



St Mark the Evangelist Anglican Church
1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:42

Weekly Newsletter

January 23, 2026

Dear friends,

the full program, please see the poster at the end of the newsletter.

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.

- Janis Perkin celebrated her birthday on January 22

Bible Study

Bible Study continues January 28. The bible reading will likely be Matthew 5: 1-12.

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.

Chat about Episcopal Election

Due to other commitments, the chat about the Episcopal Election has been postponed until February 1.

Black History Month

Black History month starts next week. 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. For



Forward Day By Day

Do you read the Bible every day? If not, and you have wondered how to start, we have an excellent resource: Forward Day By Day. The February/March/April edition of this small booklet is available on the table in the Link for \$3 a copy. In it are the appointed daily readings that will bring you through Lent and Easter with thought-provoking commentaries, helpful background information and prayer suggestions. It's a devotional tool that's been guiding disciples since 1935.

Turkey Pies & Soup

Are you feeling the cold? Looking for something warm and comforting? We have a fresh batch of turkey pies and winter soup mix available on Sunday or by contacting the office.

Coffee, Company & Conversation

A true pre- Robbie Burns celebration was the theme at CCC on Thursday, three days ahead of this year's Robbie Burns Day, the 25th.

January 23, 2026

Neil Emberg, singer, guitarist and composer with the popular Celtic group, Hadrian's Wall, was the special guest. He made it a lively morning with Celtic, Canadian and World songs. His strong voice and guitar playing made it memorable, as did his kilt and full regalia. It was truly appreciated that he came all the way from Vankleek Hill to share Celtic music with the passion that he has for the culture and history of Scotland, and that of the Scots descendants in Canada.



The notice board, decorated by Janis Perkin and Penny Miller, was a most interesting one, with the flags of Scotland, draped tartan, a photo of the Bard himself, and on a table, all the Clan Tartans of the Scots.



To further enhance the theme of the morning Scottish "sweets" and savouries were on the coffee buffet table. Penny, Gillian and Joy provided authentic Scots food - Dundee cake, shortbread, Marmalade cake, oatcakes, chocolate chip oatmeal cookies and Scotch meat pies. Brie, cheddar and Boursin cheeses along with crackers, and various fruits added to the Scottish morning feast. The generosity and creativeness of the CCC bakers is appreciated more than they know. Many thanks.

January 23, 2026



On January 29, next Thursday, CCC's special guest is Meg Stickl of A.I.M. Fitness and Rogers TV. Meg is an enthusiastic and committed teacher of aging safely and gracefully. The theme of her presentation will be Fall Prevention, a most important topic. It will be proactive and most helpful to all. Please join her at CCC and discover how one can live and be active safely.

Debra Dynes Family House

Please, if not already giving elsewhere, try to remember, while doing your own shopping, if you can, to pick up an item for donation. There is so much need for our assistance, especially at this time of year.

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

Barilla pasta - \$2.00

Primo pasta sauce \$2.00

No Name tomato paste - \$1.00

Unico solid light tuna in oil \$2.00

Metro

Selection fruit cups - \$2.99

Primo red kidney beans - 3/\$5.00

Primo pasta sauce - \$1.99

Selection Mac Cheddar meal - \$1.25

Campbell's soup (mushroom, chicken noodle) - \$1.25

Giant Tiger

Campbell's soup assorted varieties - \$.77

Bravo pasta sauce - \$1.95

Cloverleaf canned tuna or salmon - \$2.97

Freshco

Kellogg's assorted cereals - \$3.97

General Mills and Quaker assorted cereals - \$3.49

Tetley tea (72) - \$3.99

KD dinner (5 pack) - \$4.99

Cloverleaf albacore tuna - \$2.49

Food Basics

Carnation evaporated milk - 2/\$4.00

Selection light or flavoured tuna - \$1.49

Grace mackerel or sardines - \$.97

Cedar canned beans - \$1.49

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.

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.

January 23, 2026

Refurbished CCC sign

Janis Perkin & Russell Wilkins worked cooperatively to refurbish the CCC sign.



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.

Belong Ottawa Wishlist



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

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.

January 23, 2026

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.



Sunday February 1:

10:00 am Eucharist Service:

Guest Speaker: Sophia Chiboka

Sunday February 8:

10:00 am Eucharist Service:

Guest Speaker: Councillor Rawlson-King

following the 10:00 am service, there will be an

**Enhanced Coffee Hour with Afro-Caribbean Finger Foods
+ Afro-Caribbean Show and Tell + Mini-Fashion Show**

Sunday February 15:

10:00 am Eucharist Service:

Guest Speaker: Yolande Parsons

Sunday February 22:

9:30 am Eucharist Service:

Guest Speaker: Chandonette Johnson

following the 9:30 am service, there will be an

Afro-Caribbean Food Festival. Donations are welcome.

open welcome to all

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**