



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:9

May 17, 2024

## Weekly Newsletter

Dear friends,

Joseph Amuah : [Joseph@stmarksottawa.ca](mailto:Joseph@stmarksottawa.ca)

John Hancock : [John@stmarksottawa.ca](mailto:John@stmarksottawa.ca)

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.

### 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.

### Directories Available

At long last, the directories are ready for distribution. There are a number of directories already printed and there will be a sign-up sheet if these run out. Please see Cynthia Greer to collect your directory. (She will be easy to find as she is on coffee this weekend.) If you wish an electronic version, please contact the office.

### Emails Addresses for Key People

The wardens, as well as the paid staff (Fr Julian, Joy and Elaine) all have email addresses in the StMarksOttawa domain. They are:

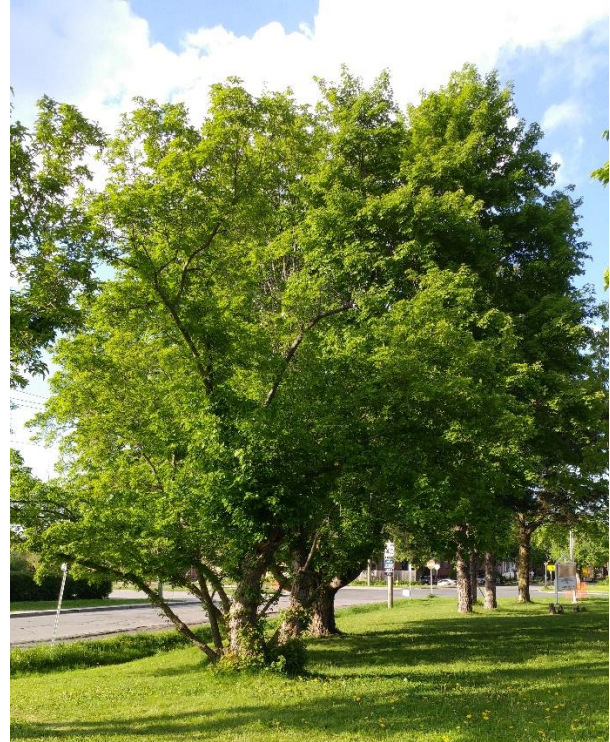
Fr Julian [Frjulian@stmarksottawa.ca](mailto:Frjulian@stmarksottawa.ca)

Joy: [stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca)

Elaine: [Elaine@stmarksottawa.ca](mailto:Elaine@stmarksottawa.ca)

Suzanne Bisson: [Suzanne@stmarksottawa.ca](mailto:Suzanne@stmarksottawa.ca)

Janis Perkin : [Janis@stmarksottawa.ca](mailto:Janis@stmarksottawa.ca)



### Planting a Tree for the 75th Anniversary

On Sunday May 26 there will be a tree planting ceremony between the two services at 9:00 - 9:30 am. We are hoping that parishioners attending the 10:00 am service will arrive earlier to attend the ceremony. Councillors Sean Devine and Riley Brockington will also attend. Russell Wilkins will have the hole dug in advance. Fr. Julian will lead us in prayer to commemorate this event. Please join us!

I think that I shall never see  
A poem lovely as a tree.

A tree whose hungry mouth is prest  
Against the earth's sweet flowing breast;

A tree that looks at God all day,  
And lifts her leafy arms to pray;

A tree that may in Summer wear  
A nest of robins in her hair;

Upon whose bosom snow has lain;  
Who intimately lives with rain.

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Poems are made by fools like me,  
But only God can make a tree.

Joyce Kilmer, "Trees" from Poetry 2, no. 5  
(August 1915): 153.

### **Tulipathon Walk for the Multifaith Housing Initiative**



The annual Tulipathon Walk organized by The Multifaith Housing Initiative, is being held on Sunday, May 26.

Registration will begin at 2:00 pm, followed by opening ceremonies at 2:45 and the start of the walk at 3 pm. It starts and finishes at Commissioners Park across from Dows Lake. People from many faith groups will be walking in support of the important mission to provide safe and affordable housing for low-income families, veterans, and others in need of a home in a supportive community. MHI has more than 70 faith groups who are invited to walk among the tulips and raise money for tenants who live at MHI communities.

This year, we have an extra incentive to donate to the Tulipathon here at St. Mark's. An anonymous parishioner will be matching donations up to \$1,000! This means that your \$10 donation becomes \$20, your \$20 donation becomes \$40, your \$40 donation becomes \$80, and your \$50 donation becomes \$100 etc.

Please consider walking with the St. Mark's team along the Canal and making our presence known. You can complete the walk in 20 to 30 minutes. If you are unable to walk, then a donation towards our church's contribution would be very welcome.

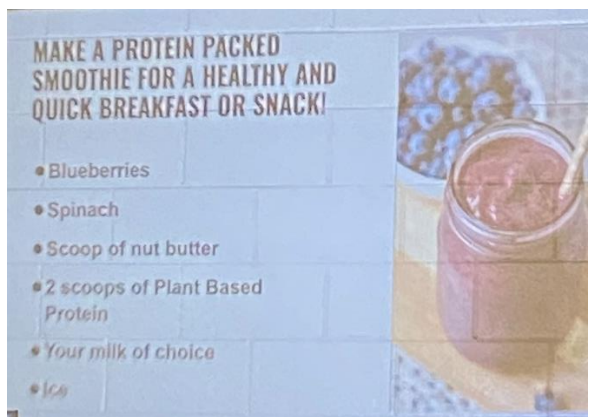
See either Brian Harrison or Laurie Slaughter for further information on donating and walking. We need you!

### **Coffee, Company & Conversation**

Thursday morning at Coffee, Company and Conversation was a most interesting one for people over 50. Meg Stikl, founder and CEO of A.I.M. (Activities in Motion) discussed healthy activity/movement and nutrition using slides, and also actively led people in sitting and standing exercises that are fun and

suitable for older adults to do at home as they age. Everyone was moving! Movement is the key throughout each day to improve strength, balance and flexibility, and to offset problems with health conditions, as she outlined in her talk.

Her clear and well illustrated demonstration was most enjoyable, as she is a very positive, encouraging, and engaging fitness trainer and coach. One can exercise with Meg each day on Rogers TV (channel 22) at 8:30 am.





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It was a morning that invigorated people who were seen leaving with renewed energy, enthusiasm and commitment to be more active and health conscious in their lives.

Next week is Bridge, games and conversation at CCC. In two weeks, the lively musical group, PLAID, will be entertaining, always a popular event.

There is expected to be no weather condition in the next two weeks to cause the cancellation of CCC!

### **Refurbishing the Lower Hall**

The process of refurbishing the Lower Hall has begun with labour and materials supplied by Kung Fu Ottawa. Dan and his energetic team of Pat, Nate, Keith, Jeanne Mance, Cameron, Jason and Victoria has removed books, rummage, old paint, broken chairs, broken shelves etc and washed and painted the walls, doors and railings downstairs. They are starting to work on the floor this weekend. We thank them for their work and enthusiasm.





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St Mark's @ 75



Fr Roger Steinke and Ariane Dind entertaining at a Strawberry Social.

Quilts

Debra Dynes has just completed an online fundraising auction to raise money to fund a summer program for the children.

There were some quilts in the auction but not all of them sold and as I helped to measure and evaluate them, I volunteered to bring them to the church and CCC to offer them to you.

All the quilts are machine quilted. There are 4 lap/sofa size, good for an afternoon nap, minimum bid \$100 and two small, one could work as a knee cover for someone in a wheelchair or for a child, the other is definitely a child's quilt made in fabric with minions on it, these two had a minimum bid of \$40. (pictures on the next page.





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Two Smaller Ones





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### **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.

### **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.

### **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)