



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:41

**January 16, 2026**

## Weekly Newsletter

Dear friends,

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

an Afro-Caribbean Food Festival after the service.

From Rev Mary-Cate's sermon last week:

### Newsletter

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.

- Rev Mary-Cate celebrates her birthday on January 16

### Bible Study

Bible Study continues January 21. The bible reading will likely be Matthew 4: 12-23.

### 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.

**Pancake Supper**  
**Ash Wednesday**  
**February 18, 2026**  
**4:45 pm – 6 pm**

### 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

### The Sacred Dance for Life by Hafiz

I sometimes forget that  
 I was created for joy  
 My mind is too busy  
 My heart is too heavy  
 Heavy for me to remember  
 that I have been  
 called to dance  
 the sacred dance for life  
 I was created to smile  
 to love  
 to be lifted up  
 and lift others up  
 O sacred one  
 Untangle my feet  
 from all that ensnares  
 Free my soul  
 That we might  
 Dance  
 and that our dancing  
 might be contagious.

### Coffee, Company & Conversation

Due to weather, CCC was cancelled this week.

Next week, 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.

### Parish Council Notes

Happy New Year from your Parish Council! We have several upcoming events we'd like to highlight for you.

### January 25: Chat about Episcopal Election

- With the nomination period closing on January 24, Reverend Mary-Cate will answer your questions about the Episcopal Election after the election.
- There will also be meetings to hear the candidates' answers to a set of relevant questions and receptions on February 11, 12, 15 and 20. Visit [ottawa.anglican.ca/episcopal-elections-2026](http://ottawa.anglican.ca/episcopal-elections-2026) for more details.

### February 1-22: Black History Month

- Guest speakers each Sunday and African treats during coffee hour
- February 8: Mini fashion show along with souvenirs from Africa — if you have an object from a visit to Africa (or perhaps a gift from someone who visited Africa), please bring it along to share your story
- February 22: Combined worship service at 9:30 a.m., followed by an African feast/lunch
- Volunteers needed: If you'd like to help with food, setup and takedown in Bishop Reed Hall or share a story, please contact one of the Black History Month Committee members: Joseph Amuah, Sophia Chiboka, Mayowa Ojo, Janis Perkin, Femi Omotayo, Reverend Mary-Cate

### February 15: Transfiguration Sunday

- Bring in your palm crosses from last year so that they can be burned after the 10 a.m. service to prepare the ashes for Ash Wednesday

### February 18: Ash Wednesday

- 10 am: Spoken Ash Wednesday Service with imposition of ashes
- 4:30 to 6:45 p.m.: Parish Pancake Supper
  - We'd like to bring the parish together for a meal. Since Ash Wednesday falls in the midst of Black History Month this year, we decided to reduce the number of evening outings by hosting a pancake supper before the evening Ash Wednesday service.
  - Volunteers needed: Whether you can help with setup, prepping pancake batter, flipping pancakes, prepping

sausages, or help with clean up, please contact one of the Wardens

- 7 pm: Sung Ash Wednesday Service with imposition of ashes

**February 22:** Vestry Reports available for pickup at church

**Week of February 22:** Lenten Study begins - more details to come

**February 28:** Episcopal Election to select the new Bishop for the Anglican Diocese of Ottawa

### March 8:

- Daylight Savings Time begins - don't forget to move your clocks ahead to get to church on time!
- 9:30 am (EDT): Combined Sung Eucharist Service
- Light lunch after the service
- Annual Meeting of Vestry to approve the 2026 Budget, reports and elect members of Parish Council, including Wardens

We look forward to joining you in fellowship during these activities. Please speak to the Wardens or other members of Parish Council if you have questions.

The next meeting of Parish Council is scheduled for February 10.

### Financial update

The year 2025 ended with our income exceeding our expenses. This was due to part-time clergy for almost 9 months (reducing our contributions to salaries for most of the year. Our collections income was significantly below what was expected. Our user fees and the Bazaar were significantly above the budgeted amount. Because of the decreased salary expenses, several property projects were undertaken (new lighting, carpets, lawnmower and fridge, as well as sump pump replacements, water pipe and heating system repairs, painting, etc.). Part of the repair and upgrade expenses have been offset by directed giving. See the financial overview table below.

The Financial Advisory Committee has met in recent months to prepare a draft of the budget for 2026. Parish Council will review the proposed budget at our meeting in

January 16, 2026

February so that it will be available in time for Vestry.

**St. Mark's End of Year Financial Overview**

	<b>Actual 2025</b>	<b>Budget 2025</b>
Income		
GENERAL		
Total Collections	134,230	<b>160,000</b>
Total Gain from Assets	46,159	<b>37,620</b>
Total Organizations	14,581	<b>8,340</b>
Total GENERAL	194,970	<b>205,960</b>
Total DIRECTED	14,538	<b>0</b>
Total Income	<b>209,508</b>	<b>205,960</b>
Expense		
Total SALARIES	92,833	<b>137,032</b>
Total WORSHIP	2,760	<b>2,000</b>
PARISH PROPORTIONAL SHARE	28,047	<b>28,047</b>
Total OUTREACH	6,925	<b>0</b>
Total PROGRAMS	1,163	<b>2,170</b>
Total CHURCH	50,785	<b>37,652</b>
Total FINANCE	9,965	<b>10,086</b>
Total MISCELLANEOUS	1,400	<b>2,800</b>
Total Expense	<b>193,878</b>	<b>219,786</b>
Net Income	<b>15,630</b>	<b>-13,826</b>

For Detailed breakout please see one of our Wardens

**Debra Dynes Family House**

I could not find canned evaporated milk on sale but it is always in big demand for DDFH.

Shoppers Drug Mart does have Carnation on for \$2.99 starting Saturday but I don't consider that much of a sale!

As always, much needed are the following:

- Canned Evaporated Milk
- Pasta
- Pasta Sauces
- Tuna/canned meats
- Fruit cups for school snacks

**Sales this week from Flyers:**

**No Frills**

- Unico diced tomatoes/kidney beans - \$1.50
- Oasis juice - \$1.25

- No name chicken broth - \$1.25
- No name pasta - \$2.00
- Colgate toothpaste - \$.75 (50-100ml)
- Toothbrush - \$.75
- Nature Valley granola bars - \$2.75

**Metro**

- Campbells broths - \$1.25
- Campbells Chunky soups and Split pea soup - \$1.99
- Family Size General Mills cereals - \$4.99

**Food Basics**

- Aurora pastas - \$1.49
- Aurora diced tomatoes - \$1.49

**Metro**

**Shoppers Drug Mart**

- No Name Canned vegetables - 3/\$5
- PC Pasta - 2/\$4

**Rexall**

- Cloverleaf tuna - \$1.99
- KD dinners - 2/\$3

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.

**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://biblemixed.ca/matthew-course-register>

**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

January 16, 2026

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](mailto:greercynthia69@yahoo.com) or send an email to [Eprayer@stmarksottawa.ca](mailto: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](mailto: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](mailto:MaryCate@stmarksottawa.ca)

Joy: [stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca)

Elaine: [Elaine@stmarksottawa.ca](mailto:Elaine@stmarksottawa.ca)

Janis Perkin : [Janis@stmarksottawa.ca](mailto:Janis@stmarksottawa.ca)

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

Mike Duval : [Mike@stmarksottawa.ca](mailto:Mike@stmarksottawa.ca)

Gillian Martin: [Gillian@stmarksottawa.ca](mailto: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](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 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](mailto: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**