



Mark This Word

The Parish Newsletter of St Mark the Evangelist, Ottawa
Anglican Church of Canada

Issue number 37

Fall 2015

Thanksgiving: a time for giving thanks for all we have been given



The Big Give

On Saturday June 6, churches across the city of Ottawa hosted The Big Give, a day of free give-aways for anyone who wanted to participate. Whether it was food, or garage sale items, or simple moments of friendship, the day of sharing brought with it a spirit of community and caring that warmed both givers and takers.

*by Kate Greer-Close
who describes the day from St Mark's perspective.*

It wasn't huge but we likely had about 20 of us, and hosted about 20 more people who were walking, driving or cycling past. It was really super! It developed fellowship within our church, it encouraged parishioners to provide treats to give, it showed a presence and gave passers-by a really positive experience at a church.

As well as coffee, lemonade and baked goods, we had bubbles, chalk, croquet and trees to climb! Some children arrived on their way back from Bethel Pentecostal Church and stayed for over an hour (with



their dad) chalking, climbing trees, eating and just having a wonderful time.

Another two women arrived with a baby and a young boy and they asked if we knew the song "I the Lord of Sea and Sky" (Here I am Lord) so we all sang together for a bit!

Another two women visitors from the neighbourhood were thrilled to receive Italian bibles, and one of our parishioners was pleased to receive a French bible that my mum (Cynthia Greer) had ordered and picked up at the Prep & Prayer rally, which was held in advance of the big day.

All in all it was a great success and we look forward to participating again next year. By fluke, there was a lemonade stand across from us raising money for the Ottawa Regional Cancer Foundation, so we visited with them a bit too.

Many thanks!



Mothers' Union Outreach parish social events with a cause

by Cynthia Greer: Branch Leader

St Mark's present branch of Mothers' Union (MU) started in 1983. MU is not a fundraising organization *per se*, but by default has become one of the main groups in the parish for funding outreach, by blending social parish events with a cause.



MU is the force behind the parish Picnic (June) and BBQ (September), and the weekly book table. All three are parish events, providing an opportunity for a social gathering, but at the same time raising funds for projects around the world. Without the support of St Mark's parishioners, MU would not be able to support these projects.

The Book fund has allowed us to donate to Maycourt in memory of MU member Kay Peever and faithful supporters, and last year we donated to MU in the North in memory of Joan Knight and Johanne Barnum.

Some good news funding facts

Picnic and BBQ

Your support of MU's picnic and BBQ each year, including 2015, has raised over \$6000 for outreach. The funds from both events go to a different organization here in Ottawa, Canada or internationally. This year we sent \$400 to victims of the Nepal earthquake disaster and \$315 for Grassroot Grannies African projects.

Thanks to YOU, we've raised nearly **\$18,500** for outreach!

Did you notice that St Mark's and MU have been supporting the Diocesan Community Ministry projects for years through these projects and also the Advent Giving Tree!

So whenever you buy a hotdog or sausage, or choose a book, just remember who and what you are helping around the world. Thank you on their behalf from St Mark's MU.

A few of our many outreach recipients:

Overseas: PWRDF a number of times, disaster and famine victims, MU Madagascar Orphanage, African Grannies, Diocese of Jerusalem.

Canada: St Jude's Cathedral, Residential Schools, Mothers' Union in the North, Can Have, Council of the North, Threshold (Church Army) Ministries, Suicide Prevention in the North, ACW Bales.

Local: Robert Smart Centre, Main Street Community Services camp, Maycourt, Youville Centre, Debra-Dynes, St Luke's Table, Centre 454.

Books

Again your support of the book table has been amazing. This is a perfect opportunity to meet new people, chat around a table, select a good book, drink a cup of coffee, and raise funds all at the same time. This outreach has raised over \$12,250 since 2000.

MU distributes its book donations to five groups at a time. These have included Northern Clergy Families, Carlington Chaplaincy, Debra-Dynes, postulant support, Mary Sherwood's Madagascar orphanage, various MU projects, St Jude's Cathedral, PWRDF and emergency support following many disasters around the world. This year we sent extra funds to the PWRDF for victims of the Nepal disaster.



The MU Advent Tree is coming soon, so start collecting mitts, scarves, socks, toiletries and food goodies. NOW!

Community Ministries

On Thanksgiving Sunday, Shea Kiely, of St Luke's Table, spoke of the work of the agencies in the Diocesan Community Ministries program, chaired by Fr Brian.

Centre 454: a day program for those who are homeless or at risk of homelessness;

Cornerstone: supportive housing and shelter for women;

St Luke's Table: breakfast, lunch, recreational and health services, crisis intervention and practical supports;

The Well: a spiritual gathering place for women, and women with children;

Ottawa Pastoral Centre: psychotherapy for those facing life challenges.

The Sunday School sent snack bags back to St Luke's Table (with Shea) made up of apples, dried apricots, maple cookies and almonds. The children expressed thanks for pumpkin pie and visitors.



St Mark and St Mary

By The Reverend Brian Kauk

As most of you know, St Mark's Anglican Church is the place of worship for several other Christian congregations. One of these, St Mark and St Mary of Egypt Coptic Orthodox Church, has been growing steadily and is looking for a place to worship so they can hold services on Sundays.



See their letter at right.

Towards the end of the summer I met with their priest and with some members of their congregation, along with a few of our St Mark's leaders. The cross shown at left, was offered to St Mark's as a gift in appreciation for the hospitality we have given them over the last few years, and as a sign of our brotherhood and sisterhood in Christ.

Please remember our friends at SMSM in your prayers as they seek to grow their congregation and serve our Lord.

I thought it would be a good idea to share some things I read online about the Coptic Church (*excerpts from Wikipedia*).

Coptic Orthodox Church in Canada

The immigration of the Copts to Canada (Copts in Canada) might have started as early as the late 1950s. Due to an increasing amount of discrimination towards Copts in Egypt in the 1970s, many decided to emigrate in order to escape the rising racial tensions. Canada has been receiving a greater number of these immigrants, and the number of Coptic immigrants into Canada has been growing ever since. According to the census, there were over 10,000 Orthodox Copts in Canada by the year of 2001 — an increase from only 5,000 in 1991. Currently, there are over 50,000 Coptic Orthodox Christians throughout Canada, primarily in Ontario and Quebec.

Coptic Orthodox Church of Alexandria

The Coptic Orthodox Church of Alexandria is the largest Christian Church in Egypt, and also the largest in the Middle East overall.

According to tradition, the Church was established by Saint Mark, an apostle and evangelist, in the middle of the first century

(approximately AD 42). The head of the Church and the See of Alexandria is the Patriarch of Alexandria on the Holy See of Saint Mark, who also carries the title of Coptic Pope. The See of Alexandria is titular, and today the Coptic Pope presides from Saint Mark's Coptic Orthodox Cathedral in the Abbassia District in Cairo.

As of 2012, about 10% of Egyptians belonged to the Coptic Orthodox Church of Alexandria.



September 4, 2015

Dear Reverend Brian,

I hope this message finds you well.

I am contacting you today because St. Mark & St. Mary of Egypt is now entering into a new phase in our growth as a congregation and church. It is very exciting and quite a bit faster than we expected frankly, but we're blessed to be at the stage we're in. As we mentioned to you in the past we're getting closer and closer to having our own fully dedicated priest and now we're learning that this may become a reality very early in 2016. This is great for our growing congregation!

As a result of this change we have to begin looking into moving our services to Sundays rather than Saturdays. Subsequently we've begun looking around at alternative venues that can meet our needs; however, SMSM feels at home at St. Mark's and we would much prefer to remain here. We really do love it here and for many, especially the young children in our congregation, this is the only place they've known. Of course we are aware that this may be a difficult accommodation to actually make seeing that you folks also pray on Sundays.

In a perfect world we'd like to be able to work out an arrangement with St. Mark's so that we can both worship on Sundays, if that's at all possible. You and your congregation members have been so kind and generous with us - we couldn't have asked for a better landlord!

We'd be very happy to sit down and meet to discuss any options that may exist that could possibly accommodate this eventual need of ours.

Please pray for us at this pivotal time.

Thank you and God bless,

Nino Argentina

St. Mark & St. Mary of Egypt Coptic Orthodox Church In Ottawa
3151 Strandherd Drive, PO Box 45526 Ottawa, ON K2J 0P9



Huge capital expenditures may be just the beginning!

Members of the financial advisory committee met over the summer and prepared a detailed financial report as well as a demographic study/report. Below are some important points from those reports, of which all parishioners need to be aware.

We ask that you read them and prayerfully consider how we as a parish might respond to the many challenges they present.

We are facing some pretty huge capital expenditures:

- ◆ We need a new boiler and furnaces. The expenses, totaling more than \$30,000, will deplete our capital reserves, and the balance of the funds will have to come from GIFT (i.e. sustainability) and Memorials.
- ◆ We need to repair or replace the organ.
- ◆ We will need to repair or replace the floor in the sanctuary in the next year or so
- ◆ This may just be the beginning!!!

Our resources to pay for this are diminishing:

- ◆ At the end of August of this year, income from collections was approximately \$10,000 less than the same period last year.
- ◆ Utility costs continue to rise.
- ◆ At this time the deficit at the end of 2015 could be as much as \$27,500.
- ◆ We owe ourselves \$10K from last year
- ◆ Capital costs over the next five years can be calculated using 10% over the 2013 rates
- ◆ Our budget for this year includes the rental income of about \$12,000 from St Mark and St Mary of Egypt Coptic Church (SMSM). If SMSM find a new church home, this will have a huge impact on our budget in the future.
- ◆ On the plus side, the cost of parish nursing is completely covered for this year (2015) by the Vaudrey bequest.

Seniors are our most generous supporters:

- ◆ St Mark's has a large number of parishioners who are over 65.
- ◆ The bulk of collections income comes from givers 65 and over.
- ◆ The number of identifiable givers has decreased substantially over the past 11 years
- ◆ Even by attracting new parishioners, or if current parishioners increase their givings, it might be difficult to make up the drop in income.
- ◆ The number of volunteers continues to decline.

How can we as a parish respond to this challenge?

Detailed copies of these reports are available for anyone who would like to read them. Please contact either Penny Miller or Suzanne Wilkins, your Church Wardens.

Update: Our current financial situation

We think it's important that everyone at St Mark's be aware of our current financial situation.

	Jan to Sep 2015	Jan to Sep 2014	Jan to Sep 2013
<i>Collections</i>	\$ 96,092	\$ 108,389	\$ 110,320
<i>Gain from Assets</i>	\$ 21,340	\$ 19,401	\$ 18,823
<i>Organization & Other Income</i>	\$ 22,287*	\$ 2,448	\$ 3,099
<i>Directed Givings</i>	\$ 4,054	\$ 3,876	\$ 3,843
TOTAL INCOME	\$ 143,773	\$ 134,114	\$ 136,085
TOTAL EXPENSES	\$ 169,593	\$ 166,015	\$ 149,955
Deficit	\$ (30,517)	\$ (31,901)	\$ (13,870)

As of the end of September, income from collections was approximately \$12,000 less than it was over the same period last year. We are concerned that if this trend continues, we will face a deficit at the end of 2015.

* Please note the following concerning the Organization & Other category, specifically the Income from Reserves:

- The cost of parish nursing is completely covered by the Vaudrey bequest in 2015.
- The Interim Priest salary during Rev. Brian Kauk's sabbatical was completely covered by the Ministry reserve fund.

Please consider the needs of the parish as you plan for the Fall and into 2016. You can send your contributions by mail, sign up for Pre-Authorized Remittance (PAR) or leave post-dated checks on the plate.

Yours in Christ,
Penny Miller, Suzanne Wilkins, Church Wardens



St Mark's summer in review



22 days: The Anglican Church of Canada marked the closing ceremonies of the Truth and Reconciliation Commission (TRC) and its work to address the tragic legacy of Indian residential schools with a project reflecting one of the event's key themes - that this ending is just the beginning. Currently 1122 Aboriginal women are missing and/or murdered. All parishes with church bells were encouraged to ring them 1122 times over the 22 days of prayer. St Mark's began to ring their bells June 3, after the Seniors' Eucharist and Luncheon.



"The arts as a part of healing": Over 20 people, mostly from St Mark's, attended the June 7-9 workshops led by Rev Linda Privitera. It included a trip to the National Gallery of Canada, plus hands-on art for creations by participants.



Odette Inamuco our new Canadian

"It is a privilege and honour to be a Canadian citizen. Canada is a beautiful, peaceful and safe country, with many opportunities. Canadians have demonstrated love, care and patience to my family and me. I don't take this as something granted, it is a blessing of God.

I wish I will be able to assume all the responsibilities that go with the citizenship and I commit myself to get involved in helping in my community as I can."

So said Odette, after becoming St Mark's newest Canadian at a ceremony on August 17, 2015. Her two children will become Canadian citizens soon.

Welcome, Odette, our new citizen of Canada.

Let the children SING!



St Mark's Children's Choir an introduction to choral singing

You might have seen a few red gowns in the choir recently. These belong to our new Junior Choir. The Choir is for children 7 years and up, who love to sing.

Practice: Thursday evening 6:15 pm to 7:30 pm.
Contact: Ariane Dind or Kate Greer-Close

Church School Pentecost



June Seniors' Lunch



and a wedding





Meals, music and memories at our 60th anniversary dinner

by Brian Harrison, Vitality Working Group

On June 13th, about one hundred people came out for a roast beef dinner as part of the celebration of 60 years in our building. Terry Frederick was Master of Ceremonies, keeping us all organized and laughing.

Before and during the meal, Julian Kirkland provided fine musical entertainment. Brenda Zanin outlined some of the great memories of St. Mark's in rhyming couplets, while Cynthia Greer and Brian Harrison talked about personal memories and read those that had been submitted by parishioners.

It was a delightful evening and a great chance for members of the parish and friends to get to know each other better. The Parish Vitality Working Group is thinking of organizing another dinner in Spring 2016. We may not have a milestone to celebrate but getting the parish family and friends together for dinner is worthwhile in itself.

Memories: St Mark's Parish

by Brenda Zanin June 2015

The trees were small and houses few
Back then on Fisher Avenue
But faithful families living there
Dreamed of a church that they could share.
A local school sufficed to start
But it could hardly play the part
So plans were drawn and land was found
And shovels soon were in the ground.

The house of worship they erected
Was beautiful and long-expected
A handsome A-frame church it was
(though that design had made a buzz).

Inside, fine wooden beams soared high
But furnishings they'd need to buy.
The parish folk were quite resourceful
And seldom needed to be forceful,
A clergy pew and altar too
Were built by hand with nails and glue
Then folding chairs and font appeared
And more, so that, as Christmas neared,
A special service could be planned
And worshippers weren't forced to stand.

Soon congregation numbers grew
And special groups were forming, too –
The Mothers' Union, scouts and guides,
Churchmen, choir and more besides.
They built a parish hall and link
And kitchen space complete with sink.
St Mark's, the plant, had claimed its space
But more important, with God's grace
A bond of friendship, love and care
Was forming in the people there.

Traditions brought them comfort, too –
Each Anglican knew what to do;
Upon our knees we had to pray
And brides would promise 'to obey'
On Sundays, ladies wore their hats,
And children learned about 'begats'.



But times were changing, day by day
New liturgies came into play
Where once the altar hugged the wall
Now it stood free, the priest faced all,
The Prayer Book changed, with covers green
And women were heard and not just seen!

Along the walls on either side
Stained glass reflected veterans' pride
And tales of Jesus, bread and wine,
And symbols of God's love divine.
A dove of peace, a rainbow bright
Brought colours in, along with light.

Long seasons passed, spring, winter, fall
With celebrations, big and small.
Calamities? We had some too
Like when the rain came pouring through -
We knew our little church was holy
Because the roof was leaking slowly!

But, true to form, the parish rallied
And roof replacement funds were tallied.
Today if on the roof you gaze
You'll see it gathers solar rays.

Another "son-shine" lights our way;
The Son of God to whom we pray,
And as we seek His will to do
We share our space with others too:
Armenian Christians worship here,
The Coptic church comes to revere.
Our friends from India pray and meet
And yearly from across the street
Madonna folk join us to pray.

Our hall is used in other ways
By some who dance or train their pet,
But St Mark's folks do better yet:
Shrove Tuesdays bring pancakes in stacks
And every Sunday there are snacks,
The Rummage Sale draws crowds galore
And at Bazaar time, even more!
Banquets we host, and artists too
There is no end to what we do.

We've had a glorious sixty years
We've shared our laughter and our tears
St Mark's has much to celebrate
Thanks be to God, whose gifts are great.

St Mark's: this beautiful and significant House of God
celebrating 60 years of service



**watch the first 60 years ...
on youtube**

<https://www.youtube.com/watch?v=AcZYanxxMyU&feature=youtu.be>

hope it brings back happy
memories ... pass it on



My work and life as a Parish Nurse at St Mark's

by Janet Helmer – Parish Nurse

It's hard to believe I celebrated my third anniversary as your Parish Nurse at St Mark's in September. Time passes so quickly, but over this period I have come to know so many more of you. You are my second faith community, and it is my privilege to serve you.

I consider it a privilege to walk beside the parishioners of St Mark's and be present to their needs for parish nursing support.

A Parish Nurse is basically a Community Health Nurse working with a specific population - our members. My scope of practice does not include the hands-on care and types of nursing that one might associate with a home care nurse, such as caring for wounds or dispensing medication.


You may notice I use the term clients, rather than patients. In this type of nursing care, our role is to work with people and support them in making their own informed decisions.

This means that I also have a role as a health care educator. I teach clients about managing their blood pressure, watching their weight, activities of daily living, exercise and activity levels, preventing falls, healthy eating, managing pain and stress and making sure they get enough rest and sleep. These topics apply to daily living, but they also help people who are coping with a chronic illness.

Another hat I wear is as a resource connector, liaison and referral agent. I seek out and share information about community resources, health care providers and programs with clients and families. If needed, I will contact organizations or individuals on my client's behalf and make a referral. Some of these referrals will be to various community agencies or programs.

Of course, in a community such as St. Mark's, faith and health are closely linked, and part of my role is to explore the place of spirituality and the Christian faith in a person's life. I do this through active listening, supporting people in times of crisis, transition, or loss. I have found that, by opening themselves to the holy, through reflection, prayer, and meditation, my clients are able to receive God's blessings and cope with their situation in ways they might not otherwise experience.

As a health counsellor, I work with clients to identify their health issues and goals, and support them as they develop a health plan and take action to achieve it.



Seniors' Eucharist and Lunch
 Wednesday, November 18, 2015
 Eucharist: 11:00 am

followed by lunch with
 musical entertainment by St Mark's Choristers

My coordination with Volunteers in Caring programs means that together, we can develop, plan and implement programs such as friendly visiting and friendly calling. I'm able to connect with my clients through telephone calls, e-mail - most often between family members and myself - and face-to-face visits. Most of my work with parishioners brings me to their own home, residential or long term care facility, but sometimes I see them in the hospital, at church, in my office or in the community.

Sometimes I will pay a home visit to a bereaved senior, or discuss their situation with their family or caregivers, or nursing staff in a care facility. On another day, I will accompany the client to an appointment with the family doctor to advocate for treatment of her depression.

Another typical example would be a home visit and health assessment of a senior at the request of a family member, because they are concerned that their relative is having difficulty with memory or cognitive thinking. Using my training and connections, I am able to address the situation, which sometimes can lead to placement in a care facility.

Through a phone call or a meeting over coffee or a meal, I can stay connected with family members who have suffered loss. This can include referring them to resources or programs that will help them. It is important for me to keep the relationship open for support if they signal the need.

On another day, I will chat with a daughter about post-surgery care options for her mom if she is unable to manage her activities of daily living independently. The daughter may need help to understand their options so that she can advocate for her mother with the health care system.

Another project I'm working on with Father Brian is determining how we can share a schedule for bringing communion to our shut-in congregants, ministering to their spiritual needs.

Being your parish nurse is a full and varied part of my life, and I am grateful to have this very special position in the St Mark's community.

Extracts from the presentation given at the Parish breakfast September 13, 2015



St Mark's Roll Call

Baptism

Daniel Woods

Marriages

Georgia Roberts & Russell Wilkins

Deaths

Konard Hoyme
Gerald Pitt

Louise McDonell
Grace Dean

Calendar of Events

November 2 Video with lunch 12 noon
Our Histories, Our Hearts: the story of Anglican church women. Guest Leslie Worden

November 7 Fall Bazaar 10:30 am - 2:30 pm
Lion Needlework, crafts, knitting, white elephant, books, baking, jams, boutique and refreshments

November 15
Parish Breakfast - 8:45 am Bishop Reed Hall
Guest speaker: Riley Brockington,
Ottawa City Councillor

November 18 Seniors' Eucharist Service 11 am
followed by lunch and entertainment

November 29 - Advent 1
Advent Lessons and Carols 4:30 pm
followed by Potluck Supper



Advent Giving Tree

Advent Wreath – Church School project

December 20 - Advent 4
9 Lessons and Carols 4:30 pm
followed by light Supper

Weekly Schedules

Mondays

9:00 am Slim & Trim - Hall
6:30 pm Cubs - St Rita's

Tuesdays

6:30 pm Beavers - St Rita's
7:30 pm Prayer & Praise - Choir Room
3rd Tuesday Prayers for Healing - Chapel

Wednesdays

9:00 am Slim & Trim - Hall
7:00 pm Scouts - St Mark's or St Rita's

Thursdays

6.15 pm Junior Choir
7:00 pm Senior Choir

Fridays

9:00 am Slim & Trim - Hall
10:30 am Eucharist - Perley Rideau

Monthly Schedules

1st Sunday

12 noon Prayer Shawl meeting - Chapel

1st Monday

12 noon Circle 2 - Hall

1st Thursday

7:00 pm Scout Group Committee

2nd Wednesday

7:30 pm Parish Council - Hall

4th Tuesday

1:00 pm Mothers' Union - Hall

4th Wednesday

Health Committee - as needed - Hall

*The thankful receiver
bears a plentiful harvest.*
William Blake



Mark This Word

The Parish of St Mark's, Ottawa

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Mark This Word is published 3 or 4 times a year.

It is available in various formats:

- you can have it in hard copy
- you can have it sent direct to your e-mail – let us know your choice
- you can also view it on-line at

www.stmarksottawa.ca/annex/newsviewsindex.html

Mark This Word is also a blog at

www.stmarksottawa.wordpress.com/

This gives you weekly/monthly updates, and allows you to add comments, or even opt for delivery to your inbox.