



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

Volume 6:45

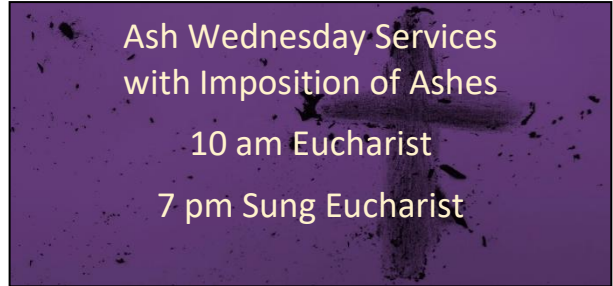
February 13, 2026

Weekly Newsletter

Dear friends,

3 page about Lenten ‘Soup and Study’
beginning February 25.

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.

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.

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



Vestry Reports

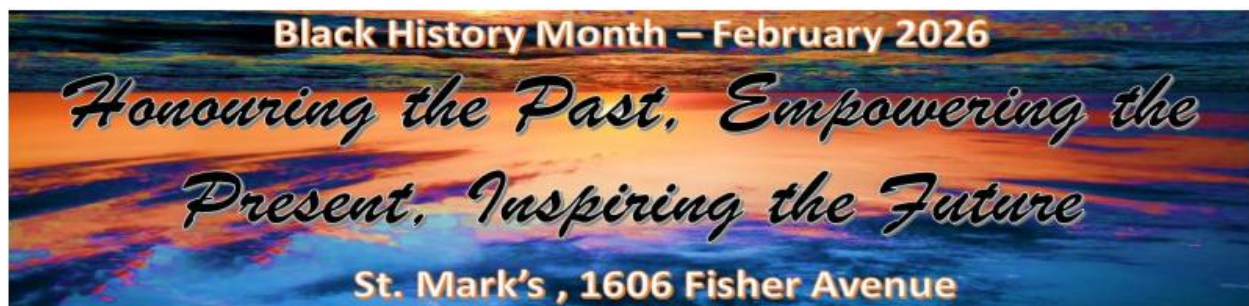
All things being equal, the vestry reports should come out on February 22. I am now in the process of chasing down people who have failed to submit their vestry reports.

Thank you to our guest speaker last week, Councillor Rawlson King. If you wish to read the text of his address, you may find it [here](#).

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 Page



February 13, 2026

Also last Sunday there was an enhanced coffee hour with Afro-Caribbean treats.



BHM Book List

Here is an offering of some of the newest books available at the Ottawa Public Library covering the subject of Black History. You may find that some are available in other formats such as e-book. Just click on the title to find out. [Adult List](#) [Children's List](#)



Thank you to our February 1 guest speaker, Sophia Chiboka. If you wish to read the text of her address, it may be found [here](#).



February 13, 2026

Our guest speaker this week is **Yolande Parsons**, who is Yolande is delighted to be back at St Mark's to celebrate Black History Month. St Mark's is like a



second home for her as she has nurtured some dear friendships over the last few years.

Yolande is originally from St. Vincent & the Grenadines, and immigrated to Canada over forty years ago, initially settling in Winnipeg, Manitoba which has a very vibrant Black community. It was there that she honed her passion for community work, becoming involved in Winnipeg's various community initiatives, such as Black History Month, the MLK Committee, the St. Vincent and the Grenadines Association, and co-hosting a community television show, In Touch With The Caribbean. After marrying and moving east, she and her late husband continued serving the Black community in Montreal and then Ottawa.

Yolande is very active in her local church, Arlington Woods Free Methodist Church, where she serves as a Lay Minister and leads Women's Ministry. She is a graduate of Heritage College and Seminary and is tracking for credentialing within the Free Methodist Church in Canada.

Yolande is the proud mother of an adult daughter, Yelena. She works with the Algonquin Students' Association and teaches part-time at Algonquin College.

There is one service on February 22 at 9:30 am to be followed by an Afro-Caribbean feast.

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

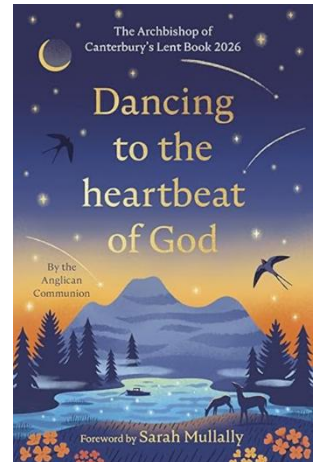
Our Lenten study programme will be held in cooperation with our neighbours at Julian of Norwich. Beginning Wednesday Feb 25 we will meet on Wednesdays at both churches to study 'Dancing to the Heartbeat of God'. A

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-](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)



[mullally/9780281092314.html?searchType=products&searchTerm=dancing%20to%20the%20heartbeat%20of%20God](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)



The pancake supper is still looking for some volunteers and donations of butter, GF pancake mix & juice. Please see the list in the link.

Notes from Parish Council - February 2026:

Black History Month:

- Thank you to the speakers, food, souvenirs, helpers with setup and cleanup as well as everyone in the parish for your participation in the Black History Month events so far.
 - Sophia Chiboka and Counsellor Rawlson King provided wonderful insight into the history of Black Canadians in Canada and in the Ottawa region.
 - The Afro-Caribbean treats after the service on Sunday, February 9 were enjoyed by all, along with the shared souvenirs that were presented.
- We look forward to the upcoming speakers on February 15 and 22.
- Reminder: On February 22, we will have one joint service at 9:30 a.m. so that we can share in the Afro-Caribbean Feast after the service. Volunteers are still welcome - just reach out to a member of the Black History Month Committee.
- You can also see a [book list for adults](#) and a [book list for kids](#) covering the subject of Black History at the Ottawa Public Library.

Election of a new Bishop for the Anglican Diocese of Ottawa:

- Candidates for the Episcopal Election on February 28 are: the Ven. Brian Kauk, the Ven. Kathryn Otley and the Ven. Monique Stone. Find information [about the candidates](#).
- Upcoming public meetings with the candidates (7:00 - 9:30 p.m.):
 - February 15: St. Paul's Anglican Church, 20 Young Road, Kanata
 - February 20: Holy Trinity Church, 68 Renfrew St, Pembroke
 - Public meetings will also be [live-streamed](#)

Lenten activities:

We are also transitioning to Lent in February. Please note the following:

- Transfiguration Sunday (February 15): please bring your palm crosses from last year with you so that they we can burn

them after the 10:30 a.m. service in preparation for Ash Wednesday.

- Ash Wednesday (February 18)
 - 10 am: Spoken service in the Sanctuary with imposition of ashes
 - 4:45 pm to 6:30 pm: Pancake supper in Bishop Reed Hall - if you are able to volunteer to help, please contact one of the Wardens
 - 7 pm: Sung service in the Sanctuary with imposition of ashes
- Lenten Soup and Study:
 - St. Mark's and Julian of Norwich are joining together for our Lenten Study this year, beginning on February 25.
 - We will alternate hosting at St. Mark's and Julian of Norwich throughout the four-week study. Soup will be served at 5:30 p.m. with the study from 6 to 7 p.m.
 - We're studying the newly released "Dancing to the Heartbeat of God: Stories of Discipleship" (available via [Indigo.ca](#) for delivery in mid-February and as an ebook)
 - Please contact Rev. Mary-Cate if you're interested in participating
- Learn more about different ways to observe Lent later in the newsletter.

Annual Meeting of Vestry (March 8):

- We'll have one joint service at 9:30 am Eastern Daylight Time. (Don't forget that the clocks spring forward by one hour, so don't be late!)
- Coffee hour with light lunch will be available after the service.
- Vestry Meeting will follow.
- Note: The Vestry Report will be available electronically and in printed format by February 22. The report will include: Minutes from the Vestry Meeting in February 2025; submissions from various groups in the parish; 2025 financial report; proposed 2026 budget; appointment of auditors for the 2026 financial year; approval of organizations to receive Lenten Outreach donations; election and appointment of Parish Council members.

Property Report:

Heating & Mechanical Systems

The heating control valve serving the main hall has been replaced; however, heating has not yet been fully restored. A faulty isolation valve located in the mechanical room is restricting adequate water flow, preventing proper circulation to the hall. Further assessment and corrective work are required to resolve this issue and restore reliable heating operation.

Painting & General Maintenance

Painting of the link area is scheduled to continue on February 28, as part of the ongoing effort to improve and maintain interior finishes.

Life Safety & Fire Protection

- A expired smoke detector was replaced in the basement area in front of the furnace room.
- Carbon monoxide (CO) detectors have been installed in the mechanical rooms
- Several fire and emergency items remain outstanding and require attention, specifically:
- Emergency lighting that is currently not operational in the link. Failed last monthly inspection.
- A fire extinguisher in the kitchen that requires servicing.
- The contents of the on-site first aid kit were reviewed and found to be aged and in need of replacement. In addition, the naloxone kit on site is approaching its expiry date and will need to be replaced to ensure continued readiness.

HVAC Preventative Maintenance – Service Contract Review

Due to ongoing concerns, Parish Council passed a motion to make Advance HVAC our new HVAC provider.

Financial update - January 2026:

The reports for January are very short as they often are at this time of year. Unusually, our collections income exceeded our budgeted amount. This should not engender great excitement and cause people to advocate for a

higher collections income in the budget. We have several people who know that January can be a very lean month and donate their collections income for the year in January to help the cash flow situation. While it would be thrilling, I do not anticipate February's income to be greater than budgeted. There are no unusual expenditures in January.

Gillian Martin
Deputy Warden
St. Mark's Anglican, Ottawa

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.

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

What a wonderful morning yesterday at CCC. Our group was royally entertained by the Aged in Harmony singers - an acapella group of some twenty-five men whose singing today was a theme rooted in barbership music and based on the movie musical "The Music Man" set in 1912. In addition to the music, there was much humour and delightful stories which were rewarded with thunderous applause.



The bakers, Janis and Mike Perkin, based their food theme on the musical offerings. In 1912, Pound Cake was the favourite along with Goo Goo Clusters made of chocolate nuts and fruit. These Goo Goo bars, invented in 1912 in Nashville, Tennessee, are said to be the first chocolate bar and are still available in Nashville.



Other sweet treats were the Amish Sugar Cookies and gluten free meringues which rounded out the options for the sweet tooth. General stores still had cracker barrels and barrels of pickles and hence the Ritz Pickle Surprise: two Ritz crackers with a slice of dill pickle and cheese in-between, with the top brushed with a melted butter and herb spread before baking in the oven. Although these flew off the plate, there were sufficient left for the men of Aged in Harmony to enjoy after their concert. Other offerings included Cheddar Bay Cheese bread and the usual selection of cheeses, other crackers, Kolbasa and fruit.

Although a hard act to follow, next week's CCC will be a Post Valentine Morning with a theme-related activity with people at each table vying for the table prize. Come one, come all and bring your romantic selves with you.



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

Stewardship among Akans in Ghana:

“The Stool Is Not Yours”



In Akan culture in Ghana, when a chief is installed, he does not sit on the stool as an owner. The stool represents the soul of the people—the ancestors, the living, and the unborn. The chief is reminded, sometimes publicly, “This stool is not yours.” He is only a caretaker. If he sells the land meant for future generations, he can be removed. The stool remains; the steward changes.

In Akan thought, land, the ultimate form of wealth, belongs to the ancestors, the community, and those yet unborn. In Scripture, creation belongs to God, and we are entrusted to “work it and take care of it” (Genesis 2:15). Different foundations, same truth: you are holding something that does not ultimately belong to you.

That changes how we live.

- Wealth is not just for comfort, but for generosity.
- Leadership is not for control, but for service.
- Resources are not for exploitation, but for preservation.
- Decisions must protect the unborn and preserve family legacy.
- Wealth carries obligations to family and community.

- Generosity sustains social harmony and honor.

One day, the Akan chief must answer to the community, elders and ancestors. The question will not be, “How much did you gain?” but “How faithfully did you steward what was placed in your hands?”

So whether it is our family, our finances, or our church role—we could be hearing the same message given to the chief when they are installed: “This stool is not yours.”

Care for it well, because it was entrusted to you—and it will outlast you.

Joseph Amuah St, Mark’s Stewardship Team

Lenten Study Programs Online

There are a number of Lenten Programs available online.

[Lent Madness](#) – Who will win the Golden Halo? Discover little known saints and holy ones as they vie for the golden halo.

[40acts](#) – From the UK, join thousands this Lent for a 40-day generosity challenge – building habits, deepening faith and reflecting the heart of Jesus through everyday acts.

Each day offers a simple invitation to give, bless, and grow in generosity – one act at a time.

[Wild Paths of Peace](#) - Alongside Hope’s (PWR) Lenten Program. Walk a daily path of prayer and reflection with Martha Jarvis, author of Wild Paths of Peace. By subscribing, you’ll receive daily scripture readings, reflections, prayers, and weekly stories from Alongside Hope, delivered to your inbox starting Ash Wednesday, February 18.

[The Sermon on the Mount: On Earth as in Heaven](#) – A devotional meditating on Matthew 5 – 7 brought to you by the Society of St John the Evangelist and Communities for Spiritual Vitality.

[The Way of the Cross and a Crucified People: On the Ground in Palestine](#) - What happens if we read Jesus’ walk to the cross in light of current realities? Weaving together scriptural

story, Palestinian liturgy, and Lenten self-reflection, this journey to the cross will deeply ground us in the story of Jesus’ passion as seen in today’s world.

This is a free study, generously funded by the Diocese of Toronto. This study will be held on Sunday evenings: Feb 22, March 1, 8, 15, 22, 29. Bishop Andrew Asbil will join us every other week, on March 1, 15, and 29. This study is for anyone who seeks a deeper understanding of the Bible and its relation to contemporary life. All are welcome, regardless of denominational or religious affiliation. No prior knowledge of the Bible is necessary.

Format and Requirements: Each session will run on zoom for two hours with a 5 minute break half-way through. Each session will include Bible Study, stories from current realities, particularly in Palestine but also our wider context, liturgy, and questions for Lenten reflection. Participants will also be able to post questions and points for discussion in the chat. Powerpoint will be used periodically to show biblical texts, liturgy, and illustrations. Each session will be recorded and the link will be sent out to all participants. Registrants can also follow the entire study through the recordings. There are no assignments and no required reading for this study, although suggestions for further reading will be made as the study progresses.

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. The blue bin is located in the Link on a bench.

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 flyers and Flipp app:

No Frills

No Name Evaporated Milk - \$1.25
Heinz Beans or Pasta - \$1.00
Classico Pasta sauce - \$3.00

Giant Tiger

Barilla Pasta - \$1.79

Shoppers Drug Mart

No name Pastas - 2/\$4.00 (starts Saturday)
No Name tuna - \$1.50 (starts Saturday)

Freshco

Carnation Milk - \$1.98

Metro

Mandarin Oranges in fruit cups - \$2.99

Food Basics

Selection Pasta or Gnochic - \$1.97
Primo pasta sauce/beans - \$1.68

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.

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.

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



February 13, 2026

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 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"
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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**