



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

## Weekly Newsletter

May 1, 2020

Dear friends,

Welcome to the seventh edition of our weekly newsletter. We expect this newsletter to

continue as long as we cannot meet in person. A limited number of paper copies will be placed at the link doors for people who do not have access to email.

### Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for May 3. It should arrive in your inbox on May 1.

Accompanying the recording will be a file which has the complete service including the readings if you would like to read them. Unfortunately, the sermon will not be transcribed and you will need to listen to the video to hear it. Many, many thanks to Alex Dee who is doing the video production for this endeavour.

Because of the method of recording different sections at different times and then melding them together, we are able to follow the Anglican Diocese of Ottawa guidelines on Physical Distancing. There are no more than three of us in the church at any one time and we maintain a distance of 2m between us.

### Nepean Neighbours Helping Neighbours

Hello,

My name is Sheridan Conty (*who grew up next to Connie Bowerman -ed*) and I am one of the coordinators of a volunteer group known as Nepean Neighbours Helping Neighbours. We are a small group of healthy local residents who have set up a volunteer service for those in Nepean who are in self-isolation due to

Covid-19. I believe that our services may be an appropriate fit for your members.

Our coordinator cohort is made up of a recent Carleton University Masters grad, a graduating Veterinary medicine student, a medical school prospect and an Autism Therapist. We all grew up in Nepean, and have built strong relationships with our neighbours over the course of our lives. With school and work being canceled we are searching for ways to use this time to help our community.

We offer the following services; Grocery Pickup & Delivery (pre-ordered online is preferred), Pharmacy/Prescription Pickup & Delivery, Dog Walking and Pet Supply Pickup & Delivery. Individuals can fill out a "Service Request Form" letting us know how to best support them at the following link: <https://airtable.com/shrvf9b0dXVSI4Wne> or, if preferred, reach us by phone at 613-212-0054. We can also be emailed directly at [nepean.neighbours@gmail.com](mailto:nepean.neighbours@gmail.com). More information along with our contact details and links to the form can be found in our Facebook group "Nepean COVID-19 Neighbours Helping Neighbours". We also have a donations fund that can be used to help subsidize groceries for those who cannot afford them.

At the current moment we have vetted about 30 volunteers from all over Nepean; from Barrhaven to Bells Corners, to Country Place and more. We are confident in our ability to service the entirety of Nepean as our volunteer base continues to grow. At this time, we can say with confidence that we personally know the vast majority of our volunteer cohort. As the program grows, in order to continue instilling trust and reassurance in individuals new to using our services we have decided to retroactively ask for Criminal Record Checks and include this

as volunteer signup criteria, along with providing us a reference.

Our guidelines of engagement are in keeping with social distancing practices. We do not accept cash exchanges for groceries. Instead, we encourage those using our service to pre-order and pay for their groceries online directly from the store, then fill out our Service Request form. We have created a video tutorial (linked in our Facebook group) to help anyone who is new to online shopping. We do understand this may not be a feasible option for everyone and we are happy to discuss individual circumstances over the phone, to best come up with a plan of support.

We value the need to maintain trust with the community members we serve. The Country Place community leader, Tim Lethbridge, has offered to be a reference for our volunteer service and can be contacted by email at [Timothy.Lethbridge@uottawa.ca](mailto:Timothy.Lethbridge@uottawa.ca).

Additionally, we have recently been contacted by City of Ottawa Councillor Keith Egli who wanted to learn more about us and our program and has since shared our information with various community leaders.

We look forward to hearing back from you. Please don't hesitate to contact us with any further questions you may have.

Thank you,

Sheridan

The Nepean Neighbours Team

### **Update on Sewing for Ottawa**

By the morning of April 30, 3.5 weeks from starting, Sewing for Ottawa had donated 4770 scrub caps and 5647 headbands, 1264 masks ^ 37 gowns. Last week, I reported that the demand for scrub caps and headbands had slowed down. That lasted maybe a day. On April 27, the current requests were for 1168 scrub caps, 963 headbands, 4132 masks and 476 gowns. You may notice that isolation gowns were added to the repertoire this week.

The sewing of the gowns is being coordinated by Marilyn Benn, who many of you may remember from her time here and from her mother Myrna Pfeifle.

### **Fabric Masks**

The whole issue of fabric masks is a fairly new one, particularly in North America. It is coming to the forefront now because it has been found that Covid-19 seems to be spread mainly by aerosol droplets, that is, by an infected person breathing out tiny droplets of moisture and spreading the virus when a non-infected person breathes in the droplet. That is the basis of the 2 m social distancing rule. Although originally discounted by public health in North America, public health is now suggesting wearing a face mask when going in public. The emphasis is on fabric masks because medical quality masks are in very short supply and being reserved for frontline medical workers.

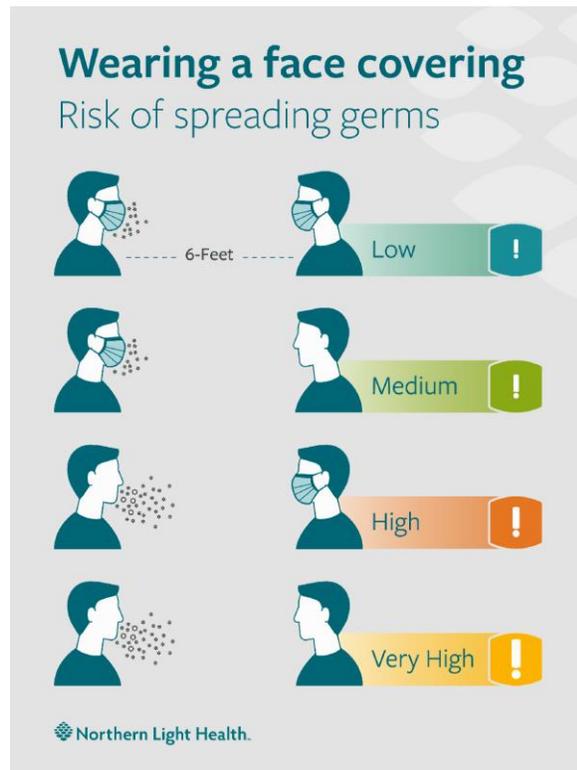
Very little research had been done previously on fabric masks. A single study a number of years ago which found that the efficiency was greatly reduced if the masks became damp. However, there is a whole bunch of new research which is studying fabric masks in an extremely timely fashion (quick, fast, and in a hurry). The fabric masks have been shown to be very effective in reducing amount of aerosol droplets produced by an infected person while only being moderately effective in reducing the intake of aerosols. New studies may change that and the design of masks is starting to take into account the new research.

The keys to an effective mask appear to be:

1. An appropriate and close fit. The mask should extend up almost to the bridge of the nose and extend below the chin. It is better if there is a wire which will conform to the nose. There should not be any large gaps between the mask and the face.
2. Appropriate fabric or layers of fabric. The most used fabric in making masks is

quilting cotton. A tightly woven fabric reduces the amount of droplets which can pass through. Quilting cotton is widely available (as are quilters). Other research seems to show that coronavirus “sticks” to the cotton and is less likely to detach back into the air. Two layers of fabric are better than one and a type of filter between the two layers makes it even more effective. Choices in filter are the blue shop towels, coffee filters or cotton quilt batting.

- 3. Masks must be removed without touching the outside of the mask and immediately washed in hot water. They can be dried in the dryer



There is a certain amount of distrust in North America of people covering their faces, even with masks, unless they are in a job which makes it prudent. It may be something we all have to grapple with in the new “normal”. In the hospitals now, the medical staff are wearing medical quality masks and some of the patients are wearing fabric masks. CHEO

has an open request for fabric masks and suggests a pattern. One of the first requests for fabric masks that came through Sewing for Ottawa was from CHEO for parents who needed to visit their infants in NICU.

If anyone would like a fabric mask, there are sewers at St Mark’s who can make you one. Just let the office know.

**Turkey Pies**

A batch of turkey pies was finished just before services stopped. I got busy and didn’t sell on March 8. If you are interested in turkey pies, please contact the office and we can arrange a porch pickup at my (Joy’s) home. (There is no one at the church.) The turkey pies are \$5 each. - Joy

**Forward Day by Day**

If you are regular reader and would like your new copy. Please let the office know and we can arrange a pick up either at the church or at Joy’s house.

**A message from the Rummage Coordinator**

I hope you are all cleaning out things you no longer need during this down time. However, please store them at home, where you will neither lose them nor trip over them. As soon as we are open for business at church, we’ll be pleased to see them. The church is presently closed, so they would simply sit outside and get wet or worse.

Thank you, and happy cleaning.

Cynthia

**Sharing Coffee Hour**

Joanne Pagani suggested a new section for this newsletter where people who would have been on coffee (or anyone else who would like to share) could share a photo, a recipe of what they would have made for coffee hour and/or a short hello message from them with a few details of what they’ve been up to. The editor will not seek out people but would be happy to receive submissions.

### Coffee Hour with the Lodges & Adams

So, it is May 3<sup>rd</sup>, and it is Coffee Hour with the Lodges and the Adams ....

Good Morning! Nice to see you ... would you like coffee or tea? Tea? Ah, someone after my own heart. There is nothing like a good cup of tea, is there?

So what have you been doing with all your free time? Oh yes, jigsaw puzzles are really popular these days – I hear there isn't one to be bought anywhere! Wes and I are on our third big puzzle – a lovely underwater picture of tropical fish, coral and colourful weeds.

One would think that with all the extra “free” time we have, we'd have finished everything we had ever thought of doing in the house ..... oh ... no, no, no! In the first two weeks of isolation, I cleaned out the kitchen cupboards and drawers, the linen closet, and several other untidy spots. And then – full stop.

Since then we have been reading, walking on the sunnier, warmer days, playing our favourite card game (Shanghai Rummy), calling friends near and far, answering calls from friends near and far, enjoying all the Pandemic humour which has been flooding our inboxes, watching Netflix and sometimes just sitting and chatting. It is interesting that so many people have the urge to phone their old friends – a wonderful “catch up” time, and more fun than writing Christmas cards!

At the same time we miss seeing **real** people – our family, neighbours, friends, and our Church friends. And we miss going places - Church (tho' we do have the Sunday services online), to our daughters' homes, friends' houses, concerts, movies, even the grocery stores. I can't wait to go to Farm Boy and wander around picking up just what I want!!

We will all be happier when the weather warms up, and we can get out into our gardens – I really hope that garden centres will be open, so we can add much-needed

colour to our lives. In the meantime, we must be thankful for what we do have: our families and friends, our health, our homes and - our church. Sometime soon doors will open, life will begin as the “new normal”; we may have to make adjustments to our expectations, but we will have survived a once-in-a-lifetime experience – Covid-19.

Pauline & Wes

### We're busy doing nothing

This Sunday the Lodge and Adams group would've been doing coffee at the 10am service. Instead we are busy doing ... something or nothing or both. It will mark six weeks of virtual shut-down for seniors, the parish as we knew it and the diocese. COVID-19 has brought about change in both positive and negative ways.

One big change for Bruce and myself is our daily visit to see my Mum, Ida Blackwell. Some of you might remember her over the years, when she and my Dad, Lew, used to visit. They even provided the entertainment for one of the 50<sup>th</sup> church anniversary dinners.

Mum went into lock-down March 14. She is now 104.5 years old, and has so far come through this pandemic, thanks to the care and help provided at Carleton Lodge care home. She calls us every day, doing her motherly thing, to check on how we are. This way she has accepted our not being able to visit. She is not happy about the forced isolation, but she knows it is for her health and her new neighbours, and also to protect us. This is someone who lived through the 1918 flu, polio, all the other pandemics, and survived diphtheria in an isolation hospital as a 20-year-old in 1935. She knows what this present situation is.

One major part of this isolation is not being there for special times, and there have been a few since March 14. As you know St Mark's celebrates Mothering Sunday on Lent 4. March 22 would've been Mothering Sunday. Mum is British and this is a special day for

her, and we couldn't be with her. We always gave her a carnation from St Mark's on that day.

March 23 would've been the 80<sup>th</sup> anniversary of Mum and Dad's wedding - and we couldn't be with her. She never received her freesias, flowers Dad always gave her and we continued after his death.

April 10 was the 70<sup>th</sup> anniversary of my baby sister Marilyn's birth in 1950 - and we couldn't be with Mum. September 1 will be the 70<sup>th</sup> anniversary of Marilyn's death - will we be able to be with Mum? Maybe not.

May 10 will be Mother's Day - will we be able to be with her? I doubt it.

So much has changed.

Our daily visits being on hold has given us more time to do other things. Today we have all the time in the world to do what we want ... but now we can't do it!

We can, however, give thanks for what we have. We give thanks for Ida's caregivers and all who are providers at this time. We give thanks for living in this electronic age that enables us to stay in touch regardless of how far away. As Fr Julian reflected in his homily last Sunday, we can even see each other through zoom and skype, and Little Grandma was able to 'visit' with us and also her granddaughter Sarah, Carsten and Hagen in Germany through skype.

During our shut-down we have started cooking more. We no longer have the excuse of visiting Mum and it being too-late-to-cook after the visit and let's-eat-out-on-the-way-home! We are learning all over again and using some creativity too. It has also saved money.

We have also started doing jigsaw puzzles. Puzzles were an annual family Christmas present for many years so we accumulated quite a few. One was a 3D grandfather clock that we have had for nearly 20 years and never got around to doing. It was over 700 pieces, but 650 pieces were of similar shades of

woodgrain! It took a week to put together (between doing other things) and now stands 6 feet tall in our hall and keeping good time, thanks to its quartz mechanism. We've also done two CP trains, Ottawa Winterlude, and are now on puzzle #5 - penguins. Those who know Sarah will relate to that!

One thing we really miss is St Mark's, which has been one of our main anchors for nearly 50 years. Since retirement it's mostly where we socialise, but now we've gone from weekly choir, monthly Parish Council, various meetings and gatherings, Sunday services and coffee hours to ... nothing. We are no longer needed to sing, to serve, to physically socialise ... we are in a new 'retirement' but without the freedom. Now it's like literally being shut down.

All this brings to mind something Bruce used to sing from Handel's 'Messiah: The trumpet shall sound' and the phrase 'we shall be changed'. Whatever happens over the next few weeks or months - we shall be changed.



Meanwhile we wear our grandson's Christmas present to us 'Think like a PROTON - stay POSITIVE'.

Whatever the change - we pray that it will be positive.

Margaret & Bruce Lodge

## 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). That gives us some source of income during this time that there is no public worship. If you are not on PAR, I would encourage you to continue your donations. Of course, putting a cheque in the mail is always a great 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>.

You will have to remember when you go to do your taxes for 2020 where you have put your receipts from CanadaHelps. If you cannot find them, contact CanadaHelps and they will be happy to issue duplicate receipts. All money donated will be put in to the appropriate income category when it comes to us.

## Contacting the Church

Contacting the office has actually not changed at all. You may contact the office at 613-224-7431 or [stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca). Messages are being monitored and the business of the church is continuing, albeit remotely.

## Comments and Suggestions

If you have anything you would like to see in next week's newsletter, please email the church at [stmarks@stmarksottawa.ca](mailto:stmarks@stmarksottawa.ca).