



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

## Weekly Newsletter

March 12, 2021

Dear friends,

Welcome to the fiftieth edition of our weekly newsletter. We are continuing the weekly newsletter for the foreseeable

future.

### 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. We are now recording on Tuesday to accommodate Stephanie's schedule of classes.

### Video Services

Morning Prayer for March 14 should arrive in your inbox on March 13 at 12 pm. 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.

### Holy Week and Easter

The diocese has not yet given permission for in-person worship to resume and will not announce until March 24 whether permission will be granted for services starting March 28. Because of the uncertainties, the exact distribution of video and in-person worship is still under review.

### Mothering Sunday

In the Church of England, Mothering Sunday is the 4th Sunday in Lent. Through the years, that Sunday became the one festive day in Lent, including an annual pilgrimage to the Mother Church of the Diocese, the Cathedral. As they processed they sang the ancient psalms of Ascent, (Psalms 120 to 134) from the times when Jews processed to the Temple

### Calendar

- Mar 17 - Lunch and Learn for the Thousand Doves project. Details p 2
- Mar 17 – Lenten Study. Details p 3
- Mar 28 — Palm/Passion Sunday
- Apr 1 – Maundy Thursday
- Apr 2 – Good Friday
- Apr 4 — Easter Sunday

in Jerusalem. As time went by the Cathedrals were overcrowded, and the festivals were moved to the local Parish churches.

Older children and adults often worked away from home, but on this Sunday they were allowed to go home to their mothers, and families would be reunited. Going home often entailed long walks along paths where they would gather spring flowers. Those in 'service' would also bring fruit and nuts and other food for the family gathering. Flowers and special Simnel cake became part of the celebration.

When Mothers' Union started in England in 1876, Mothering Sunday was revived and encouraged as a family-oriented festival. MU came to Canada in 1888 and Mothering Sunday came with it.

Although Mothering Sunday is not a normal part of the Anglican Church of Canada, many parishes who have a Mothers' Union branch, like St Mark's, still celebrate the Fourth Sunday in Lent - Mothering Sunday.

St Mark's present MU branch was started by a group of young mothers in 1984. Its focus is on the family and has continued the tradition of Mothering Sunday by serving Simnel cake, and providing flowers for the children to give to their mothers, and to all the women in the church.

Due to COVID-19, Mothering Sunday was not a part of St Mark's in 2020 and again this

Lent. We know that the Simnel cake and flowers were a special part of our coffee hours in the past. So today – instead of receiving your flowers and cake as you have in the past, try making your own Simnel cake or colouring your own card, and join us for a virtual coffee and Simnel cake at the end of the virtual service. (Recipe on page 4)

### **One Year Anniversary of the Declaration of the Pandemic**

The Primate issued a reflection on the one year anniversary of the declaration of the pandemic.

Here are a few excerpts from the reflection.

*The past year is full of memories. We hoped to back in church by Easter... then by summer... then by Thanksgiving,... then by Christmas, and now.... we continue to wait. Our optimism of a year ago seems so naïve, in retrospect, as we continue to wait — patiently — to find out when we may be vaccinated. Even then the restrictions will not go away, as COVID-19 variants circulate and a 'new normal' continues to evolve.*

*I invite you to reflect on the year just passed — on our naïve hopes in the early months; on the fear we often felt; on the images from around the world of devastating death tolls; on the saluting of health care workers risking their lives for us; on the gift of the summer being able to be outdoors with friends and family; on the resilience of being Church and the creativity of our people.*

*Today and in the days to come — let us be still and grieve deeply for what has been lost. Let us take comfort in all that has been possible, and let us give thanks for the faithfulness of God.*

The full text may be found [here](#).

Our Morning Prayer service next week will include a recognition of the one year anniversary of the Morning Prayer videos.

**Lunch & Learn Virtual Event  
The Thousand Doves Project**

God of infinite compassion and mercy,  
Our hearts are overflowing with a flood of emotions from the past year,  
Fear and sorrow and grief — endurance, relief, and hope,  
For the families of all who have died, who have been unable yet to mourn,  
we ask your comfort  
For health care workers persevering in the battle with the disease  
we ask your strength and courage,  
For government and public health leaders  
we ask your wisdom  
For all facing the relentless uncertainties that continue  
we ask your endurance and peace,  
We give thanks  
for the resilience discovered within us,  
We give thanks  
for all who continue to work to protect and care for us  
We give thanks  
for your unending love and compassion in our midst at all times.  
As we face the year ahead  
fill our hearts with that same love and compassion for our world and its needs  
  
For in you we find all that is needed — for whatever lies ahead. Amen.

*Archbishop and Primate Linda Nicholls*

Interested in supporting the Diocese's Refugee Ministry through The Thousand Doves Project but afraid making paper origami doves is too difficult? On March 17th come and see how simple it really is! Have some square pieces of white paper ready (any size paper cut into a square will work), and Karen McBride, from our Refugee Ministry Panel, will lead us step-by-step through the dove-making process and talk about how you or your group can get involved in spreading their wings of hope above the nave of Christ Church Cathedral for Pentecost Sunday.

REGISTER [here](#)

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### **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.

### **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. Before last year, participants came to the church and held the vigil in the Peace Chapel, each one for an hour in turn. Materials for prayer and meditation were made available but participants were free to observe the vigil as the Spirit moved them.

Because of the pandemic, last year we asked participants to choose their hour, but to observe the vigil in their own homes. We plan to do the same this year.

To ensure that each hour is covered, Cynthia Greer will coordinate the activity. Please contact her at [greercynthia69@yahoo.com](mailto:greercynthia69@yahoo.com) or by phone at 613-723-2680 if you wish to participate. Thank you!

### **Easter Flowers**

While we are uncertain what the Easter flowers might look like this year, we are pretty

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

### **March Bazaar**

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.

### **A Message from Sheila Ferguson**

Thank you for all the prayers while I was going through my heart procedure. It was a full success and the doctor was very positive with its outcome. Now I will be able to do activities that I have not done for years. Looking forward to be at church when it opens. Most of all just walking in the park without pain and discomfort

Prayers and blessing going out to you all

Sheila Ferguson

### **COVID 19 Vaccination**

As of March 10, the COVID-19 vaccination is available to all persons who were born in 1931 or before. Persons who were born in 1941 or before in selected areas are also eligible.

Although Parkwood Hills is used in the media to describe one of the areas, in fact, they are just referring to the Minto rentals along Meadowlands, some in Stewart Farm and the townhouses along Fisher up to Deer Park.

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. To book an appointment, call 613-691-5505 between 7:30 am and 6 pm on

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weekdays with shorter hours on the weekend. You may request transportation assistance when you book the appointment. Caregivers are allowed to accompany the eligible person but are not allowed to receive the vaccine.

St Mark's has joined the Parkwood Hills COVID-19 Neighborhood Action group which met on March 9. Keith Egli briefly joined the meeting. As information becomes available, it will be passed on. Please widely share the information with family, friends and neighbours.



### **Simnel Cake**

1½ cups flour  
½ tsp baking powder  
¼ tsp allspice  
¼ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp ground cloves  
¼ cup softened butter  
¾ cup sugar  
½ cup golden raisins  
¾ cup currants  
1 cup chopped candied fruits  
2 tbsp mixed candied fruit peel  
3 eggs beaten lightly  
½ tsp vanilla  
2 tbsp brandy/orange juice  
almond icing/paste\*.

Set the oven 300 degrees

Mix raisins, currants, candied fruits, and candied peel with 1 tablespoon of flour and set aside.

Sift remaining flour, baking powder, spices, and set aside.

In a large bowl, cream butter and sugar together until light.

Beat in eggs, brandy/orange juice, and vanilla

Beat in flour mix gradually until just combined.

Add the fruit and peel mix to the batter and combine well.

Turn half the batter into a greased layer-cake pan, place round of marzipan, add rest of batter

Press down the surface with the back of a spoon to smooth.

Bake 1 ¼ hrs until a cake tester inserted in the center comes out clean.

Add top layer of almond or balls for final 10 minutes

Let cool before removing from pan.

\* almond paste might be found in tubes at Loblaws, Kardish, Bulk Barn or specialty cake shops or you can make it as below

### **\* almond paste icing - marzipan**

150 g (5 oz) icing sugar  
150 g (5 oz) caster sugar \*\*  
300 g (10 oz) ground almonds  
1 medium egg or 2 egg yolks  
15 ml (1 tbsp) lemon juice  
2.5 ml (½ tsp) almond essence  
Sieve sugars into a bowl, add ground almonds, mix well.

Beat egg in a basin. Add lemon juice and flavouring. Pour onto dry ingredients and mix to a pliable paste using a fork.

If the paste is sticky, work in a little more sugar; if too stiff, work in a little more lemon juice.

Avoid handling paste more than necessary or the warmth of your hands will draw the oil



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out of the almonds, making the paste very difficult to roll.

\*\* caster sugar is fine granulated sugar. It is sometimes known here as super fine sugar, berry sugar or instant dissolving sugar. If you can't find any of these, you can process granulated sugar in the food processor – or just use granulated sugar. The consistency may be slightly different with granulated sugar.

### **Video Backgrounds**

Whenever you see a particularly photogenic sight which you think would suit as a background, please feel free to share. Landscape pictures are the best. I can't guarantee I will use every picture but I do enjoy every picture. – Joy

### **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 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](mailto: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](mailto:stmarks@stmarksottawa.ca)



with love on  
**MOTHERING SUNDAY**