



Mark This Word

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

Issue number 48

Summer 2018



Making our Mark: Nurturing Growth

by Rev Jessica

Life is a delicate thing. To sustain life we need food, water and shelter. To thrive in life we need love, aspiration, and purpose. In lieu of simply surviving, here at St Mark's we are aiming to thrive in our life with Christ.

In this season of spring, we see all around us examples of people nurturing and tending their gardens. The seedlings take root and grow into strong plants full of fruit. Similarly, we are in a season of spiritual planting at St Mark's. With prayerful discernment we are choosing which seeds of ministry to sow and which to tend.

At our ministry planning day at the end of April we looked at what priorities we will focus on in the next five years. We came up with seven categories in which we hope to grow. (See Brenda Zanin's article on page 2 for more details of the planning day). These ideas for ministry are like fragile buds of possibility that need our time and care to succeed.

We are called to share the Good News of Christ in ways that make a positive impact in the lives of others. In a changing world, the Church needs to be innovative in the ways we minister so that the message can reach people where they are. In doing so, we will find our spiritual life enriched.

As we plant our gardens, it is an exciting time for us full of hope and promise. In responding to the needs of our wider community, we will find ourselves thriving, not just surviving. I look forward to working together as we "Make our Mark" in Christ's name.

St Mark's Roll Call

Birth

Kira Jacqueline Zacour

Baptism

Mason Beaudoin
Sam Plessl
Fox Greer
Max Bordman

Marriage

Shannon Rickey & David Brock

New Parishioners

Abraham Tharakan
Miriam Mathew
Jeff Hall

Deaths

Barton Robinson

former parishioner
Rhys Griffiths



St Mark's Season of Baptism

We rejoice with the young families that are having their children baptized at St Mark's in this season of baptism.

On Easter Eve, we welcomed Mason Clyde Daniel Beaudoin, son of Lindsey (Whitman) & Dany Beaudoin into the Christian church.

As part of our celebration of the Trinity on May 27, Samuel August Plessl, son of Kelly and Carl Plessl, was baptized.

On June 3 we welcomed home Alex Greer and his wife Karen to celebrate with the whole family the baptism of their son, Fox Winston Greer.

It is always wonderful to share in the joy of our extended St Mark's family.

Closer to home, we will baptize Maxwell James Lennox Bordman, son of Erin (Perkin) and Jamie Bordman, on June 24, the Feast of John the Baptist.

As we welcome these children into the household of God we are meeting the Second Mark of Mission, 'To teach, baptize and nurture new believers'.



In a 20-minute radius of our church today there might be 50 or 100 different faith traditions, where in the past our church was the only house of worship. The notion of geographical parishes no longer works.

But God is present throughout all these cycles, and we are called to serve his Spirit, and not the reverse. When St Mark's worked out its strengths, weaknesses, opportunities and threats (SWOT) earlier this year, some issues appeared in all four categories, "and God is behind all of it," Monique stressed.

From all the hopes and ideas participants offered for St Mark's during the morning session, Monique asked us to determine four or five priorities in small discussion groups after lunch. "What are some of our realities?" she asked, "and what things

God knows what will become of St Mark's

by Brenda Zanin

More than 35 parishioners of St Mark's came together on a Saturday in late April to consider our future as a parish. Under the leadership of the Rev Monique Stone, who has recently become the incumbent of Julian of Norwich, attendees explored a wide range of directions and ideas.

Monique described the evolution of the Anglican Church of Canada as a double loop – two trajectories of growth and decline happening at the same time, but at different stages. The church peaked, in her opinion, somewhere in the 1960s when parishes were robust and large and held power and influence. Since then, its health has declined and is currently in a state of 'hospice' - which, like a decaying garden, can provide 'compost' for renewal and change as a new church emerges.

Aging buildings and changing demographics in our society are contributing to the decline, and to some it can be scary, Monique said, "but it's important to recognize our position."

need to die? What things do we need to do first and what can wait? Who will do these things?"

Bishop Reed Hall was abuzz with discussion as six groups wrote out their ideas on large sheets of paper. The main headings that emerged were: Outreach, communication and knowing the community; stewardship, sustainability and growth; youth, kids and music; fellowship; lifelong formation and Christian identity; and outdoor space. Group representatives posted the sheets for general discussion, and so that others who were not able to attend might be able to have a sense of the ideas that were generated.

"We will never be the same as we were before," Monique declared, "and we must be prepared for rogue directions. But we serve the strength of the spirit, and we need to be constantly open to our own journey. That is our baptismal covenant, and God is behind all of it."





Stewarding our Relationships

by Michael Perkin
Stewardship Officer

Quite a bit has been going on in my life and in the world around us. It got me thinking about how we take care of each other and our relationships. Brothers and sisters, wives and husbands, mothers and fathers, cousins, uncles, aunts and a myriad of friends and acquaintances each require maintenance. How we maintain them determines the health of the relationship.

Sometimes the most difficult relationships to maintain are with those we love the most. Words spoken in anger, a careless comment or a perceived slight can ruin any relationship unless there is some form of maintenance. I have in my experience seen relationships fall apart, not because there was an irreconcilable difference, but just a lack of compassion and communication. So how do we maintain not only the difficult relationships, but also the good ones?

This is where the world comes in. I'm sure many of you tuned into the coverage of the royal wedding, as we did. What impressed me most was Bishop Curry's sermon. It was his words that got me to thinking about how we maintain our relationships. He quoted from the Song of Solomon and Dr. Martin Luther King Jr;

"Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death, passion as fierce as the grave. Its flashes are flashes of fire, a raging flame. Many waters cannot quench love, neither can floods drown it." Song of Solomon

"We must discover the power of love, the redemptive power of love. And when we do that, we will make of this old world a new world, for love is the only way."

These words and quotes were very inspirational to me. Having just lost my mother I was seeking a way to reconnect the relationship at a spiritual and emotional level. Bishop Curry's words about power of love, and that there is a power in love to help and heal when nothing else can, immediately reconnected me to my Mum and gave me great hope. So I thought I would take this opportunity to share this with you, because if love can break the grief of a loss, what else can we maintain with love?

*Beloved, let us love one another;
for love is of God;
and everyone that loveth is born of God,
and knoweth God.*

1 John 4:7

New Ministry Initiative: Focus on seniors

by Laurie Slaughter

Your committee has been busy determining how to establish a seniors' community drop in centre, based on knowledge gleaned from extensive community consultation. This service would be an excellent use of our space, which is one of our greatest assets. Since our last report, we have done the following:

- visited and learned about other activity centres in the Nepean area.
- talked several times with a possible coordinator of activities in partnership with the Nepean, Rideau, Osgoode Community Resource Centre (NROCRC). We would assist with social activities, snacks and other small services.
- had two discussions with John Johnson, former Chair of the Council on Aging and a continuing member of the Council. He knows the church area well and had very helpful suggestions. He was positive about such a venture for St Mark's. Through the Council on Aging, he would be an ongoing resource.
- continued the ongoing 'brainstorming' with potential community partners.
- had a session with a group of St Mark's seniors about their wants and needs and those of local area seniors who are friends or neighbours. Their perspective is invaluable to our church's mission.

Early in the fall, we hope to present a draft plan for such a service to the church membership as a whole. Its aim would be to answer the need for social, intellectual, health and other services our senior residents want and would enjoy.



Parish Breakfast: guest John Johnson

by Brian Harrison

Our March parish breakfast featured the same fine food and good conversation as usual. We were also blessed to have John Johnson, from the Ottawa Council on Aging, for our speaker. John grew up in our parish and attended our church during the early days, when George Foy was the rector. He spoke about problems of social isolation and loneliness among our elderly citizens and stressed the importance of maintaining activities and links with others in the community. He suggested some ways in which a seniors ministry at St Mark's could help older people in our neighborhood. He also made himself available to the Outreach Committee to discuss possible initiatives to help seniors. The next parish breakfast is scheduled for September 16.



Cornerstone Princeton Project: Contributions from all Directions

by Georgia Roberts

Last fall when Circle 2 was looking for a special way to mark the 50th annual Art Show and Sale, someone asked why not give all profits from the sale to the Princeton Project at Cornerstone Housing for Women? This project is to raise funds for a new affordable and supportive rental housing facility for 42 women, at least five of whom would be indigenous.

Keeping the ball rolling, Parish Council passed a motion for St Mark's to 'Adopt a Room' for the facility in partnership with Julian of Norwich. This meant that St Mark's would commit to raising \$3250 towards equipping one of the 42 studio units. Lenten Outreach giving was proposed as another way for St Mark's to raise its share of the donation. Brochures and posters about Cornerstone and Princeton were put on display and Rev Linda Posthuma, chaplain of Cornerstone, gave a special sermon. *cont p5*

Rev Jessica and Georgia Roberts were joined by our special guest and friend, Leslie Worden, who officially opened the 50th Art Show





Cornerstone (cont)



The Sunday School children iced cookies, and decided that their Lenten offerings would also go to Cornerstone.

And, finally, all proceeds over costs for the St Mark's Patronal Lunch in April were directed to the project.

Now St Mark's will deliver a cheque for approximately \$5000 to Cornerstone for Princeton, far exceeding our original commitment! Pulling together from all directions has had a wonderful outcome.

Electronic Communication

There are many ways to keep in touch with what's happening St Mark's - electronically. Keep up to date.

St Mark's Web: www.stmarksottawa.ca/

St Mark's Facebook:
www.facebook.com/stmarksottawa

St Mark's Blog: to receive notices, visit this website and 'follow'
www.stmarksottawa.wordpress.com

We also offer electronic communication via the office.

St Mark's Newsletter: this newsletter - in full colour

St Mark's Announcement: weekly, monthly parish notices and announcements. To be added to either of these lists, please contact the office stmarks@stmarksottawa.ca

Welcoming the Stranger

by Jeff Hall



Scripture speaks of 'welcoming the stranger amongst us', yet what is it like to walk up to a church door on a Sunday morning? For many who regularly attend church, walking up to the door of a church takes as much thought as walking through the front doors of your home. But for the first-time visitor, what is the internal energy necessary to open the door of a church

and walk through it? If you have never been to a church in your life, or you have been relocated to a new city, what might the hurdles be for you to open the church doors and step in?

When I retired and moved from Toronto to Ottawa, I had to find a new church home, so in many ways I have been like that first-time visitor. Allow me to share with you what the journey was like for this stranger, me, to open the door of your church.

As regular church goers we often don't think of the internal emotional energy required before one even gets to the doors of the church! The night before, you consciously have to choose to look up the times of service on the web; then mentally resolve to set the alarm to get out of bed the next morning. Once getting out of bed, the next morning, you have to drive twenty minutes to a strange building at dawn, when most of the world is either sleeping in, or going for brunch. It takes a huge commitment of one's will just to get to the parking lot.

Once parked, now comes the most daunting of all tasks, getting out of your car and walking up to and through those doors! However, which doors lead to the worship space? It is not as obvious as one might think. Many churches do not indicate which doors are the ones that lead to the worship space. While the main door might be obvious to regular church members, a stranger must guess which doors to go in. Not having the main doors marked can be another emotional barrier for a stranger to overcome; thankfully St Mark's does have the doors marked.

Once that hurdle is crossed, the emotionally unsaid questions come to mind. "How will I be welcomed? Who are these people on the other side of the door? What are their expectations of me?" I went through all of these questions. The way I dealt with them at all the five churches I visited since coming to Ottawa, was to arrive just minutes before the service, take a bulletin and slip into the back pew. I suspect I am not alone in this methodology when visiting a church. Perhaps the back pew should be reserved for visitors.

At St Mark's, however, no sooner had I got my coat off when I heard these words: "Hi, I am Cynthia; I don't think I have met you." The warmth and sincerity of Cynthia's greeting surprised me; this had not been my experience at other churches. During my journey to find a new church, I had been greeted by many people, but Cynthia's tone of voice and out-stretched hand made it clear that she genuinely wanted to meet me. I was taken aback and delightfully surprised by this clear act of welcome. *cont p6*



Welcome (cont)

The welcomes continued, for when I approached the doors to the worship space, there was James with a smile on his face, greeting me as if I were a regular. I found a pew, hoping that I was not sitting in anyone's familiar pew (another reason for showing up just before the service - the regulars are already in their pews), then got acquainted with the worship space and prepared for worship.

From my church shopping experience, I found that our Anglican liturgies are similar, yet the ambience varies with the people who are gathered and spiritual history of the place. As worship began, the warmth I had experienced with Cynthia and James continued; Reverend Jessica greeted us with a warm good morning. I was impressed with the quality of the readers. Their voices captured the emotional intent of the reading and communicated a reverence for the scriptures, which compelled me to listen and drew me into the reading. Next came the sermon, the intent of which, I believe, is to connect of the readings to the humanity of our lives; this Reverend Jessica did. As well, like many good sermons do, her words created a place where the Spirit could push my reflection to experience what God wanted me to hear and learn that day.

In many churches I visited, the exchange of the Peace doesn't happen at the 8:00 am. For a first-time visitor, 'The Peace' can be uncomfortable. In many churches it turns into a time to greet one's church friends, leaving the visitor looking strangely out of place until the priest comes to greet them. This was not the case at St Mark's 8:00 am service. Each regular member made the effort to greet me, the stranger in their midst. I was impressed, for I genuinely felt included. I also observed how the regular members greeted each other. There were visible warm smiles and they were glad to see each other, yet not at my expense. Having been welcomed, I proceeded with joy to share in the bread and wine with this spiritual community.

I left that day having experienced God's grace through the liturgy, the bread and wine and through the people of St Mark's. I would be back two more times to confirm my initial experience. The third time I made a small step of commitment towards the community: I stayed for coffee (another wonderful thing about St Mark's 8:00 am service). I had found a church home with the people of God at St Mark's. Thank you for welcoming me, a stranger, into your midst.

Outreach:
St Mark's generous heart – keeps on giving and giving and giving

by Laurie Slaughter

This spring St Mark's members gave once again from the heart to several causes. Many thanks to everyone who made the effort to donate these gifts that brought joy.

Two large bins in our link were filled to capacity with small gifts in support of **Mother's Day at Debra Dynes Family House** so that D.D. children could purchase a gift for their mother for a nominal amount. Lawrence Peever delivered all our contributions to the Family House and they were received with gratitude.

Coming in late August:
The call for school supplies for Debra Dynes children and older students. Buy NOW!

Bales for the North is an annual Diocesan drive that collects, 'bales' and ships needed items to communities in northern Canada. New clothing, linens and other small household needs filled 11 boxes which Jenny Morphew was proud to deliver for packing on behalf of St Mark's.

The Tulipathon Walk on May 27 from Commissioners' Park on the Driveway to the Bank Street Bridge and back, is part of the Multi Faith Housing Initiative (MFHI) in Ottawa. Twenty walkers – carrying our beautiful St Mark's banner -- joined faith groups from all over the city. We were proud to donate over \$900 given by sponsors and church members in support of safe and affordable housing in Ottawa.



The MFHI, in partnership with the City of Ottawa, has so far created four housing communities offering security and an affordable place to call home.

The newest project, 'The Haven' in Barrhaven, addressed different family needs. This year's funds will support 'Veterans' House', a housing complex on the old Rockcliffe base. It will be the fifth housing community to be built in partnership with Ottawa.

This generous giving is our way of reaching out to our local and national community. It is a part of our service and mission.



St Mark's Women in Action: Jackie Sorfleet

by Penny Miller



Jackie Sorfleet is a long-time member of St Mark's. She arrived in the parish in 1955 as a new bride, and moved away in December 2017 to live closer to her daughter.

Jackie has shared some memories of St Mark's women's groups that were numerous and very active. "The original groups were

formed in geographic neighbourhoods," she says; Circle 1 was east of Fisher Ave, Circle 2 in Fisher Heights and at one time had 45 members, Circle 4 was Cortland Park. There were also Circles 3, 5 and 6! Oh, to have enough people to have this now!

Many of their activities were to raise funds for the church, by selling flats of flowers and providing a bake table, in May; by repairing toys from a toy store and selling them at half price, with Santa in attendance, at Christmas time. They took orders over the phone for Smiles and Chuckles Peppermint Patties which they then delivered to surrounding neighbourhoods in mid December. Jackie remembers there being about 800 orders. Each group organized particular activities but they often collaborated to ensure success.

The Art Show, which this year celebrated its 50th anniversary, was a Circle 2 initiative. They also ran two rummage sales each year, and the Bazaar was also run by members of the women's groups.

Circle 4 is the group that started making the Christmas puddings. Apparently the recipe came via Dot Gibson, who got it from the ladies at St Matthew's. Before she left, Jackie shared her pudding-making skills with a new group, ensuring that this activity continues to this day. There are people who come to the bazaar looking for them before buying anything else.

One February, the women organized a card party, which was such a success that they decided to make it an annual affair. This continued for many years and after a hiatus, it resumed three years ago. The ladies started pancake suppers before Bishop Reed Hall was built and held them in the basement, where the original kitchen was. It is now used for storage. Jackie remembers that her sister-in-law Phyllis Sorfleet was in charge of this kitchen, knew exactly where everything was and would not let the keys out of her hands.

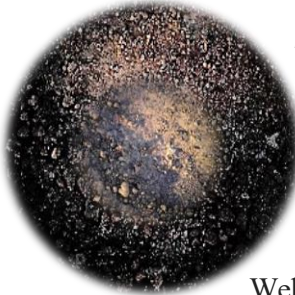
St Mark's used some of the money raised to buy a refrigerator and the dishwasher, installed in December 1986 and is still hanging in there. When a service man came a couple of years ago he was amazed that we still had the original dishwasher and that, with a smallish repair, it is still working.

"The Ladies Guild consisted of all members of St Mark's Circles and at the end of the year, Circles often gave funds to the Guild to forward to the treasurer as a donation," Jackie notes.

Jackie herself was the first paid secretary at St Mark's when the Rev George Foy was the priest. She worked at a little desk inside the back door. She remembers that a Gestetner was used to produce the bulletins, annual reports and other paperwork and that Rev Foy typed the stencils. When planning began for the extensions to the building and new hall, Jackie worked for the financial advisor Rex King.

Thank you Jackie for all the hard work that you and many, many other former members have provided to St Mark's. Enjoy your retirement!

Ed. Circle 2 voted to disband this spring. Mothers' Union is the only active women's group remaining.



Black Hole for Sale

blak 'hōl/ a region of space having a gravitational field so intense that no matter can escape; a place where people or things, especially money, disappear without trace.

Welcome to St Mark's Black Hole – or more correctly grey, muddy hole – which appears to have its own gravitational pull where things can disappear without a trace, especially money used to patch and re-patch. You may remember the months of navigating round the orange cones, until we really thought someone's muffler would come unglued.

Over the years we have tried patching, but with seasonal changes, freezing, thawing, heaving, and leda clay under our property, the time has come to re-pave the parking lot, from the entry to the shed, and including the pathway to the link entry. We are faced with a major capital expense.

We propose to take money from the Consolidated Trust Fund (CTF) reserves to cover half the cost, and are relying on your generosity, and some moneys we have been holding for a while.

We did a little arithmetic, and realized that if 100 people were willing and able to donate \$100 each, we could more or less cover the half not coming from reserve trust funds. To help, please speak to our Wardens: Pauline Adams or Cynthia Greer.

Please consider this option – it would help a 'hole' lot!





Calendar of Events



Inter-generational Sunday
Holy Baptism / Parish Picnic
June 24, 2018



St Mark's Picnic
Sunday June 24, 2018
12 noon



CELEBRATE SUMMER
SUNDAY SERVICES
JULY 1 - SEPTEMBER 2
9:00 AM



WELCOME BACK
SUNDAY SEPTEMBER 9

8:00am Holy Eucharist
10:00am Sung Eucharist
Church School



Parish Breakfast
September 16, 2018
8:45 am
same good food,
same good fellowship,

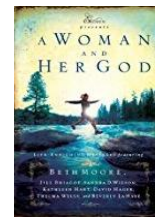
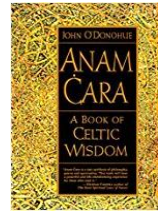
Prayers, poems & pathways

by Betty Caughlin, Parish Librarian



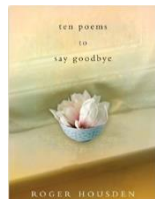
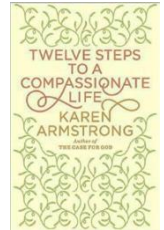
Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus by Neil Douglas-Klotz, 1990. Hear words of Jesus translated into English directly from the Aramaic language that Jesus spoke!

Anam Cara: A Book of Celtic Wisdom by John O'Donohue, 1997. Consider 'ancient teachings, stories and blessings of Celtic wisdom.'



A Woman and Her God: Life Enriching Messages, 2003. Discover thoughtful and enriching insights from Beth Moore and her colleagues.

Twelve Steps to a Compassionate Life, by Karen Armstrong, 2010. Explore the meaning of compassion that 'lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves.' (p 6)



Ten Poems to Say Goodbye, by Roger Housden, 2012. Listen to the poet's words as he explores the many goodbyes in life. Interesting to consider that 'goodbye' reflects the phrase, 'God be with you.' (p 15)

These books and others will be found on the 'RECENT ADDITIONS TO THE LIBRARY' shelf in the third section of the Parish Library in Bishop Reed Hall. Good reading!



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Anglican Church of Canada

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

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- you can have it in hard copy – in black and white
- 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.