



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

Volume 4:40

December 22, 2023

Weekly Newsletter

Dear friends,

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

news items or announcements for the newsletter to stmarks@stmarksottawa.ca

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.

- Betty Caughlin celebrated her 84th birthday on December 8th



Live Streaming

There are several services that will be streamed this week. The links are also available on the home page of our website.

Dec 24 10 am Lessons & Carols [Service Bulletin](#)

Dec 24 7 pm Christmas Eve [Service Bulletin](#)

Dec 25 10 am Christmas Day [Service Bulletin](#)

2024 Envelopes

The offering envelopes for 2024 are now available for pick up. If you would like envelopes and don't see any for you, please contact the office.



Advent Giving Tree

We were overwhelmed by your generosity and caring in filling the base of the tree each Sunday in Advent. On Monday we took 3 car loads of clothing and toiletries to Belong Ottawa, (the Well, St Luke's Table, and Centre 454), and to the Mission, and then on to Operation Come Home with juice drinks and granola bars. Thank you for your support for Mothers' Union group, so that we in turn can pass on your kindness and concern for the less fortunate, of whom there are many.

A Blessed Christmas to everyone. – Cynthia



St Dymphna

In last week's sermon, Fr Julian talked about letting go of overthinking. At 8 am, he also mentioned that there is saint in the Orthodox

and Roman Catholic calendars who is the patron saint of overthinking and anxiety. St Dymphna is, in fact, the patron saint of all nervous and mental afflictions.

St Dymphna was born in the seventh century in Ireland to a pagan father and a devout Christian mother. At fourteen, she consecrated her life to Christ and took a vow of chastity. Soon afterward, her mother died and her father was grief-stricken and became mentally unstable. He conceived a plan to marry his daughter. When his daughter fled to (current day) Belgium to escape, he followed her there and killed her when she was fifteen. She was canonized in 620. Her feast day is May 15.

Coffee, Company & Conversation

The last Thursday morning at CCC on the 21st was a very warm and happy one with Christmas singing led and accompanied by Joy Bowerman on the piano. Joy brought song sheets for each person and all the traditional Christmas carols and songs were sung. Over 35 people enjoyed beautiful Christmas cookies, cheeses, and other special goodies with their coffee, tea and mulled cider in beautiful German Christmas mugs. The tables were decorated in festive fashion and added to the spirit of the gathering.



Thanks were given to all the St. Mark's people who contribute so much to making this morning program a unique experience for so many over the year. Much appreciation is well deserved by our team members, our bakers, welcomers, publicists, and so many others. At this Blessed time of year, it is a blessing to have such camaraderie and commitment. Thanks again to Joy for such a wonderful morning of music.

Join us at Coffee, Company and Conversation in 2024 beginning on January 11 at 10:00 am.

Outreach

My thanks to all who have been so generous over the past year with donations to DDFH

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of cash, food, clothes, school supplies and household items . Your generosity is greatly appreciated.

I would like to encourage donations in December of cash and cheques. Each dollar given enables DDFB to buy food and household supplies in bulk. This has been a difficult year for all Food Banks as the demand exceeds the supply. Let us help as much as we are able.

I will be at St Mark's every Sunday in December to accept your monetary donations. If I'm not at church at a convenient time please leave your envelope with the office staff. (If you are not able to get to church I can come to you. Feel free to reach out at 613 262 4108)

Thank you for your continued support throughout the year.

Joan

Forward Day by Day

Prepare yourself for Advent with daily devotions from Forward Day By Day. Readings from the daily office are provided, as well as suggestions for your Christian journey. The newest edition is now available, covering November, December and January. The cost is \$3 per copy.

Looking for Volunteers for Church School

We are looking to start a church school program, possibly every second week to start but desperately need volunteers to make this dream a reality. Please contact Janis Perkin or the office if you can help in this capacity. Janis_perkin@rogers.com

Office Hours

The office will be open Monday and Friday mornings from 9:30 am to noon and Wednesday morning from 9:30 am to 11:30 am. Please call ahead to make sure someone is there.

COVID Status

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/>

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. Email is faster.

Comments and Suggestions

If you have anything you would like to see in next week's newsletter, please email the

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church at stmarks@stmarksottawa.ca