



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

## Weekly Newsletter

July 24, 2020

Dear friends,

Welcome to the nineteenth edition of our weekly newsletter. A limited number of paper copies will be placed at the link

doors for people who do not have access to email.

### Summer Break

We are taking a break for 2 weeks. There will be no newsletters or services published from July 31 through August 9. The Diocese of Ottawa publishes a list of online services which may be found at <https://www.ottawa.anglican.ca/images/COVID-19/ADO-Virtual-Service-Schedule-1.pdf> if you would like to explore other options.

### “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 Tuesday noon for it to be included in the service for the following Sunday.

This week's shout outs include:

- Sharon Walter celebrates her birthday on July 31 and her son
- Robert Walter-Joseph celebrates his birthday on August 3
- Joy Bowerman and Trevor Dee celebrate their 28<sup>th</sup> Wedding Anniversary on August 8

### Pandemic Coordination Committee

Corporation is pleased to announce that Michael Perkin has been appointed to chair the committee which will oversee the procedures involved in reopening the church. If you are interested in serving on the

committee, please contact Michael at [Janis\\_michael.perkin@rogers.com](mailto:Janis_michael.perkin@rogers.com) or one of the wardens at [pmadams@magma.ca](mailto:pmadams@magma.ca) (Pauline) or [the.barbers@sympatico.ca](mailto:the.barbers@sympatico.ca) (Bill). Details on a plan of approach for re-opening will be available after the summer break.

### Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for July 26. It should arrive in your inbox on July 25. It may be of interest that this will be the 21<sup>st</sup> service that we have published since March 15 (there were 2 extra services during Holy Week.)

Accompanying the recording will be a file which has the complete service including the readings if you would like to read them. Many, many thanks to Alex Dee who is doing the video editing 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 five of us in the church at any one time and we maintain a distance of 2m between us.

### ADOn the Move

Bishop Shane is doing a series of podcasts (like radio broadcasts on demand) where he is moving around the diocese and talking to people. On last week's podcast Bishop Shane spoke with James Calkin and a singer from the Cathedral Girls Choir. He also spoke to the Rev Stephen Silverthorne from Good Shepherd, Barrhaven about his own podcasts. The series is coming out every Saturday. You can find the podcasts at:

<https://www.ottawa.anglican.ca/podcasts>

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### **School Supplies for Debra Dynes Family House (DDFH)**

The Director of the DDFH has let me know that they are currently taking registrations from families for school supplies. Although DDFH works in partnership with Caring and Sharing, there was a significant gap in what they needed to supply families last year. There is an increased demand this year and with the impact of Covid there's the possibility of an even greater demand for school supplies.

Although St Mark's is currently closed, we are accepting donations of school supplies. School supplies may be dropped off every Thursday in August from 10 am to 1 pm.

Bins will be placed between the doors in the link entrance. Should you wish to drop off a monetary donation, please make your cheque payable to Debra Dynes Family House and include your mailing address for income tax receipt.

I will be at the Church from 10 to 1 on the Thursdays in August to accept donations. If these dates and times are not convenient or if you would like a pick-up, please call me at 613-727-5892 and I will make arrangements to accommodate you.

Many thanks for your usual kind generosity to this worthwhile cause.

Suzanne Bisson  
St. Mark's Outreach Coordinator

#### *Sample School Supplies*

Three-Ring Binders  
Pens, pencils, crayons, coloured pencils,  
highlighters, washable markers,  
Pencil Sharpener  
Glue sticks,  
Blunt-tipped scissors  
Erasers  
Sticky Notes  
Tabbed Dividers  
Wide ruled notebook, pads of paper,  
Single-subject spiral notebooks  
Backpack

Calculators  
USB Flash Drives

### **COVID-19 and the finances at St Mark's**

The COVID-19 pandemic is having a major impact on the financial situation at St Mark's.

We have experienced a significant drop in income especially because collection income has been lower than what was budgeted (by \$12,300 at the end of June). Other sources of income – particularly rentals – have also taken a huge hit, mainly due to our buildings being closed.

On the expenditure side, in the spirit of Jubilee, the Diocese forgave every parish's obligation to pay Parish Fair Share, cost of priestly services (which, for St Mark's, was ECOPS and housing), and insurance for the months of April and May. This gift amounted to approximately \$23,500 for St. Mark's. However, even with this Jubilee gift and being careful with all needed expenditures, we ran a deficit of approximately \$3,500 at the end of June.

Even though life at St Mark's will not be "as usual" for several more months, expenses will still need to be paid. And collection income will be depended on, more than usual, to cover these expenses. We are therefore asking you to seriously and prayerfully consider your current giving. If you can give more, even until things are back closer to "normal", it would be greatly appreciated.

If you usually give through the offering plates on Sundays, until services are again happening you can mail cheques to the church address or drop them off through the mail slot in the front door of the church. If you would prefer, you can arrange, through a phone message to the office, for someone to be at the church to drop off cash offerings (remembering that someone will be at the church on Thursdays in August from 10 to 1). Another flexible option is to join PAR, or to modify your PAR amount, even for a short time, so that your offerings are taken monthly from your bank

account. To arrange this, or just to get more information, call envelope secretary Karen Roberts at 613-236-7992. And, finally, another option is to donate electronically through CanadaHelps; a link is given in each weekly newsletter and will eventually be accessible from the church website.

If you would like more detailed financial information, or have questions, do not hesitate to contact Georgia Roberts at 613-226-5693 or email: [cs295@ncf.ca](mailto:cs295@ncf.ca)

Pauline Adams, Rector's Warden  
Bill Barber, Peoples' Warden

### **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.

### **The Story of Gary McPherson as told by Keith Wilkins**

In Alberta during the early 1950's, polio was a summer affliction. Polio, now largely eradicated, is a contagious virus that attacks and destroys nerves paralyzing muscles. In 1953 the disease peaked in Canada with 9,000 reported cases and 500 deaths. Between 1949 and 1954, an estimated 11,000 people suffered polio paralysis in Canada.

In 1955 friends of my parents came to visit from the Yukon territory. Our 'war-time house' was small for the four of us, but there was space for the five visitors. In the top bunk of my brother's room, Gary came down with polio. He was 9.

As in the current COVID crisis, the two families were immediately quarantined in our 3 bedroom home for two weeks. It was a time of worry, fear and isolation from neighbours and friends. Dorothy, Gary's mother, was unable to visit her seriously ill son and was trying to keep her other two children busy

while our mother, Elsie, was trying to keep our house on some kind of even course. Looking back it was a time of uncertainty, during which our family doctor made a house call to vaccinate all of us with a 'new' and generally unavailable polio vaccine.

Hospitalized, by the time the disease had run its course Gary was in an iron lung able to move one finger freely and another with the aid of a sling. Visual contact required a mirror as he lay face up immobile. Gary lived in hospital-like institutions for the next 34 years pushing himself with his foot in a wheelchair and learning to frog breathe while resorting to a respirator only for sleeping.

With his roommates at the University Hospital, Gary developed a software company and reached out to the world through ham radio. From helping using his ham radio skills to help keep the Canadian Wheelchair Games on track during a postal strike in 1968, before fax, e-mail and mobile devices, Gary participated in the transformation of wheelchair sport from a marginal rehabilitation activity into a worldwide sporting movement - the Paralympics.

He managed the Northern Lights wheelchair basketball team and was an active member of the Junior Chamber of Commerce. Later, Gary would become chair of the Premier's Council on the Status of Persons with Disabilities and an adjunct professor in the school of physical activity at the University of Alberta.

In his forties, Gary moved into the community married and later fathered 2 children. His advocacy continued as executive director of the Canadian Centre for Social Entrepreneurship in the School of Business at the University of Alberta and played a role in creating the Steadward Centre for Personal and Physical Achievement at the University of Alberta.

Gary received many awards and honours, including the Order of Canada. He shattered

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stereotypes fighting tirelessly for people with disabilities to be an integral part of the community and be treated as full citizens by living his own life to the fullest.

A continuing puzzle about Gary's life is what he would have achieved without his paralysis's debilitating limitations or were his achievements in response to his physical limitations. Perhaps a key is found in the final paragraphs of his book: "With Every Breath I Take":

"...faith can be an emotional, psychological and spiritual tool. Health and personal well-being are dependent on the spirit as well as the body.

There are five elements to what I call the FAITH tool, and these elements are summarized as:

1. F stands for forgiveness of yourself and others.
2. A stands for acceptance of people and situations.
3. I stands for integrity in all aspects of our lives.
4. T stands for trust in our fellow man and ourselves.
5. H stands for honesty, humility and humour."

### **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](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).