



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:43

January 30, 2026

Weekly Newsletter

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

let me know when you think you can send it. One of my biggest problems is people forgetting they need to send a vestry report and then chasing them down.

Thank you – Joy

Parish List

If you have changed your home address, email address, landline or cell number that you previously gave us , please send the changes to the office so we are able to put out an up to date directory.

If you are a recent member who may not have filled in a membership form, please ask for one from a sidesperson, the office or membership chair, Cynthia Greer.

Servers meeting

Rev Mary-Cate is hoping to have a short servers meeting after the 10 am service on February 15. Can you please let her know if you are able to attend.

Episcopal Election

The candidates for the Feb 28 Episcopal Election are the Ven Brian Kauk, the Ven Kathryn Otley and the Ven Monique Stone. You may speak to Rev Mary-Cate for further information.

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



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.

- Brian Harrison celebrated his birthday on January 29.

Bible Study

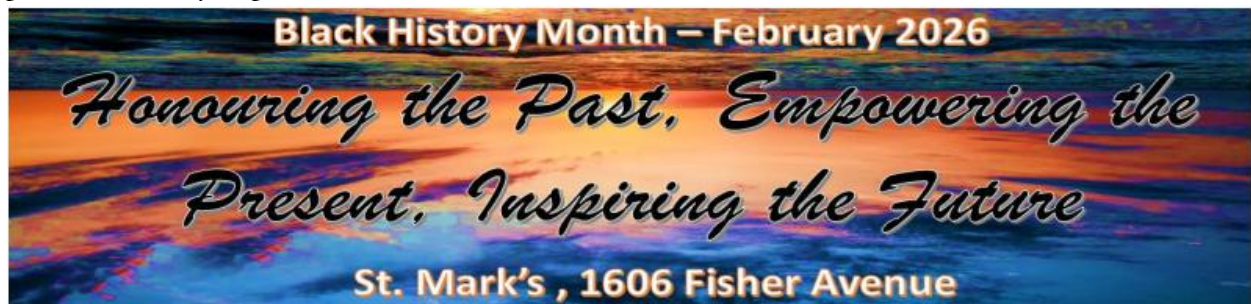
Bible Study continues January 28. The bible reading will likely be Matthew 5: 13-20.

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.

Vestry Reports

All things being equal, the vestry reports should come out on February 22. If you can get your vestry reports to me by February 8, it would be greatly appreciated. If that is not possible, could you please send me a note and



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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!

Our guest speaker next week is Rawlson King. The service next week is followed by 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 the full program, please see the poster at the end of the newsletter.



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



It was an energetic and fun time at CCC on Thursday. Forty - two people listened and participated as Meg Stickl of A.I.M. (Activities in Motion) Fitness outlined why it is so important at an older age to work on balance and fall prevention. Her slide presentation included the surprising statistics on the number of people who have gone to hospital,

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and eventually had to move to a care facility as a result of bad falls. Prevention is the key. Making one's home safe to move around, having a mechanism to call for help, and most importantly, keeping one's strength through exercise and movement so that falls don't happen, were covered. Meg is an enthusiastic trainer of seniors, an excellent presenter, and has grown a business that provides both group and individual strength and movement training. She has a fitness program for seniors on Rogers TV, and runs a service with her staff that provides at home personal training and online exercise routines. She engaged the whole group in sitting and standing exercises using a chair and resistance bands. Everyone was moving, thoroughly enjoying it, and, in the process, learning how to do a simple exercises for balance and strength that can be done at home. It was a morning of lively activity.



The delicious food provided to go with coffee and tea, was in keeping with the theme. Georgia and Suzanne served healthy morning snacks. Date squares, banana pecan bread, Florentine cookies, orange poppyseed muffins, smoked salmon cream cheese pinwheels, ham mini quiches and sweet red pepper mini quiches were delightful. As well,

cheddar, Brie and blue cheeses were accompanied by baguette slices and crackers, along with grapes and orange slices. Thank you to a snack duo that made the morning coffee and tea special on Fall Prevention morning.



Next week will be a quieter one as it features the CCC writing group meeting and being creative, while others play games or just enjoy coffee and conversation. CCC makes the winter go more quickly.

As a reminder, CCC will be cancelled if the school buses are cancelled.

Stewardship 2026

Welcome to a new year of stewardship reflections, this year, hopefully, promises to lead us to new and insightful experiences here at St. Mark's. As you can probably tell from the image the stewardship team has agreed that our theme will be "A Year of Living Generously." As part of our journey, we will be exploring the many aspects of living with the perspective of generosity and abundance in the church and in our lives.



Hopefully you will all have picked up your Star Words from Rev. Mary-Cate and have

had the opportunity to reflect on what it is saying to you. My Star Word, POSSIBILITY, had an immediate impact on me and my thinking. I sort of took it to heart to see where it fit not only in my church activities but also in my day-to-day life. To my surprise the morning after getting my word I woke up at the crack of dawn with so many possibilities running through my brain that I had to get up and start to work through what of those possibilities was possible. Two hours later Janis came through and wondered what I was up to so early in the morning. Needless to say, some of the items were pie in the sky but others resonated and I was able to apply them to what I had been working on. The next thing I know I had these thoughts running through my mind about looking at things from a positive perspective rather than the negative. Take for instance the laundry, I was lamenting the fact that it was still in the dryer and suddenly it hit me that the laundry was dry and all I had to do was empty it, who would have thought.

Janis gets a Norval Daily Minute every morning and I just happened to read it and saw the possibilities in it. "Honour God with everything you own; give him the first and the best. Your barns will burst, your wine vats will brim over." ~ Proverbs 3:9-10, The Message

The author went on:

Think About This ... I don't have a barn (though my garage is bursting) and I can't seem to remember what we did with our wine vats! To me, what the verse suggests is not that I can get a lot of stuff if I honour God. It's more like, when we re-orient our understanding of what is important in life we'll realize just how much we have.

....When I realize that stuff really isn't the main point in life, when I don't allow myself to get trapped into a cycle of endless consumerism, when I see God all around me, in sunsets, and smooth jazz, and a good cup of tea, and my family, and tears, and great books, and so much more... well... then I realize that my barns are bursting and my vats are overflowing!

....So, if you get a chance, go check out your barns and wine vats! You've got more of the things that matter than you know right now.

Here is his closing prayer:

We PrayI am thankful, God, for all my blessings. I have so much. I have so many good people in my life. I thank you for everything. I know that even if I didn't thank you for these blessings they'd still be there, but there is something about realizing there is more to life, that I'm not here alone, that you are there and others are nearby. All that makes me realize, even more, what I have and, even more, how thankful I am. Funny how that works. Amen.

We are looking forward to all the possibilities for stewardship experiences this year, and we are sure that more will be revealed as the year progresses. Starting in February, Black History Month, we hope to have a stewardship reflection that will give us all an insight into other cultures generosity and abundance perspectives. And once again this year we will be following Lent Madness (A link to Lent Madness will be published in the newsletter as soon as it is available) so don't forget to look on St. Mark's Facebook page for the daily saintly competition and check out Bishop Reed Hall for the poster that will track the madness to the Golden Halo. As a new feature we will also be posting 40 Acts of Stewardship which challenges those who want to, to participate in specific acts of stewardship that everyone can do at any level over Lent.

Stay tuned for more possibilities

Michael Perkin & Stewardship Team

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. Every tin, every package is greatly appreciated.

As always, much needed are the following:

- Canned Evaporated Milk

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

Sales this week from Flyers:

No Frills

Classico pasta sauces - \$3.00
Campbell's chunky soup - \$2.00
Clark beans - \$1.50

Metro

Food Basics

Classico pasta sauces - \$2.98
Dare wagonwheels and cookies - \$2.9
Selection peanut butter - \$4.44
Canned spam and Hereford corned beef - \$3.99
Gold Seal sardines - \$1.69

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.

Celtic choir concert

The Celtic Choir is holding a concert in the church on Saturday afternoon from 2-3 pm. This is the choir that came and sang at CCC during the Irish celebration on the first CCC of the fall. Admission \$20



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.

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Belong Ottawa Wishlist



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.

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

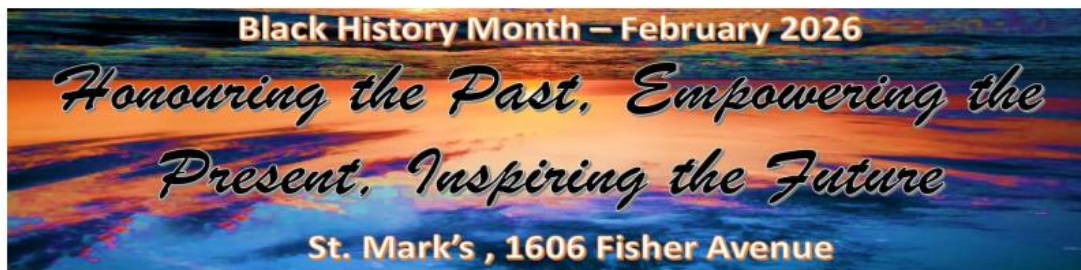
E-Transfers to the Church

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.

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

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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
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- 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"
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- 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**