few years now. We use ours to make bread, pancakes, waffles, squares, cookies, pizza, pies (like Bisquick impossible pies) and most recently... hot cross buns! They were a huge success. If anyone would like some sourdough starter, please let me know – Joy and Karen also have starters – there is always enough to share.



We are so fortunate that we have a lovely yard with space for a trampoline so that even if we don't leave our yard, the children (and sometimes Steve or I) have a great outlet for their energy - jumping and spinning and flipping. They come up with all sorts of games to play on the trampoline.

Sometimes, while they jump, I sit out for a cup of tea to enjoy the spring bulbs popping up, the birds singing and the plants reviving after their winter rest. Sitting doesn't help much with all the calories from our lovely

baking though, so we take to the neighbourhood streets and green spaces on foot or on our bikes. We wander looking at the lovely houses in nearby Rockcliffe, or watching the geese and ducks on the Rideau River, feeling the spray from Rideau Falls or checking water levels along the Ottawa River (not high now thankfully!)



We've biked along the Rideau River and Canal to "visit" my parents – across their yard. We've virtually visited family in Moncton and Halifax, Strasbourg (France) and New Zealand, as well as friends across North America. We don't have to worry about whether we will reach them because... they are all at home too! Email and real letter writing and telephone also keeps us in touch with family and friends across the world. Fun to have more time for that!

Yes, we are working too! Steve is working from home and really enjoying the short commute (two flights of stairs)! I am teaching from home and adjusting to the pros and cons of that. The children are in touch with their teachers and classmates and continuing in their studies in various locations around the house. It makes for a lot of screen time and technology use. This is balanced out by the large amount of time the children dedicate to playing Lego (while I read!)



2 A virtual birthday party for a friend.

We are singing too! We've re-instated Thursday evening choir practice. Just the 3 children and I, in our living room. We practice and sing in 4 parts – now that Jeremy's voice has dropped to baritone. What fun!

Those are the positives. We miss really seeing people and talking with people and singing with you all every week. We pray that you are all taking good care and we look forward to when we can see you all again, in person.

-Kate & Steve

I miss seeing my friends every day at school and just in general being at school although I do quite enjoy my daily sleep-ins.

-Madeline

I miss seeing my friends, family, and church family. It comes in handy to have 5 people in the house though, then at least I get some visiting.

-Penelope

I also miss seeing my friends though I get to see them twice a week for maths zooms, it's also fun not having to get up before 10 and the extra time I seem to have is good for large projects (and loooooooots of reading).

-Jeremy

Nepean Neighbours Helping Neighbours

We offer the following services; Grocery Pickup & Delivery (pre-ordered online is preferred), Pharmacy/Prescription Pickup &

Delivery, Dog Walking and Pet Supply Pickup & Delivery. Individuals can fill out a "Service Request Form" letting us know how to best support them at the following link:

<https://airtable.com/shrvf9b0dXVSI4Wne>

or, if preferred, reach us by phone at 613-212-0054. We can also be emailed directly at

nepean.neighbours@gmail.com. More

information along with our contact details and links to the form can be found in our

Facebook group "Nepean COVID-19

Neighbours Helping Neighbours". We also

have a donations fund that can be used to

help subsidize groceries for those who cannot afford them.

Thank you,

Sheridan

The Nepean Neighbours Team

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). That gives us some source of income during this time that there is no public worship. If you are not on PAR, we would encourage you to continue your donations. Of course, putting a cheque 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 in to the appropriate income category when it comes to us.

Contacting the Church

Contacting the office has actually not changed at all. You may contact the office at 613-224-7431 or stmarks@stmarksottawa.ca.

Messages are being monitored and the

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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.