



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:14

June 19, 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.

- Karen and Bill Barber celebrate their 57th wedding anniversary on June 21

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 10:40-42.

Summer BBQ

St Mark's Summer BBQ

Sunday June 28, 2026

following the 10am service
join us for coffee hour

sausages & hotdogs

chips & ice-cream

free-will offering

 sponsored by St Mark's Mothers' Union

Coffee, Company & Conversation

The final morning for this season took place on Thursday as usual with over 55 people in attendance. In addition to an amazing array of coffee snacks/treats, there was an End of Season luncheon hosted by the CCC Team. Over coffee and tea, people enjoyed chatting with others, and were also busy writing down their feedback to the team, in particular with regard to the program. The comments were very positive and constructive with references to their favourite special events (special days, guest speakers and musicians). This is most helpful in planning for the next year at CCC.



The food for coffee was provided by a number of the baking volunteers and the team. It was a delightful spread of the following: pecan bars, orange bars, date bars (gluten and dairy free), mini cream puffs, gluten free brownies and banana loaf with nuts. In addition there were mini chicken sausage rolls, as well as Brie, Blue, Boursin, cheddar and marble cheeses, accompanied by a variety of crackers. A magnificent tray of mixed sliced fruit rounded out the goodies table.



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At 11:30 the lunch was served buffet style with plates of quiche, including gluten free quiche, and tossed salad with dressings. The "piece de resistance" was Joy Bowerman's homemade ice cream with a variety of flavours to choose from, with or without a cone. It was a lovely way to end the season until next Fall. Many thanks to Penny Miller who did all the shopping and logistical planning for the lunch, and to Suzanne and Gillian who helped with the organization of it. A very heartfelt thanks to two special people who were invaluable to the volunteer kitchen crew. Lanza Communale, a new member of the church and choir, came for the first time and spent her morning in the kitchen helping to set out the coffee food, tidy up as the team moved into luncheon mode, and then, tirelessly washed dishes at the end of the morning. Along with the team's faithful kitchen helper, Carolyn Findlay, these two volunteers were ever present, working alongside the regular incredibly hard working and amazing kitchen team. These two new volunteers were much appreciated. Many thanks to them from the whole team.



Next Fall's season, kicking off a whole new program at CCC, will start on September 10th. Watch in late August for the Fall lineup of events on the program's poster.

Have a safe, relaxing and happy summer. See you in September!

Stewardship – Generosity Knows No Bounds



You never know when you are going to experience something that inspires you. Janis and I were in our favourite nail spa (Ocean View Nails). We had just had our pedicures done and were relaxing waiting for the polish to dry. As usual there were many people coming and going, much busyness and much conversation. That's when I heard one of the customers ask the attendant how she was. Her answer was that she was doing alright but that she was tired. She was working seven days a week and looking after not just her clients but also her family. The client told her she should not be working so hard and to take some time for herself. Her response stunned me. She explained that in order to make ends meet for her family she had to work all the time but that that was not the only reason why she worked hard. She said people don't come here just to get their nails done, they come for

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friendship and companionship.’ It is something that I can do for them and it makes me feel good.’



In John 13:34-35 Jesus says “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” In her own way, this immigrant from Viet Nam, a Buddhist, lives out this new commandment in a simple and direct way. Her generosity is practical application of what we are all called do be and do.

I believe we all have the capacity to be generous. We all have opportunities to be and act as Jesus commands. It is not just the money we donate it is the time we spend with others, the listening ear, the smile and warm welcome, the shoulder to weep upon and the sitting in silence experiencing God’s love at our core.

Religious scholar Huston Smith said ‘The people who heard Jesus’s disciples proclaiming the Good News were as impressed by what they saw as by what they heard. They saw lives that had been transformed, men and women who were ordinary in every way except for the fact that they seemed to have found the secret of living. They evinced a tranquility, simplicity, and cheerfulness that their hearers had nowhere else encountered. Here were people who seemed to be making a success of the enterprise everyone would like to succeed at—life itself.’ We at St. Mark’s are these people.

Michael Perkin for the Stewardship Team

CHARA Community BBQ

You’re invited! The Carleton Heights and Area Community Association is pleased to invite you to a free community BBQ on Tuesday, June 23 from 5:00 p.m. to 7:30 p.m. at the Carleton Heights Community Centre (1665 Apeldoorn Avenue). Enjoy delicious food while watching a performance by Junkyard Symphony, have your bike tuned up, meet a firefighter, or splash in the pool! We look forward to celebrating the start of summer together as a community and hope to see you there. If you are interested in sponsoring this event, volunteering, or have any questions, please email info@ourchara.ca.

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

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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.