



Mark This Word

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

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Flaws

by *The Reverend Brian Kauk, Rector*

People are asking me: “How was your sabbatical? Did you do what you wanted to do?”

Before I left, I made a list. I told myself: “You might do some things on the list, but in the spirit of Sabbath, you don’t have to do all of them.” As it turns out, I didn’t do most of them.

From day one, my wife Brenda’s business determined the pattern of daily life. I think that’s fair, since my work as a parish priest has a way of taking over our family life much of the time. Brenda’s passion is the care and comfort of dogs that stay at the Munster Dog House, which operates in our home. Each dog is walked twice a day, which sometimes meant doubling up on each shift: two walks in the morning, two in the afternoon. Even when it was 30 degrees below outside.



One project I wanted to tackle right away was my basement. The space I use to work at home was a complete mess. A few afternoons of sorting and pitching (and a tearful goodbye to eight boxes of books) left me with a space where

I can sit, think and pray.

After that, when I wasn’t “on duty” I had time to develop my skills as a wood-worker. First, I finished the project that had been on my bench since the summer: two lamps that were to go in the spare bedroom in our basement. They turned out well, so I made a third lamp and a smaller one for my mother-in-law, to fill a void in her new home in Kanata. Then I explored variations on the design, moving from cherry to walnut with maple, then



maple with purpleheart. Making a series like this allowed me the practice I needed to improve certain skills and techniques, but also allowed me to get creative and try new things.

As a woodworker, I’m developing an eye for flaws that others don’t necessarily see. As a novice wood-worker, what I make has plenty of flaws. I had trouble with tear out. I didn’t always pay attention to grain direction the way I should. I don’t mind the flaws. Each one is a lesson in what works, what doesn’t, and what needs to happen to allow the project to

continue. Normal people (i.e. non-wood-workers) don’t see the flaws, or if they do, they politely don’t mention them.

To progress as a craftsperson, one must learn to see the flaws. Otherwise, it is impossible to learn lessons that must be learned by experience. But one cannot allow the flaws themselves to become barriers. Awareness is crucial but at the same time so is acceptance of that which is inevitable.

I believe the healing work to which we are called as disciples of Jesus must also deal with flaws. The connection between healing and salvation in the gospels points out that we are unable to proceed if we do not acknowledge our need for healing and restoration. Yet we can become paralyzed if that is all we see. We must move on, confident in the knowledge that we are redeemed, forgiven and saved even when “there is no health in us.”

The reaction from those who received these pieces as gifts is satisfying in a deep way. I take pride in this work of my hands, flaws and all. Not too much pride, but just enough.



I will put my Spirit in you and you will live.

Ezekiel 37:14



St Mark's Healing Ministry and more Guardian Angels

St Mark's has been blessed with many healing and caring hands, including the weekly visitors at the Perley and Rideau Veterans' Health Centre, and the Civic Hospital visiting team.

"I was sick and you visited me"

by Brenda Zanin

Several times a year, a team from St Mark's goes to the Civic Hospital on a Sunday morning to bring communion to Anglican patients who have requested this ministry. I am one member of the team, and Sheila Pitt is the other. We seldom know the effect of the few minutes we spend at a patient's bedside, praying with them, sharing the Eucharistic bread and conversing with them.

However, at one time in the past I was on the other side of this exchange, lying in a hospital bed awaiting surgery, receiving a visitor from the Anglican church. I felt enormously strengthened and protected by the presence of Christ during this bedside communion service, and this certainly helped as I faced a scary procedure and worked my way through the recovery process.

It's probably because of this experience that I decided to become a hospital visitor about a decade ago as part of St Mark's team. My mentor and trainer was the late Betty Gillham, and her compassion and wisdom served me well!

Betty Gillham was also Sheila's mentor. Sheila says, "I feel privileged to be associated with the Spiritual Care team at the Civic. This is a very humbling experience for me to serve in this way. I see hope, joy, peace and gratitude in the faces of the sick as they are offered the sacrament of communion."

Other members of the team in the past included the late David Matthews, as well as Marilyn Benn. All received training through the Civic Hospital's Spiritual Care program, and have ongoing contact with the coordinators as members of the Anglican church team in the Diocese.

On the St Mark's Sunday, Sheila and I first participate in the communion service in the Civic Hospital Prayer Room, celebrated by the Rev Tom Granger of St Michael and All Angels. Sometimes ambulatory patients will attend as well, but most of the time, we go

Perley and Rideau Veterans' Health Centre St Mark's volunteers recognized

Congratulations! Doreen Craig (far left), Jackie Sorfleet, Ted Dale and Carol Dicks (far right) on 20 years of service helping to lead Anglican worship at the Perley and Rideau Veterans' Health Centre, and Donna Cundell (second from right) who received an Ottawa South Volunteer Initiative award.



to their bedsides when the service is over. We bring the consecrated communion wafers with us, as well as a sheet of paper with the day's appointed Bible readings and prayers. We also have a short, written service with us that we follow with each patient we visit.

When I come to a patient's room, I ask about their church affiliation and confirm that they are interested in receiving communion. If they have prayer requests, I incorporate them into our bedside liturgy. I usually share a bit of Fr Tom's sermon to enhance the readings of the day. This guarantees that I pay close attention back in the prayer room before going on my rounds! And, of course, the patient receives the body of Christ, the bread of heaven.

It is a privilege for me to be part of this team. On other Sundays, teams from other churches do the same thing, so every week patients can benefit from this ministry. To be able to pass on words of comfort and strength to people at a very vulnerable time in their lives is so rewarding.

St Mark's has had many volunteers in this program over the years – and we hope more will join us. In terms of training, anyone contemplating being a Eucharistic Minister at the Civic must take the 10-week basic course required by The Ottawa Hospital - that is one afternoon or evening a week for 10 weeks. The course is given once in the fall (this year starting near the end of September) and once in the spring. If you have ever felt called to participate in hospital visiting, Sheila and I would be happy to tell you more.



What would you do ... to keep the Parish Nurse ministry?

by Judy Darling, Chair, Health Committee

For more than ten years, St Mark's has been blessed with the ministry of a parish nurse – Patti Robillard and Janet Helmer. At our annual vestry in February, we learned that as of 2016, we will no longer be able to afford this valuable member of our ministry team. The Health Committee is concerned about this loss as we believe that St Mark's has been enriched by the two nurses who have cared for and ministered to many parishioners during these years.

To confirm this opinion, I contacted several parishioners who have had personal dealings with our parish nurse to inquire about their experiences. I have talked to Laurie Slaughter, to Lorne Bowerman and to Flo Clarke. Without exception, they said they were friendly, knowledgeable, approachable, professional, supportive, and understanding.

In addition to providing support to individual parishioners, the nurse has been a teacher of good health and habits and a trainer of those who want to serve each other. While the Health Committee acknowledges it has not had the resources to reconstitute a pastoral care team, with the leadership of the nurse we are slowly rebuilding a friendly visitor network to keep in touch with shut-ins and those with limited ability to make contact with the parish.

This is a ministry using a holistic approach to caring and healing ... spiritual, mental and physical. It would be a shame if St Mark's could not find the resources to continue to employ a nursing professional to support our parishioners.

- ❖ *she came right away*
 - ❖ *she listened with empathy*
 - ❖ *she was present*
 - ❖ *she became my advocate*
 - ❖ *visits are a blessing to treasure*
- Can we form a partnership with another parish or group (we already have a parking lot and an equipped office)?
 - Can we increase our giving with a dedicated offering of \$10 a month from each parishioner (we will need approximately \$12,000 next year ...120 gifts of \$100 a year or \$8.33 a month will do it.)?
 - Can we do some dedicated fund raising (a dinner or a luncheon)?
 - Can we make an application to the Diocesan Gift Grants?

***Ideas, ideas, ideas
help St Mark's save our Parish Nurse ministry!***

Health and Well-being

by Janet Helmer – Parish Nurse

This Spring, St Mark's became the second church in the Diocese with an AED (Automated External Defibrillator). St Stephen's has one and now Parish of March is embarked on their way towards an AED.

Thanks to the generosity of Circle 2, we were able to purchase our AED and train an initial cadre of ten persons through the City of Ottawa CPR/AED public education program. This trained cohort is a nice cross-sectional representation of volunteers in our membership. Our Zoloft AED is like those found across the City in public buildings. The value of these machines are they are so easy to use, certification is not required to use them in a sudden cardiac event. What is true, is that they have been shown to improve a victim's survival rate as action can be taken prior to emergency response personnel arriving on the scene.

Oversight for our machine is being contracted with the City of Ottawa PAD (Public Access Defibrillation) program, and Suzanne Wilkins (Rector's Warden) is our St Mark's program coordinator.



CPR / AED training is updated annually and tracking our training status is a key function of this job. Anyone who holds current certification and has not submitted a copy of same can provide Suzanne with a copy through the church office.

Just as the importance of being prepared for sudden cardiac events increases with an aging membership, so do issues related to advanced care planning and caregiver burden for families and partners supporting their loved ones suffering from dementia.

In April, the Regional Ecumenical Pastoral Care training program, hosted a continuing education session led by the Alzheimer's Society. Both the afternoon and evening sessions had record attendance. Discussion and attendance evidenced this struggle in congregations - both pastorally and personally.

**Health** *continued*

Community resources exist to provide support and respite for caregivers and families. You need not be alone with this burden. Contact Janet for support and connecting to these resources.

Our Spring Senior's Service and Luncheon is being held Wednesday June 3rd. Please contact Georgia Roberts if you require more information.

A personal reflection: my journey back from death's door

by Bruce Lodge

This is an attempt to explain something about my experiences, from slipping in our hotel bathroom in Florida, where I somehow wounded my right elbow, to my final recovery 11 weeks later.

Without wishing to sound melodramatic (which it probably does), I can tell you that it was no melodrama. It took me to places completely beyond anything I had ever experienced in my life. Certainly my previous experience with major surgery on my heart two years earlier now seems, in hindsight, to have been relatively straightforward and uncomplicated.

The journey home began by flying from Orlando to Toronto, by which time I was too sick to make the connecting flight, and was met in by the airport emergency squad.

My memory is completely blank for the time between being driven away from the aircraft at Pearson airport, and waking up some time late the following day to find myself in the recovery room of the intensive care unit at Brampton Civic Hospital. Soon after, I was told about what had happened to me during that time: I had developed a life-threatening flesh-eating infection from a simple injury back in that Florida bathroom.

It was clear that the whole episode had been a closely run affair. Speed is obviously of the essence when cleaning up a dangerous infection; that speed includes the decision to take me to Brampton rather than Etobicoke hospital, since the backlog that evening was two hours longer at the latter, even though it meant a drive of 45 minutes instead of 10. The time saved probably also saved my arm.

Immediately I found myself thinking some pretty dark thoughts. One was, at my age would I ever recover completely, and if not, how would I cope and function in the way I was used to? I naturally took some comfort

in the fact that my right arm was still there. Not only that. I was still alive, in spite of the mortality statistics associated with the disease.

Later I realised that, at that moment, I began to think of myself as a survivor. I was helped almost immediately by the fact that my first visitor was a good friend who can only be described as the ultimate survivor, and who had been within a few hours of death before his own miracle happened. After that my thinking became quite positive.

Also by then messages were pouring in from all over the world, which brought great comfort and support to Margaret and myself. We were further uplifted by a surprise visit from the Catholic chaplain at the hospital, as well as by offers to drive us home from Brampton if it would help.

I was finally discharged on Christmas Day. We had decided to fly home, accompanied by a large quantity of medical supplies, which did cause a bit of a hold up at the security gate. (December 25 is a great day to fly, but even at Pearson airport there was only one security gate open.)

Home nursing had been pre-arranged and kicked in immediately, which was a big help. Unfortunately the veins in my left hand and arm did not take kindly to the fact that I needed to be on an IV infusion 24/7. So finally after three days I was accepted as an out-patient at the Queensway Carleton Hospital, and from there on my recovery proceeded rapidly thanks to the Infectious Diseases and the Plastic Surgery Departments. Throughout the whole experience the only pain I felt was right after the wound had been stapled up, and even then it did not last very long.

During this time I was greatly helped by spiritual support from a good friend, as well as friendly support from all the folks who dropped by for a visit or who phoned or sent emails.

Following discharge from the QCH I started right away on 4 weeks of physiotherapy. My previous experiences with physio had shown me that it is only worthwhile if you feel worse at the end of a session than when you went in. This guy was certainly everything I hoped for. Of course he took flexibility measurements on my right arm before we started, assuring me that, by the end of treatment, everything would be fine. And he was right; the measurements at the end for each arm were identical.

In conclusion I offer my grateful thanks to God, my loving family, who probably had a harder time than I did throughout the whole 11 week adventure, to friends in Toronto who took care of Margaret, and to relatives and friends everywhere for expressions of support that mean more than I can ever say. Thank you all.



St Mark's Roll Call

Births - Parish Grandchildren

Eleanor Bordman (Janis & Michael Perkin)
 Zoey Joly-Holmes (Kathy Joly)
 Ava Anselm (Valerie Day)
 Carter Schofield (Brenda Adam & Brian Kauk)

Baptism

Daniel Eric Anderson Ashby

Marriage

Howard Smithson and Stella Menjura

New Parishioners

Judith Maragh Maria Padin

Deaths

Jan Adams Anne Wilson
 Joan Tripp Hugh Claus
 Earl Regalbuto Daphne Hyslop
 Chyrine Thompson

Outreach from the Sunday school We are small but mighty!

by Kate Greer-Close

The Sunday school children are keen to learn and keen to be active members of our parish. They have undertaken several outreach projects this church year.

In Advent they revived the tradition of advent wreaths, selling candle rings, candles and greenery. They raised \$160 and bought two goats through PWRDF. They liked the idea of two goats - mother and father - to make a family.

The children were thrilled to decorate your home-made cookies and donate them to The Mission at Christmas-time. We even had some adults join us in decorating!

When St Mark's chose St Luke's Table for one of our Lenten outreach projects, we decided to decorate cookies for them too. Jeremy, Madeline and Penelope took the morning off school to deliver them to St Luke's. They were thanked by the workers and the diners for the special, and colourfully decorated Easter treats.

During Lent, we spoke about service to others and helped around the house to earn money for our PWRDF boxes. We raised \$60 to send to Nepal through the PWRDF.

The children enjoy being able to reach out to help beyond our parish. We also like to reach out to our parishioners, through our card ministry. At Christmas, Valentine's and Easter we prepared and sent cards to members of our church, often ones who are unable to attend, or who are unwell, or otherwise need some love sent their way.

As members of the church, they also enjoy offering their gifts in our service, through story and song and thanksgiving.

There is also an outreach that is unstructured. It stems naturally from the enthusiasm of the children and their love. They go out into the world and invite others -- their cousins, their friends and their neighbours -- to come to church with them. They tell other children about Sunday school and what they love about it and about their church family. We couldn't ask for better discipleship!

The response from parishioners has been very enthusiastic and has enabled us and encouraged us immeasurably. Thank you to all of you who create this nurturing spiritual home for the children of St Mark's. You are always welcome to come and grow with us, as are any of your visiting grandchildren!



Parish Vitality Group Celebrating 60 years of our Church

On February 22, 2015 we held an evensong to commemorate the 60th anniversary of the dedication of our church building.

The group spearheaded the Lenten Book Study, and also the parish celebration of St Mark's Day, with a special ham and salad lunch on April 26. Children from the Church School led the Grace. It was a wonderful turn out, a chance for our church family to get together. Over 70 parishioners attended.

The next major event is the Parish Roast Beef Dinner on June 13, starting at 6:00 pm.



St Mark's Reaches Out

by Laurie Slaughter

Our church groups are participating in so many areas in many ways, from feeding stressed university students to sending warm clothes to the Arctic Circle and more. The recent handover of Outreach responsibilities to me as the new coordinator is evolving, as I've consulted with the various St Mark's groups who have traditionally handled them. I've been enlightened by the Mothers' Union, Parish Nurse, the Rector, BAC group and the new Vitality Working Group with respect to all that St Mark's does throughout the year to support others. Ongoing liaison and communication with all service providers in our church is essential so that we can coordinate and document Outreach, and expand it where possible.

My first two tasks are to write a clear and specific job description for the St Mark's Outreach position, and then to make a complete list of all outreach activities and who has handled them. If you are such a person, please send me the name of the activity or initiative and the parish group or individual who currently is responsible for it.

In April St Mark's, under the leadership of Michael and Janis Perkin, provided nutritious snacks for Carleton University students at the Pause Table, a wonderful annual outreach to young adults as they weathered the exam period.

On May 3, Brian Harrison and I participated in the Tulipathon Walk, sponsored by the Ottawa Multi Faith Housing Initiative. They helped raise funds to assist in building safe, affordable and secure housing for low income citizens. Thank you to the St Mark's members who donated a total of \$150 to this cause through the walk. We hope that next year a larger contingent representing St Mark's, complete with church sign, will be available to walk and show our support for such a worthy undertaking.

Our church members once again supported the Debra Dynes Family House Mother's Day gift project and the diocesan Bales for the North drive through donations to the boxes available in the church.

The Debra Dynes Family House celebrates its 20th anniversary in 2015 and St Mark's is planning to participate, highlighting this success story in our community. As well, in June the Vitality Working Group hopes to participate in The Big Give, a multi church outreach of freely giving gifts of food, household goods and other needed items to members of the community.

Through In Reach and Outreach, St. Mark's is actively supporting others, whether it is fellow parishioners, community initiatives and activities or international support. We care!

Mothers' Union Random Acts of Kindness

by Margaret Lodge

On Thanksgiving Sunday 2014, St Mark's Mothers' Union challenged parishioners to do a random act of kindness and 'pass it forward'.

MU is always doing some random act or other, whether it's through their book sales, the picnic or BBQ, and always looking for something new to take on. One thing they have done on a number of occasions is English tea.

Not long ago, Kristin Vaudrey, Sheila's sister, had her first English High Tea, with all the little sandwiches and cakes, scones, jam and cream ... and tea, served in fine china cups. Kristin is Executive Director of a residential care facility for women, and remarked how wonderful it would be for her ladies to enjoy a traditional tea party, but they had no china cups. As any real tea drinker knows, tea can only be served in fine china cups with matching saucers.

And so a seed was planted, to treat the ladies to tea and give them their own cup and saucer for future teas.

Nepal-Everest Disaster

Funds from the Parish Picnic on June 28, will go to PWRDF – Nepal Earthquake Relief fund. PWRDF is part of an international body that is sending aid to Nepal. Another is SOS Children's Village.

*Many of you will know **Scott Kirby**, a son of the parish. He was part of a Dream Team trek to Everest Base Camp – an adventure of a lifetime. The trek was to sponsor SOS Children's Village. His group arrived in Kathmandu on April 25, the day of the devastating earthquake. The trek was cancelled, but he was able to visit the SOS village in Jorparti, days after the quake hit, and before he was able to get out of Nepal.*

Scott got out safely on April 29. Many didn't. Many stayed ... because it is their home.

Maybe you can help. Send your support through the PWRDF or donate at the picnic. Every bit helps.



MU went into action. Thirty china cups and saucers were needed, so a request went out for lonely cups looking for a new home. The response was wonderful!



The week before Easter, MU gave Kristin's ladies their tea, and their own china cups and saucers. They came bedecked in colourful fascinators, and even learned how to raise the pinky finger when drinking tea!

Kristin passes on her thanks:

It was wonderful and beautiful, the ladies loved it. They (and we) need all the perking up they can get after a long winter! It really brightened their month, and they were really in great spirits after that. Thank you so much!

Thank you to all who donated. Your cups have found a loving home. It is amazing how thanksgiving, and acts of kindness can be linked with tea and teacups. You all helped to 'pass it forward'.

Did you do your random act of kindness?



Baby Danny and St Mark's

by Brian Harrison

Baby Danny was born in November, 2014. Six weeks later he was diagnosed with a cow's milk protein allergy and was having difficulty gaining weight. His parents, Jessica and Seth, were worried about his growth but remained optimistic. At St Mark's we prayed each week for Danny during the prayers of the people. Our prayers were answered and by mid-March Danny was doing so well that his parents brought him to St Mark's for a joyful and glorious baptism by Reverend Joan Riding. The future now looks bright for Danny - he is growing and thriving. Thanks be to God!

St Mark's Financial Report

by Gillian Martin, Treasurer

Along with the usual spring cleaning, it is a good time to do a financial health checkup. Here is an overview of where we are as of April 2015.

- Income through collections is nearly \$20,000 less than in recent years. We are also carrying slightly higher expenses than the past two years.
- Hydro Ottawa has paid St. Mark's \$1,966.21 for the power generated from our solar panels.
- The Pancake Supper raised nearly \$850.
- We increased our Lenten Outreach to \$1,181.96, which was distributed to St. Luke's Table, the Diocese of Jerusalem, The Mission and the Primate's World Relief and Development Fund.
- As stewards of our church and community, we must remember that we are carrying a total deficit from previous years of \$3,937. This comes from the 2013 budget surplus of \$13,065 offsetting the 2014 budget deficit of \$17,002.

Did you know?

- The Envelope Secretary records individual offerings, other income and issues tax receipts.
- The Treasurer records cash flow through the church's bank accounts and coordinates the payment of invoices and other expenses.

Lenten Book Study

by Betty Caughlin

During Lent 2015, two St. Mark's groups met to study *Out of Solitude* by Henri Nouwen. We began with his guidance that our lives and ministry are nurtured in our quiet moments with God. "In the morning, long before dawn, he [Jesus] got up and left the house, and went off to a lonely place and prayed there." (Mk 1:32-39) What is meant by a "lonely" place, we asked. Looking to the meaning of the Greek word from which it was translated, we discover it means solitary, desert, a solitary place that provides needed quiet. Where do we, how do we find solitude before God? As we continued through the three meditations, we explored many words and their meaning for us: care, cure, community, expectation.

The late Henri Nouwen was a Dutch-born Catholic theologian and psychologist and author of 40 books. He was a colleague of Jean Vanier and for the last ten years of his life worked with the L'Arche community in Richmond Hill, Ontario.

Group facilitators were Betty Caughlin, Eddie Chu and Jenny Morphey. The Study Guide was developed by



Book Study *continued*

Eddie Chu. The group experience was a nurturing and community building experience. In addition to the groups, many people followed the study at home.

Overall, the Lenten book study was sincerely appreciated. The small study groups provided space for meaningful personal sharing. There was time for reflection, discussion and community building.

People want more! The hope is that we will continue to have Bible/Book Study groups, meeting weekly in morning and evening, during Lent and Easter. There is also interest in forming a shared leadership type group which meets monthly.

Art Show: a family affair

by Brenda Zanin

Ocean waves crash over rugged coastal rocks. Autumn leaves flutter down on wooded country lanes. Flowers bloom in vibrant spring colours. These are some of the beautiful paintings by Nepean resident Janet Hrnchiar (pronounced “hernshire”) that now hang in homes throughout the region.

Janet sold the paintings over the past 30-plus years at the spring Art Show held every year at St Mark’s.

Some 40 artists display their works on panels in the church hall, and the choices for purchasers range from large abstracts to tiny, detailed miniatures. Landscapes, portraits, multi-media works – all types of original art are available. While many artists are longtime participants like Janet, at this year’s show, on April 11, nine newcomers displayed their talents as well.



Janet and her husband Chris can recite a long list of family members who have also shared their artistic talents at the show.

“My aunt, Joan Anderson, was a member of St Mark’s in 1976,” says Janet, “and she and my uncle, Charlie Anderson, urged us to participate.”

Janet and her mother, the late Dorothy Robb, were attending painting classes every week, so they had plenty of works to exhibit and sell. Dorothy contributed works to the art show regularly every spring for years.

“St Mark’s made a presentation to her at its 25th anniversary art show for being the longest exhibitor,” Janet recalls.

When this year’s show opened, Janet was there, next to her panel of paintings, as she has been since she was in her 20s. By her estimation, she has sold well over 100 works over the years.

Chris Hrnchiar broke new ground when he asked if he could put his photographs out for sale. Now two or three others also display photos. Chris’s nature scenes, flowers and birds are all unique, one-of-a-kind pictures, framed and ready for hanging.

Another family member, Chris’s father Andrew, joined in the family hobby in the late 1980s after he retired from his career as a child psychiatrist and took up oil painting. He passed away last fall, but his memory lives on in his colourful landscapes, many of which he sold at the art show.

“It’s really a community affair,” Janet says. “On the day of the show, we reconnect with people who have shown their works in previous years.”

In addition to viewing the paintings, patrons enjoyed refreshments in the church hall. Over \$1,000 was raised at this very successful event.



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