



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:44

February 6, 2026

Weekly Newsletter

Dear friends,

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

forgetting they need to send a vestry report and then chasing them down.

Thank you – Joy

LENT IS APPROACHING

Please bring last year’s palm crosses in so they can be burned after the 10 am service on February 15. Look for the notice on the next page about Lenten ‘Soup and Study’ beginning February 25.

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.

Black History Month

The 10 am service this week is followed by an enhanced coffee hour with Afro-Caribbean finger foods, Show & Tell and Mini-Fashion Show.

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 February 11. The bible reading will likely be Matthew 17: 1-9.

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.

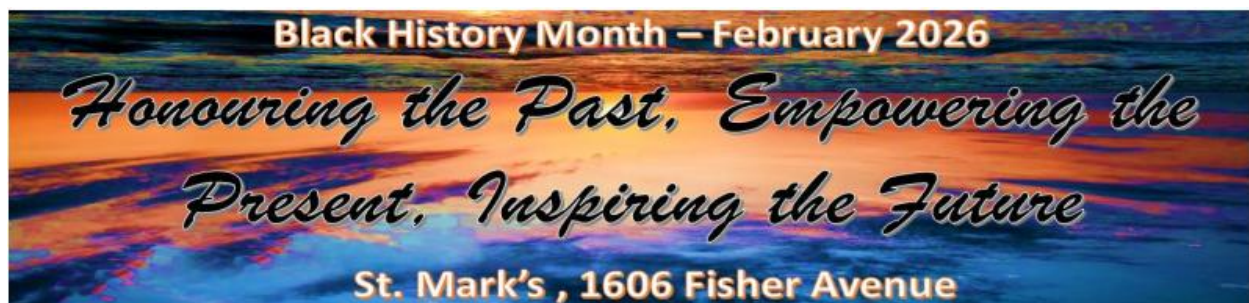
Vestry Reports

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 let me know when you think you can send it. One of my biggest problems is people

Our guest speaker this week is **Rawlson King**, who is Ottawa's first black City Councillor. He was first elected in a historic by-election held April 15, 2019 to represent Rideau-Rockcliffe Ward 13 and was re-elected on October 24, 2022. Rawlson served as Deputy Mayor between June 2024 and December 2024.



Before his election to public office, he was an entrepreneur and communications professional with more than 20 years of private sector experience in high-technology



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market research. Highly experienced in non-profit and volunteer organizational governance, Rawlson is a Certified Association Executive (CAE).

For the 2022-2026 Council Term, Rawlson was appointed Chair of the Built Heritage Committee and serves on the Finance and Corporate Services Committee, Environment and Climate Change Committee, and the Community Services Committee. Rawlson was also appointed to the boards of Ottawa Public Health, the Ottawa Public Library and Quartier Vanier BIA. He will also continue to serve as Council Liaison for the City's Anti-Racism and Ethnocultural Relations Initiatives, leading the implementation of the City of Ottawa's Anti-Racism Strategy.

During the 2018-2022 Council Term, Rawlson was appointed Council Liaison for Anti-Racism and Ethnocultural Relations Initiatives and was responsible for the creation of the City's anti-racism office and strategy. During that term, he was Chair of the Built Heritage Sub-Committee and was also appointed to the Standing Committee on Environmental Protection, Water and Waste Management and to the Information Technology Sub-Committee. He also served on the boards of the Ottawa Police Service, Crime Prevention Ottawa, Ottawa Community Housing Corporation, Ottawa Public Library, Ottawa Community Lands Development Corporation and the Quartier Vanier BIA.

A strong believer in public service, Rawlson previously served as President of the Overbrook Community Association (2014-2019), a board member at the Rideau-Rockcliffe Community Resource Centre (2011-2019), President of Gallery 101 (2011-2017) and was the first co-chair of the Ottawa Police Service Community Equity Council in 2018. He was a founding board member of the Rideau Winter Trail of Ottawa (2020-2023). He is currently an advisory board member of the Ottawa Climate Action Fund (OCAF).

Recognized for his volunteer work, he won a United Way Ottawa Community Builder of the Year Award in 2018 and was a recipient of a Special Recognition Award from Black History Ottawa in 2021. In 2025, Rawlson was awarded the King Charles III Coronation Medal in recognition for public service.

Rawlson was born and raised in Toronto, where he was educated at Bayview Glen School. He subsequently earned a Bachelor of Journalism and Law, and an M.A. in Communication from Carleton University. A proud Carleton alumnus, he and his wife personally established the Rawlson King and Linda Grussani Scholarship for Indigenous, Black and Racialized Students at Carleton University in 2022. He has lived with his wife in Overbrook since 2004. Our guest speaker next week is Yolande Parsons.

On February 22, there will be one service at 9:30 followed by an Afro-Caribbean Food Festival. For the full program, please see the poster at the end of the newsletter.

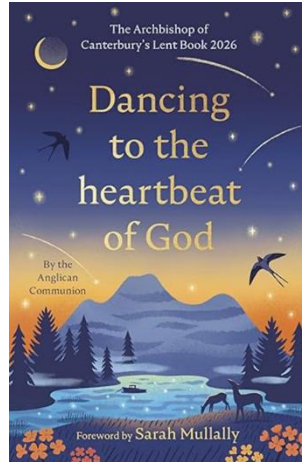


Lenten 'Soup & Study' Wednesday, Feb 25 – March 18

Our Lenten study programme will be held in cooperation with our neighbours at Julian of

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Norwich. Beginning Wednesday Feb 25 we will meet on Wednesdays at both churches to study 'Dancing to the Heartbeat of God'. A new book with contributions from leaders all over the Anglican Communion including our Primate Shane Parker and a forward from our new Archbishop of Canterbury Sarah Mullally



The book is available from Indigo by middle of February and is also available as an e-book

530 PM Supper 6-7PM Book Study Locations tbc

<https://www.indigo.ca/en-ca/dancing-to-the-heartbeat-of-god-stories-of-discipleship-the-archbishop-of-canterburys-lent-book-2026-foreword-by-sarah-mullally/9780281092314.html?searchType=products&searchTerm=dancing%20to%20the%20heartbeat%20of%20God>

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.

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 a "not so quiet" morning at CCC on Thursday. Over 35 people attended. While 11 creative writers worked at their tables out in the Link, bridge players took turns playing at the back of the Hall, and everyone else filled the room with conversation over coffee and tea.

Pat and Penny made the morning snack time a special one with small egg salad sandwiches, apple cinnamon oatmeal cups which were gluten and dairy free, pineapple chocolate chip cookies, orange yogurt loaf, Special K peanut butter bars, and cheddar, brie and blue cheeses which were served with crackers and liverwurst roll. It was all delicious! Thank you to the two bakers who yet again made coffee morning a treat.



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Next week a group that CCC loves to hear will be entertaining again. "Aged In Harmony" is an a cappella men's chorus that sing a variety of well known songs and in between, several of their members lighten the morning with humorous jokes and tales. Don't miss a delightful morning with a very talented and dedicated team of about 20 fellows singing for the joy of it. Bring a friend or neighbour to share a happy morning.

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

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.

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.

If you miss giving at church on Sunday, you can always bring something to Coffee, Company and Conversation on Thursday mornings.

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 Flipp app:

No Frills

Carnation Evaporated Milk - \$1.75

Freshco

Barilla pasta, Catelli Smart or Healthy Harvest - \$1.99

Cloverleaf Albacore Tuna - \$2.49

Metro

Classico pasta sauces - \$2.97

Cloverleaf tuna - \$1.49

Food Basics

Selection Evaporated Milk - \$1.88

Barilla pasta, Hunts tomato sauce, or Aylmer tomatoes - \$1.68

Dole Fruit Cups - \$2.99

Cloverleaf Light or flavoured Tuna - \$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.

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

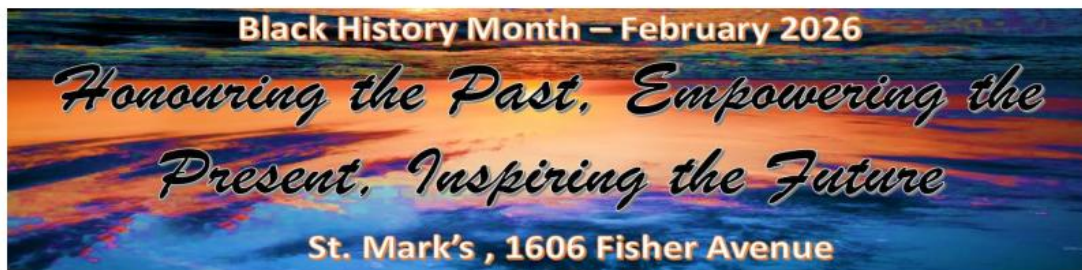
E-Transfers to the Church

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
-
- 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**