

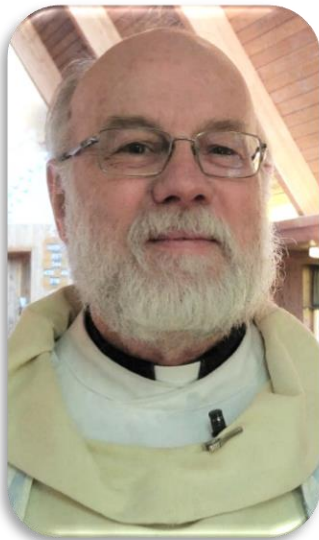


Mark This Word

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

Issue number 52

Summer 2019



Rest and Recreation

*in the sun and the fun ...
you will indeed be
refreshed and renewed*

Summer is finally here, and not a moment too soon. Winter seemed to drag on forever this year, and then it rained! The endless grey days, the endless news of continued scandals, controversies, horrible bombings, flooding, and mass shootings, as well as the endless normal stresses and strains of

life, have left many of us feeling drained and worn down. We are beginning to think of holidays and, wherever we plan to go and whatever we plan to do, we are hoping for refreshment of body, mind, and spirit. We need some sun and fun!

But, of course, we need far more than this. As we know only too well, sun and fun alone can leave us just as exhausted as work (remember the song by Spirit of the West – “*These so called vacations will soon be my death, ...I need home for a rest.*”) and, on top of that, we have paid extra for this holiday! We need real refreshment; we are thirsty and we need to drink. So, as the rains of spring brought new life to our fields and gardens, God has promised to give us living water which will cause new life to spring up in us. “*He who has pity on them will lead them, and by springs of water will guide them.*” (Isaiah 49: 10) “*Jesus stood up and said in a loud voice, 'Whoever is thirsty, come to me and drink!'*” (John 7: 37) Turning to God, the source of living water, makes all the difference in the world as we find that the springs of life, creativity, and joy flow freely. The Psalmist sings, “*Singers and dancers alike shall say, 'All my springs are in you!'*” (Psalm 87: 7) On the other hand Hosea, speaking of those who turn away from God, mourns “*His fountain shall dry up and his spring shall be*

parched!” (Hosea 13: 15) There is a reason why holidays were first holy days.

We talk of our recreation in the summer but we might be better to write it as re-creation, being created again. Created in the first place to be full of life and joy, but burdened and worn down instead by the cares of life over the past year, we need to be made new again. And where better to turn for re-creation than to the one who created us in the first place? Unlike our cars and appliances, our factory warranty is still in full force! Turn first to God this summer. Continue worship, prayer, and praise wherever you are and you will become aware of the presence of God with you in the sun and the fun and you will indeed be refreshed and renewed.

*There is
a reason
why holidays
were first
holy days*

May you live in the light of God this summer, may your joy be full and your life abundant, and may you find true rest and recreation.

+ Rob Davis

Rev Jessica

Thank you for all your prayers of healing for myself, as I recover from my heart attack – it has been a hard winter - and I really appreciate your prayers, and support for my family and father-in-law, Eric Bolling, who passed away in March.

I am now on long term disability for the foreseeable future and will need to focus on regaining my strength, getting good sleep and taking one day at time.

Thank you,
Jessica





A Walk with Martha

by Margaret Lodge

St Martha of Bethany: Who is Martha? Just before Lent, St Mark's Mothers' Union (MU) discussed the story of Martha and Mary when Jesus visited them and their brother Lazarus at their home - Mary chose to sit and listen, while Martha busied herself with serving.

As always, there were different views and interpretations, but MU members, who are meant to wear both the Mary and Martha hat, often wonder what would happen if every Martha in this world decided to sit back and listen, and not look after the crowd. They thought being a Mary is not always a Martha, but being a Martha was also being a Mary!



So, what a wonderful discovery – thank you Penny Miller – to see Martha was finally a winner in Lent 2019! Or so say the followers of *Lent*

Madness, an online offering of the Forward Movement (publishers of the *Forward Day by Day* booklet that can be found in St Mark's link, and purchased for \$1).

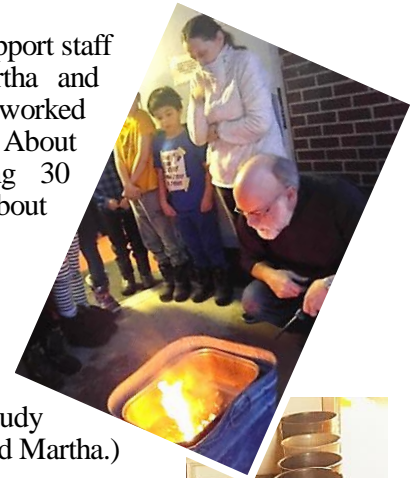
For the past 10 years, subscribers of *Lent Madness* were asked to vote for a saint befitting the honour of the Golden Halo award. This year the winner was Martha of Bethany. She joins previous Golden Halo winners George Herbert, C.S. Lewis, Mary Magdalene, Frances Perkins, Charles Wesley, Francis of Assisi, Dietrich Bonhoeffer, Florence Nightingale and Anna Alexander.

St Mark's Marthas: Do we have a special Martha in our midst? At St Mark's, Martha comes in all shapes, sizes, ages and genders. This award goes to every person who has quietly played their part in the kitchens, halls and gardens of our parish, fixing, setting up and clearing up, preparing and serving, often missing the word of their Lord. And Martha can be found elsewhere in the community, in visiting or pastoral service.

March 5 – Shrove Tuesday Pancake Supper: Lent doesn't start until we have had our last feast – the annual pancake supper. Again, thank you to Kate and Steve



Close and their many support staff (Mrs Martha, Mr Martha and Martha Junior) who worked hard behind the scenes. About 130 attended, including 30 children, and we raised about \$900 for the church.



March 6 – Ash Wednesday:

The start of Lent, prayer and services and a six week Lenten Study led by Fr Rob. (Mary and Martha.)

Ashes to Water: The sacristy roof leaked! This has been a relentless, on-going battle for Paul Greer (Mr Property-Martha-in-action). Solutions are found, then major weather plays its part and leaks come back. The Altar Guild (Mrs and Mr Martha) has quite the obstacle course to run at times.

*Ten black buckets standing in a row,
Ten black buckets standing in a row,
And if one black bucket
should ever spring a leak,
There's still nine black buckets
to catch the overflow.*



March 22: Last year, St Mark's raised over \$5500 to help furnish a room at the new Princeton-Cornerstone shelter for women. In March the donor wall was unveiled. Georgia Roberts was St Mark's representative at the unveiling. Thank you to every Giving Martha.



March 31 – Mothering Sunday: As usual, we celebrated Mothering Sunday on the fourth Sunday in Lent, and the 10 am service included the children, who took an active part in the service.

Mothers' Union provided the Simnel cake during coffee hour and, in honour of mothers everywhere, gave a carnation to the ladies of the parish. Serving Martha.



April 3 – Card Party Lunch: This former annual social/fund-raising event of the 50s and 60s was resurrected by Jackie Sorfleet in 2016 as a church fundraiser. In 2018, Carol Russell and Pat Sinclair took over. This year the social event had 23 tables (92 players). The event raised over \$1000, with \$500 going to St Mark’s and \$500 to Cornerstone. (MU Martha was also working the kitchen.)

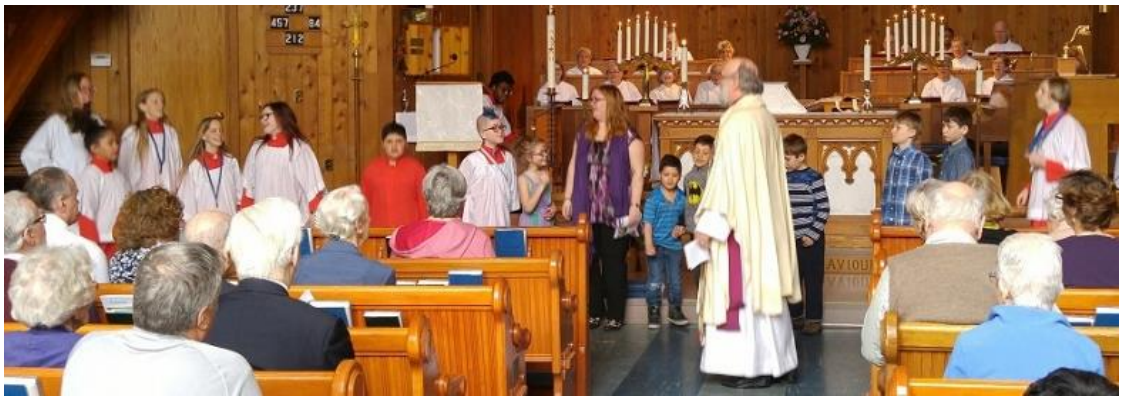
April 7 – Birthday Party Lunch: Greta Robinson wanted to share her 85th birthday celebration with her parish family, as a thank you for the love and support she has felt, so we were all invited to lunch following the 10 am service. (Martha giving back to Martha.)

Holy Week and Easter: Holy Week was full of special services: from Palm Sunday’s entry into Jerusalem, Maundy Thursday’s Last Supper and the overnight prayer vigil, Good Friday’s Passion, Easter Eve’s new fire to Easter Day’s resurrection. Fr Rob also had the Easter Alleluia Jump with the children! (Mary and Martha walking together.)

Farewell Barnetts: Easter Day also included a fond farewell to Audia Barnett and her family, Winston, Marc and Matthew as they return to Jamaica, but with an open invitation for us to visit! Thank you Audia, Marc and Matthew, for your Martha (and Mary) time with us.



New ALLELUIA! Thank you to one of our many Creating Marthas Joy Bowerman and her assistants Penny Miller and Janis Perkin. We now have a new banner for Easter.



April 28 - St Mark’s Patronal Sunday: What a celebration! What started out as our relatively new annual-parish-patronal-service and lunch-excuse-to-have-a-parish-gathering, gradually expanded to include the sacrament of baptism, and the lunch was an opportunity to welcome not only our three newly baptised but also 16 newcomer families. Unfortunately not everyone could attend, but we welcomed them all into our parish family.

We had many a St Mark’s Martha working in the kitchen and hope to find a few new Martha people, too!





Waving their St Mark's flags during the patronal lunch, are newly Baptised and newcomers Daphne, Fr Rob & Cathy, Judy, David & Jackson, Suzanne, Roy & Cheryl, Ben & Jessica, Marion, Efua, Margaret & Joseph, Gwen & Vern, Joseph & Rachel, Amey, Bob & Yvonne Those unable to attend: baby Emily, Luciana, Abraham, Miriam, Jeff, Firi, John, Sealan, Kweka



May 11 – Clean-up day: Snow had finally gone and Winter debris needed to be removed to allow for Spring and new growth.

Spring cleaning St Mark's style - with 15 workers of all ages, priest, parishioners and Pathfinders.

THANK YOU MARTHA for whatever you do for our parish. THANK YOU, a job well done.

"Well done, thou good and faithful servant ... enter into the joy of your Lord."

Stewardship: 2020 Vision

by Bruce Lodge,
Stewardship 2020 Campaign Coordinator

The new financial stewardship campaign will be launched in the fall under the title **2020 Vision**. The format will follow that of the previous 2018 campaign. Its purpose is to provide the parish financial committee with updated information in order to set a budget for the 2020 financial year.

The launch date will be Sunday, September 8, the Sunday after Labour Day. Parishioners will be asked to return their completed pledge forms no later than Sunday, October 13, Thanksgiving weekend. The forms will be reviewed first by Karen Roberts, the envelope secretary, who will be the only person to see individual pledges. Karen will prepare a collated summary of all pledges for use by the financial committee in November and December so that a budget will be ready for presentation at the 2020 Vestry.

Fr Rob reminds us that "Giving opens our hearts and lives so that we are able to receive all the blessing God pours out", as promised in Malachi 3:10.

"Bring the full tithes into the storehouse, and thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down an overflowing blessing!"
(Malachi 3: 10)



Coffee, Company & Conversation

by Laurie Slaughter
on behalf of
Georgia Roberts,
Suzanne Bisson and
Penny Miller

After a very successful pilot launch from September 27 to December 13 last year, Coffee, Company and Conversation resumed on January 31 and will end its spring/summer program on June 27. It will restart in September 2019.

Judging by the numbers of attendees each week, this new community ministry is answering a need. We have welcomed between 22 and 38 visitors, and on average, about one third of the group comes from the wider community. Free will donations have sustained the program and a roster of bakers have provided delicious morning snacks. We thank all the St Mark's people who have helped to bake, set up, clean up and welcome people each Thursday.

We have had music from 'Tartan and Tea' (3 harps and 1 flute), 'Plaid' (guitars, banjo and accordion), 'Cuppa Joe', an *a capella* group singing songs from the 40s to the 80s, a lively folk duo, Chris and Mary, called 'Folkzone' and a recording artist, guitarist Jaime Anderson. Speakers obtained through the Council on Aging, who have been most supportive, have presented on grandparenting; Walkability and Pedestrian Safety; and community services for seniors. We've had a dog demonstration team (Bytown Dog Obedience Club) and origami instruction. Our friends at Julian of Norwich Church have been most encouraging, sending two craftspeople who held workshops. Ruth Latta, one of our regular attendees and a published writer, held a seniors' creative writing session that resulted in original poems by enthusiastic participants (*see page 7*). Other mornings have been casual coffee and conversation times with occasional board and card games taking place.

On May 2, boosting everyone's spirits despite the cold weather, Julianne Lebreche, a Master Gardener of Ontario, shared ideas on how to grow a garden in raised boxes, on patios and balconies. Her presentation on how to garden easily, successfully and safely as an older gardener, was very informative with beautiful photos of flowers and herbs in containers. The questions and feed-back showed how much it was enjoyed.

May 30, Lionel Doonan, ballroom dancer and certified fitness instructor, shared with the group ways of moving to keep fit after a 'certain age', including dancing.

June 6 and 27 will be coffee and conversation mornings while June 13 will feature again Pam Middleton from Julian of Norwich, who will demonstrate how to make an origami

summer journal. June 20 will be our final musical treat of the season with 'Tartan and Tea' for a return performance. Join us in June before we sign off for the summer.

We would like to thank everyone at St Mark's for their encouragement and assistance in the first year of our new community outreach ministry. We'll be back starting on **Thursday, September 26** for a second year of good **Coffee**, enjoyable **Company** and scintillating **Conversation**.



by Pauline Adams

After a long time of discussion (about 4 or 5 years on and off), and recent planning – the new kitchen is in the works. Demolition of the existing cupboards, counters etc. will begin on May 29th, and the whole renovation will be completed by the end of June.

The floor plan of the kitchen remains the same – counters, sinks and island. We are getting a new fridge, small upright freezer and a dishwasher.

The colour scheme will be quite different: light and darker grays for the cupboards and countertops, and a very light colour for the walls. It should be very bright and cheerful!

At last Joan Knight's bequest for the kitchen will be put to good use, as well as other funds which have been so designated by individuals and the ACW-Circle 2. Of course, other donations would also be much appreciated!

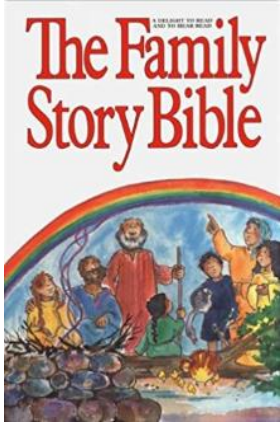
To prepare the way for this work, all the "stuff" in the kitchen must be sorted out and moved into the conference room. Not a simple task, but 'many hands make light work.' Cynthia Greer will be looking for volunteers!

The kitchen committee – Cynthia Greer, Penny Miller, Suzanne Bisson and I have enjoyed working on the planning together, and we thank those of you who made suggestions and gave ideas at the beginning of this process. (The company doing the work is Tyler Raymond Kitchens and Renovations.)



Parish Library

by Betty Caughlin,
Parish Librarian



I've loved **The Family Story Bible** by Ralph Milton, 1996, since it first appeared on book store shelves. It has now become a classic. It gives us a collection of Bible stories for children and families, with more than 500 illustrations, featuring stories about men and women of the Bible.

I met Ralph Milton a few years earlier while attending an event sponsored by Wood Lake Books in Calgary. I've appreciated his unique skills in telling the Christian story ever since. Besides having a copy of his Story Bible, I have recommended it to many and given it as gifts to others including my grandchildren.

Our Parish Library copy can be found in the third shelf unit in Bishop Reed Hall.

Parish Breakfast in March

by Brian Harrison

More than 30 people came to our March parish breakfast to enjoy good food and the company of fellow parishioners. In addition, we were treated to a fascinating and entertaining talk by our Priest-in-Charge, Fr Rob Davis, who shared a good part of his life journey with us.

Fr Rob spent some of his early childhood years in India where he was sent to a boarding school. He was bullied at this school and ran away in order to get back home. When he came to Ottawa at age 12 he found the sports to be much different, as soccer, cricket and field hockey which he played in India, were replaced by football and ice hockey. As a young man he worked at various jobs including a labourer carrying building supplies. He also travelled extensively in Europe and Australia. He was called to the ministry, to the delight of his father, by the nagging thought that this is what he should do. He came to love the Old Testament (the root of Christianity). His ministry brought him to various parishes, including those located in Almonte and Pembroke.

We were delighted to have Fr Rob speak to us and we look forward to getting to know him better during his ministry at St Mark's.

Carleton Heights October 9, 1949: the first Anglican service

Before the parish of St Mark's was formed, and the church built, Anglicans of the new Carleton Heights community worshipped as part of inter-denominational services being held at Carleton Heights school.

1942 The Veterans Land Act (VLA): This program was to re-establish veterans into civilian life after the war, to settle upon the land and become farmers.

1945 Carleton Heights VLA development: Building started on a new housing district of 250 homes south of the Hog's Back Road in the Township of Nepean. It was on 434 acres of land purchased from the Nesbitt and Moffat farms, laid out in half acre lots to allow for large gardens, raising goats and chickens, and keeping bees, with provision made for single-family lots.

1947: Houses were not completed until 1947 because of a shortage of material. The first families moved in.

1948: The new Carleton Heights school opened, and ecumenical services were held every Sunday in the kindergarten room. By November, the Diocese was looking into space for a new parish in the area.

1949: On January 31, 50 people met to form an inter-denominational congregation. Ministers from the Anglican, Baptist, Presbyterian, Salvation Army and United Church took turns officiating at the Services. Rev Robert Shannon (Anglican) led the community congregation on the fourth Sunday of each month.

A house-to-house canvas in early summer found that 44 Anglican families in the new housing area itself, and 12 other families in the surrounding areas, supported an Anglican Church in the community.

The community-based Sunday School had an enrollment of 102 pupils, 41 of which were Anglican, as were five of the 11 teachers.

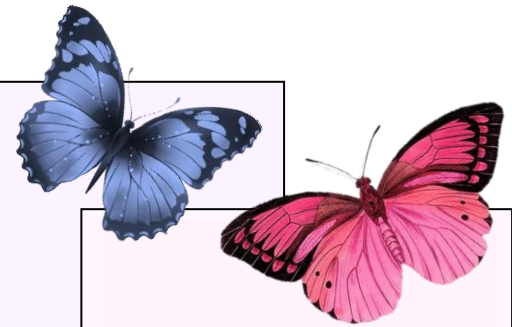
On **October 9, 1949 at 9:00 am** the **first Anglican service**, led by Rev Shannon, was held in Carleton Heights School, with a congregation of 20 people. In Ottawa's Anglican Diocesan history, this service is recorded as the first Anglican service in the Carleton Heights area.

October 2019 marks the 70th anniversary: We are hoping to make the **October 5/6 weekend** a special weekend: **October 5 - Parish Supper** and **October 6 - Eucharist Service**.

information from St Mark's archives and anniversary book "Memories: The First Fifty Years 1949-1999"



Parish Poets ... Mark Their Words



In Praise of Good Smells

by Margaret Williamson

*I know not why I chose to write on "Smells"
Or why that subject even interests me
But, when pressed to list those things that I love best
Good Smells and Scents and Fragrances topped all the rest!*

*Truly, my heart sings whenever I stumble on nice-smelling things
Like freshly-baked bread my husband makes albeit, in a machine it bakes!*

*I love the smell of apple pies, raisin scones, baking
From of any kind of oven that gives goodies and there for the taking!
The aroma of David's Mint-Chocolate Tea,
My Grand-daughters and I drink, is blissful to me.
And, so is the scent of a slow-burning log
Wafting thru' night air whilst walking our dog.*

*Lavender triggers sweet memories of Mom
Dead at 46! I was still young.
I had lavender-sachet'd hankies to remember her by...
She loved the smell of lilacs - and so do I.*

*As a child, I loved the smell of unfinished wood
In my Grandfather's cooper-shop by the sea where it stood,
Barrels empty, stacked high to be filled with salt fish
For Jamaica and places down south for their national dish!
The smell of saltwater spray over Outport round rocks by the sea
Meant everything dear in my childhood, to me
But the waters so frigid turned our young bodies rigid
Made all thoughts of a dip disappear in thin air!*

*Nowadays, I love the woody smell of a cut Christmas tree in our home
Ones not yet 'all dolled-up' for the Party to come.
Likewise, the smell of Murphy's Wood Oil on polished floors
Makes me so smile and confirms it worthwhile to have someone else clean them for me!
I laugh and make happy faces
At Listerine smells in unexpected places –
Like Bella's crate or the Green Bin it graces!*

*The experts say good smells keep you cheerful and happy,
Feed the brain, soothe the mind, make quarrelsome clods even-tempered, less scrappy!
Sweet smells improve breathing and, when running a race
Up the odds, boost chances of finishing at a much higher place.
So they say!*

*Of late, I've come to see these random scents and smells
As "little buds of love" being sent from who-knows-where for me
To pass on, for others to see that good smells are not only nice but perfectly free:
To remind of past times, of present ones too and ones of yet-to-to be!
So, go ahead and take a chance, I dare you! And have a Great Big Sniff or two or even three
Of Happy Smells, of Pleasant Scents and Gentle Fragrances - on Me!*



Beauty in Nature

by Donna Cundell

*Butterflies floating free
Birds soaring from the trees
Foxes hiding in the glen
Bunnies in their cozy den*

*Mountain goats climbing high
Raccoons hunting night is night
Rodents scurrying in the night
Moths flying to the light*

*Oh what beauty nature brings
It is found in everything*

Writers' Group

Ruth Latta (see CCC article page 5) is hoping to start a writers' group in the fall at the Emerald Plaza library.

She needs at least five interested people. Beginners and/or people toying with the idea of putting their thoughts on paper are welcome.

If you would like to write and share your work in a supportive, friendly atmosphere, contact Ruth Latta at ruthlatta1@gmail.com



St Mark's Roll Call

Baptisms

Emily Da silva
David Martinez-Ball
Jackson Martinez-Ball

New Parishioners

Bob & Yvonne Temple
Vern & Gwen MacLean
Marion Steele
Mathai & Rachel Joseph
Joseph Amuah

Moves

Audia Barnett and family

Deaths

Robert Jackson
Alan Hiles Eric Bolling
Elaine Myers John Topelko

St Mark's Little Free Library



opening this summer



Summer Prayer & Praise

Every Tuesday 7:30 pm

Prayer & Praise Choir Room
Prayers for Healing Chapel 3rd Tuesday



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The Parish Newsletter of St Mark the Evangelist, Ottawa
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Compilers:

Margaret Lodge
Brenda Zanin
Penny Miller

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 online 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.

JUNE 2019

kitchen reno

COFFEE COMPANY & CONVERSATION **SPRING SEASON 2019**
 a weekly gathering for seniors in the community
 coffee, goodies and featured activities
SENIORS – COME & JOIN US
Every Thursday 10:00 am to 12 noon

St Mark the Evangelist Anglican Church
 1606 Fisher Avenue, Ottawa
 For more information contact: **St Mark's at 613 224-7431**

St Mark's Picnic
Sunday June 23, 2019
12 noon



CELEBRATE SUMMER
SUNDAY SERVICES
 JUNE 30 - SEPTEMBER 1
9:00 AM



WELCOME BACK
SUNDAY SEPTEMBER 8
 8:00am Holy Eucharist
 10:00am Sung Eucharist
 Church School

