



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 3:2

March 25, 2022

Weekly Newsletter

Dear friends,

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

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.

- Les Cundell celebrates his 76th birthday on March 30th.
- Vaughn Barnum celebrates his 60th birthday on March 30th as well

Livestreaming

The service will be streamed at 10 am on Sunday. 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.

Update on COVID Protocols

There have been significant changes to the protocols since the distancing requirement has been dropped. The right side of the church will maintain distancing for those who feel more comfortable that way. The left side of the church will have the tape removed and distancing is not required. Even though the mask mandate has been removed by the province, **the diocese still requires all activities in the church to be masked.** There is no longer any need to pre-register although proof of double vaccination is still

Holy Week

April 10	Palm/Passion Sunday 8 & 10 am
April 12	Evening Prayer (said) 7 pm
April 13	Tenebrae 7 pm
April 14	Maundy Thursday 7 pm with stripping of the altar followed by overnight vigil
April 15	Good Friday 1 pm
April 17	Easter Sunday 8 & 10 am

required and proof of triple vaccination for readers, LACs and choir.

Bible Study

Bible Study continues this Wednesday, March 30 at 7 pm via Zoom. It will continue the study of the gospel of Luke. Please contact Fr Julian if you are interested in participating.

St Mark's Spring Market

The first items from our spring market will be available Sunday. You can pick up your orders at church on Sunday or make other arrangements with Cynthia Greer. There will be a display of marmalade, cards and the unsold items in the hall. (You can browse while you drink your tea or coffee)

Next week, a number of exciting things are on offer. There will be mini lemon or lemon & blueberry loaves, hot cross buns and a great treat: Eccles cakes! The order form is [here](#).

We have lots more exciting treats coming your way in the weeks ahead, including Mini-Tarts, Cupcakes and Lemon Curd.

with love on

MOTHERING SUNDAY - March 27th, 2022

In the Anglican Church, Mothering Sunday is the 4th Sunday in Lent. Through the years, that Sunday became the one festive day in Lent, including an annual pilgrimage to the Mother Church of the Diocese, the Cathedral. As they processed they sang the ancient psalms of Ascent from the times when Jews processed to the Temple in Jerusalem. As

time went by the Cathedrals were overcrowded, and the festivals were moved to the local Parish churches.

Older children and adults often worked away from home, but on this Sunday they were allowed to go home to their mothers, and families would be reunited. Going home often entailed long walks along paths where they would gather spring flowers. Those in 'service' would also bring fruit and nuts and other food for the family gathering. Flowers and special Simnel cake became part of the celebration.

When Mothers' Union started in England in 1876, Mothering Sunday was revived and encouraged as a family-oriented festival. MU came to Canada in 1888 and Mothering Sunday came with it.

Although Mothering Sunday is not a normal part of the Anglican Church of Canada, many parishes who have a Mothers' Union branch, like St Mark's, still celebrate the 4th Sunday in Lent - Mothering Sunday, which is also when Mothers' Day is celebrated in Britain.

St Mark's present MU branch was started by a group of young mothers in 1983. Its focus is on the family and has continued the tradition of Mothering Sunday by serving Simnel cake, and providing flowers for the children to give to their mothers, and to all the women in the church. (not gathered by the wayside!)

Due to COVID-19, Mothering Sunday was not part of St Mark's in 2020 or 2021. We know that the Simnel cake and flowers were a special part of our coffee hours in the past. So this year, we are offering Simnel cake and a flower, as you leave. Please enjoy a coffee or tea with us before you leave.

Cynthia

St. Mark's Lenten Offerings:

Two suggestions for donations during lent were approved at Vestry. Lenten envelopes are available at church or donations can be made via e-transfers to stmarks@stmarksottawa.ca



The Well is one of five Community Ministries operated by the Anglican Diocese of Ottawa. The Well takes a holistic approach and provides programs to ensure that all women who face homelessness, poverty, physical and mental health issues and addictions have access to effective tools, resources and support services required to build their lives.

The Lytton Fire Response. There have been many challenges for a community that was completely and totally destroyed. Donations support future rebuilding of the community that was destroyed by fire in 2021.

A message from Fr Julian

As the palms burned on Shrove Tuesday, 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.

In-person Services

- 8 am and 10 am services have resumed.
- The right side of the church will be maintained as distanced seating for those who feel more comfortable that way. The left side of the church will have no distancing requirement.
- 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.
- Come warmly dressed since some windows will be open to improve ventilation.

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- All leaders in the service, readers, LACs and choir must show proof of triple vaccination.

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).

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](#)

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.

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

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