



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Weekly Newsletter

April 17, 2020

Dear friends,

Welcome to the fifth edition of our weekly newsletter. We expect this newsletter to continue as long as

we cannot meet in person. A limited number of paper copies will be placed at the link doors for people who do not have access to email.

Prayers for the Dormition of the Virgin Mary Greek Orthodox Church

Andreas Andreadis, Chanter at the Greek Orthodox Church, died on Wednesday from complications from Covid-19. He was 38. Fr Alex remains in hospital with Covid-19 but seems to be doing better. Please keep our friends from the Dormition of the Virgin Mary in your prayers.

Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for April 19. It should arrive in your inbox on April 18.

Accompanying the recording will be a file which has the complete service including the readings if you would rather read them. Unfortunately, the sermon will not be transcribed and you will need to listen to the video to hear the sermon. Many, many thanks to Alex Dee who is doing the video production for this endeavour. During last week's marathon of video production, a couple of items were left out of the credits. On the Easter Sunday video, Alex Dee was singing the lower parts of the introit (*Perspice Christicola*) and also played the finger cymbals and bells.

Because of the method of recording different sections at different times and then melding

Roses are red

Violets are blue

When this is all over

I would love to have a cup of java with you

I miss you all so much

My heart has grown small

I have not seen any of your smiles

Since the spring or was it the fall

**GOD BLESS EACH AND EVERY ONE OF YOU
MAY GOD KEEP YOU ALL SAFE**

-Sheila Ferguson

them together, we are able to follow the Anglican Diocese of Ottawa guidelines on Physical Distancing. There are no more than three of us in the church at any one time and we maintain a distance of 2m between us.

Thank you for Holy Week

On behalf of the congregation of St. Mark's Anglican, Ottawa, I want to say thank you to all those involved in providing the virtual Worship Services for Holy Week: The Liturgy of the Palms and the dramatic reading of the Passion of our Lord on Palm Sunday; the stripping of the altar in preparation for a prayer vigil on Maundy Thursday; Friday's solemn memorial of the Passion of our Lord; and Easter Sunday's Morning Prayer in which we celebrated the Resurrection of our Lord. It is difficult to verbalize how meaningful it was and is to participate in these and other Holy Services while "social distancing" in our homes.

Thanks to Fr. Julian for your priestly presence and your words; to Joy for your readings and faithfully sung musical offerings; to Ariane for

the sacred organ music; and to Alex for the time and talent it took to bring it all together electronically (as well as bringing in your voice from time to time). Amazing you did all that with no more than 3 people in the church at the same time.

Thank you from the people of St. Mark's and the friends and family we made it available to. Easter Blessings! -Betty Caughlin

Sewing for Ottawa

During these unusual times, across the country there have been initiatives from organized groups of volunteer sewers to provide protective gear for the frontline workers. We have a group in Ottawa called Sewing for Ottawa which is primarily sewing scrub caps and headbands for the frontline workers in the health care profession. The requirement to wear masks all the time has resulted in what my cousin calls "Raw Ear Syndrome". The scrub caps and headbands which are being produced have buttons which the health care workers use to hook the masks, thereby giving their ears a rest. By April 16, 10 days after the first donation, Sewing for Ottawa had already donated 1592 scrub caps and 2716 headbands. There were still outstanding requests for 826 caps and 1176 headbands. The caps and headbands have been donated to primarily to hospitals and nursing homes. The group is run out of a facebook group but if you are not on facebook and would like to get involved you may email info@ottawahandmade.com. Buttons are constantly needed. Each headband or cap requires 2 buttons and if you look at the numbers, you realize that is a huge number of buttons. The buttons need to be 3/4 - 1" in diameter. If you have buttons to donate you can contact the parish office and the message will be passed along.

Update on Debra Dynes Family House

The need for donations to the Debra Dynes Family House is critical at this time. The

demand for services is very high, particularly for food.

Families in isolation face much greater demands on food than when people are following their regular routines. For families living in poverty it is particularly difficult. The daily stress of keeping food on the table can be overwhelming when most of what little money you have is needed to pay rent. Many of our families now face loss of work or must choose to work in only one place, which is drastically reducing their income

We normally would be asking for food donations. That is not practical in these unique times. We cannot ask people to shop on our behalf and risk increased exposure. It also does not adequately fill gaps that may arise in the food bank.

Please consider a donation to the Debra Dynes Family House at this critical time. Personal cheques to the Debra Dynes Family House (85-955 Debra Ave, Ottawa ON K2C 0J5) or a donation through CanadaHelps <https://www.canadahelps.org/en/dn/13770> would be very much appreciated

We are purchasing on a weekly basis for food bank items. The purchases, because of increased demand, are significant. It is donated dollars that are making this happen.

Thank you
Barbara Carroll E.D.

A message from the Rummage Coordinator

Although we only sell rummage at the Fall Bazaar, we usually collect rummage throughout the year and sort it for the bazaar and donate items to various charities. PLEASE DO NOT DROP OFF DONATIONS UNTIL FURTHER NOTICE. Although spring cleaning seems to have been a popular pastime in the last few weeks, we, along with most charities in the city, are unable to process your donations at this time. If you can, please store your

donations and we will be happy to accept them later.

Sharing Coffee Hour

Joanne Pagani suggested a new section for this newsletter where people who would have been on coffee (or anyone else who would like to share what has been happening with them) could share a photo, a recipe of what they would have made for coffee hour and/or a short hello message from them with a few details of what they've been up to. To give everyone the idea and give it kick-start, Joanne has written a "Coffee Hour" message to her St Mark's family. The editor will not seek out people for this section but would be happy to receive submissions. Perhaps people who have been out of the country and had to come back during lock-down and live out of their freezer, or have had to visit the hospital during the pandemic might like to write of their experiences.

Hello St. Marks Family.

We hope you are all keeping healthy through this period of physical distancing.

Earlier in April, we were scheduled to be on Coffee Hour with Janis and Michael Perkin; a time we all look forward to. What will we bake? Who will we get to chat with? However, with the current situation, we instead watched the service on YouTube from our living room, and then enjoyed a virtual coffee hour over the phone. A big thank you to the team who prepares the services and newsletters each week so that we can all remain connected.

As we aren't able to connect in person during Coffee Hour, I thought we'd share some of what the Pagani's have been doing to keep busy during this time, and some of the positive impacts this new 'normal' has brought us:

- *Creativity*: Painting and art work. We've even run out of canvases to paint on. Bella repainted a wooden jewellery box. Sabrina

Painted a lovely picture with a panda and balloons to hang in her room. Francesco and Bella painted bird houses.

- *Reading*: Lots of reading. I'm missing the coffee hour book table that I can never resist.

- *Nature*: Many walks through the neighbourhood. We've enjoyed the sight of many cardinals, chickadees, bunnies and squirrels. Francesco and I try to get out for a short run every 2nd day; he's getting ready for the football season that we hope begins in late summer. Francesco planted 4 avocado seeds that we watch daily (no, nothing growing yet!).



- *Baking*: all the kids love baking, so we are constantly making something – peanut butter cookies, chocolate chip cookies, Granny's 'never fail' chocolate fudge cake, ciambelle (an Italian ring-shaped cookie, like a hard bagel, for dipping in coffee), and hot cross buns (from the recipes in the newsletter – thank you).

- *Connecting*: Skyping with the Close family, phone calls and texting with others, sending mail the old fashioned way, a drive-by chat with Julie's kids, a virtual bookclub using video conferencing, and a short visit with Mom and Dad (in their yard, maintaining physical distancing).



- *Best of all, I get to see my kids a lot more now.* Yes there are challenges to working/schooling at home, but we are all together and when we take a break from work/school, we get to have breakfast, lunch or a drink together. With no commute time, I can suddenly fit in activities that I didn't have time for previously.



It's certainly been an unusual March/April and a very different Easter weekend! Despite the physical separation, we've done many of the things we enjoy during the Easter season (baking, walks, family movie nights, playing cards and games), and we've found new ways to connect with others.

We are very much looking forward to hosting Coffee Hour again soon. Until then, stay healthy and reach out to others often!

Francesco, Sabrina, Isabella, Joanne, Franco Pagani

Donations to the Church

We are extremely fortunate at St Mark's that there are a number of people who use Pre-Authorized Remittance (PAR). That gives us some source of income during this time that there is no public worship. If you are not on PAR, I would encourage you to continue your donations. Of course, putting a cheque in the mail is always a great option for getting your donation to us. If you wish to make a donation by credit card, you may do so at CanadaHelps.

<https://www.canadahelps.org/en/dn/47820>.

You will have to remember when you go to do your taxes for 2020 where you have put your receipts from CanadaHelps. If you cannot find them, contact CanadaHelps and they will be happy to issue duplicate receipts. All money donated will be put in to the appropriate income category when it comes to us.

Contacting the Church

Contacting the office has actually not changed at all. You may contact the office at 613-224-7431 or stmarks@stmarksottawa.ca. Messages are being monitored and the business of the church is continuing, albeit remotely.

Comments and Suggestions

If you have anything you would like to see in next week's newsletter, please email the church at stmarks@stmarksottawa.ca.