



Mark This Word

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

Issue number 35

Lent 2015

St Mark's Church Dedicated in 1955

*"this beautiful and
significant House of God"*

February 24, 1955: St Mark's new church building was dedicated by Bishop E. S. Reed. *(The church hall was later named after him in 1970).*

In his sermon, Bishop Reed told the congregation that evangelism is not for the clergy alone, but for everyone. "That is one of the greatest challenges today," he said. "You have a duty and an obligation. You belong to the priesthood of the laity." He also pointed out that the church belonged to God and to the people, and as such should be "a light and a witness to the world." The bishop noted that for many, the church would be the focal point of this congregation, and that much work of many people had already gone into "this beautiful and significant House of God."

The church, with its modern "unusual" design, was constructed of BC cedar. Reports of the day state that architect J.W. Strutt's aim was to obtain, with modern design, materials and building techniques, a similar effect as that obtained in ancient churches, that carried the eye and the mind heavenward ... a sense of mystery and awe with the feeling of distance.

St Mark's Parish Milestones: 1955 - a new church

January 31	first vestry in church
February	founding of the senior choir
February 6	first official service in the finished church
February 20	first baptism in church
February 24	dedication of the new church
April 21	official formation of altar guild

Sunday February 22, 2015
Choral Evensong - 4:30pm

to commemorate the
60th
anniversary
of the
**Dedication of
St Mark's Church**
followed by
a reception

1955 Who's Who: Wardens:

Bert Rump
Laurie Baker

Building Committee:

John Morgan
Ted Grand
John Chapman
Emil Godin
Lyle Gillespie

Building Fund canvassers:

Messrs: Bassett,
Davis, Forde, Fraser,
Genn, Kirby, May,
MacKinnon, Richens,
Rule, Shipman,
West, Wier

Architect:

J.W.Strutt

Construction:

F.E.Cummings

Today, few of us would recognize the names of the 285 people who attended the church dedication, including the clergy AEO Anderson, Ralph Smith and Allen Rogers, who had been part of the mission and early parish, and Mayor Charlotte Whitton.

On a less spiritual note, Mayor Whitton spoke briefly following the dedication of the basement hall, suggesting meetings could be held to pay off some of the debt. "You could hold future election meetings here," she said, "and if you charge as much as the schools - \$10 an hour - it would help retire the debt." *(see Bowermans on page 3 for "debt free by 83")*

February 22, 2015: We are holding an evensong to commemorate the 60th anniversary of this service, as we continue in our duty and obligation to be a light and a witness to the world. *ML*

Military Veterans

(Advent 2014 issue)

The article inadvertently omitted the war-time service of **Joyce Dunn** - 1942-1945: RCAF



The Bowerman Legacy

by Penny Miller

Lorne and Connie Bowerman have been involved with St Mark's since the very early years of the parish. They met at St John's on Elgin Street and were married in 1952. When they moved to one of the first four houses in Fisher Heights in 1953 they decided to attend St Mark's, which at that time held its services in Carleton Heights Public School. In the early days of the parish they remember that all the houses in the area were canvassed and if you were Anglican you were included on the parish list whether you attended and supported the church or not.

The "movers and shakers" that Lorne and Connie remember from their earliest days were Henry Brigley, John Kirby, John Chapman, Jim Wright, Emil Godin and Ted Dale, who was the superintendent of the Sunday school.

When Lorne and Connie returned to the area in 1967, following time spent in Cold Lake and Halifax, they became more active in the parish. Lorne remembers building the speakers which are now hanging in the Hall and the construction of new pews (now in the centre of the church), designed to match the ones from a seaway church (now on the outside aisles). The centre pews all have dedications; one of them is for Connie's parents.

Connie remembers being a teacher when the Sunday school was so big that they held the classes at St Rita's school. She became envelope secretary in 1973, when Lorne was Warden. He convinced her to fill the vacant position until they found someone else. Connie's temporary assignment lasted till the end of last year -- 41 years! They both remember counting the offering by hand and recording it in a four page duplicate book with no carbon. When they got their first calculator in 1974 from Sears for \$100, it made counting much easier. Later their son Bob created a computer program to help out his mother in her task. It was used to record the offering until 2000. Lorne was the founding Webmaster at St Mark's and says that it was introduced 19 years ago this month.

One of their activities that they are still proud of is the fundraising campaign to replace the roof in 1997. The money for the project, \$97,000 "just flowed" in over a three week period. Their dedicated service over the

years has included working on getting the church debt free in 1983, organizing and cooking for many breakfasts and pancake suppers, leading the property team, setting up for events, working at the bazaar and much, much more. You can see them most Sundays either at the 8 am service or meeting, greeting and distributing mail between the services in the link.

Their dedication has been passed on to their daughter Joy, who was baptised at St Mark's and also married here; she has sung in the choir since she was a junior and took over the job of Treasurer in 1998, only retiring last year. She continues to organize the bazaar, created Lion Needleworks, and introduced the boxes of delicious Christmas cookies, which she, Connie and others baked.

Joy is now our interim office administrator. Joy's children, Alex and Sarah and husband Trevor are also involved in various aspects in the parish.

The legacy continues.

The Bowerman family has given much time and effort to St Mark's. We are so grateful to them and others like them who have made St Mark's the warm and loving community we all know and love.

ML: for many years, "debt free by 83" was Lorne's cry as treasurer, and he did it! Retiring the debt led to the church's Consecration on November 20, 1983.

Connie: what an amazing record - 41 years as envelope secretary! Thank you. And thank goodness for computers.

At the 2015 Vestry on February 15, Joy thanked her parents for the support they had given her over the past 16 years as church treasurer. Thank you, Joy, for your dedication, and for being the longest serving treasurer. Lorne was only in that position for 9 years!



St Mark's Roving Reporter

Penny Miller thoroughly enjoyed her visit with Connie and Lorne, that she offered to become a **MTW Roving Reporter**. Don't be surprised if she invites herself to visit and chat. Welcome her, and share your memories of life at St Mark's. Welcome on-board Penny! ML / BZ



Scouts still strong at St Mark's

by Brenda Zanin

Longtime parishioners at St Mark's know that February is the time when we celebrate the birthdays of Scouting founder Lord Baden-Powell and Lady Baden-Powell, both of whom were born on February 22. A colour party bearing flags and scouts with their uniforms and kerchiefs took part in Sunday services nearest that date for many years. They're winter camping to mark the occasion this year, but most likely, we will be seeing them at our Remembrance Day observances.

Many of us remember our days as Cubs, Brownies, Girl Guides and Scouts, with weekly meetings where we learned about team work, service to the community, survival techniques in the outdoors and other valuable life lessons. In the early days at St Mark's, there were meetings every single weeknight for one or the other of these groups!

Scouting started here in 1957 when an overflow of youngsters from the Carleton Heights School troop became the first members of 72nd Scout Troop. The founding leaders chose the kerchief colours of the 72nd to reflect the large number of veterans in the community: red for the Army, grey for the Air Force and blue for the Navy.

George May was the first Scout leader, and **Ted Dale** was an assistant scouter for the first troop. The late **Joe Savill** was another dedicated scouter. At present, **Paul Greer** is still involved with the Scouts at St Mark's.

Long before it became fashionable, St Mark's scouts were into recycling, with their annual paper drives. They were also ahead of the curve in another way - by welcoming girls into Beavers in 1994. When the girls moved up to cubs, 72nd St Mark's went co-ed.

There were two more recent milestones for the Scout group at St Mark's.

For his outstanding bravery and presence of mind after a major motor vehicle crash involving his mother, stepfather and two brothers, as well as himself, 10-year-old **Gaius Stroud** of the 72nd Ottawa Cub Pack was awarded Scouts Canada's Silver Cross medal last August.

Don Flynn recently wrapped up 38 years of leadership for the Scouts, beginning as a leader, then as a Venturer advisor and, for his last 13 years as St Mark's Group Commissioner. At the area level, he took on roles such as Service



Team Trainer and Venturer Joint Council Advisor. He received the Ruth Martin Award for Community Service from the Rotary Club in 2011 and the Heart of the Community Award for Ottawa's Ward 9 in 2013, both highlighting many years of dedicated service. Not content to give hours of his time to worthy causes, he rolled up his sleeve more than 150 times to give blood as well.

St Mark's has been a supportive home for all aspects of the scouting movement.

ML: Thank you Don, and thank you to all present and former Scouters.

Winter chills ... Spring is just a memory

by Margaret Williamson

The Spring Sunday morning started off well - with temperatures promising to be in the mid 20s. I was looking forward to feeling the heat of the sun, the sight of the tulips and crocuses that were beginning to bloom in earnest. There were robins galore, and a couple of rabbits were ignoring our yappy dog to eat the green grass on the front lawn - grass that seemed to have turned luscious overnight.



As I drove to church I thought to myself, "What a beautiful day...", and as I walked from my car to the church, I saw a sight that made my day all the more joyful - there were the Pilson and Close children coming into the parking lot - on their bicycles, all helmeted, all riding in proper single file. Thomas was in the lead and followed, in no particular order but in-line, by Joshua, Owen, Abbey, Jeremy, Madeline and Penelope - Granddad Paul had taken-up the rear as was correct by any standards. They seemed to know all the rules of the road and all got off their bikes, took off their helmets, stacked their bikes by the wall and happily ran into church.

I was delighted with the whole operation that was so orderly, organized and at the same time fun-filled. I thought to myself, lucky children to have such a benevolent grandfather! Wise grandfather to sow the seeds of discipline, recreation, church and love in one fell swoop! Lucky me to catch this joyous sight on a beautiful Spring day! God is good!



The journey from the Manger to the Cross

by Margaret Lodge



The journey from Christmas to Easter takes us through the darkest, coldest months of the year. After four weeks of preparation during Advent, Christmas seems so short a time for giving thanks for the birth of Jesus. It is quickly gone, followed by Epiphany and Lent.

But from the darkness of our winter, there is finally a glimmer of light, the new life of Spring, and the new hope of the Resurrection.

As I write this we are still in Epiphany, celebrated from January 6 until the start of Lent, It marks the coming of the wise men bearing gifts for Jesus. For Orthodox Christians, January 6 is the start of their Christmas.

Epiphany also means a time when you suddenly see or understand something in a new or very clear way.

As many of you know Bruce got a serious infection while in Florida, and had emergency surgery on his arm once we got to Toronto. The days and weeks that followed have been traumatic, but they also have been enlightening - we experienced our very own epiphany. We saw a new light.

From the middle of Advent, we journeyed through some dark times. Apart from the cause itself, the actual seeking for a way home to Ottawa and for continued medical care was also traumatic.

Although Bruce received great care in Toronto, we needed to get home. We now know how Mary and Joseph felt to hear there was no room at the inn on Christmas Eve. They had to find their own way, and so did we. For us it was no room at an Ottawa hospital.

As we searched for ways to get home, our epiphany happened. We realized that there are Guardian Angels out there in many disguises, and many of them strangers.

Angel #1 A greater power that got us from Clearwater Beach, Florida, to Orlando and on a plane to Toronto, without us realizing we needed help.

Angels #2 The staff of Westjet and the paramedics at Pearson Airport who reacted so fast

Angel #3 A lady waiting with her husband in Brampton Emergency, who saw what was happening to Bruce and insisted the medical staff act quickly - it possibly saved his arm.

Angels #4 The medical staff who saw a situation that

needed instant action. The care provided afterwards - even to the extent of NOT discharging Bruce until that 'room at the inn' in Ottawa was found.

Angels #5 Our friends Barbara and Peter in Toronto who gave me a room to stay, and daily support. I was also offered a place by a stranger - the plastic surgeon who had operated on Bruce!

Angel #6 Fred Graham, former choir director at St Mark's (1970-75), himself a survivor. Fred visited the day Bruce realized how close he had come to losing his arm, if not his life. There was a special spiritual healing that day.

Angel #7 The Catholic Chaplain at Brampton, who had been asked by 'a lady' to visit Bruce's room - no name, no information. This priest was sent by God, and I told him so. We were both at the lowest point in our attempts to get home, and there he stands in the doorway, surrounded by radiant light ... and I see the cross. He prayed with us and blessed Bruce with oil of healing, and lifted us out of the depths of our depression. To me there is only one 'lady' in the Catholic tradition, and her name is Mary.

Like gifts brought by the wise men, these were some of the many gifts that were given during our stay in Brampton, and the gifts kept coming.

Angels #8 The medical teams in Ottawa, the doctors, nurses and care workers.

Angels #9 Last but not least, family and friends, here and around the world, and their unending support and prayers during all this time. We experienced and received many special gifts this Christmas and Epiphany, and came to realize that prayer really does work - for this we thank you.

Our journey has a happy ending. Many of you have also experienced darkness and despair, maybe personally, or with family and friends. It can come in many shapes and sizes. As we enter these weeks of Lent, may you too have an epiphany, and recognize the many gifts you have received, and the special angels who care. May the light gradually shine, your darkness be lifted and your hearts be opened to that new light and life of the Resurrection of Christ, that brings new beginnings and new hope.





Glory to God in the Highest

St Mark's Church School presented their Christmas Pageant on December 21 with a host of heavenly angels singing, and a cast of thousands.

A few weeks later they celebrated

Crèche Sunday

In January, before packing everything away for Epiphany, the congregation was asked to bring in their crèches.

Our children often miss seeing the nativity stable in the church.

During Advent they follow the progress of Mary and Joseph and the wise men as they made their way to Bethlehem, but by the time they come back to Church School in January, Christmas is over, and the stable, with the manger and baby Jesus are gone. With this in mind, the Church School had Crèche Sunday on January 11 as part of its program.



What a wonderful display! Over 50 different nativity scenes from around the world, were placed on tables in the church hall. They were made of many materials, china, glass, wood, paper, wool and cloth. Some were flat, others moved, one nativity was finger puppets and another was musical. Some were quite large, and others so small they fit in walnut shells and match boxes.



The children also made their own Play-Doh nativities. It was a wondrous sight!



MTW is 10 years old!

by Brenda Zanin

In February 2005 the first edition of Mark This Word was issued under the editorship of Sheila Vaudrey. Hard to believe 10 years have already passed! At the time of the newsletter's reappearance in the fall of 2004, Sheila ran a contest to find a name for the publication, and I was one of the parishioners who rose to the challenge.

I liked the play on words offered by "Mark" - a name special to our parish, but also a verb, and a good one for something people should pay attention to. And in a church context, "Word" is another term rich with meaning. So the name "Mark This Word" just sounded right to me. Read on to see Sheila's report on the contest results.



Our "Name that Rag" contest was a great success, with a large percentage of the parish population taking part - both to come up with suggestions and then to vote on the candidates.

Our gratitude to all; many of the names put forth were very witty, and all were certainly valid options.

*Congratulations to **Brenda Zanin**, whose proposal of "Mark This Word" has won the privilege of gracing this banner headline, for what we hope is a long and fruitful future!* SV

I would say 10 years counts as 'long'!

There's a post-script. When I attended St Richard's in the 1980s, there was a contest for its newsletter name. My suggestion, "The Vine", was chosen as the winning title! They have a different name now, but The Vine carried on for some time.



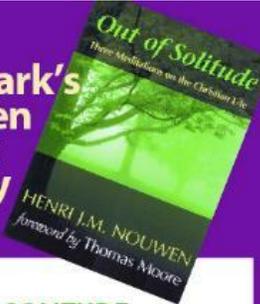
Dear Friends ... from Rev. Joan

Thank you for the wonderfully warm and enthusiastic welcome St Mark's Parish has extended to me. I am delighted to have this time with you; these three months are a blessing to me. It is a treat to renew old friendships and to form new ones with you.

As we face into Lent, I would like to remind you of the "40 Acts of Generosity During Lent" program run by the Christian charity called Stewardship, based in the United Kingdom. Rather than challenging us to give up something for Lent, we are challenged to give something which, in turn, reflects God's generosity. Since 1999, St Mark's has provided almsgiving envelopes to support outreach initiatives. This has allowed our parish to broaden our outreach in a way which our church budget will not allow. This year, we agreed at Vestry to support the following two projects during Lent: Princess Basma Centre (Jerusalem) and St Luke's Table (Ottawa). Our two projects seem to me to fit well into this challenge, so I offer it to you for your consideration.

Lent can be an opportunity for renewal and hope. My prayer for us is that we observe a holy Lent with time for prayer, scripture, kindness and refreshment. Thank you all so much for your generosity.

God bless you.
With my love Joan +



St. Mark's Lenten Book Study

OUT OF SOLITUDE
by Henri Nouwen

February 25, March 4, 11, 18, 25
5 Wednesdays, 10 a.m. to 12 noon
or 7 p.m. to 9 p.m.

\$10.00 to purchase the book (Please pay Betty Caughlin)

To sign up, please put your name on the sign-up list and indicate preferred session and whether you want to purchase a book.

Lenten Book Study

For our Lenten Book Study, we have chosen **Out of Solitude** by Henri Nouwen. With it as a guide, we will catch a glimpse into Jesus' relationship with God. We will discover that Jesus' ministry is hidden in that "lonely place

where he went to pray...". We will explore how our solitude before God can bring us closer to Jesus, encourage our caring, and enrich our expectation. We will nurture our lives and our life in community.

Group leaders: Betty Caughlin, Eddie Chu and Jenny Morphew on behalf of the Parish Vitality Working Group.

Parish Breakfast

Rev. Joan makes us laugh at breakfast

by Brian Harrison

At our January Parish Breakfast, we were kept in stitches by Rev. Joan Riding's description of her life and the many funny experiences that she has had along the way. She has led a rich and varied life, starting with growing up in Montreal and eventually leading to her ordination and work in the Diocese of Ottawa. It was a great way to get to know her better.

Forty-five people attended the breakfast and enjoyed croissants, muffins and yogurt. It was the first time that yogurt was served and it was very popular, so it will be there for future breakfasts. In addition to hearing entertaining speakers, these breakfasts are a great opportunity to meet and talk to other parishioners.

Our next breakfast is March 8

Speaker: Russell Wilkins on Health Inequalities. Russell worked in the Health Division at Statistics Canada and wrote many scientific papers and articles dealing with health issues.

Life after MAP: Parish Vitality Working Group

New group will focus on building a sense of community at St Mark's

A totally new initiative has grown out of an item under the Membership Committee Report for Vestry. This is a direct result of the decision, through a vote at Special Vestry in April 2014, not to continue with the MAP process.

A group of parishioners saw the vote as a desire to keep the church alive. Not just keeping it alive, but of waking people up to the reality that if we are to survive we have to make radical adjustments to our attitude.

What started as casual conversations, led to a request for the endorsement by Parish Council of a Vitality Committee group. During the fall the group, headed by Brian Harrison, met together to sort out terms of reference. With Parish Council's blessings to move forward, St Mark's **Parish Vitality Working Group** came into being. Members will plan activities and events that will build a sense of community at St Mark's.

Their first program is the Lenten Book Study. (See details on this page.)

Future endeavours:

St Mark's Lunch - April 26

St Mark's Dinner - May 23

Watch for details!



Help St Mark's ... any ideas?

St Mark's Ministries

Embracing God's Future: a Strategic Roadmap, was passed at Synod 2014. Michael Perkin (*see Stewardship report to Vestry*) asked Parish Council to make a list of our ministries, not just the big ones, but collecting eye glasses, stamps, etc are all ministries. Mike's challenge is also to you the parish. What we are doing? What do we want to do? What could we be doing? Make your list. Let Mike have it.

Renew our Website!

Check the web at <http://www.stmarksottawa.ca/> and then please respond to this brief survey <https://www.surveymonkey.com/r/PVPKCJQ>

Prayer Shawl Ministry

by Gillian Morris

St Mark's Shawl Prayer

This Prayer Shawl was made for you, with hope for your swift recovery, and complete healing in the name of the Lord, Jesus Christ.

May it warm you when chilled, and comfort you when you are feeling down.

May this prayer enfold you in warmth, comfort, healing and peace.

May God bless you with His healing touch.

Prayer shawls are prayerfully knitted or crocheted and blessed during the 10 am service on the first Sunday of the month, adding prayers and praise from the whole congregation. Since the start of the ministry in 2010 about 200 shawls have been dedicated and distributed. The shawls are given with a prayer card to parishioners or their friends and relatives, both at home or abroad. There are many uses for the shawls - comfort and healing during illness, to the elderly or lonely; comfort after a loss or in times of stress; to celebrate a birth, wedding or baptism; farewell wishes for someone moving away and many more uses. The giving of a shawl enriches the giver as well as the recipient.



We also make pocket prayer shawls. These micro shawls are easily carried in a pocket, purse, or tuck into a helmet. They can be taken to places you may not want to take or can't take a large shawl e.g. the doctors office, intensive care unit, hospital, work. About 200 pocket prayer

shawls have been made, blessed and distributed. Since September Betty Caughlin has made and given 140 pocket prayer shawls to parishioners and visitors.

Remember that prayers can be added to the shawls and pocket prayer shawls. This can be done by you, relatives and friends. Hold the shawl, tie a prayer in with yarn or ribbon or add a pin, buttons or charms.

I would like to thank all the dedicated knitters and crocheters, past and present who have made this ministry possible. We have lost several knitters over the last year through illness and moves. If anyone is interested in joining the team please speak to me.

The Lion in the Sanctuary

by Jenny Morphew



Go up into the choir stalls after church one day and you will see a plaque on the right hand wall. It depicts the lion of Saint Mark's and there is a story behind it.

Many years ago, when David Stalter was our rector, a young parishioner named Dawn fell in love with a young man named Renato. Renato, seeking a better life, had immigrated to Canada from Italy. Renato was a Roman Catholic and in those days marriage was quite a problem for them. After much soul searching, and prayer support from David and the parish, Dawn and Renato were married in St Mark's. The plaque was given, as the inscription says as a thank offering for their marriage. It was made in Italy by one of Renato's brothers as making such plaques was part of the family business.

Soon after their marriage, finding no market for his craft here in Canada, Renato decided to return with his wife to Italy. That is not quite the end of the story. A couple of years later they brought their firstborn child to receive the Sacrament of Baptism at Saint Mark's. The godparents came with them and we had a quick baptismal preparation course on the Saturday morning with Dawn helping with the translation. Catherine was baptized the next day.

So do please take a look at our handsome lion and remember the story.

St Mark's Roll Call

Deaths

Murray Cobb
Marion Dick
Gordon Campbell



Calendar of Events

February 17 <i>Pancake Supper</i>	Shrove Tuesday 5:00 - 7:00 pm
February 18 <i>Eucharist</i>	Ash Wednesday 10:00 am & 7:30 pm
February 22 <i>Evensong</i>	4:30 pm
February 25 - March 25 <i>Lenten Book Study</i>	10:00 am & 7:30 pm
March 8 <i>Parish Breakfast</i>	8:45 am
March 15	Mothing Sunday

Holy Week	
March 29 <i>Procession of Palms</i>	Passion/Palm Sunday 10:00 am
April 2 <i>Eucharist</i> <i>Overnight Vigil - watch one hour</i>	Maundy Thursday <i>Stripping of the Altar</i> 7:30 pm 9:00 pm >
April 3 <i>Eucharist</i>	Good Friday <i>The Lord's Passion</i> 1:30 pm
April 4 <i>Eucharist</i>	Easter Saturday <i>Great Easter Vigil</i> 9:00 pm
April 5	Easter Sunday 8 / 10:00 am

April 11 <i>Art Exhibition & Sale</i>	10:30 am - 3:00 pm
April 25	St Mark's Day
April 26	St Mark's Lunch <i>details to be announced</i>

Weekly Schedules
Mondays 9:00 am Slim & Trim - Hall 6:30 pm Cubs - St Rita's
Tuesdays 6:30 pm Beavers - St Rita's 7:30 pm Prayer & Praise - Choir Room 3rd Tuesday Prayers for Healing - Chapel
Wednesdays 9:00 am Slim & Trim - Hall 7:00 pm Scouts - St Mark's or St Rita's
Thursdays 7:00 pm Senior Choir - Choir Room / Church
Fridays 9:00 am Slim & Trim - Hall 10:30 am Eucharist - Perley Rideau

Monthly Schedules
1st Sunday 12 noon Prayer Shawl meeting - Chapel
1st Monday 12 noon Circle 2 - Hall
1st Thursday 7:00 pm Scout Group Committee
2nd Wednesday 7:30 pm Parish Council - Hall
4th Tuesday 1:00 pm Mothers' Union - Hall
4th Wednesday Health Committee - as needed - Conference

*There are two ways of spreading light:
to be the candle or the mirror that reflects it.*
Edith Wharton



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Mark This Word will be published 3 or 4 times a year.
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/newsviewindex.html

Mark This Word is also a blog at
www.stmarksottawa.wordpress.com/
This gives you weekly/monthly updates, and allows you to add comments, or even opt for delivery to your inbox.