



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:12

June 5, 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.

- Bob & Yvonne Temple celebrate their 30th wedding anniversary.
- Janis & Michael Perkin celebrate their 52nd wedding anniversary on June 8

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 9:35—10:8, (9-23).

Roster

The June roster went out on Thursday. The altar guild rotation is incorrect. Altar guild keep to your regular schedule.

Coffee, Company & Conversation

It was a very special relaxing morning of music enjoyed by 60 listeners on Thursday. The Glebop Jazz Trio made its June appearance for a second year bringing their lovely blend of piano, saxophone and vocal

Spring Concerts

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

sounds. The morning was magical with their renditions of old favourites such as Moonglow, I Only Have Eyes for You, and many others that brought back memories. Bert Waslander who coordinates the trio, playing effortlessly on piano, while the delightful Maxine Passer sang the beloved pieces beautifully, and Peter Gemmell was amazing as always on the sax. Together they created the music that made people want to dance or just listen and dream. It was a joy to have them again, and they may just become the June signature guest event at CCC each year.



The food was exceptional and very plentiful on this one particular morning prepared by

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Judy Life and Joy Bowerman. Joy made small appetizer type goodies as a tryout for an upcoming summer wedding, hence the variety. Judy's sweets were S'mores brownies, lemon poppyseed loaf, oatmeal cookies, and rhubarb coffee cake with a new attendee's contribution of Tim Bits. The savouries were mini quiches (mushroom spinach and feta, plus ham, asparagus and cheese), crostini with ricotta and roasted red pepper, cheddar and jalapeno shortbread and rosemary shortbread as well as Greek cucumber cups and spinach Arugula goat cheese pizza squares. And there was more! Grapes, pineapple and strawberries were alongside cheddar, blue and Boursin cheeses with crackers as always. Coffee morning snacks are a shared and very special part of each Thursday. Many thanks to Joy and Judy for their generous contribution. The CCC bakers, as volunteers, all create wonderful treats as their "gift" to the program to make mornings special. It is with much appreciation that their tremendous contribution to the program is acknowledged.



Next week will be a Games and "Koffee Klatsch" one, and then, the 18th will be the last gathering for CCC until September, and a light lunch will be served following coffee morning. CCC will resume on September 10th with a whole new program of activities and guests.

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St Mark's Flagpole

Those of you who are able to visit the church in person will know we have a new flagpole. For those who join us online or via our newsletter this will be news to you. Gifted to us by an anonymous and generous donor, the pole is located on our front lawn. From there the pole and its flags stand out to passersby on Fisher Avenue and may be seen from the chancel and choir stalls. For over 75 years this lovely building has been a landmark on Fisher Ave. Yet, for all its distinct character this church, like many others, may not stand out on the landscape or in our community. By adding a flagpole we can display different flags over the course of the year. We hope these flags will link us with our wider community.

On May 30 we raised the first of our flags: the Survivors' Flag. June is National Indigenous History month and June 21 is marked as the National Indigenous Day of Prayer. The Survivors' flag was created in 2021 as an act of remembrance and respect to honour the lives impacted by the Residential Schools system. The flag was designed during six weeks of consultation, discussion and collaboration with Survivors from across Canada. Inuit, Mi'kmaq, Atikamekw, Cree, Ojibway, Dakota, Mohawk, Dene, Nuuchahnulth, Secwepemc, Métis Survivors brought the flag to life by sharing their thoughts, ideas and lived experience to identify the important symbolism you see.



Throughout the year important events or seasons will be marked by an appropriate flag. Keep an eye out if you're in the

neighbourhood or watch our newsletter for updates.

For more information about the Survivors' Flag see the National Truth and Reconciliation website <https://nctr.ca/exhibits/survivors-flag/>

The Rev'd Mary-Cate
(for Corporation)

Foodwise

FoodWise
Program 2026

Want to reduce food waste and save \$?

Come join the FoodWise workshops!

Please register in advance!

LINK IN DESCRIPTION

Foodsharing OTTAWA

Want to reduce food waste, save money and learn practical kitchen skills? Join us for a FREE interactive FoodWise workshop on June 22!

Learn about:

- Best Before vs. Expiry dates
- Meal budgeting
- Food-saving apps
- Food preservation skills (freezing, drying & pickling)
- Food regrowth demonstrations

📅 June 22, 2026

🕒 1:00 p.m. – 3:00 p.m.

📍 Care Centre Ottawa
500 Viewmount Dr, Nepean, ON

Workshop offered in English only.

Please register here: [Registration Link...](#)

Only 20 spots available!

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Debra-Dynes Family House

We're hungry for donations!

I know we CAN do this. Please give generously. Thank you for the donations in the past week. I was finally able to make a generous donation on Wednesday June 3. It would be great if I could do another one next week.

Please for the next few weeks continue to remember that just one can or package at a time can make a huge difference if given by enough of us. Remember that 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 June to help offset this imbalance.

Keep your eyes peeled for tuna, canned milk, granola bars, evaporated canned milk, pastas and sauces. The flyers this week were not teeming with sales on the above. Granola bars were on sale at both Giant Tiger and Shoppers and Metro has pasta 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

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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.

