



St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

Volume 7:26

Weekly Newsletter

September 11, 2026

Dear friends,

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

Sunday and shadow them to see exactly what is involved.

Welcome to our Family, Laura!



We are delighted to announce the birth of Laura Ademide Omotayo, who was born on September 2. Proud parents are Femi and Fola Omotayo.

Welcome to the our parish family, little one.

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.

Office Hours

The office will be open Monday, Wednesday and Fridays from 9:30 am to noon. It is staffed by volunteers so please call ahead (613-224-7431) to make sure someone is there.

Bible Study

Bible Study will resume on Wednesday, September 16 at 10 am. The reading for this week is Matthew 20: 1-16.

Livestream Operators Needed

Due to health concerns, half of our livestream operators are on a leave of absence and another one will need to take a leave of absence. We are in desperate need of people who are interested in this ministry. On the job training is provided. Please contact Joy if you are interested or have questions. You may also talk to whoever is on livestream on a

Welcome Back Sunday

This Sunday we return to our 8 am and 10 am services. We'll begin this new season marking the Season of Creation as we welcome back folks from summer holidays. We'll bless backpacks and workbags and then gather for a festive BBQ. Be sure to join us after the 10 am service. Bring a friend or neighbour or school mate. All are welcome!

Celebration of New Ministry

On Wednesday, September 23 at 7 pm we will celebrate our new ministry as St Mark's and the Rev'd Mary-Cate begin a new journey together. The Venerable Linda Hill will preside and Canon Pat Johnston will preach.

There will be a reception in the hall following the service. If you would like to contribute finger foods for the reception, please sign the list in the link. For further information on the reception, please speak to Janis or Cynthia.

Slim & Trim

Slim & Trim will begin on September 14 at 9 am, on the Monday following Labour Day. Slim & Trim is a low impact exercise class

focussing on toning and flexibility. It runs Monday, Wednesday & Friday from 9 am to 9:30 am.

Omission from Last Week's Newsletter

The photos which accompanied the article on Fred Graham were contributed and taken by Ray Davidson.

Coffee, Company & Conversation

On Thursday the 10th this week, Coffee, Company and Conversation began its fall season at 10:00 am for the 8th year since its beginning. Over 45 people were present, including several who were new to the weekly gathering. It was a fun morning with everyone reconnecting or meeting new people, and then, an activity that kept everyone guessing. Charades was played, and the winner of a charade, or someone at their table, would act out the next one for the whole group. The categories were books, movies, musicals or songs. The winning table would receive choices comprising the 4 categories, and the person acting it out would choose one to do. Either people were very clever, or the choices in each group were too easy, but people were guessing enthusiastically and correctly. A guess would be the former. The people who presented them did a great job!

The food was just wonderful. The first baking group up for the 10th, Cynthia Greer and Pat Sinclair, provided the following to have with coffee and/or teas: Gluten free zucchini muffins, carrot spice cookies, peach tartlets, mini croissant egg salad sandwiches (all made with Ontario zucchini, carrots peaches and eggs!). Added to the coffee buffet table were cheeses (cheddar, blue, goat cheese, and Boursin) with crackers, grapes, cantaloupe and apple slices and mandarin orange sections. Many thanks to Cynthia and Pat for making the "coffee hour" goodies so delectable, and, as always, a big thank you to all our bakers. They make our mornings.

Next week will be a creative writing one, and/or just a "koffee klatsch" with a few people playing board games. It will be a relaxing one then, on the 24th, our first guest of the season will be Keith McCuaig, musician

and teacher, bringing country, blues and 50/60s rock to CCC.

Please see the end of the newsletter for a complete Fall/Winter schedule.

Nepal Disaster Relief

A massive flash flood and debris flow struck northern Nepal on August 26, 2026, causing catastrophic destruction along the Trishuli River basin. A large portion of a glacier collapsed on Langtang Lirung in the Himalayas near the China-Nepal border. The ice collapse triggered a debris flow and a surge of water equivalent to a magnitude 5.2 tremor. A fast-moving wall of mud and water tore through a 72 km stretch, wiping out entire communities, bridges, and hydropower infrastructure in the Rasuwa, Nuwakot, Dhading, Gorkha, and Chitwan districts. Over 1,300 deaths have been confirmed in Nepal, with thousands more reported missing, including foreign nationals. Tens of thousands of people have been affected, facing shortages of food, clean water, and healthcare access. The government estimates that reconstruction and recovery efforts will cost nearly \$US 4.78 billion.

Mothers' Union has donated \$100 from the book money to Alongside Hope for disaster relief in Nepal.

Debra Dynes Family House School Supplies Donation Drive 2026!

With regular church activities back to normal, may there be generous donations from CCC, Bible Study and our Sunday church attendees. The need in our community is as strong as ever. For anyone new to St. Mark's please check out the bin in the link. Much of what is needed is listed there.

Many thanks to Joan Hounsell for taking the donations to DDFH for me. Her assistance is greatly appreciated.

From the Debra Dynes Website: Financial donations and gift cards allow us to fill gaps quickly, purchase additional fresh produce, or can go directly to a person or family in need.

E-Prayer

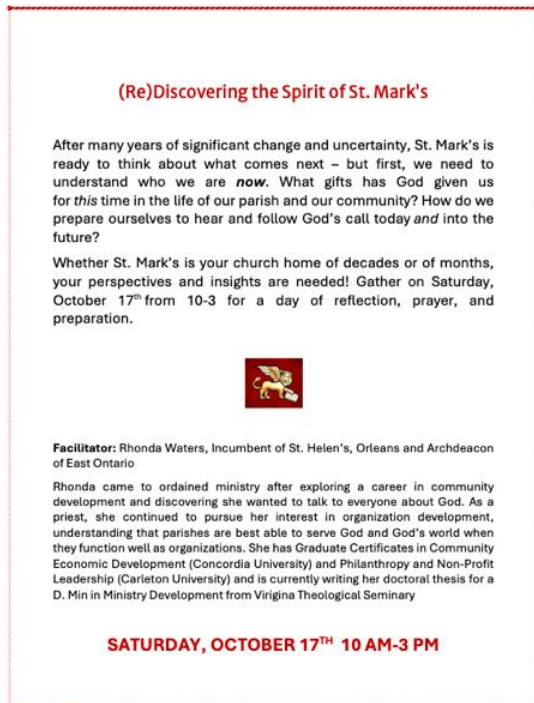
E-prayer is now managed jointly by Cynthia Greer and Joy Bowerman. If you have a concern for which you would like prayer, you may contact Cynthia Greer at 613-723-2680

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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.

FALL & EARLY WINTER 2026



**COFFEE
COMPANY &
CONVERSATION
IS BACK!**

a weekly gathering for
seniors in the community

SENIORS – COME & JOIN US

September 10 to December 17
Thursdays at 10:00 am

St Mark the Evangelist Anglican Church
1606 Fisher Avenue, Ottawa

For more information contact: **St Mark's at 613 224 7431**



WE ARE BACK! THURSDAYS AT 10AM UP-COMING ACTIVITIES

September 10	Welcome Back: an <i>'Ice Cream'</i> morning with coffee, CCC goodies, and a Fun Activity	
September 17	Creative Writing & Koffee Klatsch	
September 24	Guest: Keith McCuaig , musician and teacher; University of Ottawa professor, presenter at international musicology conferences – blues, country and 50s/60s rock	
October 1	Guest: Mary Reid of <i>Green Thumb Garden Centre</i> (master gardener and guest expert on CBC radio) – <i>'Putting Your Garden to Bed and/or Bringing Your Garden Inside'</i>	
October 8	Games & Koffee Klatsch	
October 15	Guest: Alan Sandeman – 'music man about town' – singer/composer, playing in bands for over 40 years, with a repertoire of iconic songs ranging from rock to reggae	
October 22	Creative Writing & Koffee Klatsch	
October 29	<i>'Hallowe'en Horror' & Hijinks !</i>	
November 5	Games & Koffee Klatsch	
November 12	Post Remembrance – Guests: Rob Clipperton (retired CBC Radio broadcaster and host), Garth Hampson (retired RCMP Staff Sergeant & community volunteer) and Evelyn Greenberg (well known Ottawa pianist) – sharing stories and songs from the Wartime Years Honouring the Royal Canadian Legion's 100 th anniversary	
November 19	Creative Writing & Koffee Klatsch	
November 26	Guests: Mike Martin (<i>Sgt. Wildflower Mysteries</i>) – Volume II of the Capitol Crime Writers short story mysteries with writers Kim Blanche and Maya Valenzuela	
December 3	Getting Ready for Christmas at CCC	
December 10	Christmas Stories Shared	
December 17	<i>'Christmas Joy'</i> - CCC's Traditional Singalong – led by Joy Bowerman on piano	

Christmas Break until January 2027