



# Mark This Word

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

Issue number 40

Summer 2016

## "God's mission in the world"

### Reflections on ministry

by Fr Brian Kauk, Rector

As I write this, I've arrived at what will be my last six weeks in this parish before I move on to St James' Carleton Place. The round of "lasts" has begun: my last Seniors' Service and Luncheon, my last Parish Council, and most recently, my last Vestry.



All these "lasts" bring to mind some of my "firsts" at St Mark's, and along with these ministry milestones, the people I have grown close to along the way. For example, I will never forget the first few conversations I had with Elsie Wilkins.

It was some time after I arrived in early 2008, but well within the honeymoon period, when Elsie asked me at the back of the church after the service, "Are you in trouble yet?"

"No", I replied, "at least not that I'm aware of."

"Oh, well," she said. "That's too bad." The look on my face was, I'm sure, a mixture of puzzlement and nervous laughter. Did she know something I didn't know?

A few weeks later, again the question after church: "Are you in trouble yet?" When I indicated I was still in the good, at least as far as I knew, Elsie encouraged me to "Try harder, it will happen." By now I was curious. What was she up to?

As time went on, and Elsie's mentoring towards mischief continued, I eventually got to the point one day when I could say, "Yes, I think trouble has finally found me, Elsie."

"Good!" she said, with satisfied approval of the situation. "Now, you can get out of it."

Over the years, Elsie continued to encourage me to get both in and out of trouble. I found two nuggets of wisdom in Elsie's serial encouragement. First, that humour is essential equipment in a changing world. Especially the kind of humour that builds one another up, and never seeks

to diminish or tear someone down. Second, that there are consequences to leadership in a community of human beings that cannot and should not be avoided. The best we can hope to achieve is to roll those consequences into the next necessary action, and keep moving on with the task at hand. In this case, the task at hand is God's mission in the world, of which the church is privileged to be a part.

We have shown ourselves to be a parish church that is up to the task in so many ways. 2016 has seen several successful fundraising initiatives and a spring Stewardship campaign, such that the Vestry meeting on June 12 was able to adopt a budget with a much smaller deficit than the one we faced at the beginning of the year. There are still large hills to climb and new ministries to be explored. I have every confidence that St Mark's is up to the task of embracing God's future. My prayer for you all is that God will bless you with that unity of spirit that only comes from the Holy Spirit, the courage and love of Jesus into which we are baptized, and the secure knowledge that it is God alone who gives us grace and peace.

I'm working now to visit as many people as I can before my time at St Mark's comes to an end on July 24th. If you are not on my regular visitation schedule, and you would like to have a chat, please don't hesitate to call (613-224-7431, option 2) and let me know you would like to see me. It has been my pleasure to be with you and share the important milestones of our Christian journey over the last eight and a half years - may God bless you and keep you, now and always.



## Bishop's Announcement

by Penny Miller, People's Warden

On Pentecost Sunday May 15, a letter from Bishop John Chapman was read to both congregations.

The letter opened with "Grace and peace be with you on this day of the celebration of the Spirit!" It announced the Bishop's appointment of Fr Brian as Incumbent of St James, Carleton Place effective August 15, 2016. Fr Brian's last Sunday with us will be July 24, 2016.



**Bishop cont.** In closing the Bishop wrote, "In this time of transition please know of my prayers and very best wishes as you remain faithful servants of our Lord Jesus."

**The Process**

Several of us were surprised to find out that we were called the "St. Mark's Official Committee" when called to meet with Archdeacon Chris Dunn, following the Bishop's announcement.

The committee of four is comprised of both wardens and both lay members of synod.

- ❖ Sharon Walter, Rector's warden
- ❖ Penny Miller, People's warden
- ❖ Gillian Morris and Janis Perkin, Synod members.

Fr Chris Dunn wanted to meet with us to explain where we are now and what the next steps would be. We have met, asked and answered questions and we are now waiting to hear from the Bishop's office about what comes next.

Part of this process is the appointment of an interim priest, until a new incumbent is chosen.



**Give Thanks with a Grateful Heart**

*St Mark's 2016 stewardship financial campaign prompts generous response*

Parishioners have pledged more than \$30,000 of additional giving in response to the Parish Stewardship 2016 financial campaign, held during the month of April.

At that time, families and individuals on the Parish list received a stewardship package that included:

- ✚ a blank commitment form
- ✚ a work-sheet (How to make your commitment)
- ✚ a revised PAR sign-up sheet, and
- ✚ a return envelope

We also asked parishioners to check off all the talents which were currently part of their commitment to St Mark's, and to indicate any other talents they felt could help the ministries of St Mark's, and how much time they could devote to parish activities.

By April 24, people had provided their sealed commitment envelopes, and the Envelope Secretary reports that:

- ✚ the total number of completed received forms is 55;
- ✚ 8 parishioners have signed up for PAR; and
- ✚ the total amount pledged for 2016 is an increase of \$33,950 over 2015 general envelope (including PAR) givings.

**Vestry - our deficit is covered**

*by Penny Miller and Sharon Walter, Wardens*

At our annual vestry in February we passed a six-month deficit budget. It was requested that we use the period between February and June to see if there was some way to increase our bottom line before presenting a revised budget in June.

A special vestry, focused on the budget, was held on Sunday June 12<sup>th</sup>. A deficit budget was presented, but the amount of the 12-month deficit had dramatically decreased from minus \$40,630 to a deficit of minus \$14,144. Our cumulative deficit, including \$3,121 from 2015, is now minus \$17,265. There is enough in reserves to cover this deficit, if no additional money comes in.

There was some clarification of the numbers in the draft budget. Questions were asked about the Equalized Cost of Priestly Services (ECOPS). Questions were also asked about the possibility of appealing our assessed Fair Share. (Each parish is required to pay its Fair Share of the diocesan budget, as calculated by the Synod office.)

The motion to accept the budget passed unanimously.

Thanks must go to everyone in the congregation for accepting the challenge to increase their givings this year and to the stewardship group who organized a successful stewardship campaign.

Parishioners committed to increasing their regular contributions on an annual basis, for the most part through an increase in their weekly or monthly envelopes or PAR. For this year, we expect to receive two-thirds of the increased amount, as most people began to increase their contributions in May 2016.

We are still collating the talent commitment data. When that is completed, volunteers who lead the various ministries will be in touch with those who expressed interest in becoming more involved.

A big thank you to everyone who participated in this campaign and committed their time, talent and money! Parishioners' annual commitment will help St. Mark's in our financial planning. Stewardship is an integral part of our journey as Christians.

*Sharon Walter / Bruce Lodge*  
2016 Stewardship Co-Chairs

*Look for the colourful crosses decorating the church, representing each new pledge*







## Pentecost Sunday: full of the spirit and music

Pentecost Sunday, May 15, was a Sunday full of the spirit and music. We received the spirit in so many ways, including through the sacrament of baptism, when Eric Michael Zacour was baptised, and became our new family member. He's the son of choir member Michelle, and her husband James, also a chorister.



Our junior choristers, Jeremy, Madeline, Penelope and Patrick felt the spirit as they became full members of the choir, and received their white surplices. They have done a lot of hard work since September, and the sheer enthusiasm of this group of young people is wonderful.

Following the service, the children were among others who took part in the 'Songs for the Soul' choral workshop for the parish, sponsored by the choir. It was led by Roxanne Goodman, a trained Jazz vocalist, musician, worship leader, choir director and motivational speaker. Nearly 40 parishioners attended, and 17 were non-choir members!



by Lindsay Setzer


When we gathered in the church at noon on May 15, we sat, hesitantly, in various pews and nervously waited for Roxanne to begin. Most of us were from the choir, and some members of the congregation joined us for a choral workshop and no one was sure what would happen next.

Before long, our fears were soothed and we were standing all together and singing. We learned a little about how our bodies produce the sound but a lot about how we bring ourselves and our spirits to the message the song delivers.

At the end of the workshop we were all in the choir stalls making a joyful noise and stating that "this little light of mine" could move us all to happiness together. Thanks to Roxanne for sharing herself with us so we could share ourselves with each other.

Thanks to Lindsay Setzer and Kate Greer-Close, our workshop organizers. May this be the first of many opportunities to come together to sing praises to the Lord. We're working on the next. Stay tuned!

*The spirit was also present when our wardens read the letter from Bishop John Chapman announcing that Fr Brian was being appointed Incumbent of St James, Carleton Place in August, and his last service with us would be July 24. We wish Brian God's blessings, and may the spirit be with him as he moves on to his new ministry at St James.*



### St Mark's Roll Call

**Births**  
 Hope Amarra Kristjansson  
 Ellery Mirabel Greer

**Baptisms**  
 Isabella Maria Whitman Da silva  
 Eric Michael Zacour

**New Parishioners**  
 Hanan & Elias Alhelwa,  
 Meeriam, Sandrin, Nassif & Naram  
 Carmalita Bunagan  
 Julia Fogg  
 Collins Keba & Ethan  
 Wendy Mansfield, Sam & Jack  
 Joshua Sabourin-Armstrong & Jessica Crowe  
 Abel  
 David Young

**Moves**  
 Flo Clarke (Sault Ste Marie)



# Our Parish Nursing Ministry comes to an end after 12 years

On Trinity Sunday, May 22, parishioners gathered to celebrate our Parish Nursing ministry. Both Patti Robillard and Janet Helmer were there. To recognize the work of this ministry, Brenda Zanin wrote an ode to St Mark's Parish Nurse Ministry. It was presented to Patti and Janet at our farewell celebration.


## Our Parish Nursing Story

St Mark's Parish Nursing ministry started as part of a visioning weekend in September 1999, with Marian Chapman and Gail Stone as the main movers. It was to be a new venture in the pastoral and spiritual health of our parish.

In 2001 a proposal was presented at Vestry, and the go-ahead given to work on a full proposal for Vestry 2002. Vestry 2002 approved a one-year pilot project, on condition that the parish could raise the funds by directed givings. A Steering Committee was formed and by Vestry 2003 the parish had raised funds for at least one year.

The program had a rather rocky start, when training issues arose and union negotiations broke down. There was uncertainty as to who would train or assist the program and whether there was a future.

Finally on May 11, 2004 our new Parish Nursing ministry became a reality when Patti Robillard became our first Parish Nurse. Patti was with us until October 2011 and Janet Helmer joined us in September 2012, and remained until the ministry came to a close April 30, 2016. Twelve years.



## Ode to St Mark's Parish Nurses May 2004 – April 2016

St Mark's has, for years, been blessed  
 With nurses ranked among the best  
 Whose gifts of wisdom and of caring  
 Have truly been beyond comparing.  
 The seeds for this project were sown  
 By Marion Chapman and Gail Stone.  
 Their vision of health-focused care  
 Would be enhanced by faith and prayer,  
 To give their clients more than pills  
 When faced with pain or other ills.  
 Of course, this plan for help and training  
 On St Mark's coffers might be draining,  
 So raising funds became our aim,  
 And sure enough, the dollars came.  
 Patti Robillard was first  
 To be our St Mark's Parish Nurse.  
 For seven years she served us well  
 And client lists began to swell.  
 So too, did programs based on needs;  
 A harvest from those early seeds!  
 Healthy aging, fall prevention  
 And, twice yearly, a seniors' luncheon.  
 Student nurses joined the group  
 With community contacts in the loop.

Staying healthy, losing weight,  
 Learning how to meditate,  
 All these efforts made us flourish  
 While faith and prayer our hearts did nourish.  
 Then Patti bid us all adieu,  
 Her further studies to pursue.  
 Soon after came Nurse number two  
 When Janet Helmer joined the crew,  
 And through her workshops, talks and drive  
 More tools came in to help us thrive.  
 So now, if hearts begin to quaver  
 We have a fine defibrillator!  
 Her energy and dedication  
 Are worthy of congratulation,  
 And, though we now must say goodbye,  
 Her legacy none can deny:  
 A vigorous parish, and grateful souls  
 Who've reached her well-taught healthy goals.  
 The time has come for us to part  
 But our farewell is from the heart  
 Like shawls that round your shoulders fold  
 Our thanks surround you, and we hold  
 The gifts you shared in high esteem  
 May God's bright smile upon you gleam!

*by Brenda Zanin*

presented to  
**Patti Robillard and Janet Helmer**  
 May 22, 2016



## ... and so an era ends

St Mark's was the last Parish Nursing ministry in our diocese, and the longest serving one.

May the gifts that we have all shared continue as we minister on in His name.





**... but parish care goes on**

**A card to show we care**

by Judy Darling, Chair Health Committee

One ministry that will continue is the shawl ministry. Another will be the greetings cards for healing.

Last year, the Health Committee looked for a way to send greetings to parishioners with a variety of needs. We recognized the importance of privacy but providing pastoral care was front and centre. Janet, our Parish Nurse, agreed to take on this ministry and she was supplied with a selection of cards and stamps.

When she learned of a person needing good wishes, prayers, sympathy or a friendly note as they coped with loneliness, Janet would send an appropriate card on behalf of St Mark's.

**A note from Janet**

*I want to thank you so much for the lovely service and reception honouring Patti and me and your leadership with the Parish Nursing program today.*

*I feel so blessed to have had the time in that role - your support and direction in this healing ministry. Thank you for the very special card, poem, plant and gift certificate. Very generous gifts which I truly appreciate.*

*Praying God will guide you as you discern your future mission as a caring Christian community.*

*God Bless  
Love Janet*

One of Janet's last gifts to us before she left was to recruit a new card lady: Connie Bowerman. To protect our parishioners' privacy and while meeting their needs, messages should be channelled through the parish office and will then be sent on to Connie. So as you talk to neighbours, friends, fellow parishioners, listen carefully. Do they need to hear from St Mark's? If so, let us know. We need to care for our own. Contact the church office at 613-224-7431.

Janet has also provided a booklet for various resource programs and contacts. This is available in the church office and on the church web, under 'Seniors' Resource' at

[www.stmarksottawa.ca/parishnurse/SR1.html](http://www.stmarksottawa.ca/parishnurse/SR1.html)



**St Mark's:  
"exactly what a church should be"**

by Katie Hartai\*

Leaving the nest can be scary. St Mark's helped steady my flight to university and adulthood by welcoming me into the church and the lives of many.

I spent three years at St Mark's and was involved with both the choir and Sunday School program. Both were rewarding and enjoyable to be a part of, but it was the love of the people that made me feel at home. Leaving church after coffee hour had me feeling rejuvenated and hopeful for the upcoming week. It was also nice knowing I had friends in Ottawa who would always offer a helping hand if needed – which proved especially true after my car incident.

When the idea was suggested to make a film about Sunday School, I jumped at the opportunity.



It seemed like the perfect way to show a fraction of my appreciation to the church and practise my journalism skills as a new graduate.

Given the time crunch and unprofessional equipment, I am pleased with the final product and think it is a good reflection of what goes on at Sunday School: we pray and read stories on the rectangle carpet pieces; everyone is excited when it's time to sing or head to the craft table.

And of course, the love kids have for Kate. She is patient and a fabulous teacher. No one could fill the position

with as much passion as she does. I have fond memories of the children working carefully on their craft while Kate sang hymns lightly in the background. The power of music is magical to these kids.

I am unbelievably thankful for stumbling upon St Mark's in university. It is exactly what a church should be - a reflection of Jesus' love.

*\* Thanks to Katie for sharing her time with us. Following graduation, she is now a reporter for the Kings County Record, a weekly newspaper in Sussex, NB. Throughout her four-month contract, she is living on a strawberry farm outside of town. ENJOY!*

To watch Katie's video, search **The Children of St Mark's** on YouTube, or go to [www.youtube.com/watch?v=BW-52WC7JkE](http://www.youtube.com/watch?v=BW-52WC7JkE)



# Busy Children

by Kate Greer-Close

The children have been learning a lot about how to show God's love in the world. They made Easter cards to send and give to parishioners and tissue paper Peace lilies to give to friends and family. Over Lent, they raised \$200 that we sent to PWRDF, because PWRDF helps in the many countries that our children come from, or where they have family. The children also decorated Easter cookies for Cornerstone Women's Shelter and walked in the Tulipathon to raise money for the Multi-faith Housing Initiative. (see Outreach)

On May 29, the children joined Fr Brian in the Madonna Della Risurrezione festival parade.

Busy children, and blessed.



# Outreach

by Laurie Slaughter

St Mark's concern for others in our community was recently demonstrated by our generous support to several donation drives: clothing to the Salvation Army and household items to Debra-Dynes Family House for new Syrian families; Mother's Day gifts for Debra-Dynes children to purchase at a small cost to give to their mothers; items for Bales for the North sent to several northern Canadian centres, and sewing supplies, plus two gently used sewing machines, for the Carlington Community Chaplaincy. Many thanks to Lawrence Peever for his weekly truck deliveries to the various collection sites. We are grateful.



On May 1, St Mark's participated in its second Multi-faith Housing Initiative's **Tulipathon Walk** in aid of affordable housing for low income families. On a very rainy day, nine adults and nine children from our church walked, carrying our brand new vinyl St Mark's banner, thanks to Penny Miller. The group was pleased to



contribute over \$700 to this fundraiser. St Mark's members as well as family and friends of the walkers donated to this cause and next year, perhaps even more parishioners will join in the walk.



On June 4, St Mark's once again took part in **The Big Give**, a day when various city churches give something away to the community. St Mark's, as it did last year thanks to the coordination of Kate Greer-Close, offered free refreshments on the front lawn, and this year, books and other items were offered in the "giveaway".



## Our GIFT to Debra-Dynes

On May 8, 2016, Fr Brian presented a \$3000 cheque from our GIFT Fund for the Debra-Dynes Family House to Barbara Caroll. Barbara spoke at both services that day.

## Upcoming Event: Welcoming and Sharing Sunday October 16 – 10:00 am service

This special Sunday, each parishioner will be asked to **BRING a GUEST**, a family member, friend, neighbour, or just someone that you would like to welcome and share St Mark's hospitality with. It will be a great opportunity to **SHARE our HOSPITALITY** especially during the Coffee hour when each parish group will have the opportunity to set up a wall or table display, showing **WHO WE ARE**, what we do, and the various ways we contribute to both the church's and the community's life. **REACH OUT and SHARE** St. Mark's church and its warmth with someone. One guest each would fill our church with **WELCOMING and SHARING** that day.





## Spring Events:

*Without the many volunteers involved, these events couldn't happen. So to all the workers who help before, during and after ... a BIG THANK YOU!*



### Birthday Party for Queen Elizabeth

As part of our patronal weekend for St Mark, April 23rd saw a huge birthday party take place when 120 revellers celebrated the 90th birthday of Queen Elizabeth. Party-goers were treated to a roast beef dinner, followed by an outstanding performance of music by Garth Hampson, accompanied by pianist Sandra Vandenburg. Garth kept the audience entertained and laughing all evening. There was a toast to the Queen, a rousing rendition of "Happy Birthday", and a large birthday card signed by all in attendance that was sent to Her Majesty. We have received a 'thank you' from Rideau Hall. Terry Frederick was master of ceremonies for the event. Thanks to all the workers behind the scenes who made this such a success.



### Ladies Luncheon Card Party

For a few ladies of the parish May 18 became a walk down memory lane, when over 80 ladies came for lunch. Under the leadership of Jackie Sorfleet, the ladies held a Card Party – just like they used to when the parish was started. Special sandwiches and dessert, and tea in china cups.

Jackie was assisted by Carol Russell, Shirley Tokessy, and Pamela Rogers. Jackie sends special thanks to the ladies in the kitchen - Mothers' Union ladies and friends - who helped 'create' the sandwiches from a post-war recipe of salmon, egg, and ham, with cream cheese icing. This was quite a challenge, but also created lots of laughs and wonderful fellowship.



### Seniors' Eucharist and Lunch

Over 40 people attended the June 1 Seniors' Eucharist, which turned out to be Fr Brian's last seniors' service and lunch. During lunch, guests were enthusiastically entertained by the children's choir from St Rita's school. For many these gatherings are the only chance to meet old friends. A good time was had by all.



Thanks to Margaret Williamson for bringing the Tales & Tunes to St Mark's. The North Winds Brass Quintet and Ottawa Storytellers entertained a large audience in the sanctuary on June 5<sup>th</sup>. About 75 people attended. The music, stories, snacks and beverages were all greatly appreciated by those who attended, including many from outside the parish.

**June 26 – church picnic**  
*join us at 12 noon*  
*as we welcome*  
*our new parishioners*

+

**bring non-perishable food**  
**for the Iqaluit Soup Kitchen**

*stay tuned for more events*



### Calendar of Events

<b>June 26</b> <b>12 noon</b>	<b>Annual Church Picnic</b> following the 10:00 am service Newcomers Picnic
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### Safe and Happy Summer

**Sundays in Summer**  
**9:00 am service**  
July 3 to September 4  
*inclusive*

**Tuesdays in Summer**  
**7:30 pm Prayer & Praise - Choir room**

	<b>Sunday July 24</b> <b>Farewell to Fr Brian</b>
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### Welcome Back - September

<b>September 11</b>	
Holy Eucharist	8:00 am
Sung Eucharist	10:00 am

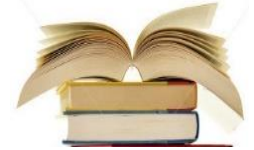
<b>September 18</b>	
Parish Breakfast	8:45 am

<b>September 25</b>	
Parish BBQ	12 noon

<b>October 16</b>	<b>10:00 am</b>
Welcoming and Sharing Sunday Bring a Friend	

<b>October 22</b>	<b>Pasta Supper TBA</b>
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### New in the Parish Library



by Betty Caughlin, Librarian

Recent additions to the Library are a gift from our recently retired Parish Nurse, Janet Helmer:

- **Answers to Questions of the Spirit**  
by Rabbi Dr. Reuven P. Bulka, 2000
- **A Thoughtful Word, A Healing Touch**  
by Joseph M. Champlin & Susan Champlin Taylor, 1995/2003
- **Caring for Loved Ones at Home**  
by Harry van Bommel, 2005
- **Explaining Death to Children**  
edited by Earl A. Grollman, 1967
- **Faith, Food, Devotions**  
by Kenneth E. Hagin, 1988
- **Healing The Whole Person**  
from the Catholic Health Association of Canada, 2002
- **Is Human Forgiveness Possible?**  
by John Patton, 1985
- **Life in Perspective**  
by Rabbi Dr. Reuven P. Bulka, 2006
- **The Pocket Dictionary of Signing**  
by Rod. R. Butterworth and Mickey Flodin, 1992.

Other titles recently recommended by Janet and placed in the Parish Library are:

- **The Grace in Aging**  
by Kathleen Dowling Singh, 2014
- **The Grace in Dying**  
by Kathleen Dowling Singh, 2000

Thank you Janet.

*These titles are shelved above the sign "Recent Additions to the Library" in the 3<sup>rd</sup> unit of the Parish Library on the far wall of Bishop Reed Hall.*

**Working for God on earth doesn't pay much, but His retirement plan is out of this world!**



**Compilers:**  
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Brenda Zanin  
Penny Miller  
The Reverend Brian Kauk

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**613-224-7431**

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**Mark This Word** is also a blog at

[www.stmarksottawa.wordpress.com/](http://www.stmarksottawa.wordpress.com/)

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