



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 3:4

April 8, 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.

- Ariane Dind celebrates her birthday on April 10th
- Kathy Woodard celebrates her 73rd birthday on April 14th, which is Maundy Thursday. She was also born on Maundy Thursday.

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. The stream is available to watch immediately.

Easter Flowers

If you would like to contribute to flowers for Easter, please contact the office at 613-224-7431 or stmarks@stmarksottawa.ca.

Prayer Vigil on Maundy Thursday

Many of the spots for the vigil this year have been filled, however, we are missing people from midnight to 3 am. However, there is no limit to the number of people who can pray at any one time, so if you would like to join in, don't feel confined to those times.

Holy Week

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

Last year, due to the pandemic, participants kept the vigil in their own homes. We are offering a similar arrangement this year, with the option of coming to the church for those who would prefer to do so.

Please contact the organizers to fill in these empty spots: Cynthia Greer at 613-723-2680 greercynthia69@yahoo.com or Brenda Zanin at 613-878-3547 brenda.zanin@gmail.com.

Update on COVID Protocols

There have been changes to the protocols since the distancing requirement has been dropped. *As of this Sunday, the two middle sections of the church and the left side will be open with no distancing restrictions.* The far right pews will still be taped for distancing and comfort. 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 required and proof of triple vaccination for readers, LACs and choir.

St Mark's Spring Market

The last items from our spring market will be available Sunday. You can pick up your orders at church on Sunday or make other

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arrangements with Cynthia Greer. There will be a display of marmalade, cards, jewellery and the unsold items in the hall. (You can browse while you drink your tea or coffee)

Unfortunately, the Eccles cakes are sold out. They are not on the order sheet but if you have already ordered, they will be available for pickup. There are still a limited number of jars of Lemon Curd available this week.

Hot Cross Buns, cupcakes (white & chocolate) and a selection of mini-tarts – French lemon, Maple, Chocolate and Strawberry Jam – all very tasty according to the testers are available. [Here](#) is the order form for this week.

Silent Auction

We have six animal plates from Bradford Exchange as silent auction items. You may bid by contacting the office or bidding in the hall on Sunday. The minimum bid is \$25.



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.

Donations for St Luke's Table

St Luke's table has put a call out for gently used bath towels. If you have any on hand, you can bring them to the church before the end of April and they will be taken down to St Luke's in one load by Joan Hounsell

Cynthia inquired further because she had boxes of mugs for donation and St Luke's replied that they could always use mugs, even gently used socks, shorts, t-shirts, light jackets, jogging pants, ball caps etc. I would suggest that these could also be brought to the church before the end of April and by one means or another, find themselves at St Luke's Table.

Food Security and Debra-Dynes

It's no secret that the past few years have been tough on individuals, families, and communities. This is severely impacting our ability to access and purchase food to meet the unprecedented demand. In 2019, we thought serving 1,000 people at our food bank per month was high. Now, serving the 3,000+ people that we see per month seems impossible. While the need is urgent, all extra funding has dried up and donations are predicted to decline. The CandaHelps annual Giving Report found that overall, "there as been a 12% decrease in Canadians donating to charities and that one-in-four are expecting to give less this year". Our residents certainly are not immune to supply chain issues and the rising cost of food. This leaves our community in an incredibly challenging position. With rental costs in Ottawa swelling, there is simply nothing left over after bills have been paid.

The reality is that the need for food is dire in Ottawa. March was Hunger Food Count month across all food banks in Canada. The results will be documented, analyzed, and then made public in the Fall 2022—too late for a response to assist our families. Our

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perspective has and always will be that food is a human right. No questions asked.

We ask that you consider supporting our food bank in this great time of need. Our current deliveries and donations are just not able to supply the food to those who need it most. We strive to lobby for change and create sustainable solutions, but we do not have the luxury of time. Food security is a bigger issue than any individual can solve, however individual action is required to meet immediate needs of real people and families.

To learn more about food security in our community and city, the Ottawa Coalition of Community Houses interviewed our Executive Director Barbara Carroll for their latest newsletter.

"Essential service delivery belongs in the heart of priority neighbourhoods - where they have been successfully meeting needs for decades. Place-based food banking not only provides sustenance for community members, but also fosters a strong sense of community, built on trusting relationships".

As always, we are so thankful for your support and care for the community!

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 far right side of the church will be maintained as distanced seating for those who feel more comfortable that way. The

left side and middle 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.
- 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 has allocated \$50,000 to HelpAge Canada to support seniors in Ukraine trying to seek safety in Moldova. Help Age International has been working in Moldova since 2000 and is building up its humanitarian presence there now. The country of 2.6 million has already welcomed 250,000 refugees.

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

Office Hours

The office is open from 9:30 am to noon on Wednesdays and Fridays. The office will not be open on April 6.

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.

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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