



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:2

Weekly Newsletter

March 27, 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.

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.

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 (blue 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.

Holy Week & Easter

March 29 – Sunday of the Passion with liturgy of the Palms

8 am Holy Eucharist

10 am Sung Eucharist

[service bulletin](#)

March 31 – Stations of the Cross

7 pm [service](#)

April 2- Maundy Thursday with Stripping of the altar and overnight vigil

7 pm [service bulletin](#)

April 3 – Good Friday

1 pm [service bulletin](#)

April 4 – Great Vigil of Easter

7 pm [service](#)

April 5 – Easter Sunday

8 am Holy Eucharist

10 am Sung Eucharist

[service](#)

Spring Market

This is the final week of our Spring Market and we are ending with a flourish!

We have all kinds of Easter treats! Peppermint, Peanut butter, Chocolate Fudge and Chocolate Pecan Fudge Easter Eggs. There are mini chocolate nests with three small eggs – delicious and terrific for brightening your Easter table. There are meringue cookies and meringue nests. There are also individual servings of meringue ice cream cake, both vanilla meringue with lemon curd ice cream and chocolate meringue with strawberry ice cream. So refreshing and delicious! There are also some Breakfast Strata, Bread Pudding, and Seville Orange Marmalade. These will all be available for pick up on Sunday morning. 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

Thirty two people were at CCC on Thursday morning. A table of bridge happily played a game, while others enjoyed conversation over coffee.

A fine spread of morning snacks prepared by Judy Life and Joy Bowerman accompanied the coffee and tea. As spring is officially here, there were maple pecan squares, chocolate chip cookies, date and nut bars, coffee cake and pesto pizza. Maple topped Brie and other cheeses along with crackers, plus a variety of fruit rounded out the delicious goodies. Many thanks to Judy and Joy.



Last week CCC received a Certificate of Appreciation from the Nepean, Rideau, Osgoode Community Resource Centre (NROCRC), a government funded community service organization. This was in recognition of the collaboration between CCC's group and NROCRC's New Horizons seniors group in September. A joint Irish cultural event was organized by the two organizations, and was held in St. Mark's Hall. Over 88 people attended this happy homage to the Emerald Isle. CCC set up for the event, provided morning coffee and Irish themed snacks for this large group, and generally coordinated the gathering. One of CCC's regulars presented a morning of Irish slides and stories, along with the Celtic Choir, and Irish dancing. NROCRC, with the funding that they'd received last year to hold cultural events, provided an Irish lunch for all. It was a first for both groups and a great success. Thus NROCRC showed their appreciation to St.

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Mark's Coffee, Company and Conversation program with the Certificate, which will be framed and hung on the Link wall.

Next week CCC's Spring season begins, and in April there are three very entertaining events/guests booked. Be sure to obtain a poster schedule of the season that goes from April 2 to June 18 with a final luncheon. It's a season with interesting and talented guests. You may see the full schedule at the end of the newsletter.

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 STILL 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

Sales this week from today's Flipp app and local flyers:

No Frills

Unco whole tuna - \$1.39

Heinz beans or Alphagetti - \$1.00

No Name evaporated milk - \$1.69

Food Basics:

Pasta sauces - Selection \$2.97, Classico \$2.98

Dole fruit cups - \$2.99

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.

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.

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.

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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.

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**SPRING SEASON
2026**

**COFFEE
COMPANY &
CONVERSATION**

a weekly gathering for seniors
in the community
coffee, goodies & featured activities

**Every Thursday
10:00am - 12noon
April 2 - June 18, 2026**

SENIORS – COME & JOIN US

 **St Mark's Anglican Church
1606 Fisher Avenue, Ottawa**
For more information contact:
St Mark's at 613 224-7431



UP-COMING ACTIVITIES

- April 2** Games and Koffee Klatsch
- April 9** Guest: **Davina Pearl** - much in demand Ottawa saxophone player and band leader, with guitar partner, **Gino Scaffidi** in a duo presentation of popular classic standards and light jazz
- April 16** Creative Writing Group and Koffee Klatsch
- April 23** **Jamie Anderson** – guitarist, songstress and songwriter – a CCC favourite
- April 30** **Laurence Wall** – well-known former CBC radio broadcaster presents ***Canada's History in the 20th Century through the Magic of Radio***
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- May 7** Guest: **Russell Wilkins** - on ***Challenges and Surprises in Genealogical Research***, a presentation of 20 to 25 minutes
- May 14** Creative Writing Group and Koffee Klatsch
- May 21** Guest: **Miyo Brown** - presenter on her family's Internment experience as Japanese Canadians during WWII
- May 28** Games and Koffee Klatsch
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- June 4** Guest: **Glebop Jazz Trio** – a return visit by a popular group presenting well-loved favourites in music and song
- June 11** Games and Koffee Klatsch
- June 18** End of Season **Luncheon** hosted by the CCC Team

BACK ON SEPTEMBER 10, 2026, WITH A NEW FALL SEASON!