



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

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May 5, 2023

Weekly Newsletter

Dear friends,

Thank you

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.

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>

Desperately Seeking Sidespersons

We are seeking sidespersons to add to the roster. We are currently on a rotation of 3 groups, ideally at least 4 more people (2 groups) would stretch out the rotation to a more comfortable length. This job involves handing out the bulletins before the service, bringing the offering up to the front and closing the altar rail, monitoring the flow of communicants, opening the altar rail after everyone has communicated, and counting the number of people and communicants and entering those numbers in the vestry book.

If you are interested in becoming a sidesperson, or have been taking a break during COVID and now feel comfortable coming back to it, please contact the office. Although the sides roster has been filled to the end of June, on the job training is available immediately.

for the lovely card and bouquet of flowers which were presented to me at last Sunday's service to mark Administrator's Day. I am honoured. - Joy

Coffee, Company & Conversation

Last week, Card, Games and Creative Writing group were enjoyed. This week come and enjoy congenial company and coffee, tea and delectable treats.

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

Financial Report

At the end of March, our net income is very close to our projected net income. Our collections income is about \$4,000 short of predicted but our Rentals income is \$1,650 over. Expenses have been close to predicted. The rebates for switching to Bell for telephone and internet have come into effect

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and will reduce our costs for these items in the coming months.

Overall, we are where we expected to be and on track for a net income of ~ —\$24,000.

Forward Day by Day

The May to July 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.

Upcoming Inductions

The Rev Matthew Brown will be inducted as Incumbent and the Rev Nicholas Forte as Associate Incumbent for the Area Parish of the Valley at Holy Trinity Pembroke (68A Renfrew St) on Monday, May 8 at 7 pm.

Please keep this Outreach in mind when you make a donation in the blue bin.

Thank you,

Joan H .
Outreach

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.

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.

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

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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.

COVID Update

In his most recent communique, our Bishop announced a revision of the Diocesan COVID restrictions. Parishes can now observe normal social and liturgical practices, with one exception, 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.

The one liturgical exception to normal practices is that LAC's must wear masks when administering communion.

An easy tool for determining whether you are eligible for a new COVID booster, and how to book one, is found at

<https://www.ontario.ca/booster-recommendation/>

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