



Mark This Word

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

Issue number 53

Fall 2019



*One may live life as though nothing is a miracle
or as though everything is a miracle.*

Albert Schweitzer

Miracles that surround us

It is a choice we make, and one that makes all the difference in the world. If everything is a miracle then life is filled with wonder and excitement, while if nothing is a miracle then life is simply prosaic and ordinary. Of course, making that choice is not entirely straightforward because it is not as much an intellectual decision as it is a matter of learning to see the world in a particular way. Which is pretty much what following Jesus is all about.

“Repent, for the Kingdom of Heaven is at hand!”
Matthew 4: 17

“Turn around and see!” he said, “The Kingdom of Heaven is close enough to touch!” But we need God's help to learn to see it so that we are able to touch it, to live in it right here and now.

So we come to church, week after week, practising the Kingdom, by God's grace practising seeing and living in the presence of God. So everything that we do in the church, from worship to church suppers, from outreach to Sunday School, from bazaars to the beauty of our buildings, is

meant to show some aspect of God's Kingdom, to show something of the beauty and joy of God's presence so that we learn to see that beauty and joy in the rest of our lives and live in it constantly. What a blessing!

As a part of that, this is also what our Fall celebration of Thanksgiving is about. In the midst of our busy lives we pause for a day, or maybe even a whole weekend, and we look at the goodness of our lives. We look at food and friendship and family. We focus on seeing the peace, beauty, and richness in which we live and which we so often take for granted. And we give thanks. And, since giving thanks implies a recipient of our gratitude, we are also pausing to look at God. Which helps us to become more aware, more sensitive to God acting in our lives and in the world around us. Which helps us to see the miracles.

So, may you enjoy a blessed Fall this year. May you see and know both the miracles that surround you, and the miracle that you are.

+ *Rob Davis*



One year in the life

What a year it has been. Definitely not how I expected it to go.



Last September I was shocked to find myself phoning 911 and asking for assistance as my left arm was in severe pain that was beginning to spread to my chest. I don't think I will ever be able to wrap my head around having a heart attack at 37 years old.

It was a huge wake up call to me to slow down and smell the roses. With my children Liam and Kyle being now 7 and 5 years old, I need to be around a lot longer for them.

I am still challenged with daily fatigue and stamina. I am hoping this next year will bring back some energy and resilience as my body continues to recover.

My time with St Mark's as your Priest has been much shorter than any of us expected. I trust that God will help us both discern our next steps on the journey.

Thank you for your prayers over this past year. It has been a challenging one for my husband Vance and me. With his father Eric Bolling's death in February, we have experienced a whirlwind of emotions and loss. We are hoping for a calmer year going forward. As I am sure you can understand we are taking small steps towards finding our new normal as we grieve Eric's death.

Many thanks and God bless you all.

+ Rev Jessica Worden-Bolling



Guardians of the gardens

by Penny Miller



The gardens of St Mark's have been planted and cared for over many years by some very faithful volunteers. Connie Bowerman and Helen McGill worked as a team until just a few years ago when they retired.



Margaret Blakeney took up the challenge. You will often find her weeding and adding her own individual touch on weekdays and sometimes before and after church services.



Stewardship: 2020 Vision

by Bruce Lodge,
Campaign coordinator

It won't be long now. The next financial stewardship campaign is almost here. It is being run under the title '2020 Vision' to help us focus our sights on the continuing growth and future of the parish. Launch day is September 8th, with parishioners being asked to return pledges no later than Thanksgiving weekend. Correlation of responses by the envelope secretary will then allow the finance committee time to develop a 2020 budget in time for the annual vestry meeting in February 2020.



In the link gardens are two rose bushes with special meaning. The 'AC Navy Lady' rose (2010 centennial dedication to Canadian women who served in the Women's Royal Canadian Naval Service), was donated by Joyce Dunn. The gardens surrounding the stairs and doors to the office are dedicated to Helen's husband George.

The latest addition to the garden is a small statue of St Fiacre the patron saint of gardening, which is hanging on the church wall, and was donated by Laurie Slaughter.

Footnote: Our gardener Margaret B. also thanks the Tree Men, Paul Greer and Russell Wilkins, for all their hard work.





St Mark's and Carleton Heights School

by Margaret Lodge

If you read the last MTW newsletter (page 6), you already know of the special connection between St Mark's parish and Carleton Heights School.

The school opened in 1948, and was 'church' on Sundays for a congregation representing Anglican, Baptist, Presbyterian, Salvation Army and United denominations. Ministers from each group shared these joint services. In early 1949, it was decided that each denomination was ready for its own service, and on October 9, the first full Anglican communion service was held at the school.



St Mark's 70 years

Sunday October 6, 2019

10 am Sung Eucharist 12 noon lunch

a day of celebration for
70 years in the community

October 9, 1949 at 9:00 am the first Anglican service
at Carleton Heights School



Seventy years ago – October 9, 1949

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

A month later the Parish of St Mark the Evangelist and Martyr (yes, we had a very long name then) was made official, and the parish continued worshipping at the school. It was another five years before we had our own physical building – our present church.

As reported in the Dedication Service for the church, February 24, 1955:

The Parish of St Mark the Evangelist and Martyr, began on November 25th, 1949, under the leadership of the Rev Robert Shannon, then Incumbent of Ellwood, when the first vestry meeting was held in the school, and Mr. A.A. Fillman and Mr. J.D. Wright were appointed church wardens. From that time until February, 1955, the Sunday services, Sunday Schools, Parish Meetings, and social activities were held in Carleton Heights Public School. The Parish is indebted to the Ottawa Public School Board, the Headmistress, and the caretakers of the school, for their unfailing cooperation and helpfulness during these five years.

Seventy years later – October 6, 2019

To commemorate the 70th anniversary of this special connection with Carleton Heights School, on October 6 we will have a special Eucharist Service, with the old liturgy and music of the era, followed by a parish lunch at noon. We hope you will be there.

St Mark's Fall BBQ

St Mark's Mothers' Union will be sponsoring the fall BBQ on September 22. Funds from the June picnic and the BBQ will go to the Carleton Heights School kindergarten playground fund.

The school is desperately in need of funds to build play structures for the kindergarten children, who come from both sides of Fisher Avenue, including our outreach community of Debra Dynes.

As noted previously, October 9 marks the 70th anniversary of the first Anglican communion service in what became the parish of St Mark's. It was held at Carleton Heights School.

Hundreds of our parish children have attended that school, and some are there now. It is most appropriate that we, as part of the Carleton Heights community, should give back to the school where our parish roots were first planted.



Whatever we raise will help change the kindergarten playground from this to maybe this





St Mark's Roll Call

New Parishioners	Melba Hurd George & Juanita Hopkins
Marriage	Firi Amavey & Akin Adeniyi
Deaths	Ann Little Beryl Griese




approximately every other week, visitors will enjoy a special feature, either a musical guest/group, speaker or other activity of interest. On the alternate weeks, they will have the opportunity to share in casual conversation over coffee, and sometimes play board and card games as well. The games proved to be very popular last year with the attendees.

The enjoyment and interaction that was evident at last year's mornings has shown that our program is a very vibrant initiative. It was gratifying to see the people who came, who made new friends and talked to people they may not have met otherwise. Not only did it bring in guests who are active and able, but also seniors who were less engaged in the community or who had health problems. It enriched their lives on a weekly basis, but also the lives of those who worked to make it happen. It would not have run as smoothly as it did were it not for a number of St Mark's parishioners who came to help with setting up, taking down, baking, welcoming and generally supporting the core team. Many thanks to all St Mark's CCC team members.

We look forward to seeing you and any neighbours, friends or family that you think might enjoy our Coffee, Company and Conversation. It's going to be a fun year.

Debra Dynes: SOUPALICIOUS 2019

Soupalicious, another way of reaching out into the community, is supported by a number of our parishioners. It is on October 27. Tickets available from Georgia Roberts.



Debra Dynes Family House & Plant a Row & Grow a Row present...

Soupalicious Ottawa 2019
A fundraiser for Debra Dynes Family House

Sunday October 27, 4:30 pm-7:00pm
Carleton Heights Community Centre
1665 Apeldoorn Ave

For tickets:
debradynes.ncf.ca or
Georgia Roberts

Sip, Slurp and Savour
a medley of soups from local restaurants at
SOUPALICIOUS OTTAWA 2019
A fundraiser for Debra Dynes Family House

Sunday October 27, 4:30 pm-7:00pm
Carleton Heights Community Centre
1665 Apeldoorn Ave

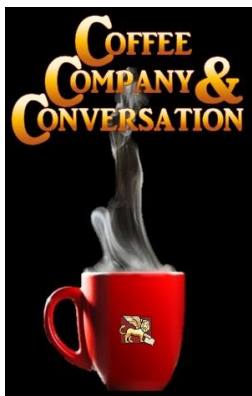
Adults: \$20 in advance · \$25 at the door
Families (2 adults, up to 2 children): \$40 in advance · \$45 at the door
Children (12 and under): \$5

Outreach:

Tulipathon 2019



At the spring Tulipathon for Multi-Faith Housing Initiative, 17 people from St Mark's participated. St Mark's parishioners, walkers and supporters contributed/donated \$1000 to the MFHI event. Thank you everyone who helped.



Coffee, Company & Conversation Returns

by Laurie Slaughter

Following our successful first year of Thursday morning coffee gatherings for community seniors, **Coffee, Company & Conversation's** intrepid and enthusiastic committee of four (Suzanne Bisson, Penny Miller, Georgia Roberts and Laurie Slaughter) will launch our second season on Thursday, September 26 from 10:00 to 12:00. There is a warm welcome for all seniors in the local area and beyond to come and enjoy social interaction over coffee or tea, accompanied by delicious home-made goodies. The baking is done by a wonderful team of St Mark's members who provide muffins, scones, cookies, fruit and cheese. This year,



Parish Breakfast: Help Wanted

by Cynthia Greer
on behalf of Paul, Karen and Bill, Georgia and Brian

The Fall Parish Breakfast will be held on September 15 at 8:45 am. Please sign the sheet in the Link or call the office at 613-224-7431 if you will be attending. This will be the last breakfast that Brian Harrison will be actively involved in. It is being co-organized with Brian by the Greers, Barbers and Georgia Roberts.

For the past few years, Brian Harrison and his faithful workers Jane Delroy, Sheila Pitt and Leanne Harrison have brought four annual breakfasts to us, with special fellowship, food and a wide variety of community guest speakers.

Thank you Brian, Jane, Sheila and Leanne for your faithful service to St Mark's and our parish family.

We are now looking for a group of parishioners who would be willing to share this very popular and meaningful community ministry.

There are four breakfasts annually – January, March, September and November -- that take place between the two morning services.

It would be nice to have one group oversee all four events, but alternatively, smaller groups could take on one breakfast each. We are open to suggestions, and Brian has lots of details on how to provide a breakfast! It involves:

- Finding a speaker (optional) – 10 minutes on community/religious topics
- Phoning – to contact regulars
- Planning and purchasing food
- Setting up tables/chairs - Saturday evening
- Setting out breakfast – Sunday during 8:00 am service
- Serving breakfast
- Cleaning up – Sunday before 10:00 am service

Is there any part of this that you would like to do or where you might like to help? Please contact Cynthia Greer: 613-723-2680.



A brief financial update

by Georgia Roberts, Treasurer

We now have our financial figures for the first seven months of 2019. While it is far too early to make predictions for year end, it is interesting to observe the numbers so far. Here are a few brief comments about them.

At the end of July, our collection income was \$88,244, which is 53 per cent of the \$168,000 budgeted for the full year. While a healthy figure, it is a little less than the January-to-July collection income in each of the past three years and less than what was expected by this time in 2019. However, other income sources, particularly fees from rental of our facilities, were higher than expected, so that total general income was about \$5000 less than budgeted for this time of year. Directed income, which is not budgeted, amounted to just over \$4000.

Most expenditure categories deviated very little from our anticipated spending to this time of year. The one exception was salaries. Because the diocese has reduced our obligation to ECOPS (equalized cost of priestly services), due to Reverend Jessica's leave and Reverend Rob working half-time, our full staffing expenditure until the end of July was about \$28,000 less than what was budgeted.

Over the past few months, the St Mark's kitchen has undergone a major renovation, as detailed elsewhere in this newsletter. The cost of the renovation was covered completely by sources outside our 2019 budget, including bequests from deceased parishioners, funds from ACW groups and retained earnings from previous years.

Another financial update will be provided closer to the year end.

WELCOME BACK TO CHURCH SCHOOL

by Kate Greer-Close

I hope you have all enjoyed a restful summer!

Sunday school will resume on Sunday, September 8 during the 10:00 am service. I look forward to seeing everyone again after the summer break, for more stories, songs and activities.





BEFORE



New Kitchen: Open for business

by Pauline Adams
on behalf of Cynthia Greer,
Penny Miller and Suzanne Bisson

I am sure these are words that everyone will be happy to hear: **the new kitchen is now completed and open for business!!**

It seems to have taken a long time: we began getting quotes in January, but that is a longish process, dependent on other peoples' time. We chose our contractor – Tyler Raymond Kitchens and Renovations – and it turned out to be an excellent choice. Tyler, Chris and their team helped us make decisions, choose good materials, and made helpful suggestions during construction. There have been many discussions, some about seemingly small points – should we have upper and lower cupboards, how big should the drawers be, where shall we keep the teapots, do we really need 300 knives and forks? Is the dishwasher working yet? (It is.)

Our main problem involved the new refrigerator: during the process of changing it from left-opening to right-opening, a mistake was made with the hinges. Because of misinformation and crossed wires it took two months to right this. The fridge is now working and in use by the day camp people.

We four have enjoyed this kitchen journey, and have been pleased to have input from many parishioners, about all kinds of things. So, the kitchen is operational, and we hope it will last and be as well-used as the previous one – what, about 50 years or more? May everyone use it in good health! We plan to have an official opening on September 22nd, the day of the BBQ.

Thank you to our organizers and all those who helped empty, clean out and refill all those cupboards.

Also thanks for the bequests by former parishioners,
• Joan Knight (2014 - \$19,644)
• Flo Clarke (2018 - \$5,000)
who provided the base money for this project, and for the support of past members of Circle 2, who made a special donation when the circle disbanded in 2018 (\$7,602).

The balance of funds will come from 'retained earnings' from 2018.



AFTER





St Mark's Star in Space

by Margaret Lodge

Space is very much in the news these days: the world is remembering the 50th anniversary of the first moon landing; Canadian astronaut David St Jacques returned from 204 days in space, a record for a Canadian; former astronaut Julie Payette as our Governor General. But did you know that St Mark's has its own connection to outer space?



If you Google 'John Chapman Ottawa' you'd come up with our present Bishop, but if you Google 'John Chapman Canada', then up pops pages on John Herbert Chapman – known as the father of the Canadian space program.

John Herbert Chapman (1921 –1979) was a Canadian space researcher. He acquired a PhD in physics from McGill University, and in the 1950s he worked with the Defense Research Telecommunications Establishment (DRTE) at Shirley's Bay. One of the projects he directed was the ground-breaking Canadian satellite called Alouette. Because of his work on Alouette he was promoted to chair a government group to study the upper atmosphere and potential space programs in Canada.

While chairman, he compiled his findings into "The Chapman Report" noting that Canada needed to redirect its space program in order to continue its ongoing research more effectively and efficiently.



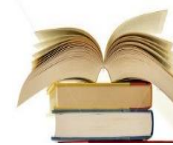
The Canadian Space Agency (CSA) was formed after his death in 1979. One of its major projects since 1974 had been the robotic Canadarm for the NASA space shuttle program. The CSA head-quarters was named John H. Chapman Space Centre in his

honour, and "The Chapman Report" remains an important document in the CSA program.

And the St Mark's connection? The Chapman family moved to Ottawa's Morley Blvd., where John and his wife Marian raised their children, Margaret, Paula, John, Sheila and Ann, and became actively involved in the new parish of St Mark's. In the 1950s John was part of the Church and rectory building committees. He was People's Warden in 1956-57, Rector's Warden in 1958. His wife Marian was Rector's Warden in 1985 and church school superintendent from 1975-78. Their son John (married to the Rev Jan Staniforth) was Rector's Warden in 1988-89, son-in-law Dave Stewart (Paula) was treasurer from 1988-91.

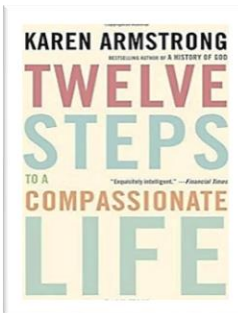
Parish Library

by Betty Caughlin,
Parish Librarian



Twelve Steps to a Compassionate Life

by Karen Armstrong, 2010



This book is a treasure. Karen Armstrong, a well known and respected author of several books on religion, believes that compassion is natural quality in all people. She also believes that we have to work at it. In this book she suggests ways of enhancing our compassionate life and putting it into action. A thoughtful read.

Look for this book in the middle section of the Parish Library in Bishop Reed Hall. Please sign the SIGN OUT card and leave it in the small tray provided. Also please put the card back in the book when you return it.

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 alternate weeks

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 the Evangelist
2020 VISION
 Financial Stewardship Campaign
 September 8 to Thanksgiving Sunday, 2019
"You will be enriched in every way for your great generosity"
 2 Corinthians 9:11

OCTOBER 13
Thanksgiving
 a time of giving thanks
 for all that we have been given



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

 **Sunday October 6, 2019**
 10 am Sung Eucharist 12 noon lunch
 a day of celebration for
 the first Anglican service in Carleton Heights
 70 years in the community

Parish Breakfast
 September 15, 2019
 8:45 am
 good food
 good fellowship



St Mark's Fall Bazaar
 1606 Fisher Ave. Ottawa
 Saturday November 2, 2019
 10:30 am – 2:00 pm
 Baking, Knitting, Sewing, Crafts, Preserves, Café, Books,
 Attic Treasures, Jewellery, Rummage, Toys, Scarves
 Information: 613-224-7431



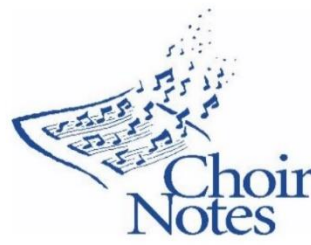
 **New Kitchen**
Grand Opening
September 22, 2019
 12 noon at the Parish BBQ

Parish Breakfast
 November 17 2019
 8:45 am
 a special time of remembrance

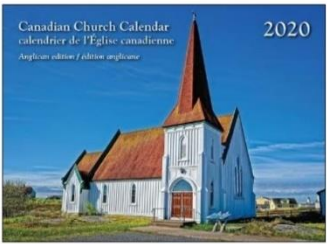


St Mark's BBQ
Sunday September 22, 2019
12 noon




Choir Notes
Junior & Senior
Choirs start
September 12

2020 Anglican
Church Calendars
on sale in October



COFFEE COMPANY & CONVERSATION
FALL 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
 starting September 26
 St Mark the Evangelist Anglican Church
 1606 Fisher Avenue, Ottawa
 For more information contact: St Mark's at 613 224-7431



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

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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.