



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 6:49

Weekly Newsletter

March 13, 2026

Dear friends,

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

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.

- Bill Barber turned 88 on March 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.

Bible Study

Bible Study continues March 18. The bible reading will be John 11:1-45.

Lenten 'Soup & Study' Wednesday, March 18

The study will be at St Mark's at 5:30. If you have any questions, please contact Rev. Mary-Cate. See full notice later.

with love on

Mothering Sunday – March 30, 2025

In the Anglican Church, Mothering Sunday is the 4th Sunday in Lent. Through the years, that Sunday became the one festive day in Lent, including an annual pilgrimage to the Mother Church of the Diocese, the Cathedral. As they processed they sang the ancient psalms of Ascent from the times when Jews processed to the Temple in Jerusalem. As

time went by the Cathedrals were overcrowded, and the festivals were moved to the local Parish churches.

Older children and adults often worked away from home, but on this Sunday they were allowed to go home to their mothers, and families would be reunited. Going home often entailed long walks along paths where they would gather spring flowers. Those in 'service' would also bring fruit and nuts and other food for the family gathering. Flowers and special Simnel cake became part of the celebration.

When Mothers' Union started in England in 1876, Mothering Sunday was revived and encouraged as a family-oriented festival. MU came to Canada in 1888 and Mothering Sunday came with it.

Although Mothering Sunday is not a normal part of the Anglican Church of Canada, many parishes who have a Mothers' Union branch, like St Mark's, still celebrate the 4th Sunday in Lent - Mothering Sunday, which is also when Mothers' Day is celebrated in Britain.

St Mark's present MU branch was started by a group of young mothers in 1983. Its focus is on the family and has continued the tradition of Mothering Sunday by serving Simnel cake, and providing flowers to all the women in the church. (not gathered by the wayside!)

We know that the Simnel cake and flowers were a special part of our Mothering Sunday coffee hours in the past. In 2026, we are offering Simnel cake and a flower. Please join us on Sunday and enjoy a coffee or tea with us before you leave.

Spring Market

Our Spring Market begins this week and will continue until March 29, Palm Sunday. The items on offer will change slightly each week so keep watching for new order forms.

This week we have Breakfast Strata, Bread Pudding, Hot Cross Buns, Seville Orange Marmalade and Meyer Lemon Marmalade. These will all be available for pick up on

March 13, 2026

Sunday morning. There are also a limited number of turkey pies and soup mixes. On Sunday morning there will also be a selection of Janis' fabulous cards on offer. Although I have not confirmed with Janis, I think there will be both Easter and All-Occasion cards.

The order form for this week is [here](#).

Vestry

Our annual vestry meeting occurred last Sunday. At that meeting, the Rev Mary-Cate delivered a charge to vestry. You may find a written copy of that charge [here](#). Also, for your information, the slate from the nominations committee which was approved a vestry may be found [here](#).

Overnight Vigil

For many years at St Mark's, parishioners have participated in an overnight vigil from the evening of Maundy Thursday (April 2, 2026) to the dawn of Good Friday. The practice is based on Matthew 26:40, when Jesus, in the Garden of Gethsemane, finds his disciples asleep while he agonizes over his impending betrayal and crucifixion. "Could you not watch with me for one hour?" he asks. In response to this, we at St Mark's have divided the night into one-hour segments, during which someone in the parish devotes themselves to prayer and meditation. In earlier years, we actually came to the building and spent that hour in the Peace Chapel, but since the pandemic - and for security reasons - participants have been spending their hour in their own homes. (Both options are now possible, as long as you have codes which allow you in to the church after hours.)

There are various materials available to suggest ways in which to spend that time, whether through Bible reading, devotional reading, intentional praying and/or meditation.

A sign-up sheet will be posted in the Link in the coming days with slots for each of the vigil hours, so that we can choose an appropriate time and, hopefully, cover the entire period. Please consider this opportunity

for a special experience at this holy time in our Church calendar.

— Brenda Zanin

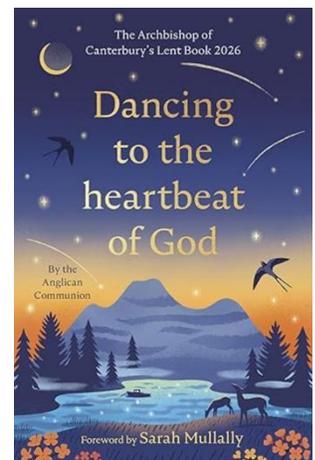
Lenten 'Soup & Study' Wednesday, Feb 25 – March 18

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

[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

March 13, 2026

by sending a cheque in the mail, e-transfer or through Canada Helps.

Coffee, Company & Conversation

On a cold and icy Thursday, twenty eight intrepid souls gathered at CCC for an amiable morning of coffee, goodies and conversation. The seven creative writers present worked together at their table in the Link preparing stories and poems that will be shared with others in June.

The food was delicious as usual, with the team of Pat Sinclair and Cynthia Greer providing goodies to go with coffee or tea, thus making coffee morning a warm and tasty one. At the coffee table there were homemade carrot oat mini-muffins, including raisin ones that were gluten free. Beside them were pecan pie cookies, cheddar shortbread, coffee walnut bundt cake, and spiced nuts. Assorted cheeses (brie, blue and cheddar) were accompanied by a variety of crackers, and a lovely arrangement of orange slices, grapes, strawberries, and melon. Thank you Pat and Cynthia. We were well fed.



Next week, the 19th, is a Post St. Patrick's Ceilidh celebration. Peter Rutherford, a regular singer at the Red Bird in Old Ottawa

South, also a guitarist and songwriter, will be entertaining with songs of the Irish, and our man of all things Irish, Brian Armstrong, will be once again getting people up to line dance to Irish music. It will be a fun morning with Irish decorations and goodies, and everyone wearing something green ("the wearing of the Green!"). Come if you haven't experienced the joy of CCC company before and share in the luck of the Irish.



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

Belong Ottawa

Cynthia will be taking things down to Belong at St John's Elgin street, straight after Easter.

They can always use toilet paper, underwear, socks and toiletries. If you have any empty medicine containers with your name removed, or the above things, please leave them in or on the bin in the cloakroom.

Please also look in the lost and found basket, and on the hangers to see if you have left a jacket, or a pair of shoes etc behind, as I'm taken those articles down also.

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

March 13, 2026

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 today's Flipp app:

Metro

Italpasta - \$1.69

Food Basics

Primo pasta sauce - \$1.99

Selection evaporated milk - \$1.88

Giant Tiger

Giant Value canned flaked light tuna - \$1.24

Dole fruit cups - \$2.97

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.

OHS March 24

On Tuesday March 24, the Ottawa Horticultural Society will be having an important panel discussion about food security in and around Ottawa.

Panelists include representatives from the Ottawa Mission and The Food Bank. There is no charge for admission.

FOOD FOR LIFE

ADDRESSING THE FOOD INSECURITY GAP IN OTTAWA

Over 1 in 4 households in Ottawa are experiencing food insecurity
2025 Ottawa Hunger Report, Ottawa Food Bank

The Ottawa Horticultural Society invites you to join us for this in-person panel discussion with community leaders and experts who are actively working to address food insecurity in our community.

Tuesday, March 24, 2026, 7:30 pm
St. Mark's Anglican Church
1606 Fisher Ave., Ottawa
Open to all, free admission

MORE DETAILS AT OTTAWAHORT.ORG

Panelists

- Peter Tilley**
CEO Ottawa Mission
- Nelson Coyle**
Healthful Food Working Group
- Carla De Ciccio**
Director of Marketing, Growear
- Tom Robson**
Ottawa Food Bank Community Harvest Farm Coordinator
- Cecilia Lee**
OHS Community Impact Program

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

March 13, 2026

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.

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.

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 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
Joy: stmarks@stmarksottawa.ca
Elaine: Elaine@stmarksottawa.ca

March 13, 2026

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.

March 13, 2026

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**