



Mark This Word

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Prayer Shawls – Garments of God's Light

Here at St. Mark's we are blessed to have a parish nurse ministry. As Patti Robillard was dealing with parishioners in their many needs, the idea of the prayer shawl ministry was born. It seemed to be a natural extension of Patti's ministry. Books on the subject were available for purchase and these had both prayers and patterns inside. With the blessing of our priest Brian, a group of faithful knitters and crochet workers began to produce shawls.

I have knitted for specific people over this past year. However, most people will make prayer shawls and they will never be sure who will receive their work of art, knitted in love and prayer. All they know is that someone will be blessed by it, and hopefully God's healing love will flow into their lives through the shawl they have created.



practice intentional prayer in a new way. I am not an experienced knitter and remembering complicated patterns doesn't come easily to me, but I can do plain knitting. I have discovered that the size of the knitting needles can make it lacy or dense and that the colours of yarn chosen can also change the look of a shawl. If you know the person, you can choose something appropriate for the intended receiver.



Knitting can be taken anywhere. During a summer road trip with my in-laws, my husband's Mum knit as well. It was a great therapy for her following a mini-stroke. She was pleased to discover that she remembered how to knit. This in turn boosted her self-esteem and it passed time during long waits, keeping her less agitated.

It is also a privilege to sometimes know what has happened with the shawl after it has left your hands. They may pass on into others hands and enrich their lives as well. In putting blessing and prayer into each of my shawls, I have been truly blessed in turn.

Novice Knitter, Janis Perkin

The operative word in Prayer Shawl Ministry is, of course, Prayer. I feel blessed to be able to participate in the prayer shawl ministry as it has allowed me to



ANCOURA: Providing Homes and Support for People Living with Mental Illness

Many parishioners at St. Mark's volunteer their time and talent to organizations that help the most vulnerable in our city. There is no shortage of people who need a hand, as many in the Ottawa community are poor, sick or suffering in some way. For the past four years, I have been fortunate enough to be able to help others through my involvement with *Ancoura* – a non-profit organization that provides housing and support for people living with mental illness.

Mental illness has been described as the orphan of our health care system in this country. Despite its prevalence in Canada, and the fact that one in five Canadians will have a mental illness at some point in their lives, it is badly underfunded and marked by a lack of understanding. Someday people living with a mental illness may be fully included as contributing and valued members of society. But right now there is still considerable stigma and discrimination around mental illness and this limits their chances of finding a job, appropriate housing and social acceptance.

The journey to recovery, acceptance and well-being for a person living with a mental illness can be a long and arduous one. *Ancoura* provides affordable housing but, even more important, we also provide a community of support. The homes that we have provided so far in Ottawa are townhouses which each accommodate three residents. Each of our homes is supported by a paid coordinator and by about half a dozen volunteers who help the residents with daily activities such as shopping, cooking and budgeting, and also provide a circle of friends that offer companionship and social activities. Some of our residents have experienced remarkable growth during their time with *Ancoura*, and our volunteers have also benefitted greatly from the relationships that they have developed.

The idea of having three residents living together and supported by a coordinator and volunteers was developed by a church-based organization in Montreal called L'Abri en Ville. They have been operating since 1991 and have been successful in helping many people with mental illness to stay healthy and improve their quality of life. With two residences now open, *Ancoura* is still a young organization, but we are confident that

our approach provides a nurturing and fulfilling environment for our residents, and that we will continue to grow in the coming years.

Ancoura is hoping to open another residence, providing a home and support for another three people, in 2011. In order to achieve this goal, we will need more volunteers: as home visitors, board directors and committee members. We have committees dealing with finance and fundraising, communications, social activities and faith outreach. Volunteers do not need a mental health background.

If you would like to learn more about *Ancoura* or to volunteer, contact me at 613-248-0854 or brianhar@magma.ca.

Brian Harrison

CIRCLE 2 (ACW) 2010 – 2011 Activities at St. Mark's Anglican Church

Our ongoing fund-raising activities continue on into the 2011 year. During 2010, contributions from the following have done very well under the efforts of Jackie Sorfleet, President. Presently our group numbers 20.

Christmas Puddings and Knitting & Sewing: The group has fun making the puddings each fall. Our knitters and sewers enjoy their work and are quite prolific, judging from the proceeds of sales acquired from the bazaar tables each year.

Stamps: We continue throughout the year in the collection, cleaning, packaging and posting of stamps to The Leprosy Mission, Canada. The stamps are sorted and bundled by the Mission residents for sale to wholesalers. The funds help to make it possible to cure many patients.

Art Show: Our annual Art Show, held in April, continues to be quite successful. Our total sales also include proceeds from the Refreshment Table. We are seeing some of our regular artists leave this year and are looking forward to newer artists joining, to having a good show again for 2012. Our committee members continue working very hard towards this end.



Mayor Jim Durrell and the Reverend Brian Kauk at the Art Show

Debra Dynes Baby Shower: Twice yearly we hold a baby shower for the Debra Dynes Family House. This worthwhile effort, which was started by Rhodena (Dena) Burley, now continues under Pamela Rogers. (To add, Dena just celebrated her 90th birthday on April 16th. Congratulations from all of us on reaching this milestone, Dena!) The knitting we make, along with the gifts we collect, are taken to the house for distribution to mothers with newborns. In this regard a memo received from Barbara Carroll, Executive Director of the Family House, was read by Fr. Brian on Sunday, May 23rd, and is posted on the bulletin board in the Link.

For any newcomers who wish to join, we also have fun when we hold our annual Christmas Penny Auction and at our end-of-season luncheon.

Pamela Rogers

Roof & Solar Project Proposal Update

We have received approval to proceed with the roof and solar project from Vestry, Parish Council and the Diocese. The financing was approved subject to approval from the Ontario Power Authority.

We received approval from the Ontario Power Authority for a 10-Kilowatt Micro-Fit installation, subject to an offer to connect from Hydro Ottawa. The rates and all conditions of the offer were the same as when we had applied.

We received an initial visit from a Hydro Ottawa installation engineer on May 20. After looking over our underground lines and our panel setup in the basement, he suggested that we get an opinion from an electrical safety inspector about changes needed to bring our 1954 installation up to meet today's requirement. On June 7, the Electrical Safety Authority inspector visited with our electrician. While she did not consider us unsafe, she did point out that the equipment was twice the age of normal replacement and would certainly not pass inspection now. Any changes involving the electrical panel room, even emergency ones, would now require an updating of that room – for example, if at some future date there was a decision to put in air conditioning in Bishop Reed Hall. On June 8, Parish Council passed a motion to upgrade the electrical system to bring it up to standard.

Lorne Bowerman

A Note from the Treasurer

At the end of May, our offerings were about \$4,000 behind the amount budgeted. While we were still on track with regard to net income, due mostly to reduced expenses, there is some cause for concern with the lower key summer months coming up. It is important to remember that our expenses do continue over the summer. If you are a regular supporter of the ministry at St. Mark's, please consider signing up for PAR (Pre-Authorized Remittance). That way you can ensure your support is here, even if you are not. Information about PAR is available at the back of the Church. We'll gladly handle post-dated cheques if PAR is not an option for you.

Joy Bowerman



Regular events

Slim & Trim:

Monday, Wednesday and Friday at 9:00 am
resumes September 12

Senior Choir practices

Thursday September 8 at 7:00 pm

Junior Choir practices

Thursday September 15 at 6:15 pm

Cubs: Tuesdays at 6:30 pm

Scouts: Wednesdays at 7:00 pm

Beavers: Thursdays at 6:30 pm
all resume the week of September 12

Guides: Tuesdays at 6:00 pm
resumes September 13

NROC playgroup

Tuesdays and Thursdays, 8:30 to 11:30 am
beginning September 13

Prayer Shawl Gatherings

Sunday September 4, 12:00 to 1:00 pm

Calendar of Events

Church Office

closed for the Civic Holiday, Aug 1
closed for summer holidays: Aug 22 to Sep 5

Corporation Meeting

Tuesday September 6, 1:30 pm – 3:30 pm

Parish Council Meeting

Wednesday September 14, 7:30 pm in Bishop Reed Hall

Parish Breakfast

Sunday September 18, 8:45 – 10:00 am

Rummage Sale

Friday September 23, 6:00 – 9:00 pm and
Saturday September 24, 9:00 am – 1:00 pm

Parish BBQ

Sunday September 25, 11:30 am – 1:00 pm

Harvest Thanksgiving

Sunday October 9, 8:00 and 10:00 am

Fall Bazaar

Saturday November 5, 10:30 am

St Mark's has been advised by the city that we must keep the number of bags we put out to 3 bags or we will be cut off from city garbage collection. If that happens, we will have to pay for garbage collection. To try to keep our garbage collection in line, we are putting the following measures in place.

ALL GROUPS USING THE FACILITIES: You are welcome to rent the use of the kitchen or to use paper plates and cups. If you use Styrofoam cups, we must ask that you take the cups with you when you leave.

We have Green, Black and Blue bins throughout the facility. The green bins are in the kitchen or outside the door. The black bins are in the office, in the church and also outside the kitchen door. The blue bins are in the Link walkway and outside the kitchen door.

KITCHEN WASTE

Large Green Bin in the kitchen: All food scraps and paper should be placed in the green bin located in the kitchen. Paper includes paper cups, paper plates, paper napkins, paper towels, pizza boxes, etc. Basically any paper which has come into contact with hands or food.

Optional: We have a separate container out for coffee grounds which will be used in the gardens of the church or parishioners. Please only put coffee grounds in there.

If you are using cans or bottles, please place them in the blue bin which is located outside the kitchen door or in the walkway into the Link.

WASHROOMS

Paper towels used to dry your hands can also be composted. There are two (at least) containers in each of the upstairs washrooms. One is clearly marked for paper towels. Please dispose of paper towels in that container and any other garbage (e.g. gum) in the garbage container. The women's washroom also has a diaper disposal.

Thank you very much!