



# Mark This Word

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

Issue number 49

September 2018

## Welcome Back to St Mark's!

by Rev Jessica

Welcome back from holidays, quiet days, sunny days and recreation days. I hope you all had a break from your regular pattern and took some time to re-charge over the summer. We have a busy fall planned at St Mark's full of interesting new adventures.

Following up from our Visioning day in April and our desire to do more outreach in our community, we have planned a seniors' drop-in program to address the isolation that seniors experience. It will start on Thursday, September 27. Affectionately coined Coffee, Company & Conversation, it will run from 10 am to 12 noon on Thursdays this fall.

We will also be holding a study about what our faith means to us and how we can share it with others. From the Diocese of Toronto, the program "invited" will prove to be thought provoking and soul stirring. We will be holding the fall study starting on Wednesday, October 3 from 10 am to 11:30 am. It is a seven-week session, with some material to read ahead of each Wednesday. Please register by September 23, so we can make enough copies for everyone.



Making our outdoor space more welcoming was another topic that has created lots of discussion after the Visioning day. Specifically, we are exploring the idea of having a "little free library" (<https://littlefreelibrary.org/>) and of adding a labyrinth to the lawn. As this is seasonal, we are brainstorming this fall so that we can add to our outdoor space next spring.

Our website is going to be refurbished soon as we discussed wanting to become better at communicating with our neighbours. We will continue to work on being more visible for those living and commuting in this neck of the woods.

This fall you will notice that we have inter-generational services planned. Having the children worshipping with us is very good for all of us. It teaches them about the rhythm and symbols of our faith. It opens us up to finding joy and laughter amid our praises to God. We are blessed to have so many young families in our midst as St. Mark's expands and grows.

Lastly, we will continue to explore the themes that we came up with in April that will help us to be more in community with each other. We named our hopes to become a vibrant community, that extends love to all, through being people of the table. As we come back together this fall we will gather around the communion table, the Welcome Back BBQ, pot-lucks, coffee hour after church and at the seniors' drop-in on Thursdays. In our time together, we will be nourished by God and each other.

May God bless us in this season of gathering as we welcome all who come to experience God's grace and love. Amen.

# invited

October 3 to November 14, 2018  
register by September 23

# fall study

Wednesdays: 10:00 am – 11:30 am

1606 Fisher Avenue  
Ottawa, ON K2C 1X6  
613-224-7431

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stmarks@stmarksottawa.ca  
MTW blog: [www.stmarksottawa.wordpress.com/](http://www.stmarksottawa.wordpress.com/)



# Stewardship Your Legacy: We will miss you...

by Keith Wilkins

“We will miss you” - it’s a statement that can be filled with meaning. It can express a wish that a relationship might continue, uninterrupted, while at the same time, it might be the beginning of letting go of a person held close to one’s heart. How often have members of the parish of St Mark’s said, to a fellow parishioner, “we will miss you”? Sometimes it’s prior to an absence on a much anticipated trip, sometimes it’s when a parishioner moves from the area to be closer to family or to further a career, and sometimes it is in the sadness, at a funeral reception, for a fellow parishioner’s passing.

Sadly, the passing of parishioners occurs every year at St Mark’s. In each of the past two years, vestry reports noted seven deaths, representing a decline compared to households of about 4% per year. While the Church continues to attract new parishioners, the ongoing expenses of our Parish (totalling this year in excess of \$200,000) do not neatly match up with the rise and fall of its population. Our collective stewardship of St Mark’s covers many elements, including the building, staff and the programs that we have chosen to encourage. Each year we approve a budget at vestry that represents a forecast of the upcoming year’s income and expenses. This task matches revenues with expenses, and based on these, we make community commitments within the Church, the parish and to the Diocese at large. As we all know, when we reach out to help in the Church, in our community or around the world, we raise expectations, and if unforeseen events fail to meet expectations, it can be widely disruptive.

In our homes and personal affairs, we try to plan for the continued well-being of those who survive a death, be they a business partner, a domestic partner or dependent child. The aim is to reduce the disruption caused by the death of a loved one and to support the re-establishment of a survivor. Similarly, as members of St Mark’s, we might consider whether our legacy to this parish should continue through a financial contribution to maintain the ongoing sustainability of the Christian community of which we are a part.

And, while you make this contribution to the continuing activities of the St Mark’s community, there are benefits for you the giver as well: these charitable contribution credits may reduce the tax payable either for your final tax return or for the estate tax return filed following death. Estate returns include the income from death benefits, dispositions of

property investment accounts, retirement funds and life insurance payable to the estate after death. I was surprised to learn that these revenues cannot access the personal deductions available on your annual return. So, a gift in a will to a charitable organization such as St Mark’s is a strategy that may help reduce the overall rate of taxes payable. The gift would be included in your will and paid by your estate representative as a part of the administration of your estate.

Financial planners can help you with this type of planning consideration. Your legal advisor can also help prepare an estate plan to include specific gifts of property or cash to the Church.

When you are gone, you will be missed, but your legacy giving to St Mark’s will allow you to continue to support programs and initiatives which were important to your Christian life.

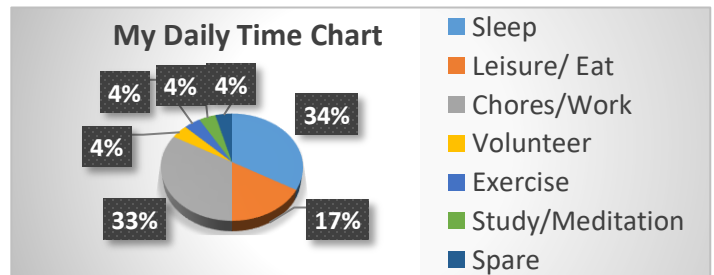


## Answering the Call: Could I do more ?

by Michael Perkin, Stewardship Officer

The lazy hazy days of summer are behind us, and if you are like me, my To Do list is growing. After the summer lull we find ourselves gearing up for all sorts of activities, meetings and other commitments. We seem to go from having our feet up on our chaise longue to running faster than ever and wondering if we can get it all done -- let alone do more.

How do we answer the call to volunteer more? Perhaps a better question is, *should* we answer the call to do more? Our time is a fixed element. Take a look at how you spend your time. The following chart is an approximation of my typical day. As you can see, there is very little time to spare for “more”.



We know that this representation is not exact, and everyone’s chart will look different. But there will be one similarity: “spare” time, the time you don’t have set aside for something, is minimal and, in most cases, is filled with the stuff we forgot, or special projects.

So how do we do more? Should we do more? How can we achieve balance? *cont p3*



### Answering (cont)

For me, balance has become one of the most important elements of managing just how much I do. If I were to show you a chart from just six months ago, there would have been only eating, sleeping and taking care of my parents. There was no time for the other stuff, or so it seemed. The only way I could volunteer was to sacrifice time in other areas. I achieved balance after we got some help caring for my parents.

After making this arrangement, one of the first things I addressed was my time with God. That Study/Meditation segment calmed my inner turmoil and allowed me to focus on priorities - both my own and what I envisioned God wanted me to do. That time with my thoughts and with God allowed me to set priorities and helped me determine if I should or should not do more and still maintain balance.

Each one of us must make our own decision to answer the call to do more. Please take some of that precious time to sit with yourself and with God to discern if you can do more.



About 45 St Mark's seniors, and friends from the local community, joined together to celebrate a Royal Wedding in May. St Rita's school choir provided entertainment during lunch. The next Eucharist and lunch is on November 21.

## Children and youth in our midst

by Kate Greer-Close, Church School

Somehow the children growing up in our church have indeed grown! We have our young ones and newly baptised babies, but we also have children who have become youth before our eyes.

Our new inter-generational services have seen Isabella and Sabrina Pagani, and Madeline and Penelope Close reading, and Francesco Pagani and Patrick Findlay helping with the Offering. Jeremy Close has been received as a new server in our church. We were pleased to see Ella Williamson again, at our end of year picnic. We are fortunate to have these engaged children and youth who enjoy being able to participate in our worship and help in our community.

As a new school year begins, we will continue our Sunday school programming but we will also need to add some new experiences for the older children. I may be reaching out to some of you for help with this!

St Mark's is a wonderful place for these children and youth to grow and learn about being Christians in the world. Thank you.

### Inter-generational Services

Inter-generational services are when the whole church family worships together.

Young and young-at-heart will hear the word of God, sing God's praises and reflect on our call to be God's light in this world.

These services will be very interactive and include many activities for the younger children to do during the service.

#### Dates:

**October 7:** Thanksgiving  
**November 4:** All Saints  
 (transferred from November 1)



## Notes from the Wardens

by Cynthia Greer and Pauline Adams



### No Black Hole! New pavement!

No more concerns about falling in the black holes, mentioned in our last newsletter! We have paved the front part of the parking lot, and also the pathway up to the link entry. Thanks to all who kindly parked elsewhere for a

couple of weeks. At last people streamed in through the *front* door, as in most churches.

We also had lines repainted on the whole lot, and are having new handicapped signs put up. While over half of the cost was taken out of our Consolidated Trust Fund money, and the rest out of our retained earnings, we are still happily accepting donations towards the cost. Simply write 'paving' on your cheque and envelope. If you would like more specific information, please see your wardens.

### Back to school items for Debra-Dynes

The ads for school needs are already in the papers. While crayons and the like are appreciated, we are also thinking of high school students. Barbara Carroll is more aware of their needs, so if you can't get out easily, or don't know what to buy, you can donate money so Barbara can get appropriate supplies. She can often buy at a better price as well. Please write on your envelope and cheque 'back to school DDFH' (Debra-Dynes Family House). (see *Outreach Three R's p5*)

### Plans and projects

We are planning several projects over the next few months.

**Painting the link, cloakroom and entry:** If you like painting, please offer to help, and if that isn't your skill, you could help clear and prepare the area.

**Kitchen spruce up:** We plan to use the money left by the late Joan Knight for that purpose. We had an initial meeting to hear from you our parishioners, and we will have a team ready to respond to your comments.

**Office and Choir room pathway:** We are looking at re-leveling the outside entries and steps to the office and choir room. If you know a good landscaper, please let your wardens know.

As September approaches, we look forward to working with you and for you.

**September 9** sees us back to two Sunday services.

**September 16** is the parish breakfast, and

**September 23** is the BBQ.

Reconnect with your fellow worshipers at all these events.

## Notes from the Treasurer



by Georgia Roberts, Treasurer

**Budget in good shape:** After the first 6 months of 2018, St Mark's was in good shape financially.

Collections income was very close to what was budgeted and also close to the 2017 end-of-June figure. User fees were ahead of expected due to some renters who prefer to pay well in advance. Directed income was high, mainly because of the money raised for Cornerstone both through Lenten Outreach and fundraising activities.

Our expenditures were a little under what was expected, particularly for electricity, repair and upgrade, special projects and programs. However, these will likely catch up to the budgeted amounts in the next few months.

If things continue for the rest of the year as they have for the first 6 months, we should finish 2018 well. We count on you to keep up the good work!



## September Parish Breakfast

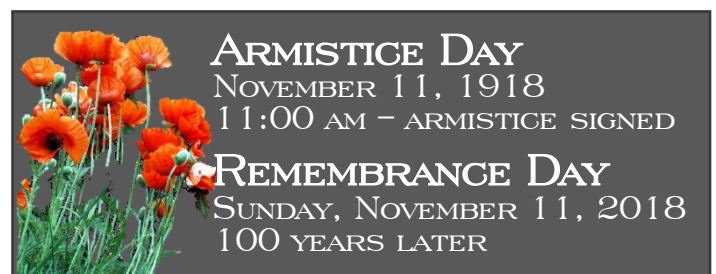
by Brian Harrison

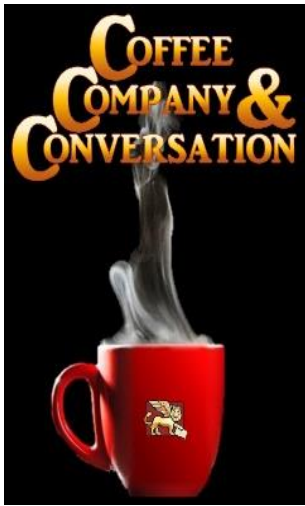
Our first breakfast after the summer break will be held on Sunday, September 16. Our healthy breakfast includes cereal, croissants, muffins, yogurt, juice and coffee/tea. Gluten-free items are available upon request.

We have maintained the cost, at \$5, for several years. Children may eat for free.

Over the coming year, we are planning to feature speakers from different religious groups who will tell us about their beliefs.

Join us for the fun and fellowship of being together at our September breakfast, and make a note of the following one on November 11 – Remembrance Day.





**Outreach:**

by Laurie Slaughter

**Three C's reach out to seniors**

**New This Fall:** On Thursday September 27, St Mark's New Ministry Initiative committee will be launching **Coffee, Company & Conversation** - our seniors' coffee drop-in mornings, which will take

place weekly on Thursdays from 10 am to noon.

We look forward to having many of our parishioners attend our first coffee morning. We will also be welcoming seniors from the community who would like a friendly place to come and enjoy the company of others. Fresh coffee and tea, muffins and scones, with all the accoutrements, will greet them on arrival. A delightful musical duo will be with us to add fun to the gathering. Please invite your friends and neighbours -- including those from other coffee activities (apartment building coffee hour groups, friends' gatherings and Tim Horton's buddies).

To let others know of the first drop-in, we will be sending our invitation to other churches and to centres where seniors will see it. We want to make St Mark's coffee mornings a welcome place to come, chat and engage in

activities. Feedback from those attending will guide plans for our program week to week.

Research in the community indicates that this would meet a desire for more socialization for many seniors. Our committee feels that now is the time for St Mark's to reach out and to support others as well as our own members. It is our neighbourhood and we have always been a big part of it.

Help to make St Mark's church's Coffee, Company & Conversation (Triple C Outreach) gatherings a lively hub for seniors.

**See you there, Thursday, September 27, 10:00 am**

**Three R's time for students!**

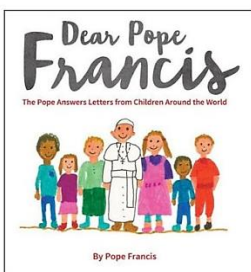
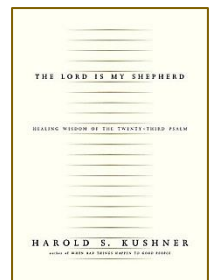
September - school is back and the children and especially the youth and returning adult students of Debra-Dynes community are looking to us again for help with supplies for their studies. Advertising in the bulletin all summer has reminded us to watch for sales (Staples started in late July!) of school items. Older students are looking for math sets, binders, pens, paper, notebooks, calculators and other materials for their courses. Our generous contributions are always so appreciated and well used. The supplies, dropped off in the Link boxes, are taken to Debra-Dynes Family House by Lawrence Peever, our faithful delivery service. Thank you Lawrence for all your regular trips with donations to D.D. (*see Notes from the Wardens p4*)



**What's in our Parish Library**

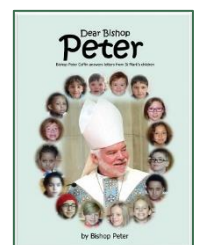
by Betty Caughlin, Parish Librarian

**The Lord is My Shepherd, Healing Wisdom of the Twenty-Third Psalm** by Harold S. Kushner, 2003. We find comfort in the verses of this beautiful psalm. In Rabbi Kushner's book we can explore the words and expand our understanding of its everyday wisdom. Look for it in the *Spirituality* section in the second or middle unit of the Parish Library in Bishop Reed Hall.



**Dear Pope Francis**, 2016. In this acclaimed book, Pope Francis answers letters from children around the world. The children's questions could be asked by people of any age. Pope Francis responds with wisdom and compassion, and the book's artwork is beautiful. Look for it in the third unit of the Parish Library in Bishop Reed Hall. This book is also available to download online. Just Google it by name and check it out.

*Ed:* After seeing **Dear Pope Francis**, the Church School children wrote their own letters to our former Diocesan Bishop, Peter Coffin. Ask one of the children to see the book of their letters and Bishop Peter's replies.



For these books and more, browse the Parish Library on the far wall in Bishop Reed Hall. The usual borrowing period is for three weeks. Borrowing instructions are on the guide hanging beside each unit.



### St Mark's Roll Call

**New Parishioners** Tamunobarafiri Amavey

**Deaths**

former parishioners Norma Mellon Ruth Dubrule

## Patricia Hutton



### LATE BLOOMER



On June 8, 2018, St Mark's own Patricia Hutton saw the launch of her first CD – *Late Bloomer* – with a small reception in the church hall. The CD shows the range of her mellow alto voice interpreting the big band songs of Kern & Hammerstein, Gershwin, Porter and Rodgers & Hart, and Patricia dedicated it to “all the women who, having reached a certain age, still believe there is time to do great things”.

Patricia has been singing all her life, including a few years in St Mark's choir, but had never performed as a solo artist, following what she calls a disastrous debut on the piano as a 6-year-old. It took the perseverance and encouragement of one person – Roxanne Goodman – to make her believe in her ability. She began studying voice with Roxanne, known in her work as the ‘confidence booster’, and as Patricia notes on her CD, Roxanne became her “teacher, mentor and friend; she saw that I had a dream and she made it come true”. Patricia also thanked the members of the Sunset Singers, the choir founded by Roxanne that she joined in 2009, for their support and encouragement.

Thank you, Patricia, our late bloomer, for sharing your voice. ML

*Ed: the artwork for the CD cover above, was another side of Patricia's talent ... as a late bloomer!*

### Norma Mellon

On July 18, 2018, the parish lost a friend – former parishioner, chorister and parish secretary, Norma Mellon.



Norma and her family, husband Rob and children Ken and Kate, joined the parish in 1973 and quickly got involved.

Music was a major part of Norma's life, especially singing. She joined our church choir during the Fred Graham and John Phair years. She also sang with the Canadian Centennial Choir, Cantata Singers of Ottawa, the National Arts Centre Opera Chorus and, since 1987, with St Barnabas A & M, directed by former chorister Wesley Warren.

Long-time parishioners will remember Norma, who was parish secretary and office administrator from 1980 to 2004. Her service spanned the incumbencies of four parish priests - David Stalter, Gordon Worden, David Lethbridge and Roger Steinke.

We are grateful for the gifts that Norma shared with us during her tenure at St Mark's. We have her to thank for St Mark's Jubilee Hymn, which she composed in 1999 to commemorate our 50 years as a parish. Rest in peace, dear friend. ML



St Mark's choirs start back in September. The first rehearsals for the Senior choir is September 6, and the Junior choir on September 13.

The Senior Choir will be joining other local choirs for the Carlington Chaplaincy's Choral Festival in November.

The massed choir will sing three pieces together, plus choral presentations by each individual choir.

Stay tuned for more details.

**Carlington Chaplaincy's  
Choral Festival**  
November 4, 2018 – 7:30 pm  
Cityview United Church  
6 Epworth Avenue, Nepean



# Calendar of Events

**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,*

**St Mark's BBQ**  
**Sunday September 23, 2018**  
**12 noon**

## 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  
 10:00 am Study
- Thursdays**  
 9:00 am Slim & Trim - Hall  
 10:00 am Coffee, Company & Conversation  
 6.15 pm Junior Choir  
 7:00 pm Senior Choir
- Fridays**  
 10:30 am Eucharist - Perley Rideau

## Monthly Schedules

- 1st Sunday** 12 noon Prayer Shawl meeting  
**1st Thursday** 7:00 pm Scout Group Committee  
**2nd Wednesday** 7:00 pm Parish Council  
**4th Tuesday** 1:00 pm Mothers' Union

**Inter-generational Sunday**  
**Thanksgiving Sunday**  
**October 7, 2018**

**COFFEE COMPANY & CONVERSATION**

**NEW THIS FALL**  
**SENIORS – COME & JOIN US**

**Every Thursday 10:00 am to 12 noon**  
**September 27 - December 13, 2018**

bring a friend or neighbour and enjoy good company and activity

Spirit of invitation

**invited**

**invited** is a series of short films that seek to explore what it means to engage in genuine Christian invitation. It begins with the conviction that invitation is at the very heart of the Gospel – that Jesus invites each one of us to come and follow him, and being an invitational people is at the very core of our identity as Christian

**fall study**

videos and discussion

**October 3 to November 14, 2018**  
**Wednesdays: 10:00 am – 11:30 am**




**THE VALLEY MEN**

**October 20, 2018**  
**Valley Men Concert 4:00pm**  
**Parish Dinner 6:00pm**

tickets \$30 children 8-18 \$15  
 7 and under free

office: 613-224-7431  
[stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca)  
 by advance ticket only

**St Mark's Fall Bazaar**  
 1606 Fisher Ave. Ottawa  
 Saturday October 27, 2018  
 10:30am – 2:00pm

Baking, Knitting, Sewing, Crafts, Preserves,  
 Café, Books, Attic Treasures, Jewellery,  
 Rummage, Toys, Scarves

information:  
 church office  
 613-224-7431  
[stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca)



Inter-generational Sunday  
**All Saints Sunday**  
 November 4, 2018





**Parish Breakfast**  
 November 11, 2018  
 8:45 am

*a special time of remembrance*



**Seniors' Eucharist & Lunch**  
 a celebration of fellowship

Wednesday November 21, 2018  
 Eucharist: 11:00 am  
 followed by lunch and entertainment




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

**Compilers:**  
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 Rev. Jessica Worden-Bolling

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 613-224-7431

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 It is available in various formats:

- 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](http://www.stmarksottawa.ca/annex/newsviewsindex.html)

**Mark This Word** is also a blog at  
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 This gives you weekly/monthly updates, and allows you to add comments, or even opt for delivery to your inbox.