



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:11

May 29, 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.

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 9:9–13, 18–26.

Tulipathon Walk for the Multifaith Housing Initiative



It was a cold and rainy afternoon for the Tulipathon on Sunday, May 24th, but St.

Spring Concerts

Members of our congregation sing in several different choirs which are holding end of year concerts in the next couple weeks.

Centennial Choir: To Life! Friday, May 29, 2026 at 7:30 pm (tonight), Carleton Dominion-Chalmers Centre, 355 Cooper Street Ottawa

A special concert featuring the premiere of a commissioned work by Canadian composer Christine Donkin based on poetry by Wendy Jean MacLean, and Dan Forrest's Requiem for the Living. With guest soloists and full orchestra. General Admission: Adult: \$45; Senior (65+)/Student: \$35

Aged in Harmony Friends and Family Concert Saturday, May 30 at 1:30 pm at St Mark's

Ottawa McGill Alumni Choir Concert Saturday, June 13 at 2 pm at St Mark's. See poster at end of newsletter.

Mark's parishioners braved the weather with ten people who walked at the event.

Some highlights:

- We completed our fundraising with a total of \$3,495 donated from 41 donors. This is \$100 more than last year! We are grateful to all those who donated and especially to the anonymous parishioner who matched donations up to \$1,500.



- Our parish won third place in the banner contest. We used the side of the banner that

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shows houses and tulips. This was no small feat since there were many faith groups which had excellent banners. The banner is the fine work of Penny Miller (Thanks Penny!).

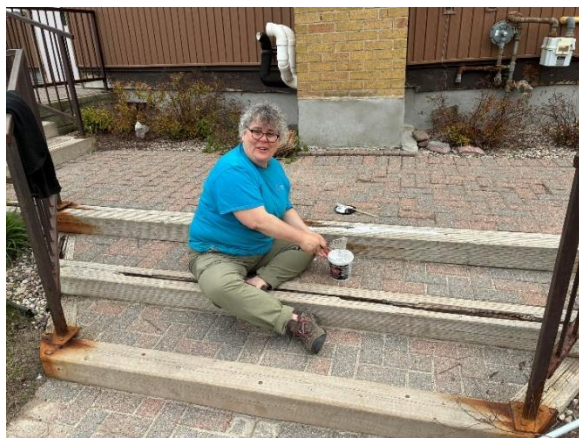
- Despite the weather, our spirits were high as we gathered afterwards for snacks and an opportunity to take photos.

Thanks to all those who walked with the St. Mark's team. Your presence was greatly appreciated. Thanks also to everyone who donated. Your donation will help low-income families and individuals to stay in their homes. With nine housing communities and a tenth under construction, MHI has an increased number of low-income families and individuals who qualify for rent subsidies. For any further information about the Tulipathon see Laurie Slaughter or Brian Harrison.

Thank You for a Wonderful Spring Cleanup Day

A heartfelt thank you to everyone who attended and helped with our Spring Cleanup Day at St. Mark's on May 23.

We had a beautiful turnout and were blessed with a lovely day for gathering, working, and sharing in community. Thanks to the hard work of our volunteers, we were able to accomplish a great deal around the church property, including sweeping, grass cutting, gutter cleaning, taking down the Christmas lights, general outdoor cleanup, and much more.



Everyone, including Rev. Mary-Cate, put in a hard morning's work. I am sure many of us woke up the next day feeling a little stiff and

exhausted, but also grateful and glad that we were able to contribute to the care and upkeep of our beloved church.



The day concluded with a wonderful BBQ, laughter, conversation, and fellowship, a true reflection of the spirit of St. Mark's.



As we continue the upkeep and care of our church, I encourage everyone who wishes to

participate in upcoming events to come out and contribute wherever they feel they can. Every helping hand makes a difference, and together we continue to show what an amazing community we have at St. Mark's.

As Scripture reminds us:

“Let all that you do be done in love.”

— 1 Corinthians 16:14

With gratitude,

Mike Duval
People's Warden
St. Mark's Anglican Church



Coffee, Company & Conversation

At CCC on Thursday the creative writing group met and had a very productive session with their facilitator, Ruth Latta. Others enjoyed good conversation together, and wonderful food.

The food was prepared by the Perkin duo who cooked, baked and chopped a delicious array of morning snacks. As it was "National Hamburger Day" and "National Barbeque Week", they served hot meatballs in barbeque sauce. To also "honour" - "Something on a Stick Day", there were skewers of cheese, cucumber slices, ham strips and tiny tomatoes with ranch dressing dip. The Sweets were lovely madeleines (two flavours), chocolate chunk cookies, banana nut bread and cinnamon rolls. The fruit served was cantaloupe, watermelon and pineapple slices, as well as strawberries with yogurt dip. And, as always, cheeses (brie, cheddar and blue) with crackers were part of the coffee morning buffet. Many thanks to Janis and Michael for all their hard work and inventiveness



*** Next week, with just three mornings left in the Spring season, The Glebop Jazz Trio, pianist, saxophonist and vocalist, will be at CCC to share a morning of special music. Last year they delighted everyone with old standards and well known, beloved songs and pieces. Don't miss this melodic group next Thursday, June 4.

A reminder that June 18 will be the very last morning until September. It will feature our end of season buffet luncheon.

St Mark's Stewardship Moment



Saturday morning I woke up in a negative mood. I was feeling sorry for myself and did not feel that I had any worth or any vitality to deal with life. No energy, nothing inspiring, just wanted to sit and do nothing. The last thing I wanted to do was go work at the church and be with others, like the movie line says "I want to be alone". All week my morning meditations had been on the meditative practice, so in a desperate chance to moderate my mood I did a short silent meditation as well as reviewing the weeks reflections. Nope nothing, at least nothing that I was imagining that would change my mood.

Commitments being commitments both Janis and I put on our work duds and gathered our tools of outdoor cleaning and headed to the church to do our duty. Even before we arrived, we saw that work was already underway in the front of the church and pulling into the parking lot we were presented with another group working away at all sorts of clean up activities, all engaged in what looked like hard work.

Once out of the car we were welcomed with "there is Tim's coffee and donut holes, help yourself." Lots of smiles and comradery, and so something started to change. As I got to work and experienced opportunities for fellowship and sweat equity, there was a great satisfaction in manual labour and not being isolated. I realised that this was community in action and the factor that was changing my mood. There was no scarcity here, there was no judgement, only joy and willingness to give of oneself out of our infinite abundance.

Going into the church I noticed that we had the Pentecost banner up and ready for Sunday service. As I was serving the next morning, I

had already read the readings. I was reminded of the Corinthians reading about the gifts of the Holy Spirit. It struck me that some our volunteers were called to sweep, some to garden, some to repair or dig holes, to mow the lawn, to fix the steps and that all were called to serve each other and the greater community. We even had a great wind, but that was only someone with a very loud and powerful leaf blower.

Later as we put down our tools we talked about the work accomplished and dreamed dreams that it would continue. Tired bodies sat in chairs or rested upon the grass as we rolled out a brand-new barbecue and celebrated what we had done for our St. Mark's. After a short prayer and blessing tongues of fire burst forth under our hot dogs and hamburgers. There was no talk of scarcity only of the potential of what we could do in the future.

What had started, for me, as a down day had turned on its head and I was surprised by joy. Not only my own but the joy that showed on the faces around me. I saw our potential, I experienced community at the core level, and I let go and let God. All in all, I realized that sometimes meditation practice is not the only thing that can change perspective.

'Meditation practice can turn me into a sponge. The true nature of a sponge is that it gathers up water and it releases water. It does not hold onto, own, or create water.... In meditation, I am filled with the grace of God, the flowing waters of life. (If I am lucky, I will actually experience this in some way. But whether I consciously experience that grace or not, it is always true that I am filled with it.) Hence, the only goal I can truly name for my meditation practice is this: to let myself be filled, over and over, so that I can act as a streaming, saturated sponge, leaking Love in a dry and dusty world.'

*Spiritual director Centre for Action and Contemplation
Therese DesCamp*

Michael Perkin Stewardship



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Debra-Dynes Family House

We're hungry for donations!

I know we CAN do this. Please give generously.

Again I did not receive enough this week to deliver anything. I hope by Monday I can load up my car.

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.

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 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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OMAC 2026
SPRING CONCERT PRINTANIER

Saturday June 13 at 2pm | Samedi le 13 juin à 14 H
St. Mark's Anglican Church - 1606 Fisher Ave

Free admission *Entrée libre*

Cash donations for Roger Neilson *Les dons en espèces au profit du Roger*
Children's Hospice are appreciated. *Neilson - Soins palliatifs pour enfants*
Light refreshments will follow. *seront appréciés.*
Des petits rafraîchissements seront
offerts.



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

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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!