



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

Volume 6:46

February 20, 2026

### Weekly Newsletter

Dear friends,

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

### Black History Month



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.



### 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.

Thank you to our guest speaker last week, Yolande Parsons. If you wish to read the text of her address, you may find it [here](#).

### Vestry Reports

The vestry report is available [here](#). If you wish a printed copy of the report, please contact the office. Vestry is March 8 after the service at 9:30 am. A light lunch will be available to sustain us.

### BHM Book List

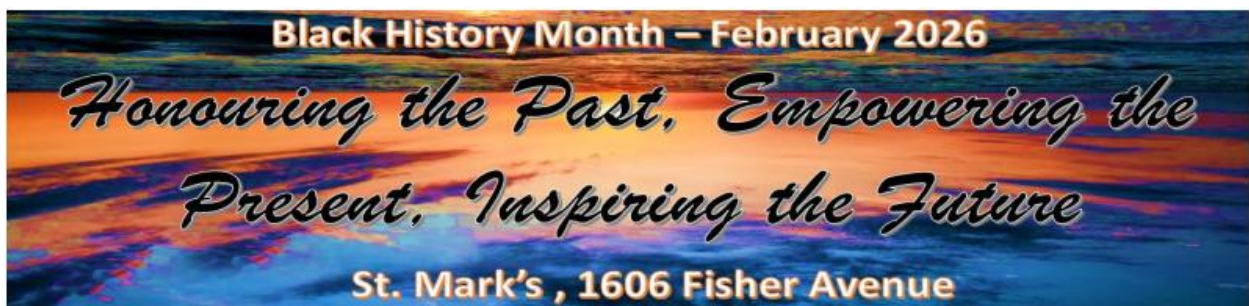
Here is an offering of some of the newest books available at the Ottawa Public Library covering the subject of Black History. You may find that some are available in other formats such as e-book. Just click on the title to find out. [Adult List](#) [Children's List](#)

### Lenten 'Soup & Study' Wednesday, Feb 25

The study will be here at St Mark's in the church at 5:30. If you need the first week's readings, please contact Rev. Mary-Cate. See full notice later.

### Last Sunday

Lots happened at church last Sunday. It was the last Sunday after Epiphany. After the



service, we went outside and watched as last year's palm crosses were burnt to make the ashes for Ash Wednesday.



We 'buried' the Alleluia. (Actually, stored it in a box veiled in purple). This reminds us that we are entering a season of penitence. The Alleluia will return on Easter.



And we celebrated Foday's and Folaham's 2<sup>nd</sup> Birthday with a cake at coffee hour!



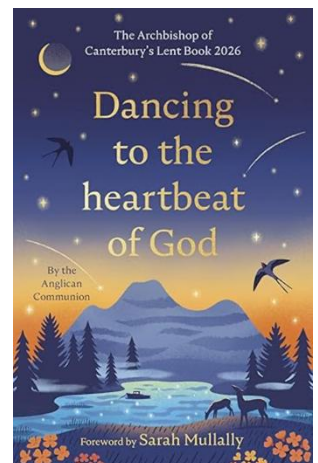
### Lenten 'Soup & Study' Wednesday, Feb 25 – March 18

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)

### Lenten Outreach

With the beginning of Lent come the beginning of our Lenten Outreach. Lenten Outreach was started many years ago as a

Lenten discipline and to extend our outreach both near and far. The two projects suggested for Lenten Outreach this year are: **Arthur Turner Training School** in the Diocese of the Arctic and **Centre 404**, a hot-lunch program just starting in Hawkesbury by the Parish of the Lower Valley in the Diocese of Ottawa. Full details about these programs may be found in your vestry report.

You may put your Lenten Outreach offerings in the envelopes found at the back of the church (with black lines on them). Make sure your name is on them. You may also donate by sending a cheque in the mail, e-transfer or through Canada Helps.

### 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. Thank you to those who have already done so.

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

Another good day at CCC, with a crowd of some thirty-four out to enjoy the good weather and some coffee and conversation. Although there was no "formal" entertainment, Janis Perkin tickled everyone's fancy with a Valentine's game that brought lots of laughter, and the bridge table was active with Brian Armstrong and Adolf James providing lessons and advice.

The day's team of bakers, Joy Bowerman and Judy Life, provided a wonderful array of morning goodies, including gluten free lemon loaf, hot cross buns, brownies, scones and



coconut squares. In addition, there were other treats such as peanut butter cookies, orange slices and grapes, and our canine mascot's favorite, three kinds of cheeses and a variety of crackers to go with them.



Next week's CCC will be a regular day of games (such as Scrabble, Trivia and Cribbage),

bridge, and Koffee Klatch. Come one, come all and enjoy a pleasant break in your week.

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

### **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**

#### **A special thank you from Debra Dynes Family House:**

"Thank you to everyone who made the Family Snow Day at DDFH such a creative and special day! To the volunteers, parents, and partners including NROCCHC and The City of Ottawa's Anti-Hate, Inclusion and Equity department who supported this event, thank you from the bottom of our snowy, s'more filled hearts! "

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,

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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**

Italpasta - \$1.50

Knorr sidekicks - \$2.00

No Name Peanut butter - \$4.50

Snack Pack fruits - \$2.50

**Food Basics**

Selection Evaporated Milk \$1.88

Classico pasta sauce - \$2.98

Fiber Nature Valley granola bars - \$2.99

Hereford Corned Beef - \$3.99

Family Size Kelloggs Mini Wheats and Raisin Bran - \$5.48

**Shoppers Drug Mart**

No Name evaporated milk \$1.75 (starts Saturday)

**Metro**

Classico pasta sauce - \$2.99

Shreddies - \$4.99

**Giant Tiger**

Primo Pasta - \$.87 (until Tuesday)

Cloverleaf canned tuna - \$1.97 (until Tuesday)

**Freshco**

Campbell's soup - \$.88

Snack Pack - \$1.79

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](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.

**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](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)

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### **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
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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**