



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:2

March 28, 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 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.

Readers for Palm/Passion Sunday

There will be a dramatic reading of the gospel on April 13 which will require 9 readers. If you would like to read a part (many are just one line), even if you are not a regular reader, please contact the office or talk to Joy.

Easter Flowers

If you would like place flowers on the altar in thanksgiving or in memory of loved ones for our Easter celebration, please contact the office.

with love on

Mothering Sunday – March 30, 2025

In the Anglican Church, Mothering Sunday is the 4th Sunday in Lent. Through the years, that Sunday became the one festive day in Lent, including an annual pilgrimage to the Mother Church of the Diocese, the Cathedral. As they processed they sang the ancient psalms

Holy Week & Easter

- April 13 – Sunday of the Passion with Liturgy of the Palms
 - 8 am Holy Eucharist
 - 10 am Sung Eucharist
- April 15 – Tuesday in Holy Week
 - 7 pm Evening Prayer
- April 16 - Wednesday in Holy Week
 - 7 pm Tenebrae
- April 17 - Maundy Thursday
 - 7 pm Sung Eucharist
- April 18 - Good Friday
 - 1 pm Celebration of the Lord's Passion
- April 20 Sunday of the Resurrection
 - 8 am Eucharist with blessing of the Paschal candle
 - 10 am Sung Eucharist

of Ascent from the times when Jews processed to the Temple in Jerusalem. As time went by the Cathedrals were overcrowded, and the festivals were moved to the local Parish churches.

Older children and adults often worked away from home, but on this Sunday they were allowed to go home to their mothers, and families would be reunited. Going home often entailed long walks along paths where they would gather spring flowers. Those in 'service' would also bring fruit and nuts and other food for the family gathering. Flowers and special Simnel cake became part of the celebration.

When Mothers' Union started in England in 1876, Mothering Sunday was revived and encouraged as a family-oriented festival. MU came to Canada in 1888 and Mothering Sunday came with it.

Although Mothering Sunday is not a normal part of the Anglican Church of Canada, many parishes who have a Mothers' Union branch, like St Mark's, still celebrate the 4th Sunday in Lent - Mothering Sunday, which is also when Mothers' Day is celebrated in Britain.

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St Mark's present MU branch was started by a group of young mothers in 1983. Its focus is on the family and has continued the tradition of Mothering Sunday by serving Simnel cake, and providing flowers to all the women in the church. (not gathered by the wayside!)

We know that the Simnel cake and flowers were a special part of our Mothering Sunday coffee hours in the past. So in 2024, we are offering Simnel cake and a flower. Please join us on Sunday and enjoy a coffee or tea with us before you leave.

E-Prayer

E-prayer is now managed jointly by Cynthia Greer and Joy Bowerman. If you have a concern for which you would like prayer, you may contact Cynthia Greer at 613-723-2680 or greercynthia69@yahoo.com or send an email to Eprayer@stmarksottawa.ca. Likewise, if wish to be included on the E-prayer list, you may use the same contact information.

Bible Study at St Mark's

Continuing this Wednesday, there is a Bible Study in Bishop Reed Hall for anyone who wishes to come. It will last an hour and there is no preparation needed (and no homework given!)

It's a fruitful time together as we learn from the bible and each other. I hope you can give it a try.

Fr David

The Bible readings for the April 2 are: Isaiah 43:16-21, Psalm 126, Philippians 3:4b-14, John 12:1-8

Spring Market

The third order form for the Spring Market was sent out on Wednesday. If you missed it, you can get it [here](#). There will be another coming out next Wednesday.

Most of the items on offer this week have all been spoken for. There are some meringue nests available and one space for hot cross buns next week. There are also various kinds of marmalade and lemon curd on offer.

There are breakfast strata and a few of both kinds of bread pudding available.

Coffee, Company & Conversation

Thursday's guest at Coffee, Company and Conversation was Akiko Sakiyama, a professional decluttering and home organizing specialist. She is trained in the Kondo Method (Marie Kondo), and thus shared the result of bringing joy into one's home and life through a focused approach to decluttering and culling in order to be more highly organized in one's living. Through a series of slides she asked direct questions regarding the material items that one keeps and holds onto for a variety of reasons, that in fact clutter and overwhelm our lives. In dealing with the purging and reorganizing that most people want to do (if they have not done so already), the act of self questioning and also mindfulness (attention to the moment and how one feels, then responding and taking action) becomes a part of the exercise. Beyond the discussion, Akiko displayed very effectively how one can fold and store clothing in a very efficient way. That was enlightening. Akiko's presentation was an example of highly efficient organization.



In addition, there was a lucky draw, and two people each won a one hour "in home consultation" with Akiko. It was a morning of learning and self reflection regarding how to live in a more peaceful and joyful way.



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The food accompanying coffee and tea was delicious as usual. This week's bakers prepared two kinds of muffins, two types of loaves, lovely cookies, several types of cheeses and pate to go with crackers, as well as a tray of fruit. Many thanks to Gillian and Penny. We appreciate our bakers!



Next week is a social coffee morning as well as a meeting of the creative writers, a hard working and enthusiastic group.

It is our hope that, despite the weather forecast for this weekend, next Thursday will be a pleasant spring day. If the weather is inclement and school buses do not run on April 3rd, then CCC will not take place.

Hope to see everyone next week (and to hear who has started to reorganize and declutter!)

Outreach

While all donations of packaged or canned foods are appreciated by Debra Dynes Family House, they specified a need for the following:

- Tinned evaporated milk
- Canned tuna
- Pasta

Monetary donations are another way to give. You may place your donation in the collection plate in a plain white envelope clearly marked for Debra Dynes. or give it in person to Joan Grayer to take to Debra Dynes. If you require

a tax receipt, please indicate and provide any information needed for that.

If you have any questions or concerns, please contact Joan Grayer.

Update on Debra-Dynes Family House

The Debra Dynes Family House was very grateful for our contributions this past week. They appreciated our focus on pasta, tuna and tinned milk, as well as all other donations..

I copied the following from their website newsletter to give everyone a better picture of all the ways that the Debra Dynes Family House helps the community. Being new as the Outreach Coordinator, I thought St Mark's parishioners might find it as interesting as I did.

“After a very hectic holiday season, we distributed toys to 241 children and vouchers/ hampers to over 364 families.

Our annual City report showed that in 2024 we responded 51,120 times for requests for help, we assisted 5,415 unique individuals and distributed over \$586,318.42 worth of food through our Food Bank.

While continuing all our regular programs and services, including tax preparation, we were certainly ready for a change in focus for March Break!

Thanks to a generous donation from the disbursement of St. Brigid's Summer Camp funds, we were able to make sure that our community children were out and about in the city.”

Joan Grayer
Outreach

Earthub Ottawa wish list

Earthub works with All Saint's Greely helping to provide them milk bags. They have a number of other things that they are collecting which we could contribute to by our link to All Saints'. There is a poster at the end of the newsletter. I would not suggest egg cartons, but of interest may be can pull tabs, plastic tags and plastic bottle caps.

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[All Saints Greely Video](#)

LENT + MADNESS

Welcome to Lent Madness 2025. Once again this year we will be dancing with all the candidates for the Golden Halo.



Those of you who have participated in the past, or if you are new to this online devotion, here's how Lent Madness works: on the weekdays of Lent, information is posted at www.lentmadness.org about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the Golden Halo.

Every day the two Saints that are up for election will be posted on St Mark's facebook page.. This is a fun and enlightening event and in the process we journey through the Lenten season with a new appreciation for our Saints. You will notice the Lent Madness poster in the church hall, we will be updating this on a regular basis so keep track of your favourites as we journey through Lent.

For more information or if you wish to participate directly please click on [Lent Madness](#)

From the ACC newsletter:

[The rocks cry out: Praying Lent with all of creation](#)

via Facebook

With busy schedules in mind, Queen's College Faculty of Theology is offering a flexible Lenten resource this year. "The Rocks Cry Out: Praying Lent With All of Creation"

provides short daily liturgies and video reflections, encouraging moments of prayer and connection with creation.

Alongside Hope(PWRDF) – Lenten Study

This Lent, Alongside Hope invites you to explore the intersections of faith and international development.

Weaving scripture, reflection and prayer together with the UN Sustainable Development Goals and the Anglican Marks of Mission, the Rev. Jonathan Rowe of the Diocese of Eastern Newfoundland and Labrador presents a rich tapestry. Titled "Living into God's Dream," the resource also offers the reader opportunity to reflect on questions, both personal and corporate and to learn more about Alongside Hope's partners.

Subscribe to receive a daily message in your inbox, including a Bible reading, a reflection and a prayer. On Saturdays during Lent, you'll receive an Alongside Hope story that relates to the theme of the week to come. Your introductory email will arrive March 4, the day before Ash Wednesday.

[Learn More & Subscribe](#)

A Lenten Journey in the Holy Land

St George's College, Jerusalem is one of our two Lenten Outreach charities.

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.

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

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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

Kiwanis Music Festival Front of House

St Mark's is hosting Junior Piano from April 21 to May 1. We are looking for Front of House Volunteers to assist with registration. If you are interested in volunteering for a few sessions, please contact Janis or Michael Perkin and they will be happy to provide more information.

Forward Day By Day

The Forward Day by Day for February, March and April is now available at a cost of \$3 per copy.

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.

Rev Canon David Clunie

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

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

Joy: stmarks@stmarksottawa.ca

Elaine: Elaine@stmarksottawa.ca

Janis Perkin : Janis@stmarksottawa.ca

Joseph Amuah : Joseph@stmarksottawa.ca

Mike Duval : Mike@stmarksottawa.ca

Gillian Martin: Gillian@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.



EARTHUB
Items To Keep Out of The Landfill
www.earthhub.ca | environment@earthhub.ca

OTTAWA COLLECTION

These items are collected for reuse.
Earthub is run by volunteers - for privacy reasons, drop-off locations can only be obtained by email.

Monetary donations to help support our program can be made to: **accounting@earthub.ca**
Security Question: *Ottawa*
Answer: *Chapter*

Car Pull Tabs
Fundraiser for Earthub programs

Milk Bags
Reused to make sleeping mats for people experiencing homelessness

Egg Cartons
Closeable 6, 12 & 18 holder cartons are reused for egg distribution by local food banks and farmers

Plastic Tags & Plastic Bottle Caps
Reused for an Earthub project in the works!

Crayons + Empty Lip Balm & Glue Stick Tubes
Melted down & used for Operation Christmas Child shoeboxes - tubes used for 'push-up' crayons

Want to join our movement? Please email us about volunteering, we'd love to hear from you!

* All items must be donated clean

2024-12-11