



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:7

May 1, 2026

Weekly Newsletter

Dear friends,

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

Friends and family are invited to visit at St. Stephen's Anglican Church, 2821 St. Stephen's Street, Ottawa on Tuesday May 5th from 4-6pm. The funeral service will be held at St. Stephen's Anglican Church on Wednesday May 6th at 10:30am. The family welcomes memorial contributions to The Heart of Compassion Fund (that includes Belong Ottawa, Centre 105, Cornerstone Housing for Women, Ottawa Pastoral Counselling Centre, Refugee Ministry Office).

Please send any news items or announcements for the newsletter to stmarks@stmarksottawa.ca with the word newsletter in the subject line.

Commissioning of Parish Council

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.



- Elaine Graham celebrated her birthday on April 29
- Penny Miller celebrated her birthday on April 30

Last Sunday, as part of the St Mark's Day service, the new Parish Council was commissioned. Note the new St Mark's flag hung as the banner.

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.

St Mark's Day Luncheon

Bible Study

There will be no Bible Study this week.

Thanks to all who came and all who contributed to our luncheon last Sunday. The food was great and the company congenial.

Funeral for Leslie Mary Worden

As many of you know, Leslie Worden passed away last Saturday. She was the wife of the late Ven. Gordon Worden, who was the incumbent here from 1984 - 1990. She was also the mother of Rev Jessica Worden who was priest here from 2017 – 2018. As Leslie and Gordon were married at St Mark's in 1971, she had many ties to the parish. When she re-entered the work force, her first job was with R&L Microservices Inc, the family company started by Lorne Bowerman.

Tulipathon Walk for the Multifaith Housing Initiative



The annual Tulipathon Walk hosted by The Multifaith Housing Initiative, is being held during the afternoon on Sunday, May 24. It starts and

finishes at Commissioners Park across from Dows Lake. People from many faith groups will be walking in support of the important mission to provide safe and affordable housing for low-income families, veterans, and others in need of a home in a supportive community.

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This year, we again have an extra incentive to donate to the Tulipathon here at St. Mark's. An anonymous parishioner will be matching donations up to \$1,500! This means that your \$10 donation becomes \$20, your \$20 donation becomes \$40, your \$40 donation becomes \$80, and your \$50 donation becomes \$100 etc. Last Sunday, we received our first donations, totalling \$125, which will be matched by our anonymous parishioner to give us \$250.

Please consider walking with the St. Mark's team along the Canal and making our presence known. You can complete the walk in 20 to 30 minutes. If you can't make it to walk, then a donation towards our church's contribution would be very welcome.

See either Laurie Slaughter or Brian Harrison for further information on donating and walking. We need you!

Invitation to Bishop Kathryn's Consecration

THIS COMING SATURDAY



By the grace of God and with the consent of the people,

The Venerable Kathryn Anne Otley
will be ordained and consecrated
a Bishop in the Church of God

by

The Most Reverend Anne Germond
Metropolitan of the Ecclesiastical Province of Ontario

with

the Bishops of the Anglican Church of Canada

and will be seated as

The Eleventh Bishop of the Anglican Diocese of Ottawa

at

Christ Church Cathedral
414 Sparks Street, Ottawa
Saturday, May 9, 2026

10:30 am

Commemoration of Julian of Norwich (tr.)

Your prayers and presence are warmly requested
as we gather in thanksgiving and hope for this new ministry.

Festive reception to follow

Clergy are invited to vest (red stoles)

Livestream available at
<https://www.youtube.com/@ChristChurchCathedralOttawa/streams>

<https://www.youtube.com/@ChristChurchCathedralOttawa/streams>

Coffee, Company & Conversation

CCC had a special guest on Thursday, Laurence Wall, former CBC broadcaster,

whose well known voice on the radio is much missed since this retirement. His audio-visual presentation on the history of radio in Canada, and the recounting of major events in 20th century Canada through the medium of radio, was fascinating. It brought back many memories for those present who listened to the CBC over the years.



There were 70 people in attendance, which showed the speaker's popularity as a broadcaster in Ottawa, and also the interest in his topic. It was most enlightening regarding the development of a public radio service that reached out to the entire nation and beyond. It was, in fact, groundbreaking in the field of radio.



A special thanks is owed to Joy Bowerman for working tirelessly to make the audio-visual presentation with our equipment for Laurence as he spoke.

As always, the food accompanying coffee and tea was superb. On Thursday, the bakers were serving "the masses" as the table was quickly depleted. The bakers, Joy Bowerman and Judy Life, provided a variety of wonderful treats. Maple pecan scones and rhubarb scones highlighted spring. Spinach, asparagus, goat cheese and pickled rhubarb pizza was a specialty, and brownies, lemon squares, cinnamon bread and coconut walnut cookies, along with cheese and crackers plus grapes

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and strawberries, rounded out the morning feast. Many thanks to Joy and Judy for all their efforts, as well as to the hard working team who do the set up for the group, put out all the food, make coffee and tea throughout the morning, and then do the cleanup each and every Thursday. Thanks also to those at CCC who "take down" and put away in the Hall, with the CCC greeter recording all who attend, and donations received, that keep the program going. It truly is a Team effort.



In the above photo, Laurie is gesturing toward Janis, who make the thank you card for Laurence. In a note received late yesterday, Laurence expressed his thanks to Laurie & Joy and thanked Janis for the wonderful card.

Next week our special guest is Russell Wilkins, who will share his experiences as a researcher

discussing the "Challenges and Surprises in Genealogical Research". This topic will be of interest to many who have done genealogical work or are thinking of it. Don't miss this interesting talk.



**Stewardship:
Pastoral Care The Ministry Of Sharing
The Heart.**

When life's challenges keep parishioners from attending worship at St. Mark's, trained parishioners—guided by the Reverend Mary-Cate—are available to help maintain connection. They serve through devotion and generous giving of time, both of which reflect our calling to use our God-given gifts in service to others. Pastoral care is a multifaceted, confidential ministry that quietly offers steadfast support to parishioners. It is the gentle presence that reminds us we do not walk alone. Comfort comes through listening ears, patient hearts, and hands willing to serve without seeking recognition. In a world that often rushes past pain, pastoral care chooses to pause, notice, and stay. It is the sacred art of accompanying others through life's valleys and summits, with compassion rooted in hope.

At its core, pastoral care is about presence. Healing does not always begin with answers but with being truly seen and heard. Sitting beside someone in grief, uncertainty, or fear is a profound act of faith. Sometimes called "friendly visits," these encounters may be as simple as sharing a cup of coffee or making a phone call. Pastoral care gently assures, sometimes without words, "You are not alone." At times, meeting someone where they are—physically, emotionally, and spiritually—may involve bringing the Eucharist, reserved weekly by the Reverend

Mary-Cate, to a parishioner during a brief service and visit.

Those who offer pastoral care become vessels of hope. They carry the courage to enter difficult spaces—places of sorrow, doubt, anger, and loss—without judgment. In a culture driven by productivity and performance, pastoral care affirms each person's immeasurable worth—not for what they do, but for who they are. It creates sacred pauses that invite people to breathe, reflect, and reconnect with meaning. Through attentive listening, prayerful presence, and compassionate action, pastoral care reminds individuals of their inherent dignity and spiritual depth. Sometimes visits become more complex as a parishioner struggles with recovery or faces deepening challenges. In these moments, the Ottawa Pastoral Care Centre's mandatory six-session Pastoral Care training is invaluable. It equips caregivers to listen actively, support parishioners as they process their experiences, or guide the conversation to a point where the Reverend Mary-Cate can provide further support.

To offer pastoral care is both a calling and a gift. It demands courage, vulnerability, and deep compassion. Yet when we give ourselves to others, we, too, are transformed. We discover that healing flows in both directions and that presence itself is sacred work. Importantly, pastoral care extends beyond moments of crisis, nurturing ongoing relationships and celebrating joys, milestones, and growth.

Thanks to Keith Wilkins member of Pastoral care and Stewardship teams

Forward Day By Day

The newest edition of this booklet, covering the daily lectionary Bible readings for May, June and July, are now available in the Link. It's a helpful resource for one's daily devotions, with insights, questions and thought-provoking interpretations on the readings of the day. Pick up your copy for \$3.

Gardening Help Needed

Our spring/summer garden season is finally here. We are looking for volunteers to help with planting, weeding, and watering. It's a great way to enjoy the outdoors and make our church gardens beautiful. No experience necessary—just a willing heart!

If you can spare just one half hour a week to weed our garden beds (flexible time!), we need you. It's a peaceful way to serve that fits almost any schedule.

Please talk to Joan Grayer or Mike Duval if you are interested.

Debra Dynes Family House

There is always a need for our assistance, at any time of the year. We all know how much our grocery prices are rising. Every tin, every package is greatly appreciated. The donation bin is located in the Link on a bench.

Beside Sunday service gifts, we also have generous donations from the Bible Study group Wednesday mornings, and Coffee, Company and Conversation on Thursday mornings.

Thanks to all who donated cloth bags! I am well stocked for now.

As always, much needed are the following:

- Canned Evaporated Milk
- Pasta
- Pasta Sauces
- Tuna/canned meats
- Fruit cups/granola bars

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

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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.

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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JUNK *in your* TRUNK SALE

COMMUNITY YARD SALE EVENT!

SATURDAY, MAY 23, 2026

9:00 AM - 1:00 PM

JULIAN OF NORWICH ANGLICAN CHURCH PARKING LOT

PURCHASE A PARKING SPOT FOR ONLY **\$40!**

BRING YOUR "JUNK" AND GOODS TO SELL!

SELL RIGHT OUT OF YOUR TRUNK!
Turn your clutter into cash!

BRING YOUR "JUNK" AND HIDDEN TREASURES!
Something old could be someone else's new find!

COME SHOP, SELL, AND SUPPORT THE COMMUNITY!
Great deals, friendly faces, hidden gems!

RESERVE YOUR SPOT TODAY!

EMAIL: jiliangauthier@hotmail.com | SEND E-TRANSFER TO: julianonation@gmail.com

Let's keep great stuff going and our community strong!



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!