



# Mark This Word

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

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Lent / Easter 2012

## ***Lent: A Season of Reflection, Identification and Imitation of Christ***

The season of Lent is a period where as Christians we reflect and, with prayer, prepare ourselves for the season leading into Easter, the Resurrection of our Lord and Saviour Jesus Christ. This is a period where we seek and find ways of growing more complete in our faith.

To do this we have to recall the faith of our baptism and reflect on the agony, humiliation, crucifixion and resurrection of the Only Son of God who had to endure these sufferings and die to redeem us from our sins.

We have to reflect upon and identify with the sufferings and sacrifices of our Lord and imitate the way He has taught us to carry out His mission of bringing the Good News of the coming Kingdom to others.

Let us reflect by being thankful for all the blessings we have received, living in a country of peace and plenty, and also being mindful of the poor, the hungry, the homeless and those who live in fear.

Let us identify our lives with Christ by journeying with Him through observing His suffering on the Cross, and imitate His life by renewing our life of service – helping those in need, helping feed the hungry, helping address human rights violations in the world, and dedicating ourselves to eliminating injustice everywhere. We should be prayerful, asking God to guide us in our entire decision-making. Let us love one another as Christ loved us. Let us see the face of Christ in everyone we meet, and let them see His face in us.

Most of all, let us grow strong in our faith in Christ, and become His followers by taking up our own cross and following Him.

Have a Blessed Lent.

*Nash Smith*

*Student Minister*

## ***St. Mark's Mother's Union***



Mothers' Union – MU – is an international society of prayer and mission, with over 4 million members in 81 countries. In the Ottawa Diocese, there are only two active MU branches in 2012: St Mark's and St Barnabas, Deep River, with about 30 active members. Nationally there are close to 700 members from coast to coast. Compared to England and the African countries, Canada's membership is quite small, mainly due to the fact that MU is the main focus in those countries, and does everything that is usually related to women's groups.

When MU started, Mothering Sunday was revived and encouraged as a family-oriented festival within the Church of England. The fourth Sunday in Lent became the one festive day in Lent. It included an annual pilgrimage to the Mother Church of the Diocese, the Cathedral. As time went by the Cathedrals were overcrowded, and the festivals were moved to the local Parish churches. Many family members worked away from home, but on this Sunday they were allowed to go 'home'. Going home often entailed long walks along paths where they would gather spring flowers. Those in 'service' would also bring fruit, nuts and other food for the family gathering. Flowers and special Simnel cake became part of the celebration.

MU spread around the world, coming to Canada in 1888, and Mothering Sunday came with it. Although Mothering Sunday is not a normal part of the Anglican



Church of Canada, many parishes who have, or had, a Mothers' Union branch, like St Mark's, still celebrate the fourth Sunday in Lent as Mothering Sunday. We also continue the tradition of serving Simnel cake and providing flowers for the children to give to their mothers. At St Mark's we also give a flower to every woman in church on that day.

St Mark's MU always seems to be involved in hosting events of one kind or another, especially where food and socialising is concerned, including the Advent and Christmas carol services. It is one way that we work towards our mandate of focusing on the family – not just individual families, but by bringing our church family together too.

This year St Mark's MU is co-hosting the four-yearly National MU Conference with St Barnabas, Deep River, and the National MU in British Columbia. The conference is to be held at St Paul University, from May 31 to June 3.

If your interest lies in outreach, family or social issues, we invite you to join us. Look on-line at [www.mothersunioncanada.ca](http://www.mothersunioncanada.ca) and see if you recognize anyone. For more information on St Mark's MU, contact Cynthia Greer: 613-723-2680.

And if you'd like to try your hand at making Simnel cake, the recipe has been posted on our parish website at [www.stmarksottawa.ca/simnel.html](http://www.stmarksottawa.ca/simnel.html).

*Cynthia Greer  
President, Mother's Union, St. Mark's Branch*

### **Kicking off GIFT!**

On Sunday, March 4th, St Mark's launched its GIFT (Growing in Faith Together) campaign with great panache. Georgia Roberts



spoke about expanding ministry, especially Pastoral Care and possibly hiring a full-time Parish Nurse in collaboration with other local Anglican parishes. Lorne

Bowerman endorsed the concept of bringing the Word into the 21st Century through live telephone broadcasts

and even live streaming of Sunday services. Penny Miller stressed the importance of local mission and making St Mark's more visible within the community, such as through the Pause Table and Open Table programs that service university students in Ottawa, as well as the Bishop's Child Poverty Initiative. And Terry Frederick waxed lyrical about the sustainability of our parish, how it has been there for so many families in the past and how it can be there for many more in the future. All four of these categories will receive funds through the GIFT campaign over the next five years.



Michael Perkin explained how all families will be visited in person and invited to prayerfully decide upon their contribution to this long-term plan, and how all contributions are welcome and confidential.



Then he really livened things up by tossing a couple of inflated balls into the congregation for a bit of fun! The kick-off ended with Father Brian Kauk commissioning the GIFT Committee, and then the GIFT Ambassadors, and then

leading the congregation in a prayer of support for this wonderful diocese-wide stewardship campaign towards our collective future.

*Sheila Vaudrey  
Ambassador, Ottawa GIFT Campaign*

### **Roof, Solar, and Electrical**

The new roof, solar and electrical service for St Mark's was a big project – the biggest we have had since the building of the Hall and Link in 1966. It took time.

The new steel roof looks really good, as does the new wooden cross on the peak of the roof. The leak which was above the altar was repaired and the plenum at the



peak has been sealed. That was causing the leaking problem over the altar.

The solar panels are up and operating. They came on-line on February 2, 2012 at 3:00 pm. We are generating power from just before 7:00 am in the morning until 5:30 pm at night. The entire installation looks great on the roof. The cross pattern in the solar panels really adds to the look of the panels. We produced about 1.19 megawatt hours in February, which should give us an income of about \$800.

We have a new hobby at St. Mark's now of looking at our solar production. It can be seen by going to the website at [www.stmarksottawa.ca](http://www.stmarksottawa.ca) and clicking on the Solar Project button. Note the long period over which we produce the maximum of 10 kilowatts of electrical power. That is a direct result of installing 52 solar panels instead of 40 to 46 that most contractors were recommending. We are able to produce 9.88 kilowatts, close to the 10K max.



On February 5, 2012, Father Brian Kauk marked the joyous end of the project by presenting a Captain Sunshine hat to Lorne Bowerman, the project manager. Lorne expressed thanks to his daughter Joy Bowerman, the Treasurer, to his son-in-law, Trevor Dee, an electrical engineer, for his expertise and hard work, and to his wife, Connie, who endured the daily noon-hour discussions of this 18-month project.

Another project completed in February was the flat roof over the office, which had started leaking badly. Despite it being winter, Lucas Contracting replaced it. One big surprise was the six inches of ice that covered the roof, because we did not put any insulation in the ceiling when it was constructed in 1966. We have good

insulation now installed on top of the roof. By the way, that was the original roof, so it did not owe us any money.

*By Lorne Bowerman*

## ***A Note from the Treasurer***

It is always hard at the beginning of the year to assess the financial situation. We have a hard year coming up ahead of us and we will have to be very careful with our spending and generous in spirit to come through it. The first two months have been more or less on track with the budget. Our collections income is about \$1,700 behind where we hoped to be; however, we have also spent less, so we are on track with our net income of about -\$6,000. On the positive side, our solar grid was connected on February 2 and we expect about \$800 in income for February, whenever Hydro Ottawa gets through the paperwork.

Lenten Almsgiving:

For several years now during Lent, we have had an almsgiving program to support outreach programs, sometimes within our community and sometimes reaching beyond our borders. This has been especially important in the last few years when it has been the only financial support we have been able to offer the Debra-Dynes Family House. This year our Lenten Outreach projects are the Debra-Dynes Family House and Ancoura, a program which supports the mentally ill in Ottawa. To support these projects, you can include a donation in the Offering Envelope included with this letter. Make sure your name (and envelope number) is written on the envelope. If you wish to direct your donation toward one of these projects in particular, you can write the name of the project on the front as well. Any unmarked donations will be divided equally between the two projects. If you wish to direct your donation to another registered Canadian charity whose mission fall within areas endorsed by the Church, you can also write the name of that project on the front of the envelope.

*Joy Bowerman*



## Calendar of Events

**Mothering Sunday**  
Sunday, March 18

**Lenten Learning Lab**  
Tuesday, March 20 and 27, 7:00pm – 8:30pm  
St Richard’s Anglican Church, 8 Withrow Ave.

**Making Sense of the Cross**  
Wednesday, March 21 and 28, 10:00am – 11:30am

**Ordinations to the Diaconate**  
Wednesday, March 28, 7pm  
Christ Church Cathedral  
*God willing, Patrick Stephens, a former student minister at St Mark’s, will be ordained to the Diaconate along with Michel Paul Gagne, Hilary Anne Murray and Carolyn Gertrude Seabrook*

**Art Show**  
Saturday, April 14, 10:30am – 3:00pm

**PWRDF Sunday with Poverty Lunch**  
Sunday, April 15

**Cursillo Ultreya**  
Wednesday, April 25, 6pm – 10pm

**BAC Scholarship Dinner**  
Friday, May 4, 5:00pm – 9:30pm

**Rummage Sale**  
Friday, May 11, 6pm – 9pm  
Saturday, May 12, 8am – 11am

**Mother's Union Conference Dinner**  
Wednesday, May 30, 4pm

**Summer issue, Mark This Word**  
Deadline for submissions: Sunday, June 3

**Evensong (The Queen's Diamond Jubilee celebration weekend)**  
Sunday, June 3

**Parish Picnic**  
Sunday, June 24, 11:30am – 1:00pm

## Holy Week and Easter, 2012

**Sunday of the Passion, April 1**  
Holy Eucharist with Liturgy of the Palms, 10:00 AM

**Monday in Holy Week, April 2**  
Holy Eucharist, 7:30 PM

**Tuesday in Holy Week, April 3**  
Holy Eucharist, 7:30 PM

**Wednesday in Holy Week, April 4**  
Holy Eucharist, 7:30 PM

**Maundy Thursday, April 5**  
Holy Eucharist, Institution of the Lord’s Supper and Stripping of the Altar, 7:30 PM

**Good Friday, April 6**  
Celebration of the Lord’s Passion, 1:30 PM

**Holy Saturday, April 7**  
Great Vigil of Easter, 8:00 PM

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

## Roll Call

Deaths: Andrew Dicks-Reich, Gail Stone, Leslie Foote

Welcome: (back) Heather Mayhew, Clair Gleddie