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## E-News from the St. Mark's Pews 116th Edition - June 17, 2022

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### From the Rector



Dear Friends:

The phrase “you are what you eat” was coined by the French philosopher Jean Anthelme Brillat-Savarin. These days we talk about how eating organic, unprocessed foods promotes good health and how eating processed fast foods leads to all sorts of health problems. What’s more, we judge people on what they eat: the marathon runner who eats quinoa and local produce is perceived as being virtuous, whereas the couch potato scarfing down fast food in his office cubicle

is thought of as, if not exactly bad, then certainly undisciplined and reckless.

But this isn’t quite what Brillat-Savarin was talking about. His wasn’t a moral statement as much as it was a philosophical—or even spiritual—one. It was his belief that what one eats has a bearing on one’s state of mind and emotional wellbeing—something you and I know to be true.

On Sunday we will be celebrating Corpus Christi, the feast in which we give thanks for the great and life-saving gift of the Eucharist through which we encounter Christ and are awakened to the truth that we are meant to do put our faith into action. You see, the Eucharist is a challenge to you and to me: a challenge to “do this,” to live as Christ lived, willing to be spent for the sake of the world and to die to our desires and vanities so that the divine can rise within us.

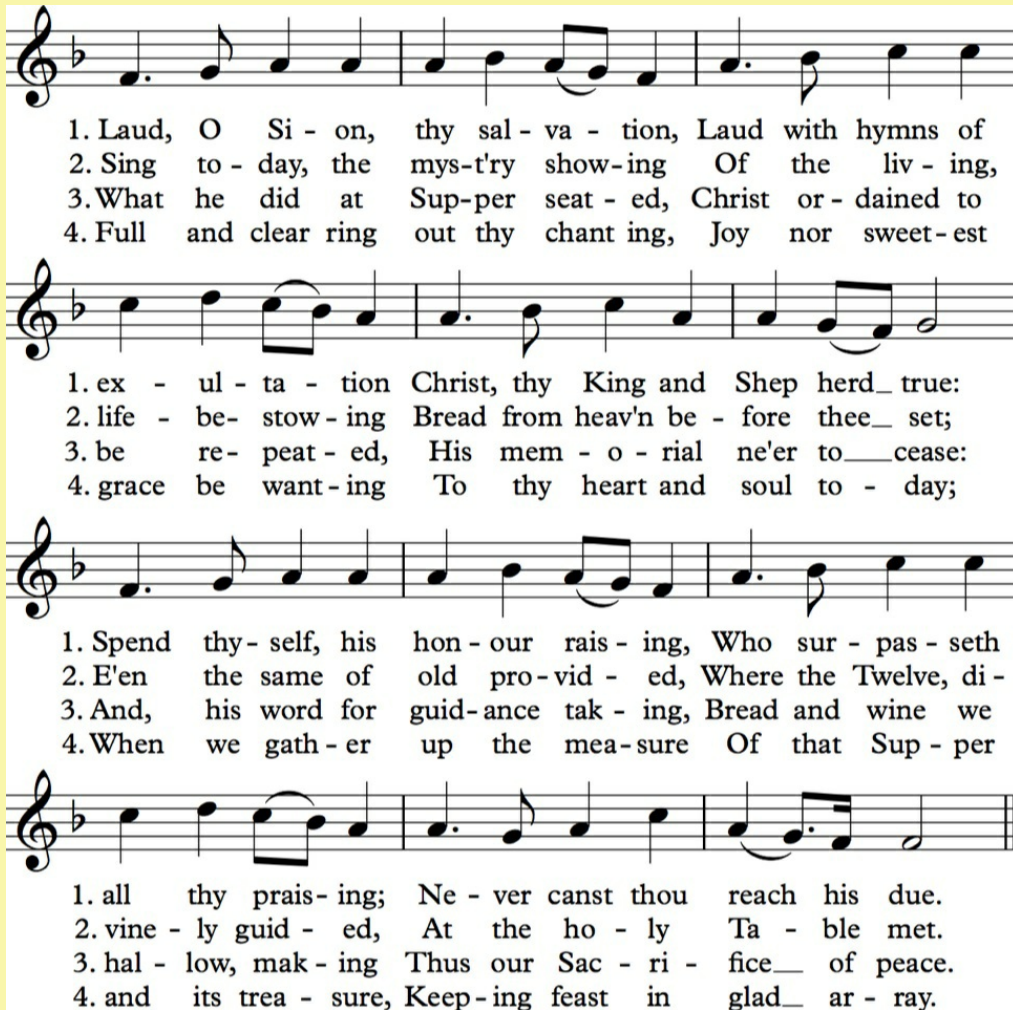
Henri Nouwen once said, “To celebrate the Eucharist and to live a Eucharistic life has everything to do with gratitude. Living Eucharistically is living life as a gift, a gift for which one is grateful.”

Imagine what would happen if, in a spirit of deep and faithful gratitude, we accepted the challenge of the Eucharist. Imagine what kinds of communities we could build if we did what Christ did: live for others instead of ourselves, forgive without counting the cost, and proclaim a Kingdom of radical inclusion. Imagine what joy would be spread if we lived life as a gift to be selflessly given rather than greedily held close. And then imagine what would happen to us if we made these things actually come true. The world and the Church would bewondrously and miraculously transformed since we would have, at last, become like Christ—verifiable proof that we are what we eat.

## Sunday, June 19, 2022

We will be singing a new hymn on Sunday - or at least one that will be new to many of us. It's a nineteenth century version of Thomas Aquinas's great Eucharistic Hymn "Lauda Sion." The version we'll be using is set to a rollicking tune by Gerard Francis Cobb and I've included the melody of it below - in case anyone wants to pick it out on the piano. Many thanks to Dr. Neil Cockburn, my esteemed former organist at the Cathedral in Calgary, for sharing the music graphic with us.

Father Leighton



1. Laud, O Si - on, thy sal - va - tion, Laud with hymns of  
2. Sing to - day, the mys - t'ry show - ing Of the liv - ing,  
3. What he did at Sup - per seat - ed, Christ or - dained to  
4. Full and clear ring out thy chant ing, Joy nor sweet - est

1. ex - ul - ta - tion Christ, thy King and Shep herd\_ true:  
2. life - be - stow - ing Bread from heav'n be - fore thee\_ set;  
3. be re - peat - ed, His mem - o - rial ne'er to\_\_ cease:  
4. grace be want - ing To thy heart and soul to - day;

1. Spend thy - self, his hon - our rais - ing, Who sur - pas - seth  
2. E'en the same of old pro - vid - ed, Where the Twelve, di -  
3. And, his word for guid - ance tak - ing, Bread and wine we  
4. When we gath - er up the mea - sure Of that Sup - per

1. all thy prais - ing; Ne - ver canst thou reach his due.  
2. vine - ly guid - ed, At the ho - ly Ta - ble met.  
3. hal - low, mak - ing Thus our Sac - ri - fice\_\_ of peace.  
4. and its trea - sure, Keep - ing feast in glad\_\_ ar - ray.

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## From the Wardens

The mask mandate for attending church services at St. Mark's has ended. On Thursday, the Diocese announced it has moved to the Green Stage of its pandemic response. The decision is based on public health metrics that remain very encouraging as the sixth wave recedes across Ontario.

Masks are no longer required at St. Mark's, and all ministry and liturgical activities are able to resume. People may continue to wear masks if they wish. We will go to the altar rail for communion and kneel or stand as preferred. There will be no cup. The Exchange of the Peace will resume. We ask you to be thoughtful of the comfort levels of others with personal space and touching as this ritual returns.

In four days, summer arrives – the best part of the year. For some it will be heading to the cottage, vacations, travel, all the pleasures of a Canadian summer.

For others it is a slowdown and relaxation, but for most it starts a busy schedule. Here in NOTL, it is church festivals, strawberries, then cherries, and later peaches. Summer programs are underway at Fort George, the Museum, RiverBrink, and Shaw, and don't forget ice cream on Queen Street.

At St. Mark's, Music Niagara concerts start tonight. Will look ahead to the Cherry Festival on July 9th with cherry pies, barbecue, treasures, books, clothing, jewelry and children's activities as usual.

We are now open seven days a week for church and cemetery tours with our Heritage Interpreters, Alec and Nicholas. We appreciate that the Museum includes St. Mark's as a significant part of its walking tours.

Sunday is Father's Day, a time when we reflect on and appreciate our fathers whether living or in our memories. We think of the influence our fathers on our lives. In some cases, the memories may have some sadness or difficult periods, but that is life to each and our own. If you would like to add to your Sunday giving's, those monies will be used to support local migrant workers who are away from their families while they help our farmers with their crops (feel free to identify on the church pew envelopes).

This past week Patty Rowland, a longtime parishioner and volunteer (greeter extraordinaire with her late husband, Colin), moved to Burlington. We wish her well and good health and hope to see her back for a visit or three.

See you in church!

As always, a reminder to advise the office of anyone who needs assistance, including a phone call, food delivery or some phone companionship. Or over the fence.

Stay safe – keep well

**Called to Life – Compelled to Love**

Your Wardens

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## **Parish Updates**

### ***Update on Celebration of Life for Gillian Mackay***

The family has decided to change the date from July 13 to later in the summer. Once the date is determined, we will note in a future E-News.

### ***In-Person Sunday Services***

8:30 a.m. Holy Eucharist

10:30 a.m. Sung Eucharist

Please remember that wearing a mask at all times continues to be mandatory.

### ***Live-Stream Sunday Services***

[Click Online Worship Button on St. Mark's Website](#)

### ***Morning Prayer***

Wednesday morning Zoom services of Morning Prayer have concluded for the summer. We will resume them after Labour Day on Wednesday, September 7.

### ***On Duty this Week***

Greeter(s) - Ann Lindsay, Gill Bryan  
Reader - Wes Turner  
Intercessor - Diane Turner  
Altar Guild - Eve Wylie, Gene Ann Smith, Jennifer Smith

### **Order of Service**

The Order of Service can be found on our website: [Order of Service Web Site Page](#)

### **Church Bells**

A reminder to all that the Church Bells play on Sundays at 12:05 pm. Enjoy!

### **Staying Up to Date!**

Click on this link to find this and recent copies of our E-News: [View our recent E-Newsletters](#)

Click on this link to view our Calendar: [Visit our Calendar](#)



## ***Did you know...***

That the future King, Edward VII, visited Niagara-on-the-Lake in 1860 and was shown around town by St. Mark's William Kirby who took him to see peaches at the Servos farm?

Thank you to Donald Combe and Ann Lindsay, St. Mark's Archives, for providing these short informational pieces on a weekly basis for E-News.

## **Cherry Festival 2022 Saturday, July 9 - 9:00 am to 2:00 pm**

Cherry Festival is fast approaching. Items can be dropped off at the Hall starting on June 20th (with the exception of jewelery, see below)

**Jewelry Donations:** We are no longer accepting any more jewelry donations for this year's Cherry Festival. Thank you to all the kind donors for your generosity - The Jewelry Team is very appreciative.



### **From the Book Table:**

Volunteers are urgently needed to help sort the book donations for the Cherry Festival for a few hours a week starting June 21st, and to help display and sell the books on the day of the Festival. A prospective replacement to be in charge of the books for the Festival going forward is also being sought. Fair warning to book lovers, you will be tempted to buy a lot of books while sorting! Please contact Jane De Munnich by email ([janemoesdemunnich@gmail.com](mailto:janemoesdemunnich@gmail.com)) or by phone 905 468-9831 or cell 289 686-6010.

### **From the Bakery Table:**

If you can assist, please call Kathy Taylor 905.468.2536 or send her an email: [kathytaylor2536@gmail.com](mailto:kathytaylor2536@gmail.com) to let her know what baking you would be able to provide for the Cherry Festival 'Bakery' Table...sweet or savory, it's all welcome, thank you.

Our table is filling up nicely, but, as they say: "there's always room for one more at the table" and you are that one, welcome !!

#### Donations of:

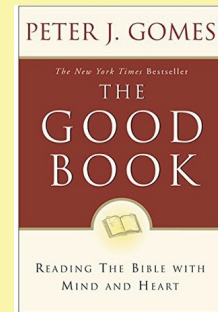
- **Good quality clothing** including **hats, scarves, gloves and purses** will be accepted in Addison Hall starting June 20
- **Treasures** - Can be dropped off to Joan Bourk now - please contact Joan at jbourk@beemont.ca or call 905.468.0835 to arrange
- **Book donations are welcome** and starting June 20 books can be dropped off at Addison Hall.

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### Bible Study via Zoom

We are sending Zoom invites via Constant Contact to those who regularly join the Bible Study group. If you would like to attend Bible Study via Zoom, please contact the Rector to have your name added to the distribution. [rector.stmarks.notl@gmail.com](mailto:rector.stmarks.notl@gmail.com)

This week, we are reading chapters 10, 11, and 12 of Peter Gomes' "The Good Book."



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### Morning Prayer - Will resume in September

Wednesday morning Zoom services of Morning Prayer have concluded for the summer. We will resume them after Labour Day on Wednesday, September 7.

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### Weekly Prayers

In the parish cycle of prayer, we pray for George and Jane Robinson, Joy Rogers, and James Schuster and their families.

We pray for those shut in their homes, Fred Habermehl, Fred Dixon, Joy Ormsby, Selina Appleby, and Joan Draper.

In the Cycle of Prayer for the Niagara Diocese we pray for The Right Reverend Susan Bell, Diocesan Bishop and the Staff of Cathedral Place.

In the Anglican-Lutheran Cycle of Prayer we pray for The Provincial Synod of the Ecclesiastical Province of Rupert's Land, and The National Indigenous Day of Prayer: for healing and reconciliation between Indigenous and non-Indigenous Peoples.

We pray for the sick, especially remembering Jacquie White, Jack Taylor, Margaret Stimson, Terry, Jan Brown, Lisa, Dorothy Walker, Sharon, Dick, Bev Garrett, Jodey Porter, Sean, Joshua, and Ben Buholtz.

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**MUSIC**  
**NIAGARA**  
**FESTIVAL | 2022**

### Music Niagara 2022 Summer Festival

Visit [Music Niagara 2022 Summer Festival](#) website to view their summer schedule and to buy tickets. Many of the concerts will be held at St. Mark's.



# PWRDF

The Primate's World Relief  
and Development Fund

*The Anglican Church of Canada*

## Support Ukraine Relief with PWRDF

The Primate's World Relief and Development Fund is receiving donations for our partners in Ukraine. These include:

- Hungarian Interchurch Aid, supporting Ukrainians seeking safety on both sides of the Hungarian-Ukrainian border;
- HelpAge International, supporting seniors and their families seeking safety on both sides of the Moldovan border;
- Initiative E+, providing medical supplies, equipment and care to Ukrainians who have been injured by Russian attacks
- Fight for Right, supporting a 24-hour hotline for people in Ukraine with disabilities receive the care they need or safe evacuation

...And more.

### How you can help

To make a donation to this response online, [click here](#)

Please keep the people of Ukraine in your prayers. You may also donate by phone at 416-822-9083 or leave a voicemail toll-free at 1-866-308-7973 and we will return your call, or mail your cheque to PWRDF, 80 Hayden, 3rd floor, Toronto, Ontario, M4Y 3G2.



## Canned Goods

The following items are available now to purchase from the Church Office.

- Frozen Pea Soup - 1 Litre - \$15
- Cherry Juice - 1 Litre - \$15
- Cherry Juice - 1/2 Litre - \$8
- Picked Beets - Medium - \$8
- Cherry Jam - Small - \$5
- Cranberry Sauce - Medium - \$8
- Cranberry Sauce - Small - \$5
- Beef Cottage Pie (frozen) - \$15 **NEW!!**
- Lasagna (frozen) - \$15 **NEW!!**

## Reminder

Strawberry Festival is this Saturday, June 18.  
9:00 am to 3:00 pm

St. Andrews Presbyterian Church  
323 Simcoe Street



**Please note if you unsubscribe from any email sent from St. Mark's Church via Constant Contact, you will no longer receive any emails or information from us. If you wish to unsubscribe from a specific mailing list (ie, Bible Study, E-News), please email the office at [stmarks@cogeco.net](mailto:stmarks@cogeco.net) Thank you.**

[St. Mark's Anglican Church Website](#)



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