



14St Mark the Evangelist Anglican Church
1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 4:4

April 14, 2023

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.

Shout Outs

- Kathy Woodard celebrates her birthday on April 14th

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>

Guest Celebrant this Sunday

Fr Julian is in the Bahamas to officiate along with his older brother at the funeral of their sister-in-law. Our thoughts are with the Campbell family at this time. Rev. Canon Rhondda MacKay will be with us this Sunday.

St Mark's Day

St Mark's Day will be celebrated next Sunday, April 23. There will be a soup and chili luncheon in the parish hall at noon. If you



*Blessings on their birthdays.
89 and 5 years old*

wish to attend, please sign up on the sheet in the link or contact the office by email or phone at 613-2247028.

Thank you from All Saints, Greely

Thanks so much for the milk bags you collected for us. As we know it takes a community of kind people working together to create change and make a difference and



St Mark's Patronal Day
April 23, 2023

services: 8 am & 10 am
parish lunch: 12 noon
freewill offering

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that is a wonderful thing. To date we have completed and had distributed 76 sleeping mats and 78 sit-upons for our less fortunate neighbours in our local area.

Thanks to your help we are making a difference one bag at a time.

Thank you and many blessings from

Your friends at All Saints Greely Anglican Church

Coffee, Company & Conversation

This coming Thursday, April 20, we look forward to cards, games & the book sharing group. As always, congenial company and coffee, tea and delectable treats will be on offer.

As a rule, if school buses are not running, CCC will also be cancelled.



Tidying the Church Grounds

Russell and Georgia did some storm cleanup at the church and removed broken branches on the trees near the entrance to the lot and the dead branches on the apple trees and the damaged branches on the big pine trees. All the debris is at the curb for the City to pick up. Many thanks to both

Debra-Dynes Outreach

Here's a little snapshot of the reality of food needs at the moment. Feel free to share whatever you find most impactful/relevant!

Pre-COVID, the Debra Dynes Food Bank served approximately 1,500 people per month. In April 2020, that number doubled to 3,000 and has not gone down since. We are now providing food to 3,500 people each month.



As many of you know, Fr Julian is in the Bahamas for the funeral of his sister-in-law. This is picture of Fr Julian with his womb mate, Earl taken on April 13th in Nassau.

Snapshot of February:

On Tuesday Feb 28th, 2023, in the middle of a snowstorm, we served 59 people in a 2 hour period, with food for their families. The following day, 106 individuals were served in a 5hr period with food.

In total, 3,406 individuals received food in February. 1484 of them were children and 90 were 65 years and older.

Key information:

Our food bank is open 5 days a week. Food deliveries received on Tuesday mornings are often depleted by Wednesday afternoon and we struggle to provide meaningful amounts of quality food to people on Thursdays, Fridays, and Mondays. At Debra Dynes we are doing everything we can to partner and provide consistent and adequate amount of food to people in need.

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The constant need for food is overwhelming. We have serious concerns that infant/child/youth nutrition needs are being seriously impacted by rising prices.

At the present time, food bank use is due to the impact of inflation, rising food prices, high rental costs and no affordable housing alternatives.

A recent email highlighted some of the issues in the private rental market. A person receiving ODSP had only \$180.00 left for all other expenses after paying rent each month.

**Note - All government benefits are very low leaving people in constant risk of losing what housing they have and living with daily stress as they cannot meet basic needs and keep up with rising food prices.*

The need goes beyond food and extends into household basics. We received an email saying: "I really need stuff that you don't have in the food bank-shampoo dish soap laundry, hand soap and garbage bags".

**Note - We do have these items but very limited quantities and inconsistent supply. In addition to food items, we rely very heavily on donations for diapers, toilet rolls, toiletries, and hygiene products.*

The reality is quite severe and we really appreciate everything St. Mark's does to help address this. Let me know if you have any questions at all!

Jordyn

Please consider donating to this extremely worthy Outreach Program.

As you have read food, diapers and hygiene products are all in great demand.

No donation is too small.

Thanks, Joan H.

A Prayer in your Pocket

Help yourself to one of these little shawls. They fit nicely into a pocket, purse or even

under your pillow.



To us, they represent the Love of God and the prayers of the people.

When turned sideways they can remind us of the shape of a fish.

IXΘΥΣ

“Jesus Christ, Son of God, Saviour.”

Betty Caughlin

Debra Dynes Family House 29 m · 🌐

It's official! We're hosting our first online auction 🎉

Exactly one month from now, we'll launch amazing prizes for an essential cause - running camps and nutrition programs for children throughout the summer. We'll be posting sneak peeks as we go so you can get excited and prepared to bid on your favourite ... See more

Debra Dynes Family House

ONLINE AUCTION

RAISE A SMILE

Funds raised will:

- * Send 70 children to camp
- * Fund summer nutrition programs (breakfasts, lunches, and snacks) for children in the community

April 22nd - May 3rd

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COVID Update

In his most recent communique, our Bishop announced a revision of the Diocesan COVID restrictions. Parishes can now observe normal liturgical and social practices while following the three main public health recommendations. These are:

- asking people to stay home when sick;- encouraging mask-wearing in indoor spaces; and
- -keeping up-to-date on COVID boosters
- LACs must wear masks while administering

Forward Day by Day

The February to April Forward Day by Day are now available. The cost of them has risen and \$3 would allow us to actually cover the cost of the booklets.

Office Hours

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

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