



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:14

June 21, 2024

Weekly Newsletter

Dear friends,

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

with communion, serve, make lemonade, count, and close.

news items or announcements for the newsletter to stmarks@stmarksottawa.ca with the word newsletter in the subject line.

Summer Schedule
Sunday, June 30 – Sunday, September 1.
Sunday service at 9 am.
Summer office hours
9:30 am – 12 noon, Tuesday and Friday

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.

Summer Camps

Again this year, we will have two summer camps operating in the church. The Pedalheads camp, which teaches bicycle skills and safety begins this coming week. Carleton Memorial Day Camp begins the following week.

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 June 20, the final morning of Coffee, Company and Conversation before the summer break, was a memorable one. Fifty-four people were in attendance, a record for St. Mark's community outreach program for older adults. This was the culmination of CCC's increasing popularity among those in the wider community who come for the welcoming and friendly environment. Those who attend have found new friends, and "company and conversation" over coffee and delectable morning treats.

National Indigenous Day of Prayer



Last Sunday we marked the National Indigenous Day of Prayer. Our thanks to Mike Duval who offered a reflection at both the morning services. Mike has graciously agreed to provide us

with the [text of his reflection](#) if you wish to read it and ponder his words.

Summer Sign-up Rosters

The summer sign-up rosters are posted in the link. **Please make sure to sign up.** This is a great time to try out different jobs. If you are interested in trying a job that you have not done before, please speak to Joy as some jobs require training. Every Sunday during the summer we need people to open, act as sidespeople, read, offer intercession, assist



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After everyone had settled in with their morning goodies, the CCC bakers who provide homemade treats, cheeses, crackers and fresh fruit each week, were thanked for their generosity and commitment to the program throughout the seasons. Their contribution is a major part of the CCC mornings. In addition, the CCC Organizing Team (who also are part of the baking crew) were acknowledged, and shown appreciation for all the planning and preparation that they do each and every week to make this active program happen.



A brief look at the fall and early winter season, which begins on September 12th, hinted at an interesting new season to come, followed by coffee and conversation as usual.

Then, the main event at this season's final gathering ended the happy morning --- A buffet luncheon of delicious ham, potato and green salads, rolls, homemade focaccia, and for dessert, a choice of ice cream in cones, prepared and served by the organizers of CCC. Lunch was a delightful wrap up to a successful year.



All are welcome at the CCC morning coffee gatherings.

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Remember the 2024/2025 start date:
Thursday, September 12 at 10:00 am..

Is it time to update your COVID vaccine?

Ottawa Public Health is holding a spring vaccination campaign. It includes the recommendation that people over 65 who have not received a COVID-19 vaccine in the past 6 months should do so now. A typical early-summer spike in cases is expected and research has shown that COVID-19 can still cause serious illness among older adults – even more severe than seasonal influenza. If you are eligible for a COVID shot, vaccines are available at pharmacies and at some neighbourhood health and wellness hubs. More information is available at ottawapublichealth.ca

Georgia Roberts & Michael Perkin
St Mark's pandemic team

St Mark's @ 75



Margaret Blakeney, Sheila Young, Pam Rogers, Maria Padin, Cynthia Greer and Gilliam Morris prepare for the Canada 150 celebration.

Supplies needed for Belong Ottawa

Belong Ottawa is reaching out because the following items are low and they are in much need of donated items. Please see list below.

Underwear (men's and women's M/L)
Socks
Razors
Shaving cream

Toilet paper
Lip balm
Deodorant - Men and women
Toothbrushes
Toothpaste
Combs

Although the winter weather has left, we are looking towards what the sunshine and warmth will bring and how we can meet the needs of our participants.

Suggested items to donate include:

Socks
Underwear
Deodorant
Summer hats
Reusable water bottles
Shampoo, conditioner
Bars of soap
Sunscreen

CHARA Community BBQ

You're invited! The Carleton Heights and Area Community Association is pleased to invite you to a free* community BBQ on Tuesday, June 25 from 5:00 p.m. to 7:30 p.m. at the Carleton Heights Community Centre (1665 Apeldoorn Avenue). Enjoy delicious food while watching a performance by Junkyard Symphony, explore the Ottawa Public Library's Bookmobile, get a glitter tattoo, or splash in the pool! We look forward to celebrating the start of summer together as a community and hope to see you there. If you have any questions, please email info@ourchara.ca. *Free hamburger or hotdog + drink to 250 people.

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.

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:

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Fr Julian Frjulian@stmarksottawa.ca

Joy: stmarks@stmarksottawa.ca

Elaine: Elaine@stmarksottawa.ca

Suzanne Bisson: Suzanne@stmarksottawa.ca

Janis Perkin : Janis@stmarksottawa.ca

Joseph Amuah : Joseph@stmarksottawa.ca

John Hancock : John@stmarksottawa.ca

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