



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

January 15, 2021

Dear friends,
Welcome to the forty second 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.

- Thomas Pilson celebrates his 21st birthday on January 19th

Video Services

Morning Prayer for January 17 should arrive in your inbox on January 16 at 12 pm. Video services will continue every week until in-person worship resumes and thereafter every other week. This week's service was recorded before the new restrictions came into place. You will notice some differences next week.

Many, many thanks to Alex Dee who is doing the video editing for this endeavour.

Vestry Reports

Yes, even in spite of the strange year we have had, there will still be a vestry report. If you would normally submit a vestry report, please start considering what you have to report. Vestry reports will be due at the end of January.

Thousand Doves Project

Building on 40 years experience, our diocesan refugee ministry has been able to support hundreds of the world's most vulnerable

people to have a new beginning in the Ottawa region. Together, we can do even more to help our global neighbours who are forced to seek a safe place to rebuild their lives.

With your help, the people of the Diocese will celebrate and support this work by creating 1,000 paper doves and, beginning on Pentecost Sunday, spreading their wings of hope above the nave of Christ Church Cathedral Ottawa.

This will be a unique art installation celebrating the contribution of refugees in our communities, raising awareness of the need for refugee sponsorship, and enhancing our capacity to engage in this life-giving ministry.

BE PART OF THE THOUSAND DOVES PROJECT BY FOLLOWING THESE 5 EASY STEPS!

Step #1: Register your willingness to make paper doves and collect pledges for the refugee ministry, at thousanddoves@ottawa.anglican.ca

Step #2: Collect pledges from family, friends, and other sponsors for your doves. [Visit online donation form here.](#)

Step #3: Follow these [step-by-step instructions](#) to make your doves [Video, how to make a paper dove](#) (you can use any white paper, but larger squares make bigger doves).

Step #4: Bring your doves to one of our church drop-off locations by May (you will receive detailed information on the process for collecting the doves).

Step #5: See your doves as part of the flock of a thousand at Christ Church Cathedral! You will receive information on the May 23 livestream "reveal", and how to view the installation safely in person.

THANK YOU FOR SPREADING WINGS OF HOPE IN SUPPORT OF THE ANGLICAN DIOCESE OF OTTAWA'S REFUGEE MINISTRY

January 15, 2021

Forward Day by Day

The Forward Day by Day have arrived in the office. Please contact the office about picking one up.

NROCRC Virtual Activities for Seniors

NROCRC (Nepean Rideau Osgoode Community Resource Centre) has a number of activities for seniors available on Zoom. I have included 2 pages at the end of this newsletter from the Ward 9 Newsletter which shows the activities and contact information.

City of Ottawa Recreation and Culture

The City's new Virtual Arts and Recreation Centre opens opportunities to get fit, learn a new language, recipe or instrument, or discover your talents with a brush and palette – virtually, right in the comfort of your home. The winter class offerings will be online at ottawa.ca/recreation on Monday, January 11, with registration starting on Thursday, January 14 at 9 pm.

A mix of short workshops and multi-week courses will begin on Monday, January 25. There will be offerings for every age group. Programs will include:

- Language classes (French and Spanish)
- Science, technology, engineering and mathematics programs (STEM)
- Cooking classes
- Visual arts: drawing, painting, digital arts
- Fitness: Zumba®, bootcamp, yoga
- Dancing: ballet, hip hop and others
- Martial arts, Tai Chi
- Leadership programs

Virtual classes help support everyone's COVID-19 prevention efforts. Staying active and occupied with live-streamed, interactive classes is a perfect way to promote physical and mental well-being.

For more information on City programs and services, visit ottawa.ca or call 3-1-1 (TTY: 613-580-2401). You can also connect through Facebook, Twitter and Instagram.

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

Envelopes for 2021

If you would like envelopes or to change your monthly PAR, please contact Karen Roberts at graniteseven@yahoo.ca. Envelopes will be available at the church for pickup. However, your envelope number will be the same as 2020. You can just put your offering in a plain envelope and write the number on – or we can always look it up.

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. 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.



Ward 9 Newsletter



Nepean Horticultural Society

Container and Balcony Gardening

Speaker: Lana Doss

Thursday, January 21 at 7:30



To register for this virtual presentation, please contact nepeangardeners@gmail.com

VIRTUAL WINTER CARNIVAL

SAT JAN 23 FROM 2 TO 4
DETAILS: THCA.CA

MAGIC SHOW & GAMES
BUILD A SNOWMAN BEFORE THE EVENT
AND SHOW US A PICTURE



NROCRC'S ACTIVITIES OLDER ADULTS 55+ SENIORS PROGRAM WEEKLY SCHEDULE



**JANUARY
18th-22nd**

MONDAY
4PM - 6PM

4:00PM - 4:15PM
"Meet & Greet"
on Zoom

4:15PM - 4:45PM
Yoga with Sudha

4:45PM - 5:15PM
International
Cooking Session
with Madhuri
Pathak

5:15PM - 5:40PM
BINGO

5:40PM - 6:00PM
Conversational
Session



TUESDAY
2PM - 4PM

2:00PM - 2:15PM
"Meet & Greet"
on Zoom

2:15PM - 2:30PM
Breathing Exercises

2:30PM - 3:20PM
Math & Puzzles

3:20PM - 3:40PM
Matching Game

3:40PM - 4:00PM
Conversational
Session



FRIDAY
2PM - 4PM

2:00PM - 2:15PM
"Meet & Greet"
on Zoom

2:15PM - 2:30PM
Relaxation
Exercises

2:30PM - 4:00PM
Movie Day:
"Baby's Day Out"

For registration and zoom details:
please call Zeba at (343) 572-2474 or
email at ztaj@nrocr.org



KEITH EGLI WARD 9
KNOXDALE - MERIVALE

Ward 9 Newsletter

NROCRC'S VIRTUAL ACTIVITIES MONTHLY SCHEDULE

OLDER ADULTS (55+) SENIORS PROGRAM

	MONDAY 4PM-6PM	TUESDAY 2PM-4PM	FRIDAY 2PM-4PM
WEEK 1	<ul style="list-style-type: none"> • Yoga with Sudha • Smoothie Session • Trivia 	<ul style="list-style-type: none"> • Chair Exercises • Brain-Boosting Activities 	<ul style="list-style-type: none"> • Breathing Exercises • Documentaries
WEEK 2	<ul style="list-style-type: none"> • Seniors Yoga • Aromatherapy • Salad Making • Trivia & BINGO 	<ul style="list-style-type: none"> • Zumba Exercises • Arts & Crafts • Puzzles & Riddles 	<ul style="list-style-type: none"> • Chair Exercises • Experience Sharing • Poetry & Stories
WEEK 3	<ul style="list-style-type: none"> • Yoga with Sudha • International Baking & Cooking Session 	<ul style="list-style-type: none"> • Breathing Exercises • Math • Crossword Puzzles 	<ul style="list-style-type: none"> • Relaxation Exercises • Watching Movies
WEEK 4	<ul style="list-style-type: none"> • Seniors Yoga • Armchair Around The World 	<ul style="list-style-type: none"> • Arthritis Exercises • Show & Tell • Entertainment 	<ul style="list-style-type: none"> • Exercises for Lungs • Presentation with a Guest Speaker



Please note: there will be always be a 15-20 minute conversational session at the end of each day to connect, ask questions, and socialize



For registration, Zoom details, and more information please contact Zeba:
(343) 572-2474 or email at ztaj@nrocrc.org



STAY CONNECTED
JOIN OUR DISTRIBUTION LIST!

OLDER ADULTS (55+) WE ARE HERE FOR YOU

- Access the following:
- Virtual Programs
 - Neighbourhood Seniors Groups
 - Good Food on the Move (Affordable Fresh Food)
 - Wellness Calls
 - Ontario Electricity Support Program
 - Counselling
 - and more!

For more information please contact Anne,
Seniors Outreach Worker at:
apremachuk@nrocrc.org, or call 343-803-7631



Do you need help with your energy bills?



The United Way Energy Assistance Pilot can connect you with programs that could reduce your bills.

For more information, contact Heather at 613-808-0284 or hbrown@nrocrc.org



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