



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

June 5, 2020

Dear friends,

Welcome to the twelfth 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.

Letter from the Metropolitan

A letter was published this week from the Most Reverend Anne Germond, Metropolitan of Ontario entitled "On a Summer Sabbath Rest". The full text of the letter is included with this newsletter. In the letter, she writes:

What this means is that regardless of where the Government of Ontario is with its reopening plan, our churches will not be reopening for in-person worship until at least September. This decision was made in consultation with public health experts as well as our diocesan executive officers and chancellors, with the well-being and safety of all our parishioners and the communities we serve uppermost in our hearts and minds.

Here is the link to the worship, she refers to in the letter:

https://youtu.be/MJrGBIeXS-E?list=PLQDBM9safSHyVWc_tdAO4RZG-iNxKIGrI

"Shout Outs"

Recently 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:

- Wendy Burpee celebrates her birthday on June 6 and her sister, Stephanie's, birthday on June 8th. They always celebrate together.
- Carolyn Findlay turns 9, also on June 6
- Winnie Sully turns 91 on June 7
- Yvonne & Bob Temple celebrate their wedding anniversary on June 8 and are profoundly grateful for the many blessings received during their marriage.
- Karen & Alex Greer's 15th Wedding Anniversary is on June 11
- Isabelle Boutros graduates from Grade 12 this year, with >90% average! She is as much of a hard worker as gifted, and she also helps classmates who are struggling.

A New Addition

While this news did not make the Sunday Service, Carmen and James Kelly are overjoyed to announce the arrival of their granddaughter, Everleigh Lisa Carmen Duggan, born on May 30. A daughter for Sarah & Kris and a little sister for Karter.

Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for June 7. It should arrive in your inbox on June 6.

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.

Good News for Debra-Dynes

DDFH received a \$5,000 cheque today from the Ottawa Dragon Boat Foundation to help support them to get through COVID-19. See more at

<https://odbf.ca/2020/06/01/odbf-announces-a-5000-donation-to-debra-dynes-family-house/>

COVID-19 and Reopening with Older Adults

The Council on Aging and Ottawa Public Health held an on-line presentation with Dr Vera Etches on re-opening with older adults. The presentation is available to view online at: <https://www.youtube.com/watch?v=CUPlb2o2p-U>. Georgia warns us that there is over 3 minutes of music before the presentation starts.

Food for Thought

I was recently looking through memorabilia and came across my Grandma Wall's (my mother's mother's) motto. Let me share it with you:

“The Beauty of Kindness

I shall pass through this world but once;
any good things therefore that I can do,
or any kindness that I can show
to any human being,
let me do it now.

Let me not defer it nor neglect it;
For I shall not walk this way again.”

Stephen Grellet

“Thou shalt love thy neighbour as thyself.”
Mark 12:31

Grandma & Grandpa Wall were pioneers in southwestern Manitoba during the early

1900s. These were difficult times and yet they were renowned for their caring as were many of their neighbours. Part of our legacy as we again live through difficult times.

Betty Caughlin

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 Greta Robinson

Hello everyone,

This letter is a week late as Georgia, Suzanne and I lost track of the coffee roster. I personally find it hard to remember what day it is!

I hope you are all keeping well. Like most of you I have been on “lockdown” since early March. I find the best thing for me is to keep busy. We have an enjoyable “Zoom” meeting with Ariane and the choir members every Thursday evening, which keeps us in touch. We sing hymns (probably out of sync.) and then break off into separate “rooms” of 3 or 4 people where we chat and catch up. I have

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become more computer savvy since this pandemic!

Three times a week I do Lionel Doonan's Seniors' workout on YouTube and almost every day continue singing lessons with my teacher Yoriko. She is always very encouraging, but does say she wishes she had me 30 years ago. Me too!

I find I have more time to enjoy my garden here on the Rideau River. The amount of wildlife seems to have multiplied. Dozens of rabbits, squirrels, chipmunks and a very overweight groundhog lumber around almost every day.

For the first time in 37 years I have decided not to open the pool, it is mainly used by my 2 youngest grandchildren Jessica and Benjamin, and I don't have a pool house with a bathroom outside. However, this could change as I am getting some cries of protest from Jess, as her camps have been cancelled for this summer. If I do open it, there will be a very disappointed pair of beautiful ducks who have taken the pool as their personal pond and come every day. They barely take notice if I open the screen door. They are very much at home, just tolerate me around.

I have been fortunate that son Roy and his wife Cheryl bring me groceries, and daughter Sharon brings anything else I need. It is great that Shopper's delivers medication.

My son Russ in Toronto and I play online Cribbage most evenings. Ben and Jess cut the grass, and Roy keeps the lawnmowers and everything else in shape. We get to visit keeping social distancing.

I drove the car for the first time a week ago, to Joy's house to pick up 2 masks. They are absolutely the best, fit snugly and in great colours. Thank you mask makers!

Watching the Sunday service from St. Mark's gives me peace and solace. Congratulations to Father Julian, Joy, Ariane, the Close family and to Alex Dee for doing an amazing job.

Your Daily Readings keep us all close Ray, "All things Bright and Beautiful" I remember learning in Sunday School. I have to admit it brought tears to my eyes.

Keep well everyone, this pandemic can't go on forever, even if it feels like it already!

Greta Robinson.

Coffee Hour with Judy Life

I miss seeing everyone at Church Services, Coffee hour, Mothers Union, Parish Council, CCC, Altar Guild and Fitness!! I sure need the fitness with all of the baking, bread making and home cooking in general that has been going on in isolation. Everything must then be eaten.

Initially, when this Covid19 started I spent time cleaning and organizing drawers and closets, purging, then trying to find somewhere to put the stuff I purged. Reading, playing cards and games, then got into puzzles. The jigsaw puzzle didn't last as one of my cats found great joy in playing with the pieces. I hope all 1000 pieces are back in the box!



I am fortunate to live with my daughter and family so I always have company. At the moment my daughter is working from home and my granddaughter has her online school assignments along with virtual fitness classes. My son-in-law gets to go to his office. For 2

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months I have not done any grocery or pharmacy runs. Just recently I donned my mask and ventured into the garden centers and grocery stores. Now that the weather is nicer I have been keeping busy with yard work and my 4 small garden beds. (3 veggie and 1 herb)

I have golfed 3 times so far. Our group walks 9 holes. Fun and exercise to boot.

My daily walking companion is Jake, a 9-year-old English Retriever who needs a haircut the same as I do. We are lucky to have NCC land 3 doors away with lots of beautiful walking trails and very few people using them.



My usual spring road trip to the Maritimes, of course, is not happening this year. Perhaps in the fall.

My son and family who live in Peterborough have recently bought a home in the village of Norwood 30 minutes closer on Hwy 7. A drive to see their new place may be on my agenda in the near future.

I look forward to the weekly Morning Prayer and Newsletter. Keep the emails and jokes coming. Stay safe and keep healthy.

Judy



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.