



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:2

Weekly Newsletter

March 29, 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.

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.

Coffee, Company & Conversation



On Thursday, March 28, Coffee, Company and Conversation was "buzzing" with a presentation by Julianne Labreche on bees and our environment. Julianne is President of the Ottawa Horticultural Society and a master gardener and naturalist. She is certified in the Canadian Wildlife Federation and a two-time winner of the Ontario Service Medal for volunteer work in these fields. Her talk was accompanied by beautiful slides of bees and gardens. As she told the group, bees are an

integral part of our eco system and are fascinating in their work and lives. Her passion and knowledge was inspiring. Both our regional environment and personal garden spaces are complex due to the interactive activity amongst plants and pollinators. It falls upon all to encourage the protection of this natural habitat that makes up the world. We inherited these spaces from the original inhabitants of this part of the world, and it is a responsibility to protect and "grow" this environment. As Julianne says, she likes to garden "on the wild side" with native plants, bees and other pollinators such as birds producing a world of beauty around us.

To honour Spring and Easter, beautiful morning snacks were provided by CCC's bakers, and spring decorations brightened the tables. Many thanks to Joy for all the audio-visual arrangements and set up.

Next week our first Spring Season guest is Mark Van Dusen of the Van Dusen broadcasting family. He will be sharing stories on moving to the country as a "gentleman farmer" and humorous experiences raising chickens. His book "How to Stitch a Chicken" will be available.

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

Guidelines for a Harmonious and Respectful Environment

These Guidelines are based on the Anglican Diocese of Ottawa's Workplace Violence and

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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 anyplace 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.
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

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.

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

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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