



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:1
March 20, 2026

Weekly Newsletter

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.

First Newsletter in Volume 7

Exactly 6 years ago today, our first electronic newsletter was sent out. Our churches were closed on March 15, 2020 so the volume of the newsletter changes as we pass that date. (I may be the only person who notices.) My favourite item from that first newsletter:



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.

Holy Week & Easter at St Mark's

- Mar 29 Palm Sunday**
8 AND 10 AM
- Mar 31 Stations of the Cross**
7 PM
- Apr 2 Maundy Thursday**
7 PM EUCHARIST
9 PM OVERNIGHT VIGIL
- Apr 3 Good Friday**
1 PM SOLEMN SERVICE & ANTE COMMUNION
- Apr 4 Easter Vigil**
7 PM NEW FIRE & EUCHARIST
- Apr 5 Easter Sunday**
8 AND 10 AM

ST MARK'S ANGLICAN CHURCH
1606 FISHER AVE
stmarksottawa.ca

Bible Study

Bible Study continues March 25. The bible reading will be Matthew 27:11-54.

Easter Flowers

If you wish to contribute to flowers in the church at Easter in thanksgiving or in memory of loved ones, please contact the office no later than Thursday, March 26.

Palm/Passion Sunday Dramatic Reading

If you don't normally read but would be willing to take a small part in the dramatic reading of the Passion on Palm/Passion Sunday, please contact the office or speak to Joy.

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

March 20, 2026

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.

We have had very few donations this year so let's support these worthy ventures.

Spring Market

Our Spring Market continues this week. The items on offer will change slightly each week so keep watching for new order forms.

This week we have Mini Lemon Loaves, Mini Blueberry Lemon Loaves, Eccles Cakes, Hot Cross Buns and Lemon Curd available. There are also some Breakfast Strata, Bread Pudding, Seville Orange Marmalade and Meyer Lemon Marmalade. These will all be available for pick up on 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. There will be both Easter and All-Occasion cards.

The order form for this week is [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 is posted in the 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

Coffee, Company & Conversation

On yet another snowy day, CCC was full of fun with a lively St. Patrick's Ceilidh. Over 52 people, including a group of Brian Armstrong's friends from NROCRC, many wearing green, were entertained by Peter Rutherford, singer about town and guitarist. Peter sang a medley of well known popular Irish tunes. Many were tapping their toes or singing along. It was delightful. Peter normally can be found singing at the Red Bird in Old Ottawa South.



Near the end of the morning Brian Armstrong, our man of all things Irish, led a group of adventurous souls in Irish line dancing with traditional Irish taped music. It was fun for those who remained seated to see this group go in all directions.

March 20, 2026



Irish Dubliner hard cheese (a favourite of the writer), with crackers and fresh fruit (pineapple, green grapes and clementines). It was a wonderful tribute to the Emerald Isle, Many thanks to Janis and Michael.

Next week will be a relaxing one with games, and conversation over coffee and tea. Join the CCC group for good company on what all hope will be a day that is more spring-like. 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 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.

I need grocery bags! Donations of regular cloth grocery bags would be appreciated.

As always, much needed are the following:

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



The entire Hall was festooned with Irish decorations and Green was the order of the day. The fabulous array of Irish inspired food was prepared by the Perkin husband and wife duo, Janis and Michael. Cinnamon rolls, Shamrock cookies, Guinness cake, Swiss roll cake and Barley Matcha, and the traditional Irish Soda bread were the sweets. They were accompanied by a variety of cheeses, notably

March 20, 2026

Sales this week from today's Flipp app:

No Frills

Carnation evaporated milk \$1.77

Metro

Dagim or Crown Light Tuna - \$1.99

Shoppers

Cloverleaf Skipjack Tuna or Flavored Tuna - 2/\$4.00 starting Saturday

Giant Tiger

Primo Thick and Zesty pasta sauce - \$1.67

Farm Boy

Farm Boy Passata and Dry pasta \$2.49

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.



Slim & Trim

Slim & Trim meets from 9 – 9:30 am, Monday, Wednesday and Friday mornings in Bishop Reed Hall. Cost is \$5/week or \$2/session. Come and join us!

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.

OHS This coming Tuesday 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.

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

March 20, 2026

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

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
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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**