



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

May 15, 2020

Dear friends,

Welcome to the ninth 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 17. It should arrive in your inbox on May 16.

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.

Lenten Outreach – It's not too late!

As part of our Lenten programme since 1999, St Mark's has suggested various outreach initiatives to which parishioners could consider making a donation. For 2020 there were 2 projects proposed: PWRDF's *Gifts of Food Security and Livestock* and Multi-Faith Housing's *Veteran's House project*.

For PWRDF's *Gifts of Food Security and Livestock*, donations would go toward supporting farmers from countries like Tanzania, Uganda and Columbia by providing farm animals, seeds, organic farm supplies, or farm tools.

Donations to the Veteran's House project would go toward the building of Canada's first community house for homeless veterans, which will combine safe housing with essential on-site rehabilitation services. It was announced on CBC this week that the completion of the project has been moved from November 2020 to early in 2021 due to a slowdown in anticipated donations.

As of the end of April, Lenten Outreach donations sat at \$400 for the PWRDF project and \$450 for the Veteran's House project. And although Lent is now behind us, these donations have not yet been passed on to PWRDF and Multi-Faith Housing. Thus, it is not too late for you to make a donation to either or both of them through St Mark's.

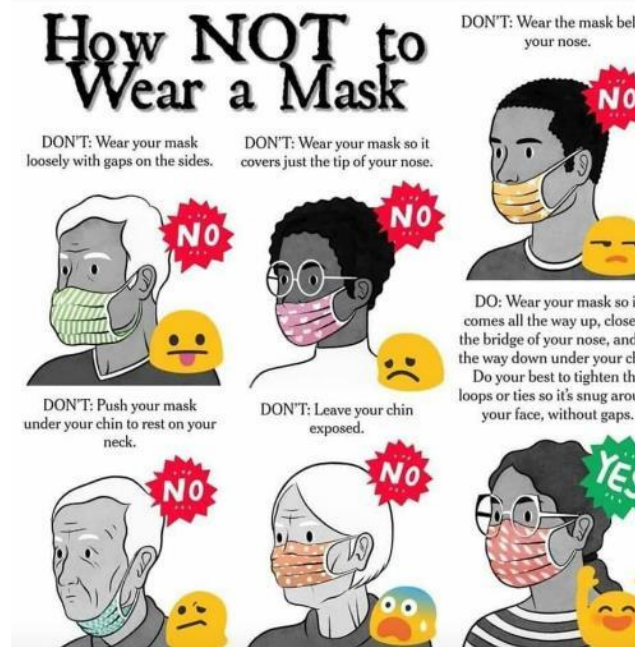
Update on Sewing for Ottawa

By May 13, Sewing for Ottawa had donated 6,313 scrub caps, 6591 headbands and 4689 masks. Headbands are no longer needed. The requests for scrub caps is waning – maybe only 500 left but the requests for masks are still high. It is the intention of the group to start offering masks to the general public in a couple of weeks, starting in lower income communities, probably joining forces with the group Free Masks for Ottawa.

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. With Joy being part of sewing for Ottawa, she sees a fair amount of chatter on masks and designs and how to wear them. Here is a picture that popped up in the newsfeed this week.



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.

Beautiful YouTube Video

Gwen MacLean sent in this link to a YouTube video called A New Day. She thought it was appropriate at a time when we need to remember all of the beauty that we have been given in our lives.

[A New Day \(Ernesto Cortazar\)](#)

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 Penny Miller & Gillian Morris

Hello everyone, first off I have to thank Kate for her delightful update in last week's newsletter. I was one of the people on for coffee on the 10th but totally forgot, didn't even think about it in fact! I have a hard time remembering what day it is, let alone knowing it was our coffee Sunday.

When I retired, some years ago, I remember thinking how lovely it would be not to have to worry about alarm clocks or routines. I have realized that I miss some routine! Weekly exercise groups, aqua fit, Coffee, Company and Conversation on Thursdays and of course church on Sunday, monthly quilt guild meetings and book club. Lionel, who runs the seniors movement group at the church on Monday, Wednesday and Friday has been offering Youtube sessions to replace the actual sessions. This has provided a great incentive to move but as you can do on your own time, I do them at all times of the day! I should be more organized. I miss the people and the interactions but also the structure that these meetings bring to my life.

I started off this time at home by deciding that it was finally time to sort out my fabric and project stash, plus the room they were stored in. The room looks much emptier but our spare bedroom doesn't, I used it to sort everything out. Now I have piles to donate to a couple of organizations but of course they can't take them at this time, so it's a good job no one can come and stay, it would be hard to find the bed. Gary decided to sort his clothing cupboard. Now that excess is also in a big bag waiting to be donated.

My sorting was put on hold for mask making, initially to fulfill a request received by my smaller quilt guild from the Hospice, they provided the pattern and we produced and dropped off many masks. I then made them for family, friends and neighbours, which has been kind of fun, as I could "personalize" for those that I knew well. For Adam, our oldest

son, I had fabric with maple syrup bottles on it; he taps trees on his camp site and produces a small amount of maple syrup, for a friend who is dog crazy, dog fabric and a neighbour who loves yellow and orange I used some gorgeous batik.

Both Gary and I have been in touch with groups of friends by logging on to Zoom meetings and Messenger. We are slowly learning the etiquette of these get togethers. The board meetings that Gary has been part of have been very organized, everyone taking their turn; my quilt group and virtual weight watcher groups less so, everybody trying to reply at the same time, the loudest voice winning. As I say, they are getting better as we learn new skills. I feel so lucky to have another person in the house to talk to, share concerns with, take occasional car rides with, just to get out and some days when the weather has been warmer, work in the garden together.

Walking together isn't much of an option, I can't keep up, so we walk separately then share what we have seen.

I love seeing people on those walks and enjoy all the smiles and hellos we share as we move ourselves to the other side of the street. It makes me realize that I have no idea who most of these people are, yet they must live within walking distance.

Take care everyone.

Penny Miller

Good morning everyone. Like Penny I was part of the coffee team for 10th May. For some reason, I hadn't written it on the calendar (not that I'm using it these days). Thanks, Kate, for coming to the rescue.

I, too, started sorting out drawers and cupboards but had to stop as I had run out of places to store everything I was getting rid of. Maybe I will start on the garage next and try to find the gardening tools I keep losing,

I have been trying to catch up on my knitting and sewing projects in between doing jigsaws, reading, trying to exercise and walking on fine days. I've also been making masks for family and friends.

Over the past couple of weeks, Dave and I have managed to do some tidying in the garden. Dave found that a skunk had been digging up the front lawn. Two traps were set by a wildlife contractor and we sat back and waited. After a week, still no sign so the traps were taken away. Ben phoned later that day about his skunk problems! He lives a couple of streets away, so maybe the skunks are working their way around the neighbourhood.

Last Friday, I had an early Mother's Day gift. My daughter, Cerian and grandsons Gavin and Oliver came from Brockville for a flying visit. It was such a pleasure to look up and see who was tapping at the kitchen window. Due to the physical distancing rule we hadn't seen them since March break. Facetime is OK but seeing them in person is so much better.



For some reason over this time of isolation two songs keep going around in my head: 'I am slowly going crazy 1,2,3,4,5,6 switch' and 'We're busy doing nothing, working the whole day through'. Thankfully not at night, keeping me awake.

I am not noticing the quiet so much these days. I am getting used to no planes, no sirens from the local fire station, and no morning school bus. The school bus was my signal for going to exercise class.

Well, that's all for now. Hope to see you all soon.

Stay well and keep safe.

Best wishes,

Gillian Morris

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.comshrvf9b0dXVSI4Wne> 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.

