



Mark This Word

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

Issue number 43

Lent 2017

Lent: a time of reflection, a journey between Advent and Easter

by Margaret Lodge

Lent came up on me way too fast this year. It shouldn't, as Easter is about as late as it can be.

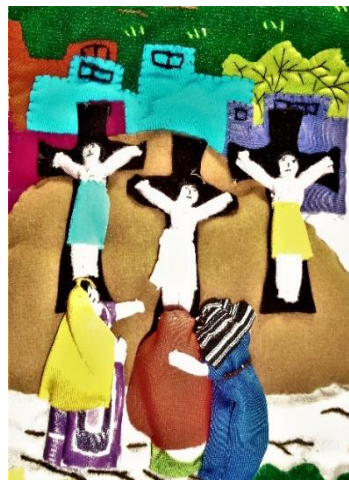
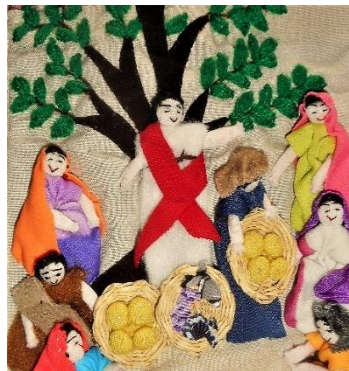
I think it has something to do with my being a chorister, with all the extra choir practices and services leading up to Advent and Christmas, the lighter weeks post-Christmas, and then ... Lent arrives, and it's the realization that we are in for another full choral season in Holy Week.

For me it also meant that there was another newsletter due, and I wasn't ready. I was not prepared for the next leg of that journey to Easter.

So here we are in Lent, on a journey between Advent and Easter. In fact that is exactly what this article is. It is sandwiched between two graphic ribbons of that journey from Advent to Easter.

At Christmas, Fr Jim wore a wonderful **arpillera** stole, a gift from a former parishioner, hand-crafted in Peru.

This is his special occasions stole. It tells the story of



Jesus from the annunciation to Mary, his birth, baptism, ministry, death and ascension.

The sides of this page are the two sides of Fr Jim's stole.

On the top left is Gabriel appearing to Mary, her ride to Bethlehem with Joseph and the visit of the magi to the Christ child. This is followed by Jesus as a boy in the temple, his baptism by John, and the start of his ministry and the call to his disciples.

The panel on the right starts with Jesus' first miracle of loaves and fishes, his ride into Jerusalem with loud hosannas, Jesus and the money changers in the temple, praying in the garden of Gethsemane, and his betrayal by Judas. The stole then moves from the crucifixion of Jesus to the ascension.

This is quite a journey.

Our own journey through Lent started in Advent, when we prepared the way for Jesus' birth, and now we are walking with him through his ministry and preparing the way for his death. Thankfully, we have the knowledge of his glorious resurrection.





Lent: a Journey to Jerusalem

by Fr Jim Roberts

On March 1, 2017 we begin the season of Lent with Ash Wednesday Services. Lent is a time of preparation each year for the celebration of the most important festival of the church – Easter, which this year occurs on April 16. Each year Christians are invited to "observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving and by reading and meditating on the word of God" in scripture. (Book of Alternative Services - page 282).

Some historical notes about Lent

In the early church, for at least the first two centuries, the focus of the church was upon Easter Day itself. There was no season of Lent and no commemoration of Good Friday in the way that we know it now. Christians met for worship on the Saturday before Easter at 6 p.m. and continued in fasting, prayer and meditation through the night until about 3 a.m. on Sunday, when they celebrated the Eucharist. Later the practice of fasting was extended to include Friday to create a period of 40 hours in which to remember the time during which Jesus' body lay in the tomb. Later still this period of fasting was extended further to include all of Holy Week.

In the year 600 AD the season of Lent was extended to 40 days--a time-frame which corresponds to the 40 days Jesus spent in the wilderness preparing for his public ministry.



The following prayer, of unknown origin, has been adapted many times by many people. It is perhaps best known as "A Lenten Prayer" and sometimes called simply "How to Fast".

A Lenten Prayer

- | | |
|---------------------------------|--|
| <i>Fast from judging others</i> | <i>Feast on the Christ dwelling in them.</i> |
| <i>Fast from pessimism</i> | <i>Feast on optimism.</i> |
| <i>Fast from criticism</i> | <i>Feast on praise.</i> |
| <i>Fast from self-pity</i> | <i>Feast on joy.</i> |
| <i>Fast from bitterness</i> | <i>Feast on forgiveness.</i> |
| <i>Fast from idle gossip</i> | <i>Feast on purposeful silence.</i> |
| <i>Fast from discouragement</i> | <i>Feast on hope.</i> |
| <i>Fast from complaining</i> | <i>Feast on appreciation.</i> |
| <i>Fast from selfishness</i> | <i>Feast on service.</i> |
| <i>Fast from fear</i> | <i>Feast on faith.</i> |
| <i>Fast from anger</i> | <i>Feast on patience.</i> |
| <i>Fast from self-concern</i> | <i>Feast on compassion for others.</i> |
| <i>Fast from discontent</i> | <i>Feast on gratitude.</i> |

Loving God, during this season of Lent bless us with your presence so that we can be a gift to others as we carry out your work. Amen.

Wednesdays in Lent: a Journey to Jerusalem

Each Wednesday in Lent at 10:00 am St Mark's will have a time of fellowship, reflection and study from Luke's Gospel.

March 1 Ash Wednesday service
Imposition of Ashes

March 8 - 29, April 5 Bible study



Watch with me one hour

A different journey: women in the priesthood

by Margaret Lodge

2016 marked the 40th anniversary of women being ordained as Anglican priests in Canada. Although the ordination of deacons was permitted as of 1969, it was only after General Synod passed legislation for the second time in June 1975 that women could seek ordination as priests. The first six women, in four dioceses across Canada - Cariboo, Huron, New Westminster and Niagara - were ordained into the priesthood on November 30, 1976.

The Ottawa Diocesan Archives note that the Rev Sally Eaton was the first to be ordained in Ottawa on December 4, 1980 by Bishop William Robertson.

St Mark's played its part in this change in the Anglican Church of Canada. In fact, we helped produce three priests from our congregation, the first was Sally Eaton (aka Sara) who was a parishioner during the 1970s, and ordained in 1980. Following her ordination to the diaconate on April 25 (St Mark's Day), the summer issue of *The Lion's Mark** newsletter reported: *During the service a formal complaint was made against the*



ordination of women. This complaint had been examined by the Vice-Chancellor who claimed there was no impediment. The Bishop then continued with the ordination. This was greeted by a round of spontaneous applause ...

Sally was instrumental in the founding of The Well/La Source in 1984, and was one of Canada's first palliative care chaplains in Ottawa, Toronto and Vancouver. She eventually moved to Haida Gwaii (Queen Charlotte Islands) where she became an active member of the community and respected elder until her death in 2010.

We also had a mother-and-daughter team of the Rev. Patricia Stewart and her daughter the Rev. Carol Hotte (nee Stewart).

The Stewart family came to St Mark's in 1976 and Patricia (now 87) was ordained in 1986. She served at All Saints', Westboro, the Parish of Clayton, Franktown, and Innisville and Hawkesbury-L'Original. After retiring in 1995, she held interim or replacement positions for another five years.

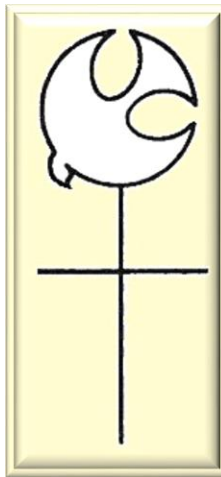
Pat's daughter, Carol, was ordained in 1991 and served in the Glebe and in the parish of Metcalfe-Greely-Vernon. Family obligations took her away from full-time ministry for several years, but she has gone on to serve in various capacities in parishes in Cumberland, Ingleside-Long Sault, Poltimore and Gatineau. Carol has worked in the refugee ministry, is currently assistant to the Archdeacon of West Quebec, and is also a military chaplain in Ottawa.

St Mark's also became a very strong support for postulants in the diocese, (Fr Jim was one in 1988) including four women, who all went on to ordination, three to the priesthood and one as a deacon. Sally Gadd was ordained to the priesthood in the autumn of 1988. She retired in 2005, but is still active in the diocese. Joan Wilson left the ministry. Jan Staniforth, who married John Chapman of our parish, is presently at Holy Trinity, North Gower, and Margo Whittaker was a postulant in 2005, an interim priest in 2007-8, a part of our joint MAP ministry in 2013, and is presently priest at Blackburn/Navan/Bearbrook.

Over the years St Mark's has been a very supportive community for women in the church.

Other St Mark's priestly connections:

Although not directly part of St Mark's history, we do have other priestly connections. Brenda Zanin's mother, Nevitt Maybee, recently celebrated 30 years in the priesthood, and her sister, Maylanne Maybee, is a deacon and noted pioneer in the vocational diaconate - those who choose a lifelong ministry as deacons.



**The Lion's Mark was the first newsletter for the parish in January 1975. Sally Eaton was the first editor, and I was the illustrator. It was produced on a Gestetner duplicator with stencil and stylus. I still have the stylus!*

The stylized symbol (left) of the dove and cross, was the design I created for Sally's ordination in 1980. I also incorporated into the design the universal symbol for woman.

St Mark's Prayer Shawl Story

A member of St Mark's sent a Prayer Shawl and a Pocket Prayer Shawl to her critically ill brother. With the shawl wrapped around his shoulders, he was aware that he was surrounded by love and prayer. As he recounts that story, he feels that those moments were a turning point. His health began to improve. He kept the Pocket Prayer Shawl under his pillow and when it was lost was pleased to receive another one. He calls it his "fishie" for the Christian symbol for "Jesus Christ, Son of God, Saviour."

Anonymous



Stewardship

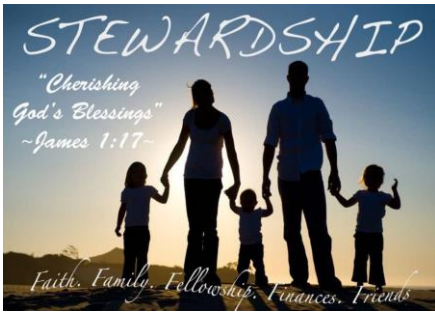
STEWARDSHIP
A way of life

by Michael Perkin,
St. Mark's Stewardship

First, **Thank You All** for your participation in our Thanks Wall. I enjoyed the opportunity to talk about one of the myriad aspects of Christian Stewardship on Sunday January 29, 2017.

Almost five years ago we embarked on Growing In Faith Together (GIFT). We dreamed of expanding our caring ministries, proclaiming the word in the 21st century, reaching out into our community and our sustainability. Your generous support to this initiative helped us continue with our Parish Nurse, provided support to Debra Dynes and allowed us to shore up our capital expenditure funds for the church. The work continues and new visions are coming forward to engage us in our vision for St Mark's. We also joined in at the Diocesan level when we participated in Embracing God's Future. Our priorities; to be good stewards of our resources, seek opportunities to express our faith, engage with the world, educate ourselves in our faith, celebrate our worship, exercise hospitality and finally, communicate effectively. These goals and activities were funded through the GIFT campaign with 50% going to us and 50% going to diocese.

continued



(cont'd.)

GIFT is now coming to an end but as we all know the good work that was started does not. There were a number of methods for participation; one time payments,

annual donation, monthly cheques or direct deposit from your bank account. I don't know about you but, our donation was given monthly for the five years of the campaign and my budgeting has adjusted to not having that money to work with. What to do with these funds that are now available? For those of us who have been on the long plan perhaps redirecting the funds back into St Mark's might be an option. Janis and I have decided to do that once our GIFT pledge is complete and perhaps earmarking some of the funds for the Bishop's new Giving Hope Annual Appeal. I ask you to give some thought and prayer to your situation and what you may wish to do with GIFT funds now that that appeal is at an end.

I look forward to speaking to you again in the May/June timeframe at our next Stewardship Sunday.



A St Mark's Scouting journey: 72nd Ottawa celebrates 60 years

by Brenda Zanin, with Marion May

This year marks the 60th anniversary of the scouting movement at St Mark's. The first Akela of our Cub pack, and founder of the troop was George May.

George is now 92 and one of the oldest living members of the St Mark's 72nd Scout Troop. He began scouting over eighty years ago in north Toronto when his father suggested he join the 23rd Scout Troop at the nearby Anglican Church. The troop presented a good opportunity for George to spend time with his friends and help out in the community. George thoroughly enjoyed his scouting days with the 23rd troop and was later awarded membership in the Scouts Court of Honour.

With fond memories of his youth scouting days, it didn't take long for George to become involved with the scouting movement again in his late twenties when he and his wife Barbara moved to Ottawa in the early

1950s and began attending St Mark's. About 1956, Allan Rogers, then Rector of St Mark's, asked George if he would be interested in heading up a new Cub pack for the growing community surrounding the church. George gladly accepted the task and set off to register the new Cub pack at the Scouting Headquarters. Shortly thereafter, the 72nd-Ottawa St Mark's Scouting Troop was born!

Since forming the 72nd Troop at St Mark's, George and Barbara May moved to Sherbrooke and Montreal, then Pembroke and back to Ottawa in 1966. George presently lives at a retirement residence in Ottawa South. Barbara passed away in December of 2012.



The colours in the 72nd Scout Troop kerchief and crest were chosen to honour veterans who lived in the Carleton Heights area. The colours were RED for the Army, GREY for the Air Force, and BLUE for the Navy.

Names from St Mark's founding years: In the early days, along with George May there were leaders Bill Archambault, Milfred Chapman, Les Rule, Doug Baker, Ted Dale. Joe Savill (*MTW Winter 2014*) was chief quartermaster.

Parishioners you might still know: Paul Greer was a leader for many years and is still involved, more recently on Group Committee; Ted Dale was assistant Scouter for the first troop; Diane McCaul – Beavers and Cubs; Michael Perkin – Beavers; Judy Darling and Sharon Walters - Group Committee.

Scouting Milestones: In the *MTW Lent 2015* newsletter, we told of two milestones for the 72nd group at St Mark's. Gaius Stroud, a then 10-year-old Cub, had been awarded the Scouts Canada Silver Cross for bravery. Gaius, along with other scouts, helped serving at our Pasta Supper in October, and he also gave the scouter address at the Remembrance Sunday service. The other milestone was the retirement of Don Flynn, who had served 38 years of leadership for the Scouts, including his last 13 as Group Commissioner at St Mark's.



Scouter Paul Greer and George May reminiscing during a recent visit

72nd Ottawa St Mark's, 2017: St. Mark's 72nd has four sections of co-ed scouting, with 14 Beavers (5-7 years), 10 Cubs (8-10 years), 14 Scouts (11-13 years) and 5 Venturers.

Thank you to all our Scouters over the years, for helping the youth in our community. And thank you to all the youth of the 72nd St Mark's.

Happy 60th birthday - 72nd Ottawa!



Lent: a journey from Advent through the eyes of children

Advent:

The Sunday school children started their journey of Advent singing with the Junior Choir in their presentation of "Will you be ready for the light?" The choir now has seven choristers.



During Advent, the children decorated cookies for The Mission, St Luke's and the Salvation Army. They also sold Advent wreaths and raised \$225, which was donated to World Vision and Plan Canada. Both programs help children and families in need.

Christmas:

A Christmas pageant held at the early service on Christmas Eve brought Advent preparations to a close.



This was a new approach and it was an impressive feat, as we had 18 children taking part, and many of them had never participated in a service from start to finish!



Thanks to Father Jim for his encouragement, as once again, Kate Greer-Close and Cynthia Greer designed a pageant, based on the Christmas Eve readings and songs, so it would include all the children present.

Epiphany:

Their next endeavour was Epiphany - Crèche Sunday. As in the past two years, parishioners brought their nativity scenes from around the world.

The highlight of the many crèches were those created with such imagination by our own children, using various media, from paper and Play Doh to Lego blocks.



An amazing eye to detail ... the children's crèches with just a bit of unexpected enhancement from sunlight, and a camera flash!



A new banner

A beautiful adaptable banner graced St Mark's for the first time on Christmas Eve. Days later, new elements were added for the transition to Epiphany.

The Advent to Epiphany banner is a joint creation by Joy Bowerman, with help from Penny Miller and Margaret Lodge, and next Advent – look for more changes.



Top left: the base of the banner

Advent: a lonely manger, cow and donkey

A star in the sky

Shepherds

The Holy family

The Magi

Epiphany



Praying for Christian Unity

by Brenda Zanin

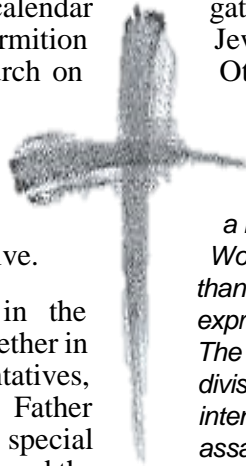
St Mark's joined worshipers from three other Christian traditions on January 22, to acknowledge walls of misunderstanding and judgment that divide us, and to pray for greater unity. The annual service that takes place during this special week in the Christian calendar was held for the first time this year at The Dormition of the Virgin Mary, the Greek Orthodox church on Prince of Wales Drive.

Other participants were from Madonna della Risurrezione Roman Catholic church across the street from us, and from St Elias Antiochian Orthodox Church on Riverside Drive.

Choristers from these churches gathered in the balcony above the congregation and joined together in hymns in English and Italian. Clergy representatives, including Father Jim and our neighbour Father Antonio, led different parts of the service. A special responsory prayer, spoken in turn by these four and the congregation, listed the impediments to unity that different churches have erected, like stones in a wall, and asked God's grace to remove them and restore harmony as befits his universal Christian family.

Lights dimmed as fragrant beeswax candles were passed through the church and set aflame, one by one, throughout the sanctuary. Visitors were invited to bring their candle home for their own devotions, as a reminder of this special moment in the larger community.

Harmony certainly appeared to flourish in the church hall following the service, where a generous spread of tasty delicacies awaited the participants, lovingly prepared and brought by the people who attended.



Praying for Solidarity

by Betty Caughlin

I was among the people who gathered in solidarity at the Machzikei Hadas synagogue in south Ottawa on November 19, 2016. Among us were people from the Jewish, Muslim, Christian and secular communities. We gathered to object to the racist graffiti that had targeted Jewish, Muslim and Christian places of worship in Ottawa. With one voice we prayed.

We gather together as a united community to express in words what we feel in our hearts. Painful events of the past week have proven a number of important points.

Words of concern and empathy are more powerful than graffiti. Expressions of love are more potent than expressions of hate.

The power of togetherness is stronger than the power of divisiveness. A community standing together negates evil intentions. Words of comfort heal the wounds of verbal assault. A common commitment to everyone protects against an attack on anyone.

We are strong because we are resolute in our togetherness. We are even stronger because we are cooperative in our diversity.

We gather to focus on the good that inheres in all of us. We gather to extol the mosaic that defines who we are. We gather to celebrate the beauty of our community. We gather to express our gratitude for the wonderful people who comprise this great city, our Nation's Capital. We gather to be thankful for living in this caring country, Canada.

We resolve, individually and collectively, to do all within our power to assure that this is the Canada that our children and theirs will inherit. Amen.



Parish Library

by Betty Caughlin,
Parish Librarian

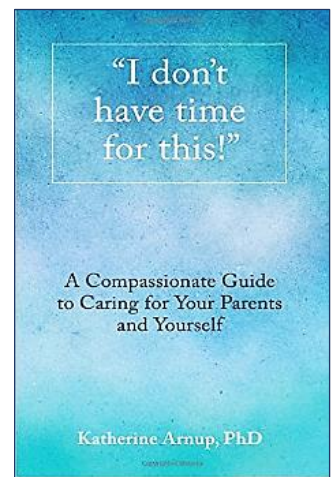
Coming soon to our Library is a copy of ***"I don't have time for this!"*** by Katherine Arnup, PhD, a Carleton University professor and hospice volunteer.

Published by Life Changes Press 2015 of Ottawa, this book offers a road map for the journey of caring for people we love and ourselves during times of aging, illness, and dying. It offers ways to begin essential conversations, tools to survive and thrive as caregivers, and much more.

This book sounds like a helpful "must" for caregivers. Our first copy is a gift from a member of the congregation. If needed, further copies will be made available.

Watch for it in the third section of the Parish Library.

Please keep in mind that our suggested loan period is three weeks.





Outreach: a Single Focus for St Mark's

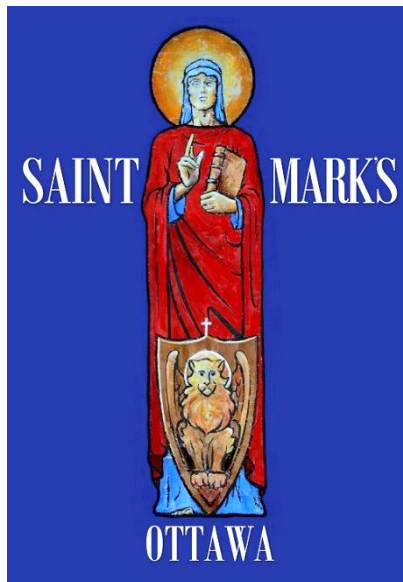
by Laurie Slaughter

Through interviews with various community leaders, a group from St Mark's, including myself as Outreach Coordinator, examined the needs of people in the area. As outlined in the Vestry report under **Ministry Consultations**, we summarized the common threads in these conversations about various aspects of the community's life. We then proposed several outreach projects and recommended that we choose one commitment, in partnership with other organizations, to give us a single, focused mission. That way, we could both renew our purpose and help make a real difference with the new challenges in this community. Our talks with the political and social agency people who serve the people of this region were interesting and very enlightening.

Our work with Debra Dynes Family House addresses a few of these needs, but again, our strengths and initiative need to be directed towards one particular need, supported through strong partnership. This is outreach in its truest sense.

The Multifaith Housing Initiative's Tulipathon Walk will take place once again this spring, on May 7. The MFHI sent us an update on its newest activities. In partnership with the city and other organizations, the MFHI is working on two new projects, *The Haven*, an ambitious mixed housing community in Barrhaven, and *Veterans House* on the old Rockcliffe Base, for homeless and suffering veterans of all ages. Both require financial support. The Tulipathon Walk is a major fundraiser for these commitments, and we hope that even more St. Mark's supporters will join, proudly carrying our award winning church banner. (See our certificate for best banner at last year's walk on the wall near the back entrance in the link.) If you are unable to walk, please consider a donation for those who desperately need safe and affordable housing in Ottawa. Brian Harrison and I will be publicizing this event in the spring.

We continue to support Debra Dynes Family House in a variety of ways, including having our own Georgia Roberts on their Board. We give regularly to DDFH through its Food Bank, one of the largest in the city, by leaving donations at the entrance to the sanctuary each week. Lawrence Peever kindly delivers most of our donations to various agencies.



St Mark's has talent!

by Bruce Lodge

Financial Stewardship Co-chair

The 2016 financial campaign at St Mark's included a survey sheet to create a talent-bank of all parishioners' contributions to the life of the parish. We collated the results and can now present a summary.

Of the 55 forms returned, 9 were from couples reporting together. A request for estimates of time involved only generated 11 responses, unfortunately, but 10 parishioners did express interest in getting involved in new activities.

Not surprisingly the largest response was in the area of Worship (32) - altar guild, lay assistants of communion (LACs), choirs, servers, readers, greeters, sidespeople. The inclusion of Sunday Coffee Hour in this category may have augmented it, since the second largest response (28) was in Social Events - breakfasts, pancake supper art show, picnic, BBQ, bazaar, etc.

The remaining categories all attracted interest, as follows:

- Pastoral Care Ministry (13) - Perley, Civic Hospital, friendly visitors;
- Prayer Groups (13) - e-prayer, shawl ministry, prayer and praise;
- Parish Groups (19) - ACW, Circle 2, MU, council, scouting, slim and trim;
- Outreach (15) - Debra Dynes, PWRDF;
- Education (7) - Church school, lenten studies, library;
- General (15) - driving, phoning, knitting, baking, etc.

These results will be referred to the Membership Committee for follow-up with the activity convenors.


There was some confusion in completing the survey, but I feel we have learned enough to make major improvements the next time around.


St Mark's Roll Call

New Parishioners	Suzanne Bisson Judy Life
Moves	Joan Taharali
Deaths	Opal Laing Helen Duthie



Calendar of Events

 **February 22 72nd Scouts**
60th Anniversary Pot-luck Supper
6:00 – 8:00 pm

 **St Mark's Annual Pancake Supper** *Shrove Tuesday*
February 28, 2017
sittings from 5–7pm
adults - \$8, children 12 and under - free


 **March 1 Ash Wednesday Services**
10:00 am and 7:00 pm
March 8 - 29 and April 5
Wednesdays in Lent Bible Study 10:00 am

 **March 12 Parish Breakfast**
8:45 am

 **St Mark's Annual art exhibit and sale**
Saturday, April 1, 2017
10:30 am to 3:00 pm
adults \$2 children under 12 free

	HOLY WEEK April 9 - 16	
	Palm Sunday April 9	Sunday of the Passion
	8:00 am	Holy Eucharist
	10:00 am	Sung Eucharist / Liturgy of Palms
	Maundy Thursday April 13	Institution of the Last Supper
	7:30 pm	Sung Eucharist Altar of Repose and Stripping of the Altar Overnight Vigil
9:00 pm		
Good Friday April 14	Celebration of the Lord's Passion	
1:30 pm		
Holy Saturday April 15	Great Easter Vigil	
9:00 pm		
Easter Day April 16	Sunday of the Resurrection	
8:00 am	Holy Eucharist	
10:00 am	Sung Eucharist	

 **St Mark's Patronal Lunch**
April 23, 2017
12 noon

 **April 26 12 noon**
ladies card party luncheon

SONGS for the SOUL 2 **April 30**
choral workshop for the parish
12 noon - bag lunch

May 7 Tulipathon Walk 12 noon

May Garage Sale TBA

June 3 BIG Give

June 7 Seniors' Eucharist & Lunch

June 18 Parish Picnic

 **St Mark's Canada 150**
June 25, 2017
tea & evensong

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
third 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
1st Monday 12 noon Circle 2
1st Thursday 7:00 pm Scout Group Committee
2nd Wednesday 7:30 pm Parish Council
4th Tuesday 1:00 pm Mothers' Union



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- you can have it sent direct to your e-mail – in colour – contact the office
- 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.