



Mark This Word

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

Issue number 50

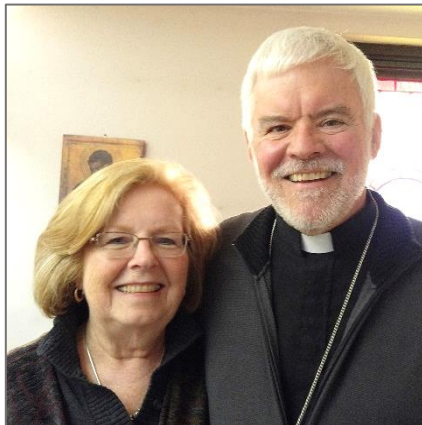
Advent 2018

A beautiful time of expectation

As we draw near to the end of this Church Year and embark on a new one in Advent, we do so without our Rector, Jessica, who is taking doctor mandated time to recover. As she does so we wish her well, hold her and her family in thoughts and prayers always, and look forward to seeing her back with us after Christmas. Until then it is my privilege to be with you for a couple of days a week as your interim priest.



After 48 years in Holy Orders (I was ordained with Jessica's father, Gordon) I have had a number of experiences: as a teaching priest in Malaysian Borneo, a parish priest, as Dean of Ottawa and then as Bishop of Ottawa and of the Canadian Forces. What is the best 'job' that I have ever had? It is whatever I was doing at the time! I



Bishop Peter & Deborah Coffin

am sorry for the circumstances of my appointment but delighted to be with you, and especially during this Holy Season soon upon us. We have a great deal planned, and especially the gift of music, which is one of the many and particular blessings of our parish.

In August I was getting mailings from charities with kitchy 'Holiday Cards'. I wrote to the charity asking what that 'holiday' might be, while nevertheless lauding their good work, which I, like many, might even support without enticements. (Do keep an eye out for the Primate's World Relief and Development material.) As I write, it is not yet Halloween and yet a number of stores have 'Christmas' or whatever stuff out (and yes I am becoming a grumpy old man). But I am so grateful that we have a Church Year established from ancient days. The last Sunday of November will be the Feast of Christ

the King and then we might ask: "Who rules in my life?" And with all the difficult things around us we might recall the words of a hymn: "This is my Father's world, O let me ne'er forget, that though the wrong seems oft so strong God is the ruler yet."

Then we will begin Advent and vest the sanctuary in blue, an ancient royal colour and will restore the season to its non-commercial origins. Advent is a gift and my very favorite season, because it is about hope and expectation, of light in the darkest drear of winter. "The light shines in darkness and the darkness has not overcome it." (John 1:5) It is the season when we prepare once again and anew to welcome Jesus as Emmanuel – God with us and in each and every heart home. (Matthew 1:23) And so, once again, we prepare the room in the inn, and do the spiritual housecleaning personally, and as a Church community, to receive Jesus anew in the joyous encounter of the Christmas mystery of the incarnation.

So, amid the various distractions of life and noise around, let us draw back, breathe in some holy silence, wait with deep expectation and pray the words of a beautiful carol:



*O holy Child of Bethlehem
Descend to us, we pray
Cast out our sin and enter in
Be born to us today
We hear the Christmas angels
The great glad tidings tell
O come to us, abide with us
Our Lord Emmanuel*

Peace and Grace to you all and may you and your home be richly blessed by His presence.

+ Peter





**Thank you all
for your love and prayers**

As most of you are aware, on Friday, September 21, I suffered a heart attack. I was at the Heart Institute for five days and then sent home to rest.



This came as a huge shock to myself and family. It was not the usual heart attack caused by cholesterol or plaque, but a tear in my artery. Known as SCAD, spontaneous coronary artery dissection, it can affect younger women and not much is known about it. While in hospital they found an underlying heart condition called fibroid muscular dysplasia (FMD). This means that there are sections of my arteries that are weaker. This was the main cause of the heart attack. I have started rehabilitation exercise classes at the heart institute twice a week. They also offer many discussion groups on stress management and emotions that have been helpful.

Thank you for holding me up in prayer during this time of healing. Please continue to pray for my husband Vance, my children Liam and Kyle and my mother Leslie, as we navigate this new normal together.

Rev Jessica



**St Mark's Women in Action:
Doreen Matweow, the Bag Lady**

by Penny Miller

Doreen Matweow has been known as St Mark's Bag Lady for many years, collecting whatever is needed for a cause, including bales for the North and baby clothes for Debra-Dynes. This title is the name that she took out west in 1989 and one she has kept since her return to Ottawa and St Mark's.



One of Doreen's Bags:

Doreen has been the person who collects all those stamps that you bring in. After collecting the stamps, they need to be trimmed of all the paper that surrounds them, including any names and addresses. At the moment Doreen is a group of one so if you would like to help with this task, assistance would be gratefully accepted.

Doreen sends the stamps to the Leprosy Mission in Markham ON, where they are sorted again and the remaining paper is soaked off. The stamps have to be perfect, no rips or pieces missing. After being prepared, the stamps are bagged in one pound lots which are sold to stamp

dealers for \$10. The Mission sends the money to third world countries where leprosy continues to be a concern.

**SAVE YOUR
CHRISTMAS
STAMPS!**

This is one of our church's outreach programs. Doreen collects stamps from groups all over the Diocese; many were picked up at the ACW general meeting this year. There is also a weekly donation from a member of the parish who collects them at his workplace.

This year alone Doreen has sent in three full boxes of stamps. She would like to ask that we keep the collection basket in the coat room full of donated stamps and to continue this worthy cause.

Thank you, Doreen, for all your work and effort.



2018: Puddings & Calendars



**ON SALE
NOW**

The past 12 months saw the end of an era with the departure of Jackie Sorfleet, the disbanding of Circle 2, and the big question of what to do about making and selling Christmas puddings and selling church calendars. Not wanting to let anyone down, St Mark's Mothers' Union (MU) volunteered to at least take these projects on for a year. This is the year. With the support of many members of the parish, making, steaming and wrapping puddings, they and the 2019 calendars are available NOW! From MU members or order through the office.



Children and youth in our midst

by Kate Greer-Close, Church School

We are looking forward to Christmas (already!). We will have advent candles for sale (4 blue and 1 white) during coffee hour, to raise funds to support children across the world. Looking through the catalogues from PWRDF, World Vision, etc. and choosing how to help others, is a big highlight of our Christmas season. Thank you for your support.

We also enjoy presenting the Christmas story to you in song and costume! This year's pageant will be on Sunday December 23 during the 10 am service. See you there!



incident between a parent and a customer in a large store. Clearly, life was already handing out tests for their faith!

That was when I shared my favourite Bible verse, Philippians 4:6-7:

Have no anxiety about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which passes all understanding, will keep your heart and mind in Christ Jesus. Notice, I mentioned, that this is not a blanket promise of answered prayer. But hearing those first few words – have no anxiety – is a wonderful way to turn away the thorns and brambles of any difficult situation and gain some perspective. And the last few words give hope that we, as Christians, can count on at every turn.

I also talked about ways to behave in the everyday world that can send small messages of love as Jesus would have us do. Letting another driver into the lane ahead of you in traffic – and waving thanks to someone who offers that favour to you – was one example (maybe not for non-drivers, but that one popped into my head!). Holding a door for someone laden with packages, walking a neighbour's dog...the children came up with some good examples.

My short visit with the church school group was a privilege for me. It gave me an opportunity to see what happens when the kids troop out of the main service every Sunday, and to appreciate the gifts Kate and the other helpers share with our young people. I hope it gave my listeners some food for thought. Perhaps you will be asked in the coming weeks to share your perspectives, too. If so, don't hesitate; you will get as much as you give and maybe more!

Our new server

Parishioners at the 10 am service will have seen a familiar but new face at the Credence table and carrying the cross. Jeremy Close, our Head Junior Chorister, has taken on a new service to the parish – Server for Communion.



Advent Candles:
kits available through
the Church School

A Special Opportunity

by Brenda Zanin

“Why are you a Christian?” It's not a question you hear every day, but when someone asks you, it certainly focuses the mind. Especially when, in my case, the interviewers are seated in a circle around you, listening intently, and they are all under the age of 12.

This was the scenario a couple of Sundays ago when Kate Greer-Close asked me if I'd be willing to talk to the older Sunday school children about what it's like to be a Christian in today's world. She very kindly provided some questions ahead of time so I could prepare myself. It's part of her plan to introduce the older children to the kind of fundamental thoughts they are likely to be considering as they approach their teens.

The easiest answer was to say I was born into a Christian family and raised in the church from infancy. That was my good fortune, but once I left home, like many young people, other influences forced me to think about my upbringing and accepted values, and consider them as options in among a much wider sphere.

I admitted to my little audience that I had lived through times of anguish and doubt, but through prayer, time and patience, had concluded that I would continue to be a Christian, because that upbringing had prepared me to handle whatever challenges I was now facing in the wider world.

“So how does that apply in day to day life?”, the kids wanted to know. “What about people who say one thing but do something else?” was one question. Another related an unpleasant



A very busy Fall:

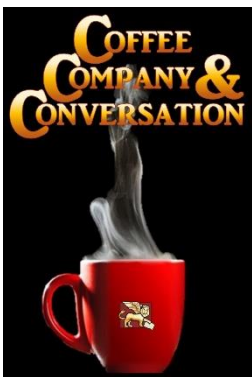
Parish Supper and entertainment by "The Valley Men"

Annual Parish BBQ



Fall Bazaar opened by Bishop Peter and Deborah Coffin

Coffee, Company & Conversation



Our new ministry

by Laurie Slaughter

Our new ministry initiative began on September 27 with 36 enthusiastic seniors in attendance. A folk duo playing guitar and banjo provided entertainment and very generously donated half of the proceeds from their CD sales that day, which came to \$75. They encouraged everyone

to "spread the word" about the coffee drop-in, and people listened -- not only our own St Mark's senior members, but also seniors from the area who have either seen our attractive posters or heard about it by word of mouth. At each of the Thursday mornings over the last eight weeks, between 24 and 36 people have attended, and at least a third of these have been from the surrounding area.

For entertainment, we have had harpists, guitarists and singers, speakers (on grandparenting, age friendly housing, and walkability and pedestrian safety), the demo dog team from the Bytown Dog Obedience Club entertaining with tricks, and two crafts experts on different mornings. Both Julian of Norwich Anglican Church (who provided the



new ministry (cont)

crafts teachers and donated the crafts supplies) and the Council on Aging (which provided the speakers) have become welcome partners in our outreach ministry. We are also grateful to the seniors who helped in the planning for the initiative. Prior to starting in September, fifteen of St Mark's seniors attended a consultation lunch and their input was made part of the final design for the drop-in mornings. At the first gathering, we asked attendees about their interests and ideas and those results also added to the plans.

A very generous parishioner provided \$500 in seed money for refreshments and honoraria for the guests. As well, the money from the folk duo's CD sales and other donations added \$296 to the original gift. We are so gratified to have such support and confidence in this new mission. The outreach activity is clearly filling a need and our visitors are fast becoming "regulars". They tell us that they would like the CCC (Coffee, Company and Conversation) mornings to continue in the winter, so we are hoping to start in late January 2019 with more interesting features, good coffee, tea and homemade goodies. Stay tuned and watch the bulletins.

The working committee consists of Georgia Roberts, Suzanne Bisson, Penny Miller and Laurie Slaughter. In addition, helping to make the mornings happen with set up, food, welcoming and clean up are Wanda Bowman, Judy Life, Donna and Les Cundell, Mark Laramore, Sheila Young and Coralie Sheehan.

If you would like more information or to lend a hand, please contact either Laurie or Georgia, or phone the church office.

Parish Council Nomination Committee 2019

The nominations committee for the 2019 Vestry is now actively seeking volunteers and nominees for several positions, as follows:

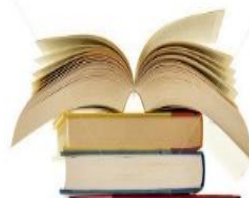
- People's Warden (2 + 1 years)
- Synod Member (2 years)
- Alternate Synod Member (1 year)
- Member at Large (2 years)
- Membership Chair (2 years)
- Outreach Chair (2 years)

We also wish to co-opt 2 people to join the nominations committee. Ideally that would include at least one person from the 8 o'clock congregation.

NEW - Property Coordinator: We are looking at creating this position in 2019.

Please contact us if you are interested in running for Council or helping on the committee.

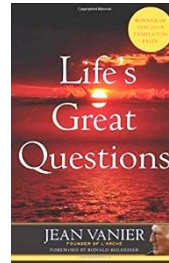
Thank you
Bruce Lodge & Penny Miller



Parish Library

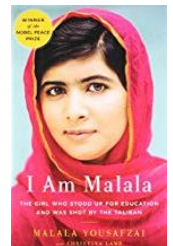
by Betty Caughlin,
Parish Librarian

Here are two new books which I hope will catch your interest. The first is by the well-known author Jean Vanier asking the kind of life questions which seem to surround us in the midst of difficult times. The second is Malala's story about transcending tragedy and finding hope.



Life's Great Questions by Jean Vanier, 2015. This book is about asking questions. It is about engaging our experience ... and daring to ask what it is all about. "Where is God in all this?" p. xiii. Look for this book in the middle section of the Parish Library in Bishop Reed Hall.

I Am Malala by Malala Yousafzai, co-written with Christina Lamb, 2013. This autobiographical book is the author's own story of her fight for girl's education in spite of being shot by the Taliban. It is an incredible story of the power of one person's voice to inspire change. Look for it in the third section of the Parish Library in Bishop Reed Hall.



Dedication of St Mark's - 1983

On November 20, 1983, St Mark's was officially dedicated. Dedication of a parish church can only take place once the parish is debt free. This last push 35 years ago was through the treasurer at that time, Lorne Bowerman, but even Lorne could not do it without the full support of the parishioners.

In November 2018, 35 years later, we might be an aging parish, but we are still quite healthy in body, mind and spirit, and also financially.

Thanks again to St Mark's parishioners.



Lorne holding the burning mortgage




NOVEMBER 11, 1918
11:00 AM – ARMISTICE SIGNED
REMEMBRANCE DAY
SUNDAY, NOVEMBER 11, 2018
100 YEARS LATER –
WE WILL REMEMBER

November Parish Breakfast: Remembering the Sacrifice of Veterans

by Brian Harrison

Our parish breakfast fell on Remembrance Day this year and provided an excellent opportunity to remember all the veterans who sacrificed for our freedoms. First, we watched a video that showed images of Canadian participation in the First and Second World Wars, in the Korean War and the war in Afghanistan.



Secondly, we read aloud the names of veterans, including many who were parishioners at St Mark's. Some parishioners also shared brief stories relating to war. Finally, we watched another video which focused on the famous poems "In Flanders Fields" and "For the Fallen". We owe so much to the brave men and women who have served our country in uniform and it was an honour to remember them at our parish breakfast.

REMEMBRANCE SUNDAY:

the eleventh hour of the eleventh day of the eleventh month, November 11, was a very meaningful day this year, recognizing the 100th anniversary of the signing of the Armistice in 1918. It was the end of the war, supposedly the war to end all wars.

Sadly it was not. Our very own church was founded by returned veterans of another war.

War still goes on.

We pray for peace.



This Remembrance Day, we were asked to ring our bells 100 times. St Mark's church school children did this, with the help of the leaders and youth of the 72nd Ottawa St Mark's Scouts.



The bells tolled 100 times, five seconds apart, and formed the background for the service within the church. The children also saw and heard the fly past over the city.





Synod 2018 Anglican Ministry in a Complex World

St Mark's report to the parish

by Synod Delegates

Cynthia Greer, Jenny Morphey and Georgia Roberts

Opening Eucharist and Bishop's Charge

"Anglican Ministry in a Complex World" was the theme for the 137th Synod of the Diocese of Ottawa, which took place November 1-3, 2018. We, Cynthia Greer, Jenny Morphey, and Georgia Roberts, thank you for the opportunity to attend Synod.

In his Charge to Synod, based on John's gospel, Bishop John Chapman asked us to think of Church and our participation in its mission in new ways. Since developing our roadmap called Embracing God's Future three years ago, our diocese has made much progress. He asked us to thank God that we have been called to do so much.

Keynote Speaker

The Rev Dr Richard LeSueur was the Keynote speaker on both Friday and Saturday mornings. Until recently Dean of St George's College in Jerusalem, he returned to Canada this year. His first address highlighted the partnership between our diocese and the diocese of Jerusalem, and he asked us to pray for justice and peace for all people in the Holy Land.

Doing Ministry was the theme on Saturday. Rev LeSueur touched upon many ideas such as Messy Church, Outpost Ministries, worship at different times and in different places. Both talks by Dr LeSueur are available on the Synod web page.

Outreach Ministries

Community Ministries

Our community ministries are The Well, St Luke's Table, Cornerstone Housing for Women, Centre 454, and the Ottawa Pastoral Counselling Centre (OPC).

Here are some recent changes that we learned about:

OPC is working to ensure people with no funds can receive services from the Centre. As well as in downtown Ottawa, OPC is now offering service in Manotick and Carleton Place.

Unfortunately, due to a drop in funding for Centre 454, they

are closed on weekends. From December to March the Centre has found a means to continue an 'out of the cold' program.

Cornerstone has just opened a new facility on Princeton Avenue with affordable bachelor apartments for 42 women. This is the first step towards the Diocesan goal of 125 units by 2021.

A program that was highlighted last year is a drop-in centre at Trinity Cornwall for homeless people. It now serves 500 people during the year, who come three days a week for breakfast and stay for fellowship.

Refugee Ministry

Don Smith, Joyce Couvrette and others reported that this past year the Diocese of Ottawa has submitted more applications than any other Canadian Anglican diocese.



The Big Give

Since the Big Give started in 2015, it has grown to 155 participating churches in Canada, including St Mark's, each doing its own brand of 'big giving'.



Multifaith Housing Initiative

The Multifaith Housing Initiative (MHI) - think Tulip-athon! - represents the work of 76 faith communities, including Baha'i, Muslim, Jewish, Hindu, Christian and Unitarian, who are working together to address the affordable housing crisis. *cont p8*

see Synod highlights

ottawa.anglican.ca/wp-content/uploads/2018/11/Synod-Highlights-2018.pdf



Synod MFI (cont)

Currently MHI owns 139 units on four properties. Their next project, Veterans' House, is on the former Rockcliffe Air Base, where there will be 40 units for veterans. Next spring when St Mark's unfurls its banner at Tulipathon, remember to support the adults and children from our congregation who do the walk usually in pouring rain for this new project.

PWRDF

A video told us how funds can get to disasters almost immediately through agencies already in the area, through which the PWRDF works.

Finances

Since we are only part way through a three-year cycle, budgets will be on the agenda next year.

Changing the Synod lay member bylaw

A motion was presented to change Bylaw 5.07 that lays out how a parish determines the number of Lay Members of Synod its Vestry can elect. The proposed revision would use average Sunday attendance in the prior calendar year to determine the number of lay members. Problems with this proposal prompted a decision to go back to the drawing board until next Synod.

Please visit the diocesan website for an audio recording of select parts of Synod at ottawa.anglican.ca/synod-2018/. We also hope that some of the wonderful videos that we saw will be made available there.

St Mark's Roll Call		
Baptism	Kira Zacour Alexander Bawden William Bawden	
Parishioners:		
new	Cheryl Robinson & Jessica	
returning	John Brainerd	Aileen Turner
Deaths	Shirley Tokessy	Doreen Craig

Evensong

*Tranquil this home of God,
The wood.
With the peace of evening,
Last of the sun's rays piercing
The day.
Mist soaked and slanting,
They slide through the tree tops,
Carving the stillness, the purple air.*

*From a deep cool greenness,
The trunks
Like pillars of some great
cathedral arise,
And the setting sun splashes
The tops of the pine trees
With a careless golden fire.*

*I stand entranced and awed.
This sight
Exists solely for me.
This silence
So breathless, comes only
at sundown.
Bird songs alone
now enchant the scene.
An anthem
Swelling, rising in cadence, thrilling
The sky
With each wonderful note.
This is their evening hymn
and prayer.*

Joan Zanker - WAFS, 1942-45
(late Joan Knight - 1923-2014)
written at Wittering Air Base, UK



Compilers:
Margaret Lodge
Brenda Zanin
Penny Miller
Rev. Jessica Worden-Bolling

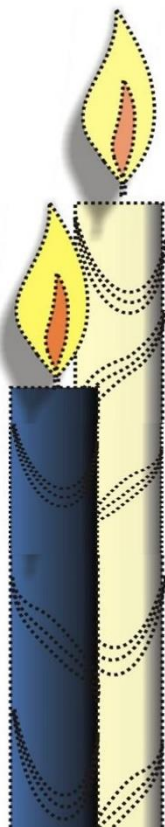
contact us at:
mtw@stmarksottawa.ca
or through the office at
613-224-7431

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

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.



Advent & Christmas 2018



December 2 8:00 am 10:00 am	Advent 1 Holy Eucharist Lessons & Carols for Advent with Eucharist followed by luncheon
December 9 8:00 am 10:00 am	Advent 2 Holy Eucharist Sung Holy Eucharist
December 16 8:00 am 10:00 am	Advent 3 Holy Eucharist Lessons & Carols for Christmas with Eucharist
December 23 8:00 am 10:00 am	Advent 4 Holy Eucharist Sung Holy Eucharist with Church School Pageant
December 24 4:30 pm 8:30 pm 9:00 pm	Christmas Eve Sung Holy Eucharist Carol singing Sung Holy Eucharist
December 25 10:00 am	Christmas Day Christmas Eucharist

Stairwell Carollers

Veni Emmanuel

Friday December 7, 2018
7:30pm

In the rush of the hectic Yuletide season, the Stairwell Carollers bring focus to the true meaning of Christmas, with their beautiful and unique interpretations of traditional Christmas carols in many languages.

The Stairwell Carollers are an *a cappella* Ottawa choir, formed in 1977 by their director Pierre Massie.

The choral group is ranked amongst the best of Ottawa choirs. Their repertoire encompasses sacred and secular songs from all eras. A non-profit organization, they assist in raising funds for local charities through concerts and CD sales.

tickets \$15
available from St Mark's office: 613-224-7431
stmarks@stmarksottawa.ca

plus
CD sales * Silent Auction * Mini-bazaar

Calendar of Events

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

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

St Mark's Advent Giving Tree 2018

Every year the small tree in the corner of the church near St Mark's window becomes our Advent Giving Tree. You are invited to help 'decorate' it with your gifts for those in need in our diocese. Each week of Advent we have a different gift suggestion.

Week 1
November 25
Personal Toiletries
wash cloths, soaps,
toothbrushes, toothpaste,
shampoo, conditioner,
deodorant, combs,
hand/body lotion,
disposable razors

Week 2
December 2
hats, mitts,
knitted or otherwise,
scarves, slippers,
for all ages

Week 3
December 9
socks, underwear,
undershirts,
for all ages and all sizes
men, women,
and children

Week 4
December 16
Operation Come Home
drink boxes, fruit bars,
granola bars, small treats

Gift suggestions on tree: Centre 454, Cornerstone, St Luke's Table, Hope Outreach, The Mission, Nelson House, Operation Come Home.



December

2019

Advent Lessons & Carols with Eucharist
Watching for the Light: a service of scripture and music to prepare for the coming of our Saviour
December 2, 2018 - 10:00am
 followed by lunch

Creche Sunday
January 6, 2019

COFFEE COMPANY & CONVERSATION
NEW THIS FALL SENIORS – COME & JOIN US
December 6 and 13
10:00 am to 12 noon
 bring a friend or neighbour and enjoy good company and activity

Parish Breakfast
January 13, 2019 - 8:45 am
a time of fellowship

nine lessons & carols for Christmas with eucharist
December 16, 2018 - 10:00am

WEEK OF PRAYER FOR CHRISTIAN UNITY 2019 Justice and only justice you shall pursue.
(Deuteronomy 16:18-20)
January 20, 2019 – 4:00 pm
Madonna Della Risurrezione

December 23 Advent 4
 8:00 am Holy Eucharist
 10:00 am Sung Holy Eucharist with Sunday School Pageant

COFFEE COMPANY & CONVERSATION **WINTER SEASON 2019 SENIORS – COME & JOIN US**
 coffee, goodies and featured activities
Thursdays 10:00 am to 12 noon starting again late January 2019
 St Mark the Evangelist Anglican Church
 1606 Fisher Avenue
 A new community venture initiated by St Mark's to welcome seniors in the communities that surround us. Please bring a friend or neighbour and enjoy good company and activity.
 For more information, contact St Mark's at: 613 224-7431

December 23 Advent 4
 8:00 am Holy Eucharist
 10:00 am Sung Holy Eucharist with Sunday School Pageant
December 24 Christmas Eve
 4:30 pm Sung Holy Eucharist - Family Service
 8:30 pm Carol singing
 9:00 pm Sung Holy Eucharist
December 25 Christmas Day
 10:00 am Christmas Eucharist

MTW e-mail delivery

Receive **Mark This Word** - your quarterly newsletter - in full colour by e-mail.

To help save the environment and to cut ever-increasing mailing costs, we are encouraging those with e-mail to sign up to receive their newsletters electronically.

By becoming part of the church e-mail list you will also receive regular information about parish events.

So please join the e-mail list for your next **MTW in COLOUR!**

email the office at stmarks@stmarksottawa.ca

Those without e-mail will continue to receive the paper version, but in black and white.

St Mark's Annual Pancake Supper
Shrove Tuesday – March 5, 2019
 continuous sittings from 5-7pm

ASH Wednesday
 March 6, 2019
 services: 10:00am & 7:00pm
 remember you are dust and to dust you shall return

Parish Breakfast
March 10, 2019
8:45 am
a time of fellowship