



Mark This Word

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

Issue number 26

Lent / Easter 2011

The Bell Tolls for a Friend



We lost a faithful worker and good friend when George McGill died last month. George did parish maintenance tasks for years. The screens and shelves on the church side windows are his handiwork.

When it came time for the funeral service, it seemed like a great opportunity to start a new tradition at St. Mark's, that of ringing our bells during the funeral liturgy. After a quick consultation with Brian, it was agreed that I would toll the bell 83 times during the last hymn. George was 83 and we gave it him one for every year he lived.

What most people did not know, was that I seriously misjudged the depth of the snow and walked over to the bell monument in knee deep drifts. My overshoes (which I had not done up), scooped up the snow and filled my boots to the brim. When I came back inside, I had about one-half of a dishpan of snow in my boots. George would have enjoyed the moment of me trying to get the snow out without ending up soaked to the knees.

May this tradition continue – the bell ringing, not filling your boots with snow.

- Lorne Bowerman

From the Parish Nurse

Prayer Shawl Ministry Update: On Sunday February 16th we held a Prayer Shawl Workshop with 12 attendees. We discussed the history of this ministry both in North America and at St. Mark's. We shared the strengths and challenges we have experienced so far.

Stories were shared on how it has impacted on those who have received the shawl. As one recipient wrote to us in a card of thanks: "I feel the circle of prayers from St. Mark around me when I wear my shawl." We also discussed logistics of how the ministry works and as a group made plans for going forward, which included sharing patterns, ideas and a plan for optional monthly gatherings on a Sunday for those who want to come and get advice, new patterns, wool, etc. **Our next Prayer Shawl gathering will take place on Sunday, March 27th, at 12:00 pm.** We can always use more knitters or crocheters as well as donations of money to purchase wool. For more information call Gillian Morris at 613-723-0418.

Our second **Healing and Wholeness Sunday** was held on Sunday February 27th with the Reverend Jon Martin preaching and assisting with laying on of hands and anointing. Many came forward to receive healing, or light a candle. The music from the choir made the service even more beautiful. Following both services that Sunday, **Blood Pressure Screening** was available. 18 people participated in this important step in taking charge of your health. With all who came, I discussed the number one thing you can do to lower your blood pressure and improve your overall health and happiness and that is *incorporating regular physical activity into your life*. Most of the people that came to see me were only exercising sporadically at best. The benefits of exercise are undeniable and it is the true "fountain of youth." As I visited one fit 91-year-old recently who is a lifelong exerciser, she said, "Tell people they have to get moving! It is the best thing they can do."

March is Nutrition Month!! The Heart and Stroke Foundation encourages everyone to eat healthy, nutritious foods every day to lower your risk of heart disease and stroke. However, research shows that almost half of us don't eat the recommended 5 vegetables and



fruit a day. Nutritious, balanced meals and healthy snacks may reduce your risk of heart disease and stroke by helping you increase your intake of heart-healthy nutrients, manage your weight, keep your blood pressure down, control your blood sugar levels, and lower your cholesterol. A healthy eating plan may also boost your overall feeling of well-being, giving you more energy and vitality. It may make you look better and feel good about yourself, inside and out. For more information go to www.heartandstroke.com or see my bulletin board in the link for take home resources.

- Patti Robillard

Pancake Supper 2011

The Pancake Supper was again a great parish event. It was quality family time. We are decreasing in numbers every year but the positive side of that is that it takes fewer people to do the jobs, and we have no line-ups. As usual, the sausages were the major hit. Murray Cobb and Ted Dale did their superb job of cooking again.

Of course we get good comments on our homemade pancakes. It is the same recipe that St. Mark's derived in 1967, except whole wheat is being added now in some batches. We started out with all white flour. Then in 2005 we tried a few batches of whole wheat. They were a hit. This year we made 5 batches of whole wheat and 2 batches of white. Quite a change in the thinking over the years. Add unsweetened applesauce and no sugar syrup being available, and we can please many who could not otherwise attend.

Another change this year was the table setup and supper serving being done by high school students earning community



service hours. Great workers. We are proud of the way they did their work. They are a credit to us.

We made a profit of \$753.04 for St Mark's. Many thanks to all who attended, and especially grateful thanks to all those who worked hard making it the success it was.

- Lorne & Connie Bowerman

A Note from the Treasurer

So far this year, our finances are about where we expect them to be. Our givings in January were above expected but our givings in February were below, so for the year to date we are about \$800 behind in our givings.

Lenten Outreach: Our Lenten outreach projects selected at Vestry are: Debra-Dynes Family House and Cornerstone. Envelopes will be available at the back of the church to support this Lenten Almsgiving program. If you give to Lenten Outreach without any other designation, your donation will be divided equally between the two projects. If you wish to support one project in particular, simply mark it on the outside of the envelope. If you wish to support some other program through Lenten Outreach, simply mark that on the outside of the envelope, with the restriction that it must be a program that the church would support and it must be a registered Canadian charity.

- Joy Bowerman, Treasurer



Vestry Decision: Roof and Solar Panel Project

The following actions regarding the roof and solar panel project were taken at the Annual Vestry Meeting held on Sunday, February 20, 2011.

Motion for the Roof

It is moved by Les Cundell, People's Warden, and seconded by Janis Perkin, Rector's Warden, *that a metal roof be installed on the Church for an amount not to exceed \$55,000.*

Some background was given and questions answered. There have been 7 good bids given so far. Cost will depend on whether or not the roof deck is in good shape. Other questions included concerns with soundproofing of a metal roof, suing company who put on the last roof (they are out of business), getting insurance for the new roof (no policy has been found as yet) and would lowest quote be accepted (choice would be best value for money).

The following amendment was proposed to the motion: *subject to final contract details to be presented to and approved by Parish Council.* Moved by Judy Darling and seconded by Margaret Lodge. **CARRIED**

The motion as amended: **CARRIED**

Motion for Solar Panels

It is moved by Les Cundell, People's Warden, and seconded by Janis Perkin, Rector's Warden, *that conditional on receiving a 10 kiloWatt 20 year Micro-FIT contract offer from the Ontario Power Authority, St. Mark's install a solar panel installation on the Church roof for an amount not to exceed \$90,000.*

The following amendment was proposed to the motion: *subject to final solar installation contract details to be presented to and approved by parish council.* Moved by Judy Darling and seconded by John Hancock. **CARRIED**

The following amendment was proposed to the motion: *In the event that the contract with Micro FIT proposes remuneration less than \$0.50 per kW, the corporation shall recall Vestry to reconsider this decision.* Moved by

Judy Darling and seconded by Wendy Burpee-Boutros. **CARRIED**

The following amendment was proposed to the motion: *In the event that the contract with Micro FIT proposes remuneration less than "\$0.60 per kW", the corporation shall recall Vestry to reconsider this decision.* Moved by Margaret Lodge and seconded by Ray Davidson. **DEFEATED**

Some discussion raised questions due to the political uncertainty in Ontario politics and so the following motion was proposed:

Vestry should defer proceeding with the installation of solar panels until the results of the provincial election in October 2011 are known. Moved by Glen Russell and seconded by Ray Davidson. **DEFEATED**

The motion and amendments: **CARRIED**

Motion for Funding

It is moved by Les Cundell, People's Warden, and seconded by Janis Perkin, Rector's Warden, *that the Corporation of St. Mark's be authorized to pay for the solar installation and the roof by withdrawing funds from St. Mark's shares in the Consolidated Trust Fund of the Diocese, and that provision be made to accept donations from any who wish to contribute to these two projects.* **CARRIED**

- Janis Perkin, Vestry Clerk





Calendar of Events

Prayer Shawl Gathering
Sunday, March 27, 12:00 noon

Mothering Sunday
Sunday, Apr 3, 2011

Corporation Meeting
Tue, April 5, 1:30pm

Parish Council
Wed, April 13, 7:30pm
Bishop Reed Hall

Art Show
Sat, April 16, 10:30am – 3:00pm
Bishop Reed Hall

Holy Week
Sun, April 17 – Sat, April 23

HOLY WEEK AND EASTER 2011

Sunday of the Passion, April 17
Holy Eucharist with Liturgy of the Palms at 10:00 am

Monday in Holy Week, April 18
Holy Eucharist, 7:30 pm

Tuesday in Holy Week, April 19
Holy Eucharist, 7:30 pm

Wednesday in Holy Week, April 20
Holy Eucharist, 7:30 pm

Maundy Thursday, April 21
Holy Eucharist, Stripping of the Altar, 7:30 pm

Good Friday, April 22
Celebration of the Lord's Passion, 1:30 pm

Holy Saturday, April 23
Great Vigil of Easter, 8:00 pm

**The Sunday of the Resurrection: Easter Day,
April 24**
Holy Eucharist, 8:00 am, Sung Eucharist 10:00 am

Easter Monday, office closed
Mon, April 25

Corporation Meeting
Tue, May 3, 1:30pm

BAC Scholarship Dinner
Fri, May 6, 6:30pm

Parish Council
Wed, May 11, 7:30pm
Bishop Reed Hall

Rummage Sale
Fri, May 13, 6pm – 9pm
Sat, May 14, 8am – 11am
Bishop Reed Hall and Basement

Victoria Day, Office closed
Mon, May 23

Senior's Service & Lunch
Wed, June 1, 11am

Wedding: Scott Thompson and Jennifer Ryan
Sat, June 4, 3pm

Corporation Meeting
Tue, June 7, 1:30pm

Parish Council
Wed, June 8, 7:30pm

Parish Picnic
Sun, June 26, 11:30am

NEXT ISSUE PLANNED FOR SPRING 2011
Deadline for submissions: June 1
- Sheila Vaudrey, Editor

MONTHLY HEALING SERVICE
led by the Reverend Brian Kauk
Every 3rd Tuesday of the month
7:30 - 8:30 p.m. in the church

Laying on of hands
and anointing for healing

Opportunity to light a candle for those
you are concerned about