



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:4

**April 12, 2024**

## 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](mailto: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.

- Kathy Woodard celebrates her 75<sup>th</sup> birthday on April 14

### 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.

### St Mark's 75<sup>th</sup> Anniversary – 1949 - 2024

Join us for the kick-off on Sunday, April 21. A light lunch and a birthday cake will be served after the 10:00 am service.



There will be historical material and a presentation of the architecture of the church. In 1954, Jim Strutt presented his architectural



plans and the sod-turning and construction began in June 1954. Prior to that time, the parish of St. Mark the Evangelist, which was formed in the fall of 1949, held its services at Carleton Heights school.

### Coffee, Company & Conversation

On the April 11 at CCC, the special guest was Mark Van Dusen, former journalist and broadcaster. Fortunately, he was able to come this week after last week's gathering was cancelled due to the inclement weather. Mark is from the well-known Van Dusen family. All seven siblings are, or have been, in the journalistic field as was their father, Tom Van Dusen. Their mother is a well-known painter/artist in the region and at 98, is still painting. He comes from a very talented family, known as "Canada's largest media family".



Mark, shared stories about his life and career path, from copy boy at the Canadian Press, to

**April 12, 2024**

newspaper work, broadcasting stints at CTV and CBC, and finally government work as a media relations manager. As a reporter with the Ottawa Citizen, he covered the "crime beat" and other community stories. His stories about work as a newspaper reporter were fascinating. He started in journalism with the Cornwall Standard Freeholder, and has fond memories of that early start in a smaller town. Mark's love of the region called the Ottawa Valley on both sides of the River, came through in all his tales.



As well, he told of his and his wife's experience in purchasing an old farmhouse with 50 acres in Russell, and of their adventures with their two daughters. A variety of farm and other animals came into their lives and added to the humour that can be part of rural living. His journalistic skills led to

a book on life as country people, especially with chickens, one of which he saved when it was injured, by stitching it's wound up, hence the title of the book, "How to Stitch a Chicken". It was a delight to hear him recount his times in broadcasting and journalism, as well as his "other life" as a "gentleman farmer".

\*\*\* Next week, on the April 18, the activity will be Bridge, Games or Coffee Klatsch, which is switched from the 25th, in order that "Show and Share" can be on April 25. This is to allow attendees time to think about what to Share, and to find or prepare what they would like to Show to the group. A list of possible talents, interests, hobbies, other activities has been handed out as a guide for deciding what to share about oneself. Thursday, April 25 at CCC should be a fun morning.

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

### **Wanted: Used Jewellery**

Jenny Morphew is looking for used jewellery (even broken) for a fund-raiser in support of "Grannies in Africa", a project of the Stephen Lewis foundation. Please contact Jenny directly if you have anything to donate. [jmorphew@rogers.com](mailto:jmorphew@rogers.com) or 613-225-6301

### **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.

### **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 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

### **New Directory**

I am thinking that it will be after the 15<sup>th</sup> of the month when the Membership chair has returned. 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.

**April 12, 2024**

### **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](mailto: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](mailto: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](mailto:stmarks@stmarksottawa.ca)