



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:29

Weekly Newsletter

September 27, 2024

Dear friends,

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

There are six role models for saints listed in the hymn and while there are probably other choices for the role models but one source lists them as "...one was a doctor (St. Luke), and one was a queen (Margaret of Scotland), and one was shepherdess on the green (Joan of Arc); "... one was a soldier (Martin of Tours), and one was a priest (John Donne), and one was slain by a fierce wild beast (Ignatius of Antioch).

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.

Dollar for Dollar Coupons

We still have some dollar for dollar coupons from before the pandemic. We will be selling these at coffee hour until they are gone. They can be used at participating Loblaws, Dominion, No Frills, Real Canadian Superstore, Maxi, Provigo, Extra Foods, Your Independent Grocer, Atlantic Superstore, Zehrs Markets, Valu-mart, Fortinos, Wholesale Club and T & T Supermarket. Please talk to Joy about purchasing coupons.

I Sing a Song of the Saints of God

This hymn (which will be the offertory hymn on Sunday morning) was written by Lesbia Scott (1898-1986) the wife of an Anglican priest. While the words were written in Britain, a new tune was written for it by an retired Episcopal priest J.H. Hopkins and is very popular in the episcopal church

Bishop's Visit

Anniversary Service

October 6, 2024

10 am

Followed by a light luncheon

There will be no 8 am service October 6

On October 6, there will be a special service to celebrate our 75th anniversary. Bishop Shane will be preaching and welcoming new members.

TOMORROW



Aged in Harmony Concert

As part of our 75th Anniversary celebrations, Aged in Harmony will be hosting a musical event at St Mark's on Saturday, September 28 at 2:00 pm, with refreshments to follow in Bishop Reed Hall. Aged in Harmony was started in 2002 by a small group of "retired" members of the Ottawa Capital City Barbershop Chorus. Presently, it has a membership of about 30 senior male singers directed by Rod McKenzie and it performs

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twice a month at seniors' residences or hospices.

The concert is free; however, free-will donations are suggested to cover costs. Mark your calendar now so that you don't miss this event!

St Mark's@75



Welcoming newcomers in 2013

Coffee, Company & Conversation

Yesterday at CCC the creative writing group met to work and share their writings. This group is a supportive one that encourages creativity which is a key to better health in older adults. Others enjoyed quiet conversation groups over coffee or tea. A variety of snacks was available, and is always much appreciated.

Next week is Bridge and Games week for those who wish to play. For others the Koffee Klatsch continues.

Primate Retired September 15

Archbishop Linda Nicholls retired as Primate of the Anglican Church of Canada this Sunday. [Here](#) is a link to her farewell message.

National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through [legislative amendments](#) made by Parliament.

Wear orange

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.



[Orange Shirt Day](#) is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

TO HOPE AND ACT WITH CREATION



Creation Season runs from September 1 to October 4, the Feast of St Francis of Assisi. It is a world-wide ecumenical celebration of creation. General Synod 2019 passed a resolution adopting the Season of Creation in the Anglican Church of Canada as a time of prayer, education and action, and encouraging dioceses and parishes to participate.

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A prayer and offering for the Season of Creation by the Rt Rev Chris Harper, National Indigenous Bishop

Published in the Anglican Journal, August 20, 2024

FEATHER (Prayer): Creator of all, the seasons stand to glorify your name through every passing moment and all creation lifts up thanksgiving for your handiwork. We thank you for this new day and the opportunities that open before us like petals of the flower. In this Season of Creation, we, the children of your hand, acknowledge that we have been distracted by our own work and reflection. We acknowledge that we have failed or stained your beauty in the work and creatures of this world. Please help us by guiding us back to the right path of your ways and purpose. Walk with us that we may in humility treat each other better, that we may seek to see the blessings, and your truth, in the moments and beauty before us all. Put peace in our hearts and bless us that we may be a blessing to others that join us in our journey of life and faith. Amen.

SAGE (Offering): The passing seasons and moments remind us that time is precious (Ecclesiastes 3:1), and that the past cannot be changed; they also remind us, moving through the present, that the steps that we take should be guarded and guided. We, the people of the church, have all inherited a legacy of the past, the same that we as Canadians have inherited: a past that is consistently affecting our present and will touch our future. We either in futility and ignorance can try to ignore the past or we can start to effect change, that the generations to come may be able to look back and see that we humbled ourselves in the moment and sought to learn and improve.

Our shared journey through time and season have blessed us all with precious moments to do the best that we can with and before all. Humbly recognizing that none of us are perfect and that we all have transgressed, may we treat each moment—and the people around us—as precious. May we go forward with an open hand, heart and mind,

remembering that we are ambassadors of Christ in all we say and do (2 Cor. 5: 18-20). May we as children of the Almighty One and children of God's Creation be a blessing to our world and to others before us.

Older Adults Summit

Special Bulletin: Ward 9 Older Adults Summit on October 1st!

Date: October 1, 2024

Time: 12:30 PM – 4:30 PM

Location: Nepean Sportsplex, 1701 Woodroffe Avenue, Halls A & B, Entrance 3 (rear of the building)

Join us on Tuesday, October 1, as we celebrate Canada's National Seniors Day with our Ward 9 Older Adults Summit! Hosted by Ward 9 Councillor Sean Devine and featuring former CBC Ottawa News anchor Lucy van Oldenbarneveld as Special Guest Emcee and Moderator, this afternoon promises an eclectic mix of valuable information resources and expert-led programming on themes are important to seniors, including Innovative Housing Solutions, Health & Wellness, and Public Safety. We are grateful to be doing this event in partnership with the Council on Aging of Ottawa.

We are thrilled to announce some of our exciting presenters and other partners, which will include experts and leaders from:

- The Ottawa Hospital
- Ottawa Fire Services and Ottawa Paramedic Services
- Ottawa Public Library and Ottawa Public Health
- The Olde Forge Community Resource Centre
- Nepean Rideau Osgoode Community Resource Centre
- BuildAble Accessible Home Renovations
- Abbeyfield Houses Society of Ottawa
- ...and many, many more

This is a free event. Light refreshments will be served. The Nepean Sportsplex is an accessible venue.

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RSVP Information:

Help us prepare for this wonderful event by letting us know you'll be attending!

To RSVP, please email megane.wood@ottawa.ca with the subject line "RSVP Older Adults Summit." Include your name and indicate whether you'll be attending alone or with guests.

We look forward to seeing you there for a meaningful afternoon!

Councillor Sean Devine
<https://www.seandevine.ca/>

The Mysterious Envelope 30

We have been noticing Envelope 30 from 2014 appearing in our collection plates. Unfortunately, it is 10 years ago and the envelope secretary has changed and we have no easy way of checking who had envelope 30 in 2014. If this is you, could you please identify yourself to Karen Roberts, our envelope secretary, by emailing her at graniteseven@yahoo.ca. We cannot issue a tax receipt if we cannot identify the donor.

Annual Fall Bazaar

Although our annual Fall Bazaar won't occur until November 2 this year, preparations have already begun. This time of year is the time to make jams, jellies, pickles and other preserves to offer at the bazaar. Empty 125, 250 or 500 mL jars are always gratefully received

Update on COVID 19

For a short while this fall, COVID-19 vaccines will not be available in Ontario as we wait for a new formulation of the vaccines to be released. As soon as the vaccine is available, Ottawa Public Health (OPH) will inform residents of when and where people can get vaccinated.

In the meantime, please keep using what OPH calls your layers of protection, which work for COVID-19 and other respiratory illnesses like influenza (flu) and RSV. These are:

- Stay home when you are sick

- Avoid visiting people at high risk when you are sick
- Consider wearing a mask to protect yourself, to protect others, or when recovering from illness.

For more information, go to <https://www.ottawapublichealth.ca/en/public-health-topics/covid-19-vaccine.aspx>

Georgia Roberts & Michael Perkin
St Mark's pandemic team

Forward Day By Day

The new Forward Day By Day booklets, covering the months of August, September and October, are now available. Nurture your life in Christ with daily Bible readings and meditations from this inspirational resource.

Booklets are displayed in the Link, and cost \$3.

Office Hours

The office will be open Monday, Wednesday and Friday mornings **from** 9:30 am to noon. 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:

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.

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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