



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

May 22, 2020

Dear friends,

Welcome to the eleventh 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.

“Shout Outs”

Last week, Father Julian introduced the “shout outs”. If you would like some special occasion like an anniversary or birthday acknowledged in the Sunday service, he will be more than happy to announce it.

However, it must be into either Father Julian or the office by Tuesday noon for it to be included in the service for the following Sunday.

This week’s shout outs include:

- Joanne and Franco Pagani’s 24th Wedding Anniversary on June 1
- Kate Greer-Close’s birthday on June 2
- Julie Pilson’s birthday on June 3

Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for May 31. It should arrive in your inbox on May 30.

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.

Milestone for Debra-Dynes

June 1, 2020 will be the 25th anniversary of the opening of the Debra Dynes Family House! Since June 1, 1995, DDFH has been a wonderful multiservice community resource situated in a low-income social neighbourhood close to St Mark's but serving a larger geographic area. Since the start of the COVID-19 shutdown, DDFH has had to restrict itself to maintaining essential services such as a very busy food bank and crisis assistance. Over the years, St Mark's has been involved with DDFH through monetary donations, in-kind donations (such as items for the food bank, school supplies and the baby cupboard) and volunteer hours. Why not send congratulations, memories or testimonials to DDFH through an email (<mailto:info@debradynes.com>), Facebook or twitter?

Amazing Grace

Georgia was sent a link by her cousin in England to a video of Amazing Grace which was made by people in 50 countries around the world affected by Covid 19. Have a look (or not if you really don't like Amazing Grace).

<https://youtu.be/BA7pdABvpnc>

St Mark's Phone Tree

Back on March 18 when life suddenly changed on us all, we decided that a phone tree was needed to ensure that anyone living alone and/or without email, should receive a call more or less weekly from a parishioner. We checked who had email, since that would be a connecting point to St Mark's. It meant

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that most of these people would receive the newsletter and Service of Morning Prayer weekly. If you are a couple, or a family, you may not be on those lists. However, if you would like a call, please let me know at 613-723-2680, and it can easily be arranged, or if you wish for more than one caller, that can be done. You don't have to be a designated caller to phone other parishioners. Feel free to call as many people as you wish. Callers, if you feel someone would benefit from extra calls, please let me know.

I would like to thank all those who are still faithfully making calls, not just for a few weeks as I supposed, but for as long as we need.

The first few weeks it was pretty easy to find people at home. Where else would they be? But now people are often enjoying the great outdoors on their balcony, or in their yard and now planting their summer boxes.

I never thought I would be standing outside a grocery store at 7 am wearing a mask and gloves, buying food to last 2 or more weeks. I bet you didn't think you would either. Or waiting to see what your son or daughter would bring you for your week's groceries. I have been very happy to find how many of you are being supported that way, by family or neighbours.

Cynthia Greer

Doreen Matweow

Last Monday, Doreen Matweow (92 yrs in Dec) had a valve replaced at the Heart Institute. She is now at home. She sounds wonderful and was able to tell Suzanne in detail all about the process of getting her heart valve replaced. She has to rest and take it easy for the next month or so.

Fabric Face Masks

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". As you may have seen in the news, masks are becoming part of the strategy for re-opening the Province and some stores are starting to require masks for you to enter.

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.

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, then you are welcome to do so. The editor will not seek out people but would be happy to receive submissions.

Coffee Hour with Cynthia Greer

Good morning everyone.

When this all erupted, and our Metropolitan the Rt Rev Anne Germond closed churches before March 15, Paul and I, along with 3 of our grandchildren, were happily enjoying Colonial Williamsburg in Virginia.



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No one had said anything at the border, so we didn't realize that suddenly while we were travelling, life had been changing. We had decided to stay in Virginia and Charleston, South Carolina, so that the children could get a full dose of American History. All was well until Friday the 13th, but Saturday found us being told to keep our distance, and the buildings were only open to a few people at a time. Apparently Washington DC and Virginia were closing down because someone at the National Cathedral had tested positive.

So what to do. There were so many mixed messages from the President of the USA of closing borders, or main Interstates. So early Sunday we set off for home. By then all the distancing regulations were in effect, everywhere, so we drove into New York state (which was not in dire straits at that time), thinking that no matter what President Trump does, we are in the next state to home. I did wonder if he might unilaterally close the border with Canada, and wondered what we would do, with Kate and Steve's 3 children with us. I felt comforted once through the border. It was suggested that we quarantine for 2 weeks, and should watch out for symptoms, but nothing really to worry about even then. Of course Kate and Steve had to quarantine with their children.

We arrived back on the 16th, and by the 18th I was making lists of parishioners who needed to be on a phone tree, so they weren't isolated. Our world had changed so fast!

Paul is now allowed to go to his volunteer work with Ottawa West community support, mowing and raking, and painting fences, so long as he is outside. Since he is also a handyman for them and a driver, I'm not sure how that part will work out. One of the men he helps gave him a loaf of home-made bread, at which point Paul decided he would prefer that to our regular. I'm going to have to show him how to make it, but he then eats it, and that isn't good for diabetics.

Our adult children here, Kate, Joanne and Julie, are all totally isolating, and the cousins are doing online classes. Kate is teaching French online, and spending hours searching for interesting videos and lessons that they will enjoy as well. Joanne is working from home, and her husband Franco who works for Public Health is going into long term residences setting up Covid 19 testing. Julie is working from home, (Ag.Can.) Her husband, Nathan, is manager of a Metro store, and her 3 sons are all working in different Metros. I expect Abbey is dancing, non-stop and chatting with her friends.

One of our sons, Alex, lives in Kelowna, so we facetime with them. Alex is presently a stay-at-home Dad, hoping to get a paying job this spring. His wife, Karen, is an Obstetrician/Gynaecologist. Covid 19 can't stop babies so she's always busy.

Phil is an engineer with the city of Toronto. He lives in Whitby, and has seen Grace Bryan at church sometimes. He and Garrett are having fun, and Garrett's comments on school are that it's better learning at home because there's no bullies, and no bad language. Phil's working from home also, which saves him over an hour each way, in normal times. He has to sort out holidays between him and Rachel, so that hopefully he can come to the cottage with us. We haven't got that far. We do have 2 fully furnished and ready to move into tent trailers, as well as the cottage, so we think we can have some of our families up at the same time. Since it is in Quebec, they have "more relaxed" rules.

You might wonder what I've been doing. I'm wondering the same thing. There have been lots of emails and phone calls, and not much useful work. I decided to get rid of all our old VHS tapes if you remember that far back, and children's DVDs. I put out 5 boxes, but then noticed there was nowhere to take them, so I haven't done anything else like that. I keep trying to go through all the toys we have but the same thing happens. Where do I take

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them? I'm a great procrastinator, and I'm getting even better at it, while Paul moves fast from one job to another. He was stymied at the cottage by black flies. They and mosquitoes swarm to him, and not to me. So basically we checked that everything was fine, no winter or animal damage, and came back home. It was a concern not being allowed to check it out until this past week. It is 80 kms north into Quebec, so we don't need to stop, or buy anything.



Kate and Steve and family spent the weekend at the cottage, swimming, canoeing and kayaking, in what must have been frigid 200 foot deep water. That has also galvanized them into figuring out how we can all be together but separate. Maybe the rules will ease by then.



What is interesting is sitting watching the rabbits, squirrels chipmunks and red squirrels enjoying the bird seed. We (the grandchildren) now know that baby robins are biggish, and speckled, and that the female cardinal isn't bright red like the male. We have blue jays, woodpeckers, chickadees, gold finches, red

polls, and everything else is called a sparrow. They have watched the smaller birds chasing away the crows which they hadn't seen before, and the grackles, blackbirds and so on spill seed on the ground for the mourning doves.

However yesterday we, presumably everyone in our neighbourhood, received a letter from the city telling us not to put out bird seed, after I bought 2 13 kilo bags of seed the day before. Also not to have bird baths.

Apparently they are trying to discourage rats, and since they want to do some work in our area, they are putting bait stations in the sewers, to eliminate rats. I thought you would be as thrilled by that as we were.

I hope you have been busy planting your vegetable gardens, and putting the flowering plants into large containers. I have lots of 'candles' on our horse chestnut, so if you know how to play conkers in the fall, come and show me how. I've also discovered after 40 years of having an oak tree in the yard, that they have four- inch long catkins.

Now for the truth of what I've been doing, reading. Anything I can find, but I've stopped that for a while. Jigsaws, as for everyone else, uses time. However, yet another shock to my confidence. I thought I was good at puzzles, was, being the operative word. Compared with Margaret and Bruce, Jenny and Pauline, mine was only 500 pieces with brightly coloured shells. It looked so simple, but I couldn't finish the outside edge pieces! Paul decided to help me out and eventually between us we finished it, but it's put me off doing puzzles. Then I realized that for the last 40 years I've been doing children's puzzles with our children and grandchildren. No wonder I thought I was great! I'm going to try another one soon. If I'm bald the next time you see me, either I've shaved my head instead of waiting for a hairdresser, or I've pulled my hair out doing another puzzle.

You will note that I haven't included vacuuming, dusting, scrubbing, painting or

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similar activities. I gave those up for Lent, and I'm still fasting from them.

I hope you are all learning new things and calling people. Kate suggested I should go to "Duo Lingo" and learn another language. If I had followed her advice I would be proficient in Italian by now, but since there's no flights going to Italy, (ask Joanne, she and Franco and family were booked for a month long trip to Italy going back to where Franco's family comes from) it probably doesn't matter.

I will definitely miss waving our Pentecost banners around on May 31st, but Paul and I will be thinking of you all, and praying for your safety and wellbeing.

Love but no hugs, Cynthia Greer

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 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.