



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

Volume 7:10  
May 22, 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](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.

### Bible Study

Bible Study will continue this Wednesday at 10 am. The reading will be Matthew 28:16-20.

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### Pentecost

This Sunday, May 24 is Pentecost. Rev Mary-Cate asks you to please wear **red** or **orange** to help celebrate.

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### 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. Registration starts at 2:00 p.m. with opening ceremonies at 2:45 and the walk starting at 3:00. 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.



This year, we again had an extra incentive to donate to the Tulipathon here at St. Mark's. An anonymous and generous parishioner matched donations up to \$1,500! With the help of this exceptional donor we have now raised \$3,155. So far, we have 36 donors. Well done St. Mark's! Laurie and Brian will be accepting any further donations after the 10 o'clock service on Sunday.

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. Family and friends are welcome. If you have a t-shirt from last year's Tulipathon please wear it. If you don't have a t-shirt, they will be available at the registration desk.

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

### Coffee, Company & Conversation

Over 47 people were at CCC on Thursday to hear a very enlightening and moving presentation by the guest speaker, Miyo Brown. This is Asian Heritage Month, and Miyo talked about her family's experience in Japanese internment camps during World War II. They lived in British Columbia and being Canadians of Japanese origin, like others on the West Coast, they were told to leave their homes and forced to go to camps that were unfamiliar and less than basic in their accommodations.



She spoke with great feeling of her mother and father's difficult life just trying to survive in the camps. She showed items carved from wood that her father, a skilled carpenter, had made while interned. The injustice of losing one's civil rights as a citizen of Canada, was painful for all interned. Miyo's family rebuilt their lives back in Vancouver, and she described how she became first a nurse in Montreal, and then an educational assistant in Ottawa after obtaining a degree. Her work and personal activities through her life, demonstrated her resilience and multi-faceted strengths, just like those of her family. The loss of civil rights and the harsh treatment of others during a time of crisis was conveyed in a quietly passionate way. It affected the listeners, and is a part of Canada's 20th century history that is not truly understood or even known by Canadians of other

backgrounds. As she expressed at the end of her talk, it is warning to all today, as Canadians, and everyone around the world, is watching the increasing loss of civil rights again. It was a morning that left many with much to reflect on.



The food was delicious and very appropriate, given the special guest's heritage. Pat Sinclair, Georgia Roberts and Suzanne Bisson, filled the snacks table with the following: almond cookies Matcha cookies, gluten free oatmeal peanut butter cookies, orange and date nut bread. But to highlight the theme, salmon and cucumber sushi, and vegetable spring rolls delighted lovers of these Asian treats. The cheese board consisted of Brie, Blue and cheddar cheeses, with crackers and pate. A fruit tray of watermelon chunks, strawberries, green grapes and clementine sections completed the morning feast. CCC gatherers are indeed spoiled, as the generous St. Mark's volunteer bakers continue to provide wonderful snacks each Thursday. Many thanks to Pat, Suzanne and Georgia.



**May 22, 2026**



Next week it will be a Games and "Koffee Klatsch" morning with possibly the creative writers gathering to work, as last week's writing group had to be cancelled.

Come and enjoy a happy and relaxing environment with others on a spring morning. We celebrate this 40 days after Easter Sunday (which was actually Thursday, May 14), marking the conclusion of Jesus' post-resurrection appearances.

**Parish Spring Cleanup Day (May 23)**

Spring is finally here, which means it's time once again for our annual St. Mark's Spring Cleanup Day!

This year's cleanup will take place on Saturday, May 23, from 8:00 am to 1:00 pm, and we are looking for volunteers to help make our church property look its very best for the season ahead.

There will be a variety of tasks available, including:

- Raking
- Gardening and weeding
- Lawn cutting and trimming
- Parking lot sweeping
- Window cleaning and organizing
- Minor repairs
- Installing hoses
- Garbage and litter pickup

No special skills are required as there will be jobs suitable for everyone. Whether you can spare an hour or stay for the whole morning, your help would be greatly appreciated.

We also encourage you to bring along family and friends as we come together to show where we worship with pride, care, and love for our church community.

Please bring gloves and any personal protective equipment (PPE) you may wish to use. Most importantly, come prepared for a great morning of volunteering, fellowship, and social interaction with your fellow parishioners.

Coffee and snacks will be served in the morning. Then we'll celebrate coming together by christening our new BBQ with a light meal from the grill!

We hope to see many familiar faces as we work together to keep St. Mark's looking welcoming and beautiful for our community.

**Debra-Dynes Family House**

**Summertime and the living is easy!**

This is **not true** for those who suffer food scarcity.

**May 22, 2026**

Our donations to our food bank usually decrease over the months of July and August.

We can help offset this by doubling our donations for May and June to help offset this imbalance.

I know we **CAN** do this. Please give generously. I did not receive enough this week to deliver anything. I hope by Monday I can load up my car!

Cloverleaf tuna is on sale at Food Basics for \$1.49. Keep your eyes peeled for tuna, canned milk, granola bars, evaporated canned milk, pastas and sauces.

### **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](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.

### **Rev Mary-Cate's contact information**

Mary-Cate's email is [MaryCate@stmarksottawa.ca](mailto: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](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)

### **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.

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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!***