



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 2:46

March 4, 2022

Weekly Newsletter

Dear friends,
Welcome to our weekly newsletter. We are continuing the weekly newsletter for the foreseeable future.

show proof of full vaccination (booster not required). This change was made in mid-December and due to come into effect on December 19. Unfortunately, Omicron shut down the 8 am service before the change could come into effect.

News from the COVID Communiqué (93)

Shout Outs

If you would like some special occasion like an anniversary or birthday acknowledged in the Sunday service, Fr Julian will be more than happy to announce it.

However, it must be into either Father Julian or the office by **Wednesday noon** for it to be included in the service for the following Sunday.

- Bill Barber will celebrate his 84th birthday on Wednesday, March 9th. As well Bill's brother Ed, will celebrate his 75th birthday on the same day.

Livestreaming

The service will be streamed at 10 am on Sunday, February 13. Here are the links for the [service](#) and the [bulletin](#). The link is also available on the home page of our website: <http://www.stmarksottawa.ca>

The stream is automatically recorded so it can be watched later and I will add captions before the middle of the week – all things being equal. The stream is available to watch immediately.

8 am Service resumes this Sunday

Our 8 am service resumes this Sunday. Anyone attending the service is required to



In support of the people of Ukraine, our image this week is of sunflowers, the national flower of Ukraine. The image is a beautiful painting of sunflowers by artist and parishioner Jodie Shourie. More information on the artist on the last page

“As you know, this Sunday, March 6, all parishes on the Ontario side of our diocese have the option of allowing presiders, preachers, readers, and intercessors to remove their masks when speaking. Quebec still requires that masks be worn at all times, except to take communion.

The other changes allowed starting this Sunday are a return to social gatherings

of up to 25 people — without food or drink. Masks must be worn at all times and physical distancing must be maintained.”

A reminder that all people with roles in the service (readers, LAC's servers, choir, etc) now need to show proof of a booster shot before you perform your duties.

Fr Julian's Message from Shrove Tuesday



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Today is Shrove Tuesday! In some places it's known as Pancake Day when people as it were, indulge in eating generously in preparation for the 40 days. And what a difference this year! I'm at church preparing the ashes for Ash Wednesday liturgy. As the fire crackles, I recall 2020 Shrove Tuesday when a handful of youngsters excitedly assisted me in burning the palms from the previous year. Now, I'm all alone without the busyness of the youngsters.

As these palms burn today, a thought came to mind: why not make use of this process of burning, to signify what we would have given up during these 40 days? Hence, on Good Friday 2022, I will invite parishioners to bring a sheet of paper to the liturgy. During the season, please write all the things you would've given up during Lent. It doesn't necessarily have to be a sin. It might be, "sweating the small stuff," indiscipline and anger." During the liturgy those sheets will be destroyed and you may write as many items as you desire. As time progresses, I will share in more detail what will be expected.

As we begin this holy season, I pray that we all will strive to draw nearer to God. I pray that as this fire burns, may we ask the Holy Spirit's wisdom to burn out all those challenges that keep us separated from God and one another.



In-person Services

- The 8 am & 10 am have resumed.
- Pre-register by phone (613-224-7431) or by email (stmarks@stmarksottawa.ca) due to a capacity limit of approximately 50 people.

- Anyone with COVID symptoms should assume that they have the virus and stay home
- Provide proof of double vaccination, if you have not shown it to us before. Booster shots are strongly encouraged.
- Masks must be worn when you enter the building and throughout the service, except when taking communion. Three-layer, medical or N95 masks are encouraged.
- Physical distancing must be maintained at all times, with worshippers seated at least 2 metres apart from each other unless they are members of the same household.
- Come warmly dressed since some windows will be open to improve ventilation.

As we journey these 40 days, I would suggest to you some practical and spiritual elements that we can go through. So often it is said during Lent what are you giving up? But I say to you what are you taking on (...)? I have a few suggestions for you but you may have others. (...)

Are you engaging in physical exertion? Are you walking, are you doing some other things? Spring is right around the corner and it means then that many of us can journey outside. What will you be doing?

During this Lenten season are you going to take on reading a spiritual book and each day read a page or two? During this Lenten season do you hope to listen more instead of talking so much? During this Lenten season are you going to express kindness? (...) What is your kindness level all about? Are you going to take on social media in a new way and spread love instead of mischief?

What are you going to take on for Lent? I suggest you take on repentance to turn away from those things that separate you from God and from one another. During this Lenten season I encourage you to be a more forgiving. (...) I encourage you during this Lent to take on daily prayer.

(...)During this Lenten season my brothers and sisters in Christ I suggest you is more important to take on not to take off. What are you going to take on during this Lenten season?

From Fr Julian's sermon on Ash Wednesday 2022

We anticipate further loosening of our diocesan COVID protocols in the coming weeks. Consult the St Mark's website (www.stmarksottawa.ca) for updates.

PWRDF and Ukraine

PWRDF is supporting Ukrainians forced to flee their homes due to the Russian invasion. The initial grant of \$20,000 issued to an ACT Alliance appeal has been increased to \$50,000. The grants will fund the work of Action by Churches Together (ACT) member Hungarian Interchurch Aid (HIA).

As the war began on February 24, tens of thousands of Ukrainians fled for safety elsewhere in Ukraine or to neighbouring countries. Yelena was one of hundreds of Ukrainians in line at a border crossing into Hungary, waiting with her three children while her husband is on the frontlines. She told ACT, "We heard that the Polish border is completely jammed, so we decided to cross the mountains and try to make it into Hungary. My sister is still on the way, I have no idea where she or my nieces are."

On February 27, HIA set up a 24-hour refugee support point on the Hungarian side of the border at Beregsurány, where the line of refugees trying to cross into Hungary is kilometres long, says an ACT communiqué. HIA is providing hot tea, sandwiches, refreshments, blankets and basic hygiene items for Ukrainians, including many elderly and children who are waiting long hours to cross the border into Hungary.

"We've been standing here at this border checkpoint for more than five hours," says Yelena. "It is cold and my children are freezing. It is amazing to see that people are here to help, and even just talking to you gives us hope for a better future."

This is a rapidly evolving situation, please monitor PWRDF's website and social media to stay up to date on new developments.

How you can help

To make a donation to this response online, click [here](#)

St Mark's Spring Market

As a counterpart to our Fall Bazaar, we will be having a Spring Market in the weeks leading up to Easter. Watch for an exciting series of treats coming your way. We will have all-season card assortments and Easter cards from our extra-ordinary card artist, Janis Perkin. We will also have Simnel Cake, Hot Cross Buns, Mini-Tarts, Eccles cakes, Lemon Loaf, Lemon curd and other beautiful and/or tasty things.

If you have something you would like to contribute or if there is something you would like to see, please contact the office. We are trying to offer a different, more spring-like selection in contrast to the Fall Bazaar. In particular, if there is anyone with a muffin recipe they would like to donate a couple dozen muffins, please let me know. I am thinking about a Sunday (possibly March 20) where there would be several types of muffins available.

ADO 125 Anniversary Lecture Series

On March 13 at 4 pm there will be a lecture by Rev. Dr. Sam Wells entitled "Re-imagining Church"

Sam Wells is one of today's most influential public theologians. He writes, speaks, preaches and broadcasts on a range of pastoral, political and theological issues. Sam has been Vicar of St Martin-in-the-Fields in Trafalgar Square, London, since 2012. He is also Visiting Professor of Christian Ethics at King's College London. He has served as a parish priest for 23 years – 10 of those in urban priority areas; he also spent 7 years in North Carolina, where he was Dean of Duke University Chapel. He has published 40 books.

This free lecture will be hosted on Zoom for those who wish to register and have the opportunity to ask questions.

The lecture will also be livestreamed on YouTube for those who just wish to watch. Sam Wells' remarks will continue to be available on the YouTube channel afterwards.

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You can register for this Zoom session [here](#) or watch on the [ADO YouTube channel](#).

PWRDF Lenten Resource

As PWRDF's Creation Care: Climate Action education focus moves into its second year, now centering on gender, we have invited three women who participated in COP26 to enter into a Lenten conversation.

Our resource begins on the first Sunday in Lent, March 6, 2022 and goes until Easter Eve, April 16, as follows:

Sundays & Mondays – The Rev. Alecia Greenfield (Church of the Holy Cross, Vancouver)

Tuesdays & Wednesdays – Stephanie (Taddy) Stringer (PWRDF Montreal)

Thursdays & Fridays – Karri Munn-Venn (Senior Policy Analyst with Citizens for Public Justice, Ottawa)

Saturdays – Take a Sabbath Rest with a PWRDF story

Each day our writers invite you to read their selected scripture, reflect and pray with them. Subscribe below to receive the daily reflections in your inbox and deepen your connection with PWRDF. Learn more about the resource at pwrdf.org/Lent2022

Josephine Shourie

A native to Bath, in the county of Somerset England. I began my interest in art at an early age. I combined my love of sketching with fashion design when I worked as an assistant to the curator of the Bath Museum of Costume.

I moved to Canada in 1968. Having spent most of my life in the rural areas of Quebec and Ontario, I began my training in oils drawing inspiration from the striking landscapes that surrounded me.

My art education has expanded over several years, through courses and workshops led by artists who excite and challenge my creativity.

My latest medium charcoal powder applied by brushes on paper, has allowed me to recreate with exact detail, the precious moments spent

with my grandchildren as they discover and explore the world around them.

Photo Backgrounds

I continue to look for photo backgrounds for online services and the bulletins. Nature shots in landscape format (wide rather than tall) are best for our purposes. – Joy!

Office Hours

The office is open from 9:30 am to noon on Wednesdays and Fridays.

E-Transfers to the Church

We can accept e-transfers to the main church account. We cannot do autodeposit because of the type of account but you may e-transfer money to stmarks@stmarksottawa.ca. You will be required to give a question. Please either make the answer obvious or email the office and let them know the answer to the question. This option has no cost to the church.

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). If you are not on PAR, we 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>.

Contacting the Church

You may contact the office at 613-224-7431 or stmarks@stmarksottawa.ca. Messages are being monitored.

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