



---

## E-News from the St. Mark's Pews 199th Edition - February 9th, 2024

---



### From the Rector

**Ash Wednesday is February 14. There are two services of Holy Eucharist with the Imposition of Ashes that day at 10 am and 5 pm.**

Sometimes the phrase "dining on ashes" is used to describe people who are always ruminating about, and obsessing over, past failures and regrets. Many years ago, when I was ruminating on all of those "What if...?" questions we tend to ask ourselves when things aren't going too well, a sagacious friend said to me that life isn't "What if?", it's "What *is*." And so, with my friend's advice in mind, I want to suggest to you that Ash Wednesday's liturgy will invite you and me to move from obsessing over all of the "what if?" questions to a joyful acceptance of what *is*.

True, the service can seem like the liturgical example of dining on ashes, what with its long laundry list of failures and mistakes and—well, sins. This is why so many people stay away from church on Ash Wednesday. For just as there are a large number of people who can't help themselves from playing over and over the tapes of their lives' failures, there are also a large number of people who won't admit that they have regrets, that they have things to be ashamed of. Of course they *do*, but their sense of self is fecklessly contingent on the maintenance of an impenetrable and confident façade. Such people are not given to engaging in self-examination. They are stuck in blind alleys because they are afraid of looking "weak." This leads them to defensiveness and rationalization, insisting they've never been wrong, have never made poor choices, and that everything is someone else's fault.

But if we're to have vital and healthy spiritual lives, we need to acknowledge and confront our faults. Our faith, liberating and comforting though it may be, isn't escapism. Nor is it without demands. The truth is, it's liberating to admit that we've been weak and made mistakes. We speak of being forgiven for the wrongs we've done, but I think we need to re-frame that notion. What we need to be forgiven for is our propensity to deny our weakness, believing that we are strong enough to cope with life's demands on our own. How many people have a negative image of God, an image of the stern and judgemental father, and spend their whole lives running away from him and trying to hide? How many people have an image of God that gives little dignity?

But we don't stay in the place of penitence, forever rummaging around in the past with

some sort of spiritual masochism. Not at all. We name our sins for what they are; we admit that we are who we are, and we turn to God for help. And it is in the turning that we are given the opportunity—that we are given *permission*—to leave all of the things we regret and are ashamed of behind. They no longer have power over us.

Ash Wednesday allows us to proclaim that the only thing that has power over us is the power of the cross. That's why we have crosses of ash smeared onto our foreheads. Out of the ashes of ultimate failure and sin comes the symbol of ultimate victory and forgiveness, a symbol that reminds us there is nothing we have done that's unforgivable in God's sight. And there's no power stronger than the power of his redeeming love—not even the power of death.

So come on Wednesday and name all of the things you have tried so long to ignore and know the liberating power of forgiveness. Come knowing that you can stop fixating on what might have been and receive the gift of forgiveness that is. And come in the knowledge that you need no longer dine on ashes because you have been given the bread of life and the cup of salvation, holy food wrought on the tree of life.

Grace and peace,  
Leighton

---

### **From the Wardens**

Our E-News is lighter than usual this week, probably influenced by mid-February, no snow, and warmer than usual temperatures to enjoy!

Pancake Tuesday is on February 13th, cooked to perfection with all the perfect sides. Please come, enjoy a delicious supper, and support St. Mark's.

February 16th is designated by our Bishop as a Day of Prayer and Fasting. Please see the Bishop's note below.

Under the leadership of Kathy Taylor, we are ready to commence our 2024 communication calling program. Kathy has recruited 11 parishioners to assist with ensuring that those who are unable to attend church regularly due to many factors are in touch with the parish through a friendly call.

A reminder of the annual Vestry meeting will take place at noon on Sunday February 25th. This is a very important meeting. We will review and approve the 2023 financial statements and the 2024 budget. It includes reports from the various committees, elections, and appointments for various positions. If you would like to be nominated for any position, please obtain a nomination form from the office before February 15th and return it completed in a confidential envelope to the office.

### **See you in church!**

**As always, a reminder to advise the office of anyone who requires assistance, including a phone call, food delivery or some companionship. Even a chat over the fence!**

### **Called to Life-Compelled to Love**

Allan Magnacca  
Andrea Douglas

---



# Diocesan Weekly News



## Day of Prayer and Fasting: February 16

[In a joint letter to Anglicans and Lutherans](#), Archbishop Linda Nicholls, along with Bishop Susan Johnson of the Evangelical Lutheran Church in Canada, has called for a day of prayer and fasting on February 16, 2024. This is an opportunity to collectively list our voices and hearts united in prayer, centred around the continued violence in Ukraine, as well as in Israel and Gaza, trusting that God is listening, acting, and present with all who are suffering or feel powerless.



Those participating are invited to fast from food or from social media, computer time, music, television or whatever else may be appropriate. During the day, the primate and national bishop encourage us to stop and pray throughout the day, [using the prayers provided](#) or simply crying from our hearts to God about the situations in Israel, Palestine, Gaza, and Ukraine. Gathering with friends, family, or church members, is encouraged.

To conclude the day, join Bishop Susan Johnson and Primate Linda Nicholls [on Friday, February 16, at 7 p.m. EST for a 30-minute prayer service on Facebook](#).

---

### Parish Updates

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

8:30 a.m. Holy Eucharist

10:30 a.m. Sung Eucharist

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

**February 11, 2024 - Greeter(s)** - Harriet Tunmer and Nancy Bongard

**Reader** - Penny-Lynn Cookson

**Intercessor** - Steve Hinchliffe

**Server** - John Shaver

**Altar Guild** - Keith Bullen, Pat Kingdon and Mary Webster

#### ***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](#)

[Click here to access St. Mark's Anglican Church Facebook page](#) You can also access our Facebook page when on our website by clicking on the Facebook icon that looks like an "f".

---

**Pancake Supper**  
**St. Mark's on Shrove Tuesday, Feb. 13th 2024**  
**5 pm-7 pm**  
**\$15.00**

**Enjoy pancakes, maple syrup, sausages and your choice of coffee or tea**

Gary Burroughs has kindly offered to lead the event, and must assemble a team to ensure its success.

If you would like to **volunteer** please contact Gary at [bookkeeperstmarks@gmail.com](mailto:bookkeeperstmarks@gmail.com) or call Erin in the office at 905-468-3123.

---

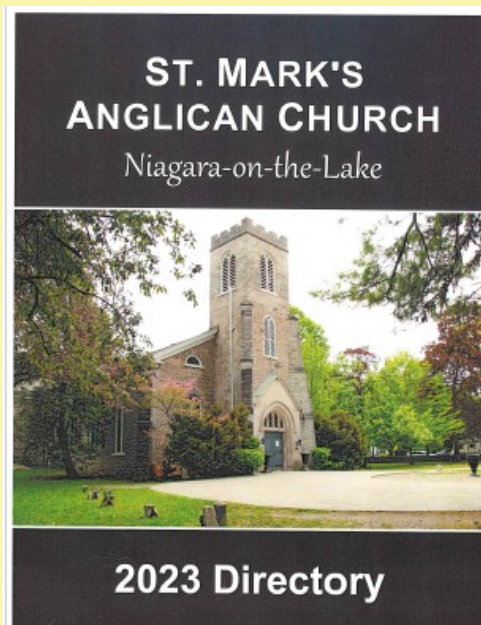


---

**The St. Mark's Anglican Church 2023 Directory has arrived!**

**Please come to the office to pick up your copy.**

**( A reminder that the office is open Monday-Friday 9 am-2pm.)**



You are entitled to receive a directory if you had your photograph taken by  
Universal Studios.

We have only a few copies for purchase at \$20.00.

---

**MEN'S COMMUNION BREAKFAST**

The next Men's communion Breakfast is scheduled for  
**Wednesday March 6, 2024**  
please contact Greg Walker  
[gregoryfwalker@gmail.com](mailto:gregoryfwalker@gmail.com)  
for details

---

**Gary Burroughs' Kitchen**  
made a fresh batch of delicious lasagna and cottage pies!  
Be sure to get yours before they are gone!

Delicious items for sale also include  
**Chicken-Vol-Au-Vent and Pea Soup, Stewed Tomatoes**  
and  
**Cottage Pie**

**\*\*Pop into the office to get your meals\*\***

---

**SOUPS ARE AVAILABLE - INQUIRE IN OFFICE**



In the parish cycle of prayer, we pray for Michael Tansley and Barney Farkas, Jack and Lynn Taylor, and Kathy and Tim Taylor and their families.

In the Cycle of Prayer for the Niagara Diocese we pray for St. Thomas, St. Catharines, The Venerable Bruce McPetrie, Interim Priest-in-Charge; The Reverend Canon John Cathcart, Honorary Assistant; The Reverend Jason Van Veghel-Wood, Honorary Assistant; The Reverend Canon Philip Velpel, Honorary Assistant; and the people of that parish.

In the Anglican-Lutheran Cycle of Prayer we pray for the Rt. Rev. Sam Rose, Bishop, and the people and clergy of the Diocese of Eastern Newfoundland and Labrador, and the dean, council, and congregations of the Central Toronto Area and Greater Toronto Areas East and West of the Eastern Synod.

---

### Did you know ...

The Reverend Harry Nelson Mansfield was ordained to the priesthood at the church of St. Thomas in Hamilton, Ontario on May 29, 1953. He served as Deacon at St. George's Church St. Catharine's for two years. **In 1959, he was inducted as Rector of St. Mark's Anglican Church.**

During his time in Niagara-on-the-Lake Rector Mansfield, after much consideration, decided that his vocation as a parish priest was over. He began to prepare himself to teach university students. In 1965, he entered Yale University and completed his Master of Divinity degree the following year. He entered a doctoral programme at McMaster University and was invited to join the faculty in 1969. He was very happy in his work. Tragedy would strike quickly as Harry was diagnosed with leukemia and died within ten months at age 41. He left behind a wife and three young children.

The Reverend Mansfield was interred near the north wall of St. Mark's Anglican Church.



---

### 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)

---

***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](#)



St. Marks Anglican Church | 41 Byron Street, P O Box 582, Niagara-on-the-Lake, L0S 1J0  
Canada 905.468.3123

[Unsubscribe stmarks@cogeco.net](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [stmarks@cogeco.net](mailto:stmarks@cogeco.net) powered by



Try email marketing for free today!