



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:1

Weekly Newsletter

March 22, 2024

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 with the word newsletter in the subject line.

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.

Restrospective

Four years ago today, our first video service was up on YouTube. Our first electronic newsletter came out on March 19, 2020. It was a enormous change in our life as a parish and has changed what we now consider "normal". I include this little piece from the first newsletter.



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.

Tuesday of Holy Week [Service Bulletin](#)

Holy Week & Easter

March 24 Sunday of the Passion with Liturgy of the Palms

8 am Holy Eucharist

10 am Sung Eucharist

March 26 Tuesday in Holy Week

7 pm Evening Prayer

March 27 Wednesday in Holy Week

7 pm Tenebrae

March 28 Maundy Thursday

7 pm Sung Eucharist

March 29 Good Friday

1 pm Celebration of the Lord's Passion

March 31 Sunday of the Resurrection

8 am Holy Eucharist with blessing of the Paschal candle

10 am Sung Eucharist

Wednesday of Holy Week [Service Bulletin](#)

Maundy Thursday [Service Bulletin](#)

Good Friday [Service Bulletin](#)

Spend an hour in prayer

In earlier years at St Mark's, at the end of the Maundy Thursday service the elements of bread and wine were carried in a solemn procession from the main church into the Peace Chapel where they remained until the Good Friday service the following day. For much of the time, those elements were faithfully attended by parishioners who signed up to stay in the chapel an hour at a time through the night. The practice echoed the hours in the Garden of Gethsemane when Jesus prayed for strength to face his death, after asking his disciples to wait with him. "Could you not watch with me one hour?" he asked when he found them asleep (Matt.26:40).

As one who participated in this yearly vigil, I can say the experience was profound; sitting in silence in the darkened chapel with one candle flickering, praying, singing hymns quietly, listening and thinking about Jesus and what He did for us. It always seemed too soon

when I heard the sound of the next person arriving to take my place.

The pandemic changed all that, but the vigil has continued in an altered format. For health reasons at first, and now also for security reasons, it seems better for us to spend our time in prayer at home instead of in the Peace Chapel. We have tried to cover all the hours through the night by asking participants to sign up for their chosen hour on the poster in the Link. The continuity of prayer throughout the night is a desirable sacrifice that St Mark's could offer as part of our Lenten observance. Please consider being part of this activity. You will find the poster in the Link with spaces for each hour from 9 pm to 7 am.

Easter Flowers

If you would like place flowers on the altar in thanksgiving or in memory of loved ones for our Easter celebration, please contact the office.

Easter Communion

Easter will be with us soon. If you are unable to attend church, but would like to make your Easter Communion, please let the office know so that either Father Julian, or a member of the pastoral care team could visit you, and offer you Communion.

Spring Market

This is the last week of the spring market, with some great tasty treats. There are hot cross buns, mini tarts in lemon, maple and strawberry, chocolate and cream Easter eggs, meringue nests, lemon curd, lime curd & marmalade. Janis' fabulous cards will also be available after the service as well as kitchen towels. Click [HERE](#) for the last order form.

Coffee, Company & Conversation

Next week, March 28, the guest at CCC will be Julianne Labreche, the President of the Ottawa Horticultural Society. She will be speaking on Eco Gardening and the role of Bees in our environment. It promises to be an interesting and informative morning.



This week was a morning of cards and games along with coffee, conversation and tasty snacks to celebrate the change in season.

A reminder that if school buses have been cancelled due to inclement weather, CCC will also be cancelled.

Stewardship

This week we enter the last portion of Lent. This Sunday sees us welcome Jesus as a king and end with the crucifixion. This has been quite the 40 days. The beginning of Lent we took time on Ash Wednesday to reflect on what we would be doing during Lent. Was it giving up that second cup of coffee, chocolate or less time on social media? Or perhaps it was taking on new things, reading scripture, singing, contemplation or just quiet time of reflection and prayer. Whatever we did or did not do we did it with a focus on our journey through Lent.

For myself, reading and studying my daily reflections and contemplation took on an expanded role as I faithfully followed Lent Madness. Lent Madness was a like watching the playoffs but instead of teams we had a group of 32 Saints and famous religious people. Each day during Lent we learned about their lives, their contributions and yes

even the kitschy merchandise that was associated with them. Each one had great things to recommend them, each story a reflection of how they responded to God's love and generosity. Lives of sacrifice, lives of dedication and lives well lived in the presence of God.

What came to me was how each person was inspired to give of themselves, in some cases their lives. for their belief in God. I asked myself what else can I do? Volunteer more, pray more, get involved more or just give more of everything. I guess for me it was a little bit of all these things.



I encourage you to take some time to reflect on your Lenten journey. Have you been inspired by your Lenten practice. Did you feel closer to God in anything that you did or did not do? Have you thought about what you can do to support God's generosity here on earth. Can you help just a little more?

At our annual vestry we voted that our Lenten offerings would include Beyond Ottawa, a program designed to provide safe spaces that connect people and create community. It offers programs addressing basic needs and fostering dignity, wellness and hope for all. The second is the Diocese of Jerusalem, we all have read and seen the devastation in Gaza which falls within the diocese and the need to provide immediate aid and funds to rebuild infrastructure. And we cannot forget the work of the PWRDF and of our own St. Mark's outreach.

As we approach the ultimate sacrifice that God gave us through his Son Jesus Christ let us pause and consider if we can be generous just a little bit more.

Michael Perkin
Stewardship

Guidelines for a Harmonious and Respectful Environment

These Guidelines are based on the Anglican Diocese of Ottawa's Workplace Violence and Harassment Policy as approved May 2021 and are in compliance with the Occupational Health and Safety Act.

For the purpose of the policy, workplace violence and harassment can occur anywhere where church business and related activities occur. This includes in the church or on church property, at church related social functions, on social media, emails, telephone conversations related to church business and outside church property in the course of church business.

We need to recognize that some situations are not considered harassment including venting feelings of minor discontent, disagreements or interpersonal conflicts, and foolish words where the harm is fleeting. If you disagree with someone, stick to the topic under discussion without casting aspersions on the person's character

Emails facilitate communication at the speed of light. It is therefore important to note that emails are a permanent and public record and senders must be comfortable with the contents of the email. When sending emails, be aware that an inappropriate tone can damage professional relationships and may result in misinterpretation of your message. Ask yourself if your email adheres to the guidelines for a harmonious and respectful environment. If it does not, then do not send it.

GUIDELINES

1. Treat others with kindness and respect in a manner free of derogatory or degrading remarks or gestures.

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2. Be aware that non-verbal communication such as body language can be intimidating
3. Do not engage in sexist, racist, ethnic, gender, ageist, and other jokes that may cause embarrassment
3. Empathize with others and recognize their contributions
4. Be courteous and listen to what others are saying
5. Treat everyone fairly and equitably
6. Apologize willingly and sincerely to people you may have offended
7. Recognize and value diversity in the workplace
8. Remember that everyone's opinion is important
9. Communicate positively and practice collaborative working relationships
10. Engage in politeness and professionalism Be aware that non-verbal communication such as body language can be intimidating

Lenten Outreach

Our Lenten Outreach projects this year are Belong Ottawa and the Diocese of Jerusalem. Look on Sunday for a brochure from Belong Ottawa detailing their work. Click [HERE](#) to see the brochure.

Spring Outreach

St Mark's Outreach Spring Campaign is focused on the nutritional health of the children living in the Debra Dynes community. The Family House is currently making lunches for 50+ children a day and giving out supper to 25 children. Some nourishing suggestions that I received from Barbara are :

- Apple sauce and puddings in individual sizes
- Granola bars, prepackaged cookies e.g. bear paws
- No Name cheese packets with crackers, pretzels or breadsticks
- Loblaws and Costco gift cards used to buy fresh fruit and vegetables, buns, bagels, cream cheese and cold cuts.
- Brown lunch bags and plastic sandwich bags (not fold-over.)

“Lack of food and money to purchase food has left our families in a very bad place. What we are seeing is quite awful as they struggle with high food prices and rents.” - Barbara Carroll, Executive Director of Debra Dynes Family House

Let us do what we can to help the children in the Debra Dynes community.

Joan, Outreach.

Volunteers for Kiwanis Music Festival

Hello friends,

We are now five weeks until the start of the 2024 edition of our Festival – so much is happening!

As happened last year, we are short many front-of-house volunteers! These are the all-important greeters who guide guests and performers to the proper location in each venue. **WE CAN NOT HOLD A FESTIVAL WITHOUT THESE VOLUNTEERS!!**

We have many openings as follows:

- Junior/Intermediate Strings (St Aidan's Anglican Church, April 2-7)
 - Choirs (St Thomas the Apostle Anglican Church, April 7-10)
 - Brass (St Aidan's Anglican Church, April 9)
 - Bands (Ridgemont High School, April 8 – 13) – we will sell tickets at these spots so cash handling is a must
 - **Junior Piano (St Mark's Anglican Church, April 8 – 14)**
 - Popular Voice (Arts Court Theatre, April 11)
 - Piano Concertos (Ottawa Pianos, April 14)
 - the afternoon of Woodwinds (St Aidan's Anglican Church April 16)
 - Orchestras (Lisgar Collegiate, April 17-18) – we will sell tickets at these spots so cash handling is a must
 - Guitar (St Aidan's Anglican Church, April 20).
- These openings range from morning, afternoon, evening, and weekend – if you can help out, please contact Wenying

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(wenyingyu@hotmail.com) to find out what's available.

Again – we can NOT hold a live event without all of our front-of-house spots filled. You will hear some amazing music and support our students in their journey. It's also a great way to earn volunteer hours for senior high school students. Tell all your friends!

New Directory

I am thinking now that it will be after Easter. Thank you to everyone who has sent me updates and let me know they want a copy of the directory. You are eligible to receive a copy of the directory if you have given permission for your name to be included in the directory. Please be patient. Things keep cropping up.

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.

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 church at stmarks@stmarksottawa.ca