



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

## Weekly Newsletter

July 10, 2020

Dear friends,

Welcome to the seventeenth 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.

### “Shout Outs”

If you would like some special occasion like an anniversary or birthday acknowledged in the Sunday service, Fr Julian will be more than happy to announce it. However, it must be into either Father Julian or the office by Tuesday noon for it to be included in the service for the following Sunday.

This week's shout outs include:

- Grant and Shirley Bradley's Wedding Anniversary on July 6. They were married at St Marks by the Rev. Brian Kauk
- Ethan Morpew celebrated his birthday on July 2
- Andrew Morpew celebrated his birthday on July 6
- Cynthia Greer's birthday is July 12
- Anabella Martinez-Ball will be 11 on July 16
- Bahamas celebrates 47 Year of Independence on July 10.

### Sunday Morning Service

Although we cannot attend Sunday morning worship, we have put together a recording for July 12. It should arrive in your inbox on July 11.

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 editing 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.

### ADOn the Move

Bishop Shane is doing a series of podcasts (like radio broadcasts on demand) where he is moving around the diocese and talking to people. On last week's podcast Bishop Shane visited with Rev Dr Dana Johnson on the 45<sup>th</sup> anniversary of the ordination of women to the priesthood and with Bill Connor in East Hawkesbury. It ends with prayers for Canada. The series is coming out every Saturday. You can find the podcasts at:

<https://www.ottawa.anglican.ca/podcasts>

### Masks in Indoor Public Spaces

Although the Anglican churches are not open for public worship, it is interesting to note what some of the public health regulations for churches look like, in particular, with Ottawa Public Health making face masks mandatory in all indoor public spaces - a change which went into effect on July 7. The office has received a number of emails from Keith Egli as Ottawa Public Health developed the guidelines for worship spaces. The end result was the following guideline:

*The officiant of a religious ceremony can choose to not wear a mask if standing in an area of the religious space that is separate from the public attending the ceremony. The officiant should use a microphone to project their voice to reduce the risk of respiratory droplets being spread; and not*

*engage in any singing or chanting. The officiant should stand at least 5 metres from the people attending and if there is more than one officiant, they should be spaced at least 2 metres apart from each other and not be facing each other.*

There was further clarification from Keith Egli's office:

Further to the email shared this morning we have received a number of questions about singing. The intent of the exemption is with regard to preaching or speaking not singing. I have verified with OPH and unfortunately singing carries more risk of virus transmission and therefore the existing guidelines/restrictions with regard to singing remain in place.

### **Fabric Face Masks**

Face masks are now required in Ottawa at all indoor public spaces.

If anyone would like a fabric mask, there are sewers at St Mark's who can make you one. Just let the office know. It has been taking a while to fill the orders so don't give up if you have ordered.

### **Sharing Coffee Hour**

If you would like to share a photo, a recipe of what you would have made for coffee hour and/or a short hello message with a few details of what you've been up to, then you are welcome to do so. The editor will not seek out people but would be happy to receive submissions.

This summer, Joy and her mom have been eating lots of salads for lunch. This is a new and tasty discovery:

### **Black Bean Salad**

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3 cans black beans or 4 ½ cups cooked black beans, rinsed and well-drained\*  
2 ears of corn, shucked, or 1 cup defrosted frozen corn

1 orange, yellow or red bell pepper, chopped  
1 c quartered cherry tomatoes  
¼ c chopped sweet onion  
½ c finely chopped fresh cilantro (about ½ medium bunch)  
1 medium jalapeño, finely chopped (keep the seeds for heat if you'd like, or remove them for mild flavor)  
½ t lime zest (from 1 lime)  
2 T lime juice (about 1 lime), to taste  
¼ c extra-virgin olive oil  
¼ c white wine vinegar  
½ t chili powder  
½ t ground cumin  
Optional garnishes: sliced avocado, crumbled feta, lime wedges

In a large serving bowl, combine all of the ingredients and toss to combine. Taste, and adjust as necessary until the flavors really pop—I usually add another teaspoon or two of vinegar (you can use lime juice instead, for more mild flavor) and another ¼ teaspoon salt. (*I usually combine from lime zest to cumin together as a dressing and then pour it on.*)

Cover and chill to enhance the flavors—preferably for at least 2 hours, or overnight. Serve in individual bowls as is, or with any of the garnishes listed. Leftovers keep well for up to 4 days or so.

*From Cookie & Kate, slightly modified*

\* I cook my black beans in the instant pot. Use 2 c of dried beans and 4 c of water and cook for 30 minutes. Release the pressure naturally (up to 20 minutes or so.)

### **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, we 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

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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).

