



# Mark This Word

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

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## Stewardship

by Michael Perkin, St. Mark's Stewardship



*Lord we welcome You into our hearts and minds and bodies. We give thanks for your many gifts and blessings and pray that you move us to be the hands and feet of Christ in the world. We pray this knowing that only through you can we truly witness to the light in the world.*

Welcome to what will hopefully be a regular Stewardship portion of Mark this Word.

Some of you may be familiar with Embracing God's Future, the strategic prayer for the Diocese and each parish. The Prayer gave voice to a rich, renewed understanding of who we believe God is calling us to be:

- ❖ rooted in God, disciples of Jesus
- ❖ empowered by the Holy Spirit
- ❖ grounded in a biblical, sacramental and liturgical tradition
- ❖ diverse and open
- ❖ aware of the challenges currently facing us
- ❖ ready to be risk takers, to courageously embrace change
- ❖ called to action, to live and share a dynamic faith
- ❖ called to engage people of all ages and in every stage of life
- ❖ called to be in relationship with the world, locally, nationally, internationally
- ❖ called to pursue justice and compassion
- ❖ serving together with transparency, authenticity, flexibility and self-evaluation
- ❖ serving together collaboratively and supportively whenever we can
- ❖ driven by love, for God and for our neighbours

Our stewardship of our resources is the essential element to achieving these challenges and goals. Stewardship to me is the act of prayerful discernment of where our energies can be expended; time, talents and treasure.

I came to the Anglican tradition in 1985 after years of wandering in the "desert". As a newcomer to the faith I had some steep learning curves with respect to language, prayer and giving. One of my first reactions was that I cannot afford to give, facing a limited income, two kids, new house and car payments. How can I give anything and why should I give? My priest at the time, John Pearce, explained that there are many benefits to giving and not all them relied on giving money. He did emphasize that faithful giving was what we are asked to do to further the work of Christ in the world. I remember asking what difference my money would make beyond buying more paper for the bulletin or paying for the heating. His response was, yes it would go for that, but also more. Even a little will go a ways to helping one more soul.

That has stuck with me and along my journey there are two stories that have inspired, one that was experienced, and the other, a short reflection. The first comes from Janis my wife; she used to go to work in the downtown core. Every morning she would walk down the street passing a variety of street people looking for a handout. She decided to help at least one of them so every morning on her way to work she would put some coins in this individual's container, and always, the individual responded with a thank you. One morning she followed her usual routine but couldn't catch the attention of Carl who seemed to be preoccupied or ignoring the donation. He then noticed her and apologized for not responding, he said he was looking for some spare mitts or a scarf in his bag for one of his fellow street companions. Janis shared the story with me and the insight it brought. We give from our abundance; he was giving from his poverty. We both immediately remembered the story from Mark about the widow putting in her pennies and the comparison to the rich. Mark 12:41-44.

The other story is:

*A young boy walking on a long stretch of beach discovered it was covered with stranded starfish that would die unless they got back in the water. Patiently, he began stooping down and picking them up, one by one, and gently tossing them back in the sea.*



An old man stopped to watch the boy. "Young man," he finally said, "look down the beach at all these starfish. Do you really think you are going to make a difference?"

The boy stooped down and tossed another starfish into the ocean. "I made a difference to that one," he answered simply.

I invite you to join with us in our Stewardship journey as we live and learn what God is calling us to do, remembering always that whatever we bring to God with prayer and thankfulness is always acceptable, that size does not matter. Help us imagine how we can make a difference to just that one.



I invite you to share your stories, or ask questions.  
E-mail Michael at: [janis\\_michael.perkin@rogers.com](mailto:janis_michael.perkin@rogers.com)



## **St Mark's Parish considers needs of our Coptic brothers and sisters**

by Brenda Zanin

Questions about scheduling, capacity and special needs for the congregation of the Coptic Orthodox Church of St Mark and St Mary of Egypt flew about Bishop Reed Hall following the Sunday service on November 22, as parishioners gathered to consider their recent requests.

The growing SMSM congregation has reached the stage where they now need their own priest, and has approached St Mark's to find out if they could be accommodated for services on Sundays, instead of the Saturday time slot they have been using since 2012. Attending the question and answer session were Martin Hanna and Mike Fanous from SMSM, who explained their special needs and the reason for their request.

Up to now, they have "rented" a priest each week from one of the other Coptic parishes in the Ottawa area to celebrate the eucharist on Saturday. Having their own priest will require moving to a Sunday time slot. This search for a priest is a process that could take some time, Martin explained. However, they want to work on this

new arrangement now so that a smooth transition can occur.

The two visitors fielded a variety of questions from St Mark's parishioners. They explained that they must fast from the night before until the communion service takes place, and that they need to prepare and bake the communion bread on the premises the day before the service. At present, there are 35 families making up the congregation, but they expect this number will grow. They worship in English, and use incense as part of their liturgy. "We want to follow God's will," Michael said, before he and Martin left to allow a free discussion.

With the help of facilitator Marnie Jull, of the Ottawa Diocesan Centre for Peacemaking, participants divided into groups to discuss the pros and cons of accommodating the SMSM request, as well as the pros and cons of not doing so. Discussion materials included a sheet listing the needs of St Mark's and of SMSM under headings of Necessary, Important and Desirable. For example, St Mark's "necessary" items included space for fellowship and occasional afternoon Sunday services, and SMSM listed as "important" the need for parking and access for seniors.

The final step was to note the groups' comments on a flip chart. Participants agreed that several basic questions need to be answered by Parish Council, such as how well the physical plant will be able to handle additional demands on facilities such as the basement, kitchen and bathrooms. The decision of the group was to continue the conversation, once these questions are addressed by Parish Council, some time in the new year.



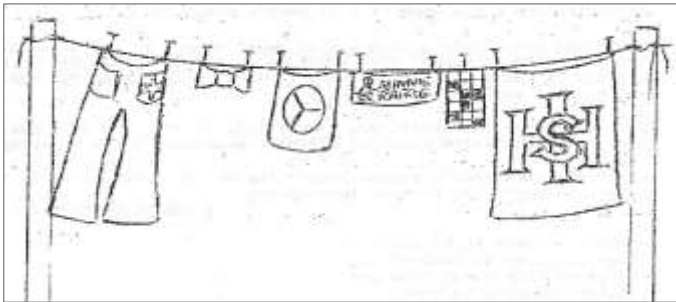
## Lorne - the Legacy

*As Editor of Mark This Word, I am allowed some freedom to choose newsletter content, so I am using that freedom to offer this personal memorial to Lorne Bowerman.*

*by Margaret Lodge*

Newly arrived at St Mark's in the mid 1970s, I was asked to use my talent to illustrate the new St Mark's newsletter, *The Lion's Mark* - yes, 40 years later I've come full circle with our current newsletter.

One of the first issues had an article by Lorne, who commented on parishioner Jim Heppell wearing jeans to church. Jim responded in the next issue with a comeback about airing laundry, and I had to draw, on a Gestetner stencil, a clothes line with Jim's jeans and, of course, Lorne's bow tie! The bow tie will always be Lorne's trademark. Looking through my archives, I found it!



*Graphic from The Lion's Mark - November 1975*

Lorne was the founding father of St Mark's website, which he originally hosted on his personal site. In recent years it moved to its own site at [www.stmarksottawa.ca](http://www.stmarksottawa.ca). Somewhere along the way, I suggested to Lorne that we ought to have a less static web, with a changing calendar and maybe some graphics. Next thing I know I am his fellow web worker. The agreement was he'd do his bit and I'd do mine and ne'er the twain shall etc etc... It worked well.

I was new to this type of web, but I'd managed the transition from hands-on graphics to the world of Windows, so I thought, why not? Lorne introduced me to the behind-the-scenes workings of a web page with a language all its own:

```
<tr>
<td align="center" valign="top"><a href="memorial_
guide.html"></a></td>
<td valign="middle"><font style="vertical-align: top;
font-family: arial; font-size: 14px;"></font> </td>
</tr>
```

Simple!

I'm sure most of you can't understand all that. I can't either, but I can do it. I can now go into a site with a standard default, insert spaces and images, and change the size and colour of the font! He even introduced me to .gif formats for images, and I can thank Lorne for this.

In another vein, you might wonder why I am so hung up on history, especially in the newsletter. In the last few issues I've been providing milestones in the life of the parish, including memories of the church and the people. And I'm doing it today too.

I can thank Lorne for this. Here's why: in 1999, when St Mark's was celebrating its 50<sup>th</sup> anniversary as a parish, Lorne asked me to write a few paragraphs about the choir's history. I couldn't stop at a few paragraphs. I ended up with a 20 page book! I then became the choir's unofficial historian. And the rest as they say ... is history.

We all know Lorne's devotion to maintaining his beloved church over the years. I will always remember his friend George McGill remarking at Vestry that maybe the church should be renamed St Bowerman's! Didn't get that far but there is a Bowerman window, and it just happens to be commemorating St Mark's.

Another historical tidbit about Lorne is in relation to the Kirby Trinity Memorial and bells. Lorne was the first to ring one of the three Dot Kirby memorial bells, which he'd placed in a temporary portable mount, on March 1, 1999, St Mark's 50<sup>th</sup> anniversary year. He also supervised the installation of the completed memorial in 2010. He was also the first to ring those same bells at the funeral service for George McGill in 2011. In November 2015, it was Scott and Ann Kirby who rang Dot's bell for Lorne.



So thank you Lorne, for your personal legacy to me, and for leading me down this path of memories.





## Sunday School: thanks to our helpers

by Kate Greer-Close

As we remember and give thanks for our blessings, I think about my Sunday school helpers. My mum (Cynthia Greer) is my back-up so that I can take a day off occasionally, as well as being my sounding board.

Last year Betty Caughlin was able to help with Sunday school most weeks, and Carolyn Findlay, James Kelly, Kathy Chu and Sylvia Groulx all helped with either the nursery or with Sunday school, as they were needed. Since our children are mostly over 2, they are all able to participate to some extent in our Sunday school circle, songs, story and activity, so we are usually all together.

Then, one by one, three of my helpers were unable to help and James re-joined the choir. I did begin to wonder who was going to be able to help me in Sunday school!

Well! Helpers began to present themselves before I could even get worried. Carolyn is my constant helper with Sunday school and Junior choir. And we have 4 new helpers: Maria Padin, Isabel Burpee-Boutros, Katie Hartai and Thomas Pilson, plus James and Betty are able to help to round out our team.

Thanks to these past and present precious helpers, we are able to encourage the children in their growth as Christians and develop strong ties between many members of our community.



## Advent Wreaths:



As we prepare for Advent, the Sunday school will be selling Advent wreaths again and hopefully doing some more decorating of cookies to take to The Mission. These projects too have their background helpers!

Thanks to you all for encouraging our children.

## Mothers' Union

### Advent Giving Tree

November 29 - December 20

Every year the small tree in the corner of the church near St Mark's window becomes our Advent Giving Tree. You are invited to help decorate it with your gifts for those in need in our diocese. Four different gifts to be given weekly.



#### November 29

toiletries, soaps, face cloths

#### December 6

hats, mitts, scarves, slippers

#### December 13

small 'gifts', underwear, socks

#### December 20

'special treat' food, drink boxes, granola bars



St Mark's 72nd Scouts are asking the Scouts, Cubs and Beavers to support our tree this year, by bringing items, and thinking of others' needs.

Your Gifts will go to Cornerstone, The Well, The Mission, Centre 454, St Luke's Table, Hope Outreach and Operation Go Home.

All of these groups are happy to receive donations throughout the year, since their needs are ongoing. If shopping is not easy for you, but you would like to take part, please feel free to make a donation, by giving it to Cynthia Greer, or another Mothers' Union member.



## New to the Parish Library

by Betty Caughlin, Parish Librarian

We have an amazing selection of new and new-to-us books. Great for your winter's reading and reflection.

*Advent and Christmas*, Wisdom from Henri. J. M. Nouwen, 2004

*The Purpose of Christmas* by Rick Warren, 2008

*Loving The Question: an Exploration of the Nicene Creed* by Marianne H. Micks, 1993



*All Who Minister: New Ways of Serving God's People*, 2001

*Organic Community: A Church Resource* by Joseph R. Myers, 2007

*Room For All Of Us* by Adrienne Clarkson, 2011

*The Grace in Aging* by Kathleen Dowling Singh, 2014

*The Grace in Dying* by Kathleen Dowling Singh, 1998

*Eat, Pray, Love* by Elizabeth Gilbert, 2006

*Illuminations: Expressions of the Personal Spiritual Experience*, edited by Mark L. Tompkins and Jennifer McMahon, 2006

For these books and more, browse **Recent Additions to the Library** in the third Parish Library unit in Bishop Reed Hall.

Borrowing instructions are on the guide hanging beside each Library unit.



## Outreach

by Laurie Slaughter

Outreach is pleased to report that St Mark's sent three very large shopping bags of school supplies to the Debra Dynes Family House "Caring and Sharing" program in early September. This program assists families who apply for supplies for elementary school children. But in addition, supplies from our church and others go to high school students, children whose requests to the Caring Program came in late and also to adults who are taking educational programs to better themselves. Georgia Roberts delivered the bags, as well as financial donations, to Debra Dynes.

Circle Two sent another three bags of items to the Debra Dynes Baby Cupboard for their "baby shower" program. The Director and Board have thanked us for our ongoing interest and support. Lawrence Peever brings food bank donations received at our church to the Debra Dynes Family House on a regular basis.

On October 18, Georgia Roberts, Penny Miller and Laurie Slaughter helped at the "Soupalicious" event held by Debra Dynes at the Carleton Heights Community Centre and even found themselves serving soup. Georgia, a member of the Debra Dynes' board, was very involved in organizing and working at the event. It was initiated by "Plant and Row – Grow a Row" and Debra Dynes Family House, and featured soups from 14 different restaurants that were enjoyed by over one hundred attendees. St Mark's outreach support was in evidence and a few St Mark's parishioners also joined in the fun. Ed Lawrence and Gay Cook,

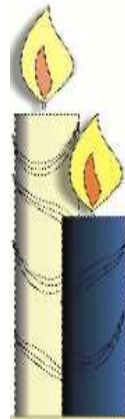
supporters of Debra Dynes, were special guest speakers. "Soupalicious" was a great success, and all proceeds went to Debra Dynes programs. As always, our support is acknowledged and very much appreciated.

### Outreach proposals:

Various groups in St Mark's are responding to three outreach proposals, which should be implemented in the New Year.

1. The Vitality Working Group has welcomed the idea of a "Welcoming and Sharing Sunday" to be held in 2016. Brian Harrison reported to me that the group is willing to work on this project, which can involve all parishioners.
2. The opportunity to host an Open Table supper one month at Trinity Anglican in Old Ottawa South is one that would work well if St Mark's partnered with another church group (eg. St Thomas the Apostle). Open Table at Trinity church is a program that provides a home cooked dinner and an opportunity for fellowship to Carleton University students.
3. St Mark's could sponsor or support a refugee or refugee family, again in partnership with another Anglican or any other religious group.

*Stay tuned.*



## Six ways you can prepare to "age well"

from Janet Helmer, Parish Nurse

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor, but it also makes sense to have some contingency plans for the bumps in the road that might occur.

1. **Adapt your home:** stairs, baths and kitchens can present hazards; do an annual safety review so you can make necessary updates if your needs change.
2. **Prevent falls:** falls often result in fractures that can lead to disability, further health problems, or even death; safety precautions are important; exercises can improve balance and strength.
3. **Housing options:** investigate retirement communities; look for senior-friendly neighbourhoods; what coordinated care and support is available.
4. **Think ahead about help you may need:** meal preparation, transportation, home repair, house-cleaning, financial tasks such as paying bills.



5. **Plan for emergencies:** who would you call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn't reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.

6. **Write advance care directives:** a living will, and power of attorney for health care and property, explain the type of medical care you want if you're too sick, confused, or injured to voice your wishes. Every adult should have these documents.

Adapted from *Plan for Successful Aging*, a Special Health Report from Harvard Medical School.



by Brian Harrison, Chair Vitality Working Group

Here are a couple of social activities that we are planning for the next few months.

★ **Movie Night:** To learn more about the possibility of holding Movie Nights at St Mark's, we invited parishioners to attend the November 25 evening at All Saints Westboro, Dinner and a Movie for \$10. The movie was "The Imitation Game". Participants enjoy a meal together, watch the film, and hold a discussion afterward. We might consider offering this activity on a monthly basis depending on how many parishioners are interested.

**Parish Breakfast:** Our next event will take place on January 10, 2016. The speaker is yet to be determined.

In addition, the following activities are in the planning stages:

- ❖ **A Concert:** involving Garth Hampson (he is coming to our next meeting).
- ❖ **A Pasta Dinner:** We are planning to serve a pasta dinner for parishioners and friends. We have not yet established a date for this event.
- ❖ **Storytellers:** A presentation of storytelling, plus music from the North Winds Brass Quintet (Tales & Tunes). Such an event would take place in the spring.

As these plans take shape, we will keep you informed. And we welcome any other ideas you might have too.

## Riley Brockington Speaks at Our Parish Breakfast

by Brian Harrison,  
Parish Breakfast Coordinator



The new LRT transit system, the celebrations planned for the 150th anniversary of confederation in 2017, and how the city deals with complaints about speeding violations were among the topics presented by Riley Brockington, city councillor for River Ward, who joined some fifty parishioners at St

Mark's on November 15. Attendees enjoyed a fine breakfast and discussed many issues with our visitor.

Riley was kind enough to address concerns raised by parishioners prior to the breakfast, and to answer questions after he completed his presentation. He also had a gift for everyone! Each of those attending was offered a cloth bag that can be used for groceries. We are grateful to Riley for coming to St. Mark's and sharing his detailed knowledge of municipal issues.

### Breakfast Footnote

The parish breakfasts provide a great opportunity for parishioners to share a Sunday breakfast together.

This year, the breakfasts were also very profitable, raising \$570 for the parish. Thank you to all who helped and supported the breakfasts.

The people who  
walked in  
darkness have  
seen a great  
light;  
Those who  
dwelt in the land  
of the shadow  
of death,  
Upon them a  
light has shined







## St Mark's nourishes:

St Mark's knows how to nourish its parishioners! We hold many breakfasts, lunches and suppers throughout the year. The latest event was the seniors' fall lunch, where the choir and audience sang choruses from *The Sound of Music* along with variations by our poet in residence, Brenda Zanin.

*The hall was alive, with the sound of music with songs we have sung for some 50 years*



We've had speakers and entertainment along with the food. Some of the entertainment was blocked drains, as happened at this event, with plumbers Paul Greer and Russell Wilkins called to the rescue! We also celebrated Russell and Georgia Roberts recent wedding.

Comments this year from some very happy parishioners.

*a wonderful get-together  
beginning with the kids and their beautiful music*

*a wonderful luncheon  
music, laughter, conversation,  
wonderful food and drink and  
F-E-L-L-O-W-S-H-I-P*

*a tasty treat after the lovely service  
as a senior, being pampered with food and  
entertainment becomes ever more  
increasingly appreciated*

*it was great to hear her (Mom) so pleased,  
even though she was tired and going off to  
have an afternoon nap*

*the wonderful feeling of St Mark's  
the three ladies that we drove today  
were just full of the whole event!*

It all requires hours of preparation and planning, and there's always an invite for more helpers! Time to start planning for the next one?  
ML



St Mark's collects just about everything. Some items are for various charities. Others for saving the environment. Check the link cloakroom above the coat racks, and you'll find boxes for:

- ❖ **Stamps:** when you received your Christmas cards, carefully save those stamps.
- ❖ **Campbell's soup labels:** don't throw away your soup labels, carefully cut and save.
- ❖ **Eye glasses:** sort out your old glasses, even they can be reused.
- ❖ **Pop-can tabs:** from soups, beer and pop.
- ❖ **Preserving jars:** the jam and preserve ladies (and men) are always looking for jars for the bazaar.
- ❖ **Milk bags:** wash the outer milk bags and dry them. They make great waterproof mats.
- ❖ **Small batteries:** don't throw away the old batteries from the grandchildren's toys, recycle them.






And there's also a 'lost and found' there.



St Mark's Roll Call	
<b>Birth</b>	Lucia Eileen Giovando (granddaughter of Valerie Day)
<b>New Parishioner</b>	Mike Baba
<b>Deaths</b>	Lorne Bowerman John Bregg

Weekly Schedules	
<b>Mondays</b>	9:00 am Slim & Trim - Hall 6:30 pm Cubs - St Rita's
<b>Tuesdays</b>	6:30 pm Beavers - St Rita's 7:30 pm Prayer & Praise - Choir Room 3rd Tuesday Prayers for Healing - Chapel
<b>Wednesdays</b>	9:00 am Slim & Trim - Hall 7:00 pm Scouts - St Mark's or St Rita's
<b>Thursdays</b>	6.15 pm Junior Choir 7:00 pm Senior Choir
<b>Fridays</b>	9:00 am Slim & Trim - Hall 10:30 am Eucharist - Perley Rideau

### Calendar of Events

2016		
	<b>January 10</b>	<b>Parish Breakfast</b> 8:45 pm following the 8:00am service
	<b>January 24</b>	<b>Joint Ecumenical Service</b> 1:30 pm at St Mark's with Madonna della Risurrezione
	<b>February 9</b>	<b>Pancake Supper</b> 5:00 - 7:00 pm continuous servings
	<b>February 10</b>	<b>Ash Wednesday</b> 10:00 am / 7:30 pm two services
	<b>February 28</b>	<b>Choral Evensong TBA</b>

Monthly Schedules	
<b>1st Sunday</b>	12 noon Prayer Shawl meeting - Chapel
<b>1st Monday</b>	12 noon Circle 2 - Hall
<b>1st Thursday</b>	7:00 pm Scout Group Committee
<b>2nd Wednesday</b>	7:30 pm Parish Council - Hall
<b>4th Tuesday</b>	1:00 pm Mothers' Union - Hall
<b>4th Wednesday</b>	Health Committee - as needed - Hall

*May God's blessings be with you  
and your loved ones throughout the coming year*



 <p><b>Mark This Word</b> The Parish Newsletter of St. Mark and Evangelist, Ottawa Anglican Church of Canada</p>	<p><b>Mark This Word</b> is published 3 or 4 times a year. It is available in various formats:</p> <ul style="list-style-type: none"> <li>• you can have it in hard copy</li> <li>• you can have it sent direct to your e-mail – let us know your choice</li> <li>• you can also view it on-line at <b><a href="http://www.stmarksottawa.ca/annex/newsviewsindex.html">www.stmarksottawa.ca/annex/newsviewsindex.html</a></b></li> </ul>
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