



# St Mark the Evangelist Anglican Church

1606 Fisher Ave, Ottawa ON K2C 1X6

## Weekly Newsletter

February 12, 2021

Dear friends,  
Welcome to the forty sixth edition of our weekly newsletter. We are continuing the weekly newsletter for the foreseeable

future.

### 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 **MONDAY EVENING** for it to be included in the service for the following Sunday. We are now recording on Tuesday to accommodate Stephanie's schedule of classes.

- Peter Findlay celebrates his 40<sup>th</sup> birthday on February 14<sup>th</sup>.

### Video Services

Morning Prayer for February 14 should arrive in your inbox on February 13 at 12 pm. Wednesday which will arrive in your inbox early on Wednesday, February 17. Video services will continue every week until in-person worship resumes and thereafter every other week. This week's service was recorded in accordance with new restrictions from the diocese associated with the "Stay at Home" order. More portions than usual have been recorded at home for this service and everyone in the church is masked. If you find it harder to follow when mouths are covered, please note that the entire service is close-captioned.

Many, many thanks to Alex Dee who is doing the video editing for this endeavour.

### Pancakes for Shrove Tuesday

We are, of course, unable to have our usual Pancake Supper of Tuesday and current restrictions have meant that we are unable to organize any kind of take-out pancakes.

However, we invite you all to have a virtual pancake supper together in our own homes with sausages, pancakes, and ice cream or apples for dessert.

### Black History Month

February is Black History Month and we are observing it with a series of guest speakers during Morning Prayer.

Last week, Janis Perkin gave us an overview on black history in Canada. I would like to include here some links to items she mentioned in her address.

The Buxton National Historic Site and Museum: <http://www.buxtonmuseum.com/>  
Online Database of Historic Plaques: <https://www.heritagetrust.on.ca/en/online-plaque-guide>

Summary of Novel Elijah of Buxton: [https://en.wikipedia.org/wiki/Elijah\\_of\\_Buxton](https://en.wikipedia.org/wiki/Elijah_of_Buxton) published by Scholastic, may be purchased on Amazon.

The Ottawa Public Library has a number of virtual programs running for Black History Month which you can find [here](#).

As well, Gillian Morris has contributed a couple of items that came her way in the world of fabric arts:

- An article about Elizabeth Keckly, a former - slave who purchased her freedom and went on to be dressmaker to Washington DC society:

<https://www.wbur.org/artery/2021/01/29/19th-century-seamstress-who-bought-her-freedom-showcased-at-pem>

- A podcast from the BBC World Service called Stitching Souls which talks about the Gee's Bend Quilters.

<https://www.youtube.com/watch?v=TC8XFYUrLks>. It is well worth looking at some of the distinctive quilts by googling Gee's Bend Quilts or check out the Souls Grown Deep website where you can see some of the distinctive quilts and the people behind them:

<https://www.soulsgrowndeep.org/gees-bend-quiltmakers>

### Vestry Report

The Vestry Report is now available and may be found [here](#) and the agenda [here](#).

### Vestry 2021 – February 28 11 AM

The diocese has prohibited in-person vestry meetings of any kind until further notice.

Accordingly, our vestry will be held on February 28 at 11 am via Zoom.

We are working through the steps on how to do this.

1. If you would like to attend vestry this year, you **must** pre-register with the office. You will be sent a google form which will contain your vestry declaration and information which will help us manage the meeting. **Every person in the household who wants to attend must fill out the Google Form.** So if, two people are attending, please fill the form out twice. This is so that we have the vestry declaration for each person and they will be allowed to vote.
2. If you have corrections to the reports, **please submit the full text by email** ahead of time, if possible.
3. We are including motions of thanks at the end of the meeting but please submit them to the office ahead of time, if possible.

If you are unfamiliar with Zoom but would like to attend the vestry, or you would like to practice with Zoom before the vestry meeting, please let the office know and we will set up a practice session ahead of time. You can also access the Zoom meeting via phone if you or anyone you know would prefer to participate via phone rather than computer.

### Lenten Outreach Projects

Lent begins this year on February 17. At the Parish Council Meeting on January 20, it was decided that the projects for this year's Lenten Outreach would be St Luke's Table and the Diocesan Refugee Ministry.

### Lenten Study

The Lenten season will offer 30-45 min. reflection/Bible study via Zoom on Wednesday evenings at 7pm beginning on February 24. We will do a thematic approach to the Collect of the day along with two lectionary readings for each upcoming Sunday of Lent. The readings will be sent to you in advance. If you want to be a part of this exercise, please confirm by contacting the office.

One of the blessings of these strange and unusual times is that time and space are not barriers to participation. Even if you don't live in the city, even if you don't drive at night you are welcome to join in.

### My Story - Pandemic Days by Sheila Pitt

I was frightened by the thought that COVID-19 had reached our shores. My first reaction was to pray and to invite family members and close associates to do the same. We committed to encourage and support each other emotionally and spiritually and to inquire what needs we may have and to fulfil those needs.

I am very fortunate that I reside in a community where Christianity is practiced. The love, care and concern of residents cannot be denied.

Like many other Christians, I am connected to the global prayer movement Unite 714, and I am able to pray twice a day for unity, healing and restoration of our world.

In light of the pandemic restrictions, Advent and Christmas were cancelled and this caused me some concern. Members of my community (in a socially distanced way) shared how they were coping under these unusual circumstances. They also organized a zoom meeting on "Nine Lessons and Carols". I was overjoyed.

Over the months I took the time to engage in an examination of conscience and this was very revealing.

To tune out the noise of pandemic news and since COVID restrictions have limited my

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personal interactions, I am learning new skills. I am able to zoom in on chats, physical exercise classes and various workshops on a daily basis. My latest challenge is 'Art Therapy' in a zoom setting. I am very busy. What a blessing!

I also enjoy daily walks in my neighbourhood when the weather is favourable.

One of the lessons I learned during these times is to ask for help. Grocery shopping is no longer a challenge.

I enjoy St. Mark's Morning Prayer on Sundays. Many thanks to Fr. Julian for doing an incredible job of ensuring that his congregation is spiritually fed. The phone calls from many parishioners lift my spirits.

I miss the congregation at St. Mark's and look forward to the time when I can safely attend church and worship with everyone.



One of my leisure pursuits was doing a jigsaw puzzle, which I had framed. The three people in the framed puzzle are Frederick Douglas (1818-1895), an American social reformer, abolitionist, orator and statesman; A. Philip Randolph (1889 - 1979), an American labour unionist, social politician and civil rights activist; and Mary McLeod Bethune (1875 - 1955), an American educator, stateswoman, philanthropist, humanitarian and civil rights activist.

February is Black History Month! 'Reflect, Educate and Inspire'.

Stay safe and healthy. Shalom!

Sheila Pitt

### **Video Backgrounds**

Whenever you see a particularly photogenic sight which you think would suit as a background, please feel free to share.

Landscape pictures are the best. I can't guarantee I will use every picture but I do enjoy every picture. – Joy

### **Hydrant Hero**

In last week's newsletter, Councillor Egli encouraged us to be Hydrant Heros: Here is a picture of our very own Hydrant Hero, Georgia's grandson, Alexander.



### **Snow Angel Challenge**

This February, families, schools, community & sports groups and the business community are building snow angels and gathering pledges to help support The Snowsuit Fund of Ottawa!

The Snowsuit Fund purchases and distributes more than 16,000 snowsuits annually to children 15 years and younger in need in our community. Our core mission is to ensure that Ottawa's most vulnerable children can have warm snowsuits to play outside in winter – without their families having to sacrifice other priorities.

We're encouraging people to get outside and (while socially distant!) dive into the snow.

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Make an angel, and upload photo of you doing it to your favourite social media site. [Register here](#) and tag us in your post challenging your friends & neighbours to do the same! You can also do this while raising funds to help us fulfil our mission of keeping every child warm this winter! The Snowsuit Fund's Snow Angel Challenge, February 1st to 28th, is presented by your local Canadian Tire dealers of Ottawa.

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### **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 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 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 into the appropriate income category when it comes to us.

### **Contacting the Church**

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)