



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 5:48

**February 7, 2025**

## 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, we will be more than happy to announce it. However, it must be in to 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.

### Rev Canon David Clunie

Our interim priest is the Rev Canon David Clunie. You may reach Fr David at 614-224-7431 or [David@stmarksottawa.ca](mailto:David@stmarksottawa.ca) For Pastoral Emergencies, please call 613-867-7027.

### Forward Day By Day

The Forward Day by Day for February, March and April is now available at a cost of \$3 per copy. Since they did not come until this week, if you want to know the readings for

tomorrow you can get them [here](#) and the meditation is [here](#).

### Turkey Pies

There are turkey pies available at a cost of \$6 each. There is a limit of 4 or the number of people in your household. Please speak to Joy on Sunday or contact the office.

### Vestry

Vestry will be held in the parish hall after the 10 am service on February 23. I will try to get the vestry reports out early next week. Thank you to all people who got their vestry reports in a timely manner. If you wish to receive a printed copy of the vestry report, please contact the office.

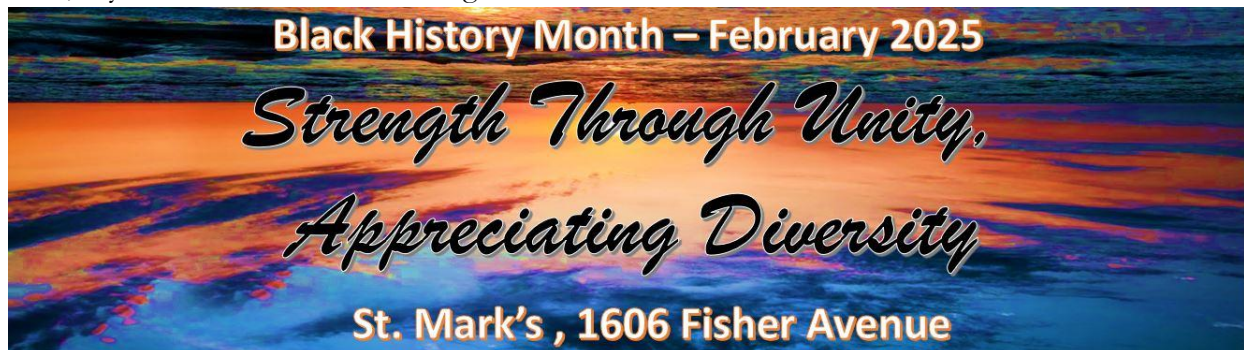
### Black History Month



Our guest speaker this week is **Sophia Chiboka**, the ultimate superhero. Sophia was destined for greatness - and by greatness, we mean being the boss of her three younger siblings.

As the firstborn, Sophia honed her leadership skills, which would later serve her well in her career and personal life.

She's now married to the lovely husband Nnamdi Chiboka and is mom to the adorable Ginika. But wait, there's more! Sophia is a force to be reckoned with - she's generous,



caring, smart, creative, and a fantastic cook. She's got an MBA degree, speaks fluent Swahili (just because), and gets along with everyone (even her in-laws!).

We're not sure what's more impressive, her resume or her ability to make friends with anyone. Sophia Chiboka is the ultimate Renaissance woman - and we're all just trying to keep up with her awesomeness!

Next week our guest speaker is Yolande Parsons and the 10 am services will be followed by an extended coffee hour featuring Afro-Caribbean finger foods.

Please see the end of the newsletter for a complete listing of our Black History Month Events as well as the Black History Month events at St Thomas and more information on the Fashion Show & Panel Discussion.

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

It was a quiet but very pleasant morning at CCC on February 6 with 28 present. Snowy conditions and predictions of more to come, kept some of the usual "CCC gang" from venturing out.



Coffee and conversation was the order of the day, but it was highlighted by one of the creative writing group sharing his outline of life events. Nobuo, a regular at the Thursday mornings, told of the experience his parents, immigrants from Japan to Canada, suffered as detainees during the war and the hardships afterwards. All their property and earnings were gone, and with a family of eight, had to start again. Later, as an adult, Nobuo married a First Nations Cree woman from the north, and learned through her about the sadness of

the residential school system and its effect on her family. Through much trauma and hardship, he has been resilient and has been supported by his faith. It was an enlightening and very honest expression of one person's life history. All were touched and privileged to listen and learn.

Yet again, the delicious snacks served by Pat and Suzanne, were most enjoyable, and included mini tarts, fruit tartlets, pina colada muffins, turkey/spinach pinwheel roll ups, cheeses and sliced fruit. The CCC group are indeed spoiled at their coffee gatherings. Allie, the group mascot thoroughly enjoyed the treats this morning as well.

Nest week is the annual Valentine Hearts quiz competition where people compete to answer the most questions related to books, movies, musicals and songs about love!. There are prizes! Come test your memory and take a trip back down memory lane. Wear something red if you can.



Allie is a regular CCC attendee.

In the case of inclement weather, remember that if the school buses don't run, CCC is cancelled. Listen to your favourite radio station.

### **A Lenten Journey in the Holy Land**

Violence and uncertainty have created a major crisis for St. George's College Jerusalem, an integral part of the ministry of the Episcopal Diocese of Jerusalem.

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The College normally draws many pilgrims to the Land of the Holy One, and many local Palestinians provide services and goods to pilgrims. The College enables pilgrims to see, feel, and understand the biblical and contemporary richness of the land and the Christians, Jews, and Muslims who live there. It is wholly committed to building awareness and dialogue through pilgrimage, education, and by arranging encounters between different groups of people to promote reconciliation.

The College's earned revenue from pilgrims' fees, gift shop sales, and other lodging fee has been totally disrupted, and there are insufficient funds to provide already-reduced salaries for the College's staff and essential operations in 2025. The situation is dire for the remaining staff and their families, and for the future of the College itself.

Let Light Shine: The Canadian Campaign for St. George's College Jerusalem is an appeal to friends of the College in Canada. It will run until the end of April 2025. The Campaign objective is to raise \$250,000 from Canadian friends of St. George's College Jerusalem, to provide funds for paying reduced staff salaries and related operations in 2025.

In this time of alarming tension and restrictions, the College has adapted with creativity and resilience. The Dean and remaining staff have produced videos for virtual pilgrimages, developed future curricula, and continue to maintain the facility.

During Lent, we invite parishes to benefit from an excellent six-week video/study program prepared by the Staff of the College, called [A Lenten Journey in the Holy Land](#). As you enjoy this wonderful Lenten Resource, which is free, please consider making an offering for the Canadian Campaign for St George's College Jerusalem.

The Canadian Campaign for St George's College Jerusalem

### **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.

### **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 David, Joy and Elaine) all have email addresses in the StMarksOttawa domain. They are:

Fr David: [David@stmarksottawa.ca](mailto:David@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)

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

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



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<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.



### Saturday February 8:

2:00 pm Celebrate Black Fashion at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr.

### Sunday February 9:

10:00 am Eucharist Service:

Guest Speaker:

**Sophia Chiboka**, Member, St Mark's.

### Saturday February 15:

3:00 pm Panel Discussion  
Theme: "Black Contribution to Peace" at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr.

### Sunday February 16:

10:00 am Eucharist Service:

Guest Speaker:

**Yolande Parsons**, Lay Minister.

following the 10:00 am service, there will be an  
**Augmented Coffee Hour with Afro-Caribbean Finger Foods**

**an open welcome to all**

### Special Activities:

A Vernissage of community children's artwork highlighting Black History Month will be showcased in the Church Hall.



Image : Victoria Sajuyigbe

**Sunday, February 2**

**8 AM & 10 AM - Eucharist Service**

**Guest Speaker:** Dr. Joy Mighty

**Enhanced Coffee Hour:** Snacks provided by Joy and Kermit Mackey, featuring The Bahamas

**Saturday, February 8**

**2 PM – Celebrating Black Fashion**

**Black-influenced Arts and Crafts Display:** Everyone is welcome to bring Black Influenced arts and crafts before the fashion show and take them back after

**Coordinator:** Patricia Simon

**Sunday, February 9**

**10 AM - Eucharist Service**

**Guest Speaker:** Jacqui Du Toit, from South Africa - Storyteller | Co-owner of The Origin Arts and Community Centre

**Enhanced Coffee Hour:** Snacks provided by Andrea Teekasingh and Dr Joy Mighty, featuring Guyana

**Saturday, February 15**

**2 PM - Drumming Workshop and Performance**

**Workshop leaders:** Artist-educator-performer Kathy Armstrong<sup>1</sup> and Ghanaian Stacey Can-Tamakloe will teach a traditional piece from Ghana with some drumming, singing and movement, and then do a demo performance together with a short Q&A at the end

**3 PM – Panel Discussion. Theme: “Black Contributions to Peace”**

**Moderator:** Dr. Joy Mighty

**Panelists:** Dr. Joseph Emmanuel Amuah - Manager of Indigenous Health, Canadian Institute for Health Information, Rev. Felix Longdon - PhD candidate in Theology at Saint Paul University and University of Ottawa; Priest from the Anglican Church of Ghana and Anglican Diocese of Ottawa at St. Mary's Anglican Parish in Navan, Victoria Sajuyigbe - Product Marketer, Member of St Thomas the Apostle Anglican Church, and Josiah Davies - Member of St Thomas the Apostle Anglican Church

**Sunday, February 16**

**8 AM & 10 AM - Eucharist Service**

**Guest Speaker:** Rev Deacon Elizabeth December-Lovell - Julian of Norwich Anglican Church

**Enhanced Coffee Hour:** Snacks provided by Victoria Sajuyigbe, featuring Nigeria and Josiah & Charlotte Davies, featuring Liberia

**Sunday, February 23 – “Freedom Sunday”**

**8 AM & 10 AM - Eucharist Service**

**Guest Speaker:** Rev. Felix Longdon - St. Mary's Anglican Parish, Navan

**Enhanced Coffee Hour:** Snacks provided by Patricia Simon, featuring Antigua and Emelda Haynes, featuring Barbados

<sup>1</sup> Kathy Armstrong integrates classical percussion, Ghanaian music, and dance in her educational and community-based work, having studied and performed internationally. She is the founder of

Baobab Drum Dance Community, a dedicated educator at Carleton University, and a recognized leader in promoting Ghanaian culture and music.