



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:40

January 9, 2026

Weekly Newsletter

Dear friends,

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

Newsletter

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.

Bible Study

Bible Study continues January 14. The bible reading will likely be John 1:29-42.

Matthew and the Margins

This four-week live Zoom course from 'Bible Remixed' explores the Gospel of Matthew as a text shaped by empire, resistance, and hope for the broken-hearted. Led by biblical scholar Sylvia Keesmaat, the course invites participants to engage Scripture in ways that speak meaningfully to contemporary life and justice-oriented faith.

For more about these courses speak to the Rev Mary-Cate

For more info and to register

<https://biberemixed.ca/matthew-course-register>

Live Streaming

The service will be streamed at 10 am on Sunday. [service bulletin](#) The link is also available on the home page of our website.

Black History Month

Black History month is fast approaching. Watch for exciting speakers each Sunday. February 8, there will be an enhanced coffee hour after the 10 am service with Afro-Caribbean finger foods, Show & Tell and Mini Fashion Show. On February 22, there will be an Afro-Caribbean Food Festival after the service.

Coffee, Company & Conversation

On Thursday the first CCC morning of 2026 was one reflecting on the year to come. The 36 people who came to start off the winter season, shared their predictions for the new year. They talked together in table groups writing down their thoughts about what may happen in the months ahead. The written comments were most insightful and may prove to be prescient. As well, following an Epiphany tradition, each person drew a "star card" from a basket with one word on it. The word, such as "change, power, gospel, leadership, confession" and others, gave people a "star" of reflection to consider this new year in their life. It was a morning of looking ahead to a year of possibility.

This new year, and this winter season at CCC, will be one of fun, camaraderie, learning from others and sharing together.

As always, the food that accompanied coffee and teas, was varied and delicious, something that CCC has become noted for. Janis and Michael Perkin were the morning bakers and providers of delicious goodies. Gluten free cinnamon swirl cake, eggnog cake, two bite cinnamon rolls, mincemeat oatmeal squares, eggnog cookies, Kolbassa slices, cheddar, Boursin, brie and Cambozola cheeses with assorted crackers, all made a wonderful display on the coffee buffet table. Again, many thanks to the Perkins, and all our amazing and hard working CCC bakers.

January 9, 2026



Next week, the morning is devoted to games and conversation, and in two weeks, on January 22, the annual pre Robbie Burns morning will be one not to miss. Neil Emberg, lead guitarist and singer with the well known Celtic group, Hadrian's Wall, will be celebrating the Bard's day with music, song and tradition. Come join the group at CCC and share the joy and warmth of Celtic culture. The full program for the winter season may be found at the end of the newsletter.

Debra Dynes Family House

Excerpt from a Happy Holidays message from Debra Dynes Family House:

“This year, with your support, Debra Dynes Family House was able to walk alongside hundreds of families as they navigated both everyday challenges and extraordinary moments. With the help of donors, partners, volunteers, and staff:

- 6500+ people received support through our food bank
- 7,000+ bagged lunches were given to local school children
- Community members accessed computers and printing over 2,200 times

- We held 480 one-one-one support meetings
- 363 families received Holiday Food Hampers or vouchers
- 488 children started the school year with new backpacks and supplies
- 125 people were wrapped in warm winter coats

These numbers show the breadth of our work, but they don't tell the full story of what happens here. They don't show the newborn swaddled in the handmade blanket...the mother finally reunited with her husband after years of waiting at immigration offices... the 15-year old beaming after getting her first job...or the laughter shared when staff try to keep up with the latest schoolyard slang. These are the stories of care, resilience, and community that your generosity helps make possible.

Thank you for all your support. We couldn't do what we do without all the lovely folds of St Mark's.

♥ Ray and the entire DDFH team”

Debra Dynes Family House was desperate for egg cartons this week. I delivered 2 full bags and I was told. “St. Mark's saved our bacon”, please keep them coming!

As always, much needed are the following:

- Canned Evaporated Milk
- Pasta
- Pasta Sauces
- Tuna/canned meats
- Apple sauce for school snacks

Sales this week from Flyers and Flipp app:

No Frills

No name evaporated milk - \$1.75

Food Basics

Gold Seal Salmon/Hereford Corned Beef/Spam - \$2.98

12=24 Cashmere toilet paper - \$4.96

Habitat Soup and Campbell's ready to serve soup - \$1/97

Kellogg's Family Size Raisin Bran - \$5.49

Metro

Clover Leaf Albacore tuna - \$1.99

Kellogg's Raisin Bran Cereal - \$3.99

Heinz beans and Alphagetti - \$.99

Freshco

- Clover Leaf Albacore tuna - \$2.49
- General Mills Family Size Cheerios/other select varieties - \$4.87
- Kellogg's Core Bars - \$2.99
- 5 pack KD Dinner - \$4.99

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.

Forward Day By Day

The newest edition of Forward Day By Day, covering November, December and January is now available. Enhance your prayer life with these daily devotions, carrying you through Advent, Christmas and into the new year. Copies are placed in the link, and are \$3 apiece.

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.

Belong Ottawa Wishlist



Rev Mary-Cate's contact information

Mary-Cate's email is MaryCate@stmarksottawa.ca We are still finessing the access details. You may call her at 613-231-7451 or 416-709-3487.

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.

Emails Addresses for Key People

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

- Rev Mary Cate: MaryCate@stmarksottawa.ca
- Joy: stmarks@stmarksottawa.ca
- Elaine: Elaine@stmarksottawa.ca

- Janis Perkin : Janis@stmarksottawa.ca
- Joseph Amuah : Joseph@stmarksottawa.ca

January 9, 2026

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 unable to get to church, putting a cheque in the mail is always an 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.

WINTER SEASON 2026

COFFEE
COMPANY &
CONVERSATION



a weekly gathering for
seniors in the community
coffee, goodies and
featured activities

Every Thursday
10:00am to 12 noon
starting January 8, 2026

SENIORS – COME & JOIN US



St Mark's Anglican Church
1606 Fisher Avenue, Ottawa

UP-COMING ACTIVITIES

- January 8** *Welcome to 2026* – New Year's Wishes & Looking Forward
January 15 Games – or – "Koffee Klatsch"
January 22 *A Prelude Morning to Robbie Burns Day* –
a tribute to the Scots
Guest: **Neil Emberg**, lead singer and guitarist
with the well-known Celtic group, "Hadrian's Wall"
January 29 *Fitness and Healthy Living* –
Guest: **Meg Stickl** of **Aim Fitness** on Fall Prevention as we age
-
- February 5** Creative Writing – or – "Koffee Klatsch"
February 12 *Aged In Harmony* –
an *a cappella* group of 20 men sharing music & humour
February 19 *A Post Valentine Morning*
Trivia and Famous Stories from the History of Love
February 26 Games – or – "Koffee Klatsch"
-
- March 5** **The Rev. Dr. Mary Cate Garden**, Theologian & Archaeologist
– speaking on the fascination and relevance of Archaeology
for today's society
March 12 Creative Writing – or – "Koffee Klatsch"
March 19 *St Patrick's Ceilidh – Irish Shenanigans*
with Food, Fun, Brian and Irish Dancing
March 26 Games – or – "Koffee Klatsch"

For more information contact: **St Mark's at 613 224-7431**