



# Mark This Word

The Parish Newsletter of St Mark the Evangelist, Ottawa  
Anglican Church of Canada

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## In her Footsteps

Welcome to **Mark This Word**, "after" edition -- that is, "after" the enthusiastic and dedicated attentions of its original editor, Sheila Vaudrey. Sadly, we bid Sheila farewell when she passed away in early September. We know that she would have wanted us to carry on with this important parish communication tool, and we hope that it will continue to grow and flourish.

You the readers will help in this effort, by offering ideas, articles, thoughts and even pictures, if you have them, to document the life of St Mark's through all of its special seasons. We encourage you to let us know what you would like to see in future editions. Just contact us by e-mail, or phone or in hard-copy. (see below)

Over the past year, we have celebrated the lives and mourned the loss of a number of parishioners, including Sheila most recently. Each of these members of our parish family shared special gifts with us. If you have a memory to share about any of them, we would love to hear from you.

Brenda Zanin



### Sheila the Pumpkin Lady:

Many of you have been in awe of the pumpkins that Sheila Vaudrey used to carve. If someone else hadn't said so already, this could have been Sheila's analogy.

*A woman was asked by a co-worker, "What is it like to be a Christian?"*

*She replied, "It is like being a pumpkin. God picks you from the*

*patch, brings you in, and washes all the dirt off of you.*

*Then He cuts off the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate and greed.*

*Then He carves you a new smiling face and puts His light inside of you to shine for all the world to see."*



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The new **Mark This Word** will be published every 3 or 4 months

It will be available in various formats:

- you can have it in hard copy
- you can have it sent direct to your e-mail – let us know your choice
- you can also view it on-line at

[www.stmarksottawa.ca/annex/markthisword2011.html](http://www.stmarksottawa.ca/annex/markthisword2011.html)

The new **Mark This Word** is also a blog at

[www.stmarksottawa.wordpress.com/](http://www.stmarksottawa.wordpress.com/)

This gives you weekly/monthly updates, and allows you to add comments, or even opt for 'instant' delivery to your inbox.



## SheilaV ... share her journey of faith

In the spring of 2012, Sheila and I were e-mail-chatting about her illness. She commented, "How on earth do folks get through this kind of crisis without a parish to help carry them???" I suggested she write something for **Mark This Word** about her journey. Her full story never got written officially, but through her e-mail chats and St Mark's e-prayers, she actually did write it. Here is Sheila's story.

Margaret Lodge (ed Brenda Zanin)  
E-prayer coordinator for St. Mark's



It all started in February 2010 when a lump was detected.

After day surgery on **Friday, April 23, 2011** to remove a cancerous tumour, Sheila wrote:  
*Just a quick note to let you know that I'm doing well... Thanks so very much for your prayers;*

*they're a tremendous source of strength.*

*God bless, SheilaV.*

**February 6, 2011:** Sheila asks for continuing prayers. Following a routine check-up, she found that she has cancer in a kidney.

**March 20, 2011:** First Day of Spring Sheila announced her being home following kidney surgery. We gave thanks with her for her surgeon – our own Dr Matt Roberts (Georgia Roberts' son). Sheila's positive approach is all what SPRING is about, with hope, new life and good news - God bless you SheilaV.

**April 17, 2011:** Sheila was given a clean bill of health, but on **September 26, 2011** - Sheila wrote:  
*The cancer has spread, scattering several small spots among my bones, but so far things appear to be under control via medication. Thanks so much for your prayers - they really do mean the world.*

Sheila described her chosen approach: *I call it the Power of the Plus. Positive Attitude + Faith in God = Unbeatable Combination. Here's another way of thinking about this sort of crisis. In a crisis a person needs four legs to stand firm, like a table. Leg #1 is*

*the support of your friends and family. Leg #2 is the support of the medical community with its technology, pharmaceuticals and research. Leg #3 is a positive attitude. Leg #4 is trust in God. With all four pillars, your world will not rock.*

**April 21, 2012** – Sheila wrote: *For people who don't have faith to strengthen them and a loving parish to help carry them, the battle must be so hard. How can they stand being so adrift? There's a reason why faith is often depicted symbolically as an anchor.*

**July 17, 2012** – Sheila wrote: *So far I'm managing rather well.... The good news is that I'm off the chemo for a while...The bad news is that I'm off the chemo for a while - because it wasn't working. This is the second medication they've tried on me since November, and neither have had the desired effects... So far there are no problems with any of my organs, but I really, really want this stuff out of me before it comes to that! ...*

*Oh, well... sooner or later I will get to stand up before the St. Mark's congregation just like Madeleine did and announce that I am cancer-free! I am continuing to live it up where I can. I plan to do a lot of kayaking, at least some camping, and a car trip or two. My planned flight to England in September will probably not go ahead now. The sooner we find the right med, the better! But if I don't fly this year, there's always next.*

**January 6, 2013** – Sheila wrote: *...The bone-strengthening medication IS working... so now I am feeling much better, with more appetite and more energy.... We shall endure! Thanks a thousand times over for all the incredible support that has been showered upon me.*



**July 27, 2013** – Sheila wrote: ... *I really didn't have anything to report for the past two point five months, aside from weariness and nausea. However, I'm extremely conscious of the fact that a whole lot of people are continuing to pray for me, so let's let them know how effective their prayers have been!*

*I've lost far too much weight, and these days it's often hard to believe how difficult gaining weight can be! However... some of my tumours are in retreat. This is particularly amazing in that the med is expected to stop tumours, not shrink them. There are grounds for hope that the ... cancer may one day be cured after all, not just in me but in others as well. I give full credit to God, with assistance from all of those lovely folks who continue to uphold me in prayer.*



**Sheila Vaudrey**  
**October 22, 1967 - September 7, 2013**

This was Sheila's last e-prayer report. We continued to pray for healing for her ... with renewed hope.

**September 4, 2013:** Fr. Brian wrote: Sheila was admitted to hospital last night. She is undergoing tests to investigate a liver blockage. Please keep her in your prayers, as this is potentially a very serious complication. Sheila says that there is hope that the situation can be resolved, so we pray with her that this may be. +

**September 5, 2013:** Fr. Brian wrote: Sheila has the spirit of a warrior, but unfortunately her body is unable to be as strong right now. ... We pray with Sheila that whatever time she has left will be free from pain and surrounded by the love of her family, friends and faith. +

**September 6, 2013:** A small choir, quickly pulled together, went to sing for Sheila in hospital. She actually joined in, and had a look of blessed contentment - albeit tired too.

**September 7, 2013:** Fr. Brian wrote: It is with deep sorrow, but also a profound awareness of the fullness of God's love, that I write to inform you Sheila Vaudrey died earlier this evening. +

**September 8, 2013:** Over 100 friends and family joined together for what Fr Brian called a "joyful thanks-giving for the gift of Sheila's life while we mourn the loss of her presence among us". It truly was a time of joyful thanksgiving, of relating stories of Sheila, of singing and drumming ... and Sheila would have loved every minute of it.

*At Sheila's memorial service a woman came to me and told me that at a church function one day they were all asking the Revd. why bad things happen to good people. My sister said, "I am glad God gave me cancer and not my sister with two kids, or my eighty year old neighbour who lives alone, I am glad he gave it to me, because I can handle it."*

Kris Vaudrey

Sheila did start a blog in 2010, where she noted: *On the second day after my diagnosis, I conceived of my own motto for the journey ahead:*

***I won't let this terrify me,  
I won't let this defeat me,  
and I won't let this define me!***

You didn't, Sheila, and your faith and trust is a beacon for others to follow. God bless you SheilaV for showing others what faith can do.

**AMEN! HALLELUIAH!!**



## **MAP: Ministry Assessment Process St Mark's, St Richard's and St Michael's**

### ***Our Buildings, Finances and Ministry - September 18-19, 2013***

I have been following our (St. Mark's, St. Michael's, St. Richard's) Ministry Assessment Process at all stages and so I was looking forward to see where our conversations, sharing of worship and research had led us. MAP, like its geographical counterpart, shows us different routes that we can take, leading us through the maze of new frontiers and the exploration of areas where we have never been before.

I attended the Thursday session at St. Mark's which was well attended and well presented, as was the session at St. Michael and All Angels' the day before, I was not disappointed in the information provided. What I heard and saw was a well thought out and unbiased assessment of both the raw data and the exceptional feedback received from the various joint events we have participated in since January. I heard about our current strengths, passions and ministry (St. Michael's truth and justice, St. Richard's community and outreach and St. Mark's wellness and hospitality). We were presented with facts about our buildings, finances, congregations and we saw the declining trends evident in each of the separate parishes. I also heard hope for managing our Holy Currencies, our passions and our ministries.

I left the session with great hope and enthusiasm about where this process was taking us. As a member of Diocesan Council I know that the process we are undertaking is viewed with great excitement and anticipation to see where we will go. I also know that change can be difficult and even frightening. We do not know the way but, like our important stories tell us, if we are prayerful, faithful and go forward with an open heart and mind the path will be there to continue God's work through the resources that are available to us.

I trust that the next step will be as exciting and dynamic as the efforts to date. I have enjoyed the opportunities created in the wider community and celebrate the fact that we have gone from an US/ THEM paradigm of the three parishes and are now

closer to WE. If we want to continue to affect our environments in a loving, caring and giving alternative to the current secular model of consumerism and self-focus, then we need to embrace change and look for a new MAP for our future.

*Michael Perkin*



### ***Planning Conference September 27-28, 2013***

It had the potential of being an awkward return to high school dances of my youth - cliques of people standing around, not mixing- so feeling a little tense Suzanne and I attended St. Richard's Hall on Friday September 27 and Saturday September 28 to participate in the tri-parish MAP consultation. To put it briefly, I was wrong.

Friday evening was an introduction and reminder to the approximately 100 participants that all the thinking, feeling and conversing we have been involved with during the MAP process has been prayer. Like all prayer, this included a mix of thanks, hope, fear, and loss. Facilitated by the Reverend Ross Hammond through the evening, parishioners at different tables recorded their prayers. Following the identification of our prayers for the Church and its mission, we reviewed the proposed activities for Saturday and returned home in quiet reflection.

Saturday was perhaps the most beautiful fall day in recent memory and an energetic group, supplemented by parishioners who had been unable to attend Friday evening, re-assembled at 8:30 a.m. After ensuring members of each parish sat at the many tables, we consecrated ourselves to the day with Morning



Service. After the Service, we observed 20 minutes of silence to listen for God's direction to us. I felt again the tension of a potentially contrived environment but the respectful silence washed over me and brought a sense of a common mission to the next activities.



People at each table recorded their many thoughts of what the Anglican Church at this time needed to embody. Walls were papered with these thoughts and energy and conversation remained upbeat. Thoughts were consolidated into themes, and these themes brought a wide range of possible solutions. Each member further developed a possible solution during two working sessions, which included a light lunch to keep energies up. From the working sessions, the contours of each possible solution began to emerge and commonalities were revealed in some of the 7 proposals while others remained distinct. The possible solutions were, apart from the status quo options, not tied to any specified location and were demonstrative of openness of spirit and community.

As the 2:00 o'clock conclusion of the meeting approached, the work of the day was re-directed to the members of the MAP team who had been a part of our Saturday mission. They will pick up this work and continue the discernment process for the future direction of the three parishes. Their considerations will refine the possible solutions developed during the Saturday sessions into new solutions with all



*Joint Worship – St Richard's September 29, 2013*

members of the three parishes. Appropriately, we ended the meeting with the Doxology, which spoke to our participation in the process.

Sunday morning, St Richards's church was filled with members of three Anglican communities worshipping together and rejoicing in the Spirit. Each rector and the Archdeacon led a significant part of the Service to celebrate the feast of St Michael and All Angels with music and choirs rejoicing.

*Keith Wilkins*

### ***October 13, 2013 – Announcement to the Parish of St Mark's***

The open meeting of Parish Council to approve moving forward with the Ministry Assessment Process took place on Wednesday, October 9 this past week.

There was a consensus that the MAP Leadership Team needs to come back to us taking into account a longer time frame. It was also felt that more information and a review of the accuracy of the information presented to date was needed, and that more discussion needs to occur within St Mark's.

At this time, no recommendation about the future of St Mark's has been proposed, and no decision has been made. We are currently in a process of discernment and the invitation at this point is to continue with that process. St Mark's participation in the MAP process at this time does not preclude Vestry from making a decision about our future.

The MAP Leadership Team has received my report, and I am confident their response will be positive towards addressing our concerns. The Parish Council of St Mark's will consider how we as a parish will proceed in the MAP process.

Please keep praying for this process, our partner churches of St Richard's, St Michael's, and all involved, that God's will be done.

*Yours in Christ's obedience,  
The Reverend Brian Kauk, Rector*

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You can download a copy of the report **Stage 3: The Story** and other documents at [www.stmarksottawa.ca/MAP](http://www.stmarksottawa.ca/MAP)



## Parish Nursing Ministry



Janet Helmer, our Parish Nurse, joined us in the Fall of 2012. In September of this year, Janet completed her parish nurse certification from the Institute of Catholic Formation at St Peter's Seminary in London, Ontario. This certification followed a year of study and mentorship. We look forward to her bringing what she has learned into her work with the parish.

### **Chronic Care Self-Management Survey:**

This survey is for those with chronic care needs. It will be supervised by Janet and conducted by our three Algonquin College student nurses, Eleanor, Grace and Sarah, starting Sunday October 20 following both services. On November 12, the students will hold a focus group meeting with parishioners who live at Park Place, to get their reaction to the material. If you missed the survey and want to be part of it, contact Janet, or find the survey on-line at

<http://surveymonkey.com/s/BCMBV3R>

### **Take Care of Your Health Session: Chronic Disease Self-Management.**

**Tuesday November 19 at 12:30pm-1:30pm**

Join the Algonquin College student nurses and Janet Helmer, for an educational session on self-management of Chronic Disease. Light refreshments will be served.

### **Pastoral Care – Friendly Visitors**

**Renewal Program:** Janet would like to hold a roundtable discussion on renewing the Pastoral Care and Friendly Visitors program at St Mark's. The

aim is to explore what type of needs there are for support and care.

- Who will help?
- How do we engage people looking to offer their time and talents to this ministry?
- What program guidelines need to be developed?
- What does the leadership look like?

If you need more information on any of these topics, or would like to take part in the survey or educational session, or be part of the future for pastoral care or friendly visiting at St Mark's,

contact Janet at 613-224-7431 ex 202  
or by e-mail: [janet@stmarksottawa.ca](mailto:janet@stmarksottawa.ca)



## The Joy of GIFT-giving



**Sunday September 22, 2013:** St Mark's had the pleasure of welcoming Barbara Carroll, Executive Director of Debra Dynes Family House. While she was with us, we took the opportunity to pass on funds raised through our GIFT - Growing in Faith Together Campaign (\$5400) along with some cash



collected from parishioners at St Mark's, along with St Richard's and St Michael's to help defray back to school costs (over \$700) for the children served by the Family House. Enjoy the look on Barbara's face as she sees the amount on the cheque!

*Michael Perkin presents cheque to Barbara Carroll*



## A Note from the Treasurer

Let me set this year's finances in a long term context before examining this year in detail.

We currently have an accumulated deficit of ~\$6,500. We have passed a deficit budget with a projected deficit of ~\$6,000. (~ approximate figures)

We have no outstanding debts and we have investments of ~\$34,000, with an additional \$14,000 in Ministry reserves and \$32,000 in Capital Reserves. While we are not in desperate shape, over the past 6 years collections income (our main source of income) has decreased and expenses have increased. We expect this trend to continue. The top 10% of givers give about 35% of the income whether we are talking 2004 or 2012. That has been fairly consistent over the years. The significant changes are that there has been a decrease in the number of givers (177 down to 137) and the proportion of the top 10% that is composed of people over 80 has increased - 3 out of 18 in 2004 vs 8 out of 14 in 2012.

This year, for the first time in over 20 years, we had one Sunday where we did not make any deposit (due to shared summer services). Despite this, we are on target for our collections income. Our solar panel and rental incomes are on target, while staff expenses are lower than expected. This is because we had interim organists, and during the summer, we did not have to pay an organist.

Our financial position this year to date is better than we had expected, and we may end the year in the black. However, the last time I made that statement, our collections income immediately plummeted by \$5,000 per month. Please don't turn good news into bad news and affect our tenuous long term finances.

Joy Bowerman



***Wear a poppy for  
Remembrance ... Lest We Forget***

## Welcome to New Parishioners

### Since Spring 2012:

Irene Baldock; William & Karen Barber; Matthew & Karina Castiglia; Kathy & Eddie Chu; Arnold Elite & Emmanuel Elite (brothers); Katie Hartai; Margaret & John Hopper; William Knight, Beth Robertson & Tamar; Gillian Martin; Charles Mottashed & Danielle Rioux; Jan & Ray Oswald; Natalie, Scott, Zachary & Hailey Rayner; Jane Watson; Spencer, Benjamin, Joshua & Nicholas Watson; John & Myra Wilkie

## Roll Call

### Birth

**2012** Gavin Brown, Gavin Throp, Gabriel Morphew, Jackson Wynes, Holden Kristjansson

**2013** David Martinez-Ball, Tamar Knight

### Baptism

**2012** Anabella & James Martinez-Ball, Gavin Brown, Evan Bradley

**2013** Holden Kristjansson, Gavin Throp, Jackson Wynes, Tamar Knight

### First Communion

**2012** James McRae

**2013** Jeremy, Madeleine & Penelope Close  
Abigail Pilson

### Marriage

Katherine Robertson & Brad Parrott

Ben Morris & Jennifer Pallin

Erin Perkin & Jaimie Bordman

Grant Bradley & Shirley Gibbard

Matthew Castiglia & Karina Levesque

### Death

#### parishioners

**2012** Bob Wootton, Judy Corbishley, Herb Ellacott, Gordon Richardson, Angie Marshall, Camilla Frederick, Barbara May

**2013** Ellen Robertson, Cicely Richardson, David Matthews, Kathleen Matthews, Sheila Vaudrey, Betty Hoyme,

#### former parishioners

**2013** Ron Dicks, Harold Raynes, Joyce Jeroy, The Venerable Gordon Worden, Joe Savill



## Welcome back Ariane

Ariane Dind went on a year's sabbatical in August 2012. Barbara Hallam-Price joined us, but her year was cut short when she accepted a permanent position elsewhere. Donald Russell filled in for our final few months. With these distinct and different leaders, we learned and developed from this experience.

In April 2013, we mourned the passing of chorister David Matthews, who faced his illness with so much faith, and in the previous year, Bob Wootton, and two former choristers Judy Corbishley and Barbara May.

In September 2013, we welcomed back Ariane. We hope her sabbatical has been renewing and refreshing.

This past year we welcomed three new altos. The men's section would especially welcome new voices. Choir practice is on Thursday from 7 to 9 pm. If you would like to join our choir, please speak to Ariane or any of the choristers.

Margaret Lodge

## Calendar of Events

As a continuation of our shared ministry in the summer with St Michael's and St Richard's, we are also sharing three mid-week services.

**Tuesdays** 10:00 am Morning Prayer  
St Michael's 2112 Bel-Air Dr

**Wednesdays** 10:00 am Morning Prayer  
St Mark's 1606 Fisher Ave

**Thursdays** 10:00 am Holy Communion  
St Richard's 8 Withrow Ave

**St Mark's Parish Bazaar**  
Saturday, November 2 10:30 am – 2:00 pm



**Feast of All Saints**  
Sunday, November 3 10:00 am  
Baptism: Claire Elizabeth Richards

**Advent Course: *animate: faith***  
An in-depth exploration of Christianity's big questions  
Wednesdays, November 6 - December 18

**Morning sessions at St Mark's 11:00 am**  
1606 Fisher Avenue, lunch included.

**Evening sessions at St Michael's 7:00 pm**  
2112 Bel-Air Dr, wine and cheese

More information at  
<http://animate.wearesparkhouse.org>

**Remembrance Sunday**  
Sunday, November 10 10:00 am service  
St Mark's 72nd Scouts Group

**OSTS Colloquium**  
Sunday, November 10 2:00 pm - 9:00 pm  
Carleton University Presented by the Ottawa School of Theological Studies. On the topic "*How Can One Be a Person of Faith in 21st Century in Canada?*" with speakers from the Christian, Jewish, and Muslim faith traditions. Featuring Dr. Ingrid Mattson and others.

**Seniors Eucharist and Lunch**  
Monday, November 18 10:30am service  
Followed by social time, lunch and entertainment

**Chronic Care Self-Management Session**  
Tuesday, November 19 12:30pm - 1:30pm

**Grandparent Sunday**  
Sunday, November 24 Reign of Christ  
10:00 am: Special interactive / intergenerational service. Grandparents, bring your kids, and kids bring your grandparents!

**Advent Giving Tree - starting a week early!**  
Sundays from November 24 - December 15  
Four different gifts for local outreach groups  
November 24 toiletries  
December 1 hats, mitts, scarves, slippers etc  
December 8 small 'gifts' underwear, socks etc  
December 15 'special treat' food, drink boxes etc

**Advent Carol Service** Advent 1  
Sunday, December 1 4:30 pm Service  
Potluck follows

**Nine Lessons and Carols** Advent 4  
Sunday, December 22 4:30 pm Service  
Light supper follows

**Christmas Eve - Tuesday, December 24**  
7:00 pm Family Service  
9:30 pm Carol singing  
10:00 pm Sung Eucharist with the Senior Choir  
"Greet the Christ Child" reception follows

**Christmas Day - Wednesday, December 25**  
10:00 am Holy Eucharist

## 2014

**Ecumenical Worship at Madonna della Risurrezione**  
Sunday, January 19, 2014 Details to follow