



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 3:30

**October 14, 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 Evening for it to be included in the service for the following Sunday.

### Pray for the people of St Luke's and St Luke's Table

St Luke's suffered a major fire on Tuesday this week. According to a statement from the bishop (see the [full letter](#)), the fire broke out in the east transept causing major and extensive damage to the sanctuary and nave and widespread water damage in the basement which houses St Luke's Table. No one was injured but the building cannot be used anytime soon.

St Luke's is now meeting in the chapel of All Saint's Westboro and St Luke's Table has joined The Well at St John the Evangelist.

St Luke's was to celebrate their 150<sup>th</sup> anniversary this Sunday and 100 years in the building.

### Live Streaming

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>

### Welcome Luncheon

There will be a luncheon of soup and sandwiches and dessert following the 10 am service on October 16<sup>th</sup>. There is a sign-up sheet in the link to let Cynthia know how



many will be coming and whether you can help. If you are contributing food, please be aware that we now have a life-threatening allergy to peanuts and fava beans in our midst. Please exercise due caution.

### Coffee and Conversation Fall Program



As part of its program on Thursdays at 10:00 am this fall, CCC was fortunate to have Shelley Crowley, a member of St. Mark's, speak at its October 13 morning. Shelley is part of the steering committee for the Canadian Women's Sex Based Rights national organization and a presenter on behalf of its work. For the group of 29 who attended, she outlined the current situation regarding gender identification, particularly as it relates now to children and young adults, both in and out of the school system. She highlighted the position of a number in the medical community and the direction in which school boards are going with respect to this issue. As well, the issue of female gender identification and the disappearance of any female pronouns in some legislatures in Canada was described. It was an "eye opener" for many of the listeners and evoked discussion and

concern afterwards. Shelley is a committed and passionate speaker on behalf of this aspect of evolving Canadian society and the CCC group was very appreciative of her presence and talk at their morning coffee gathering.



Next week, CCC will be a more casual morning with coffee and conversation and then --- on October 27, just before Halloween, it will hold its traditional “Halloween Hijinks”, where those who wish, dress up in costume on that day and prizes are awarded to the best costumes. This entertaining morning has been a highlight in past years. Costumes are not mandatory, just fun. Come and enjoy a not so scary, Happy (pre) Halloween time.

All are welcome- Bring a friend

### **Outreach and Debra Dynes**

Now that the days and nights are getting colder please consider making a donation to DDFH of hats, mitts, scarves, socks and longjohns to help our neighbours who are less fortunate than us stay warm . Cash and cheques are always welcome to enable buying in bulk. The Food Bank is always grateful for donations made. During this ongoing period of food insecurity your generosity is appreciated.

I will make deliveries as items are left in the blue bin.

Thank you,

Joan Hounsell, Outreach

### **Teresa of Ávila**

This Sunday, we will acknowledge the feast day of Teresa of Ávila.

Teresa of Avila was a Spanish nun of the sixteenth century whose visions of Christ and gifts as a spiritual director have placed her among the greatest of all Christian mystics.

She was the only daughter of a minor nobleman and entered the Carmelite convent in her native town of Ávila when she was twenty-one. Over the next two decades she endured many illnesses, one of which left her paralyzed, and also a nagging sense that in her prayers and devotions she was doing nothing more than “treading water.” Then, in answer to her despair, she began to have visions and hear “interior voices.”

Three years later, in obedience to another vision, Teresa left her convent with thirteen other nuns to observe the primitive constitutions of the Carmelite Order in all their strictness.

In the midst of her other concerns Teresa also found time to write a number of books, which reflect her holiness, wisdom, and sense of humour; and through them she has become one of the most widely loved saints in the Church.

The text of both the communion hymn and the anthem this Sunday were written by Teresa of Ávila. The following is one of my favourite prayers:

#### **A Prayer of St. Teresa of Ávila**

Christ has no body but yours, no hands, no feet on earth but yours.

Yours are the eyes with which he looks compassionately on this world.

Yours are the feet with which he walks to do good. Yours are the hands, with which he blesses all the world.

Yours are the hands.

Yours are the feet.

Yours are the eyes.

You are his body.

Christ has no body now but yours, no hands, no feet on earth but yours.

Yours are the eyes with which he looks compassionately on this world.

Christ has no body now on earth but yours. Amen.





### New Sign

Our new sign was installed the end of last week. The bottom space on the sign can be changed easily to highlight special activities and services.

### Visit by Carleton Architecture Students

This week, 67 undergraduate architecture students visited our church. Their professor had attended a previous Sunday service and arranged a visit with Fr. Julian. Bill Barber, who worked in the forest industry was able to provide information to the students on the type of wood beams, etc. used in the construction. St. Mark's was designed by a founding professor of the School of Architecture at Carleton University, James Strutt, and the students were learning about wood construction. A very interesting morning and it was lovely to see our pews filled.



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### **8 am Coffee**

We have started serving coffee after the 8 am service when someone is available to make the coffee. Currently, we have 2 people willing to make coffee. I am looking for volunteers to make coffee (and tea) to be ready to serve 8:45 – 9:00 am for 10 people. - Joy

### **Fall Bazaar 2022**

The Fall Bazaar this year will be a combination of in-person and online. The hall is booked on November 5 for the bazaar. The in-person bazaar will be slightly reduced. **I have had a couple of people volunteer to help but I need more people to work on the day of the bazaar and I need to have some idea of who has materials they are willing to donate.**

Preserving jars are always needed.

Thank you to all who have already dropped off jars and volunteered to help.

-Joy Bowerman, Bazaar Convenor

Fr. Julian visited Doreen Matweow and had a look at the many scarves Doreen knitted for the church bazaar and for the Debra Dynes Family House. Of course, Fr. Julian did not leave empty handed.



### **Office Hours**

The office will be open Monday, Wednesday and Friday from 9:30 to noon.

### **Diocesan Day Program Donations**

The Diocesan Day Programs (St Luke's Table, The Well, and Centre 454) are in dire need of several items: Razors, Socks, Toilet paper, Men's underwear (M, L), Women's underwear (S, M) and crockpots. If you have any of these items to donate, please bring them in to the church (either Friday morning or Sunday morning) and they will be taken to the drop off point.

### **To Mask or Not to Mask**

COVID-19 continues to circulate in Ottawa, and influenza is expected to increase this fall. Masks offer protection from both of these respiratory viruses. The province and the Diocese have removed mask mandates, as have we at St Mark's. While masking has become optional at St Mark's, continued use of a mask at church will reduce exposure. We also offer pews designated for physical distancing in the quarter of the church along the north wall.

### **Changes to COVID restrictions**

The masking requirement was lifted on Sunday, September 18. The following procedures remain in place



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- Masks are still recommended but not required.
- The Peace is status quo until further notice.
- ¼ of the nave will remain with “distancing tape” until further notice.

### 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](mailto: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](mailto: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](mailto:stmarks@stmarksottawa.ca)

### Thanksgiving at the church



We are indeed thankful!