



AVON UNITED NEWSLETTER

📞 902-684-0211

🌐 AVONUNITED.CA

📷 📘 AVONUNITEDCHURCH

The Gifts of Fall

Dear Siblings in Christ,

As a Red River Metis woman, one of my regular spiritual practices is to “smudge”. I burn traditional Indigenous medicines like sage or cedar and offer prayers to God in six directions: to the heavens, the earth, the East, the South, the West, and the North in gratitude for all the gifts that God has given us in this life.

Lately, I have been meditating on the prayer I offer to the West, the direction that symbolizes Autumn, adulthood, and endings. I pray: “Thank you for the gift of endings--of days and weeks, seasons and years. And with these endings comes the



chance to harvest what is ready and what has come to completion. Thank you.”

This prayer reminds me that Autumn has its own spiritual gifts to share, if we can open our hearts to them. There are gifts in endings, in letting go and harvesting what is ready for the next stage of life, even when it’s hard to let go. Possibility is being planted in and through us, even as things fall away.

As we move into Autumn,

I encourage you to meditate on the spiritual gifts this season offers you. **What has ended or is coming to completion in your life? What can you celebrate or glean from those endings, and what are you called to lay to rest?**

May you trust that, even in the season of endings, Creator is preparing new life to be sown, even if you can’t see it yet. And **that** is something to be grateful for!

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ACTING OUT THEATRE TROUPE RETURNS



The Acting Out Senior Theatre Troupe returns on September 29, 2026, at 2:00 p.m. at Avon United Church!

No prior acting experience is required. The group starts with reader's theatre, so you will not need to memorize lines. It offers a relaxed space for local seniors to connect, learn, and share laughs. To sign up or ask questions, call Joe Callaghan at 902-788-4023 or email josephcallaghan41@gmail.com.



Online worship

Want to help offer online worship to the wider community? Volunteer by contacting the church office at: hantsportpc@ns.aliantzinc.ca

Vocal & Handbell Choir

Vocal and handbell choirs are starting soon and looking for new members!

Contact Juanita Swinamer at: hantsportpc@ns.aliantzinc.ca or talk to Juanita.

Let's Cook the Harvest

A free, hands-on series running Wednesday mornings from October 7 to October 21, 2026, from 10:00 AM to 12:30 PM. To register, contact the church office.



Opening October 24th, 2026...



Opening Oct. 24th, the Seasons Gallery is a new community initiative at Avon United, inviting people to experience the work of local artists—and, most importantly, to connect! In addition to seasonal exhibitions where local art work is for sale, Andrea Cann-Tracey will facilitate quarterly community art-making events where people of all ages can connect with their inner artist.



SUNDAY SESSIONS

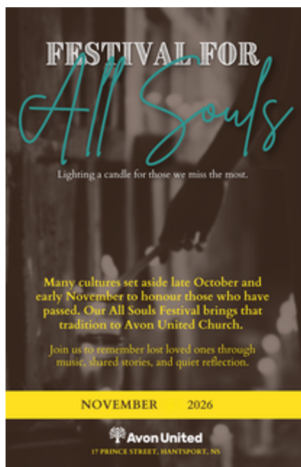


The Mondays are returning to Avon United for our next Sunday Session on Sunday, October 18, 2026. The music starts at 7:00 PM. If you came to their last performance, you already know how much energy this group brings! They play classic rock favourites, amongst others, that will have you singing along all evening.

CALM THE MIND IS BACK



Returning on the first and third Thursdays of every month! Come calm your mind with Matt Maxwell at 1pm at Avon United.



FESTIVAL FOR ALL SOULS – November 1–7

Around the world, the shift into November brings people together to pay tribute to departed family and friends.

From November 1st–7th, Avon United is partnering with local musicians, artists, therapists, sound healers, and dance and yoga instructors to offer space in our community to grieve the loves, lives, and losses we carry on our hearts. More information will be available in late-October. Keep an eye out for posters and on social media!



Keeping neighbours connected and supported

PROJECT UPDATE

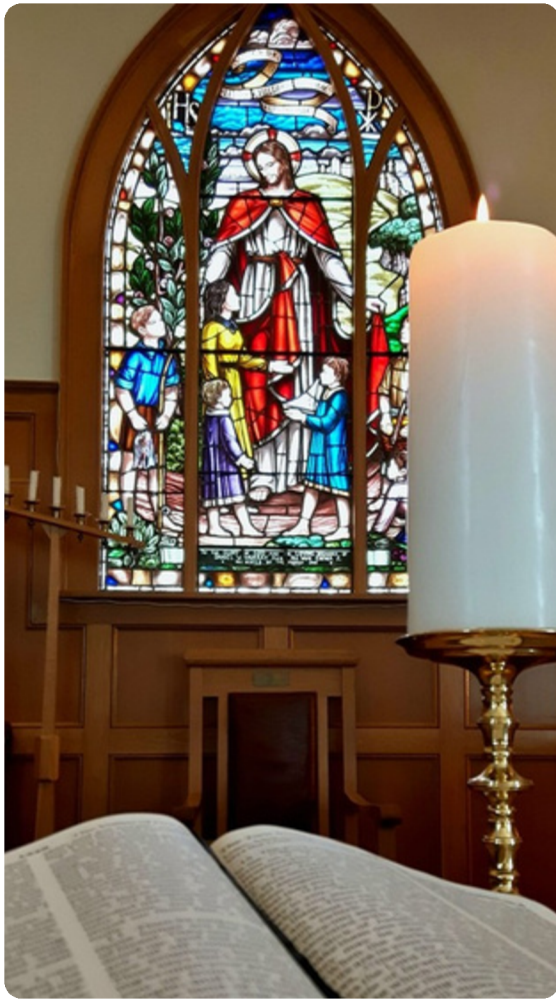


AvonLink is a volunteer network connecting neighbours for rides, errands, and social check-ins. We aim to prevent small hurdles from costing our neighbours their independence through building a dignity-first, volunteer-led community program.

Join us for a Community Information Session!

Thursday Nov 5th, 2pm & 7pm at the HMCC tennis court building.

Come grab a coffee, learn more about AvonLink, and help us shape how neighbours support neighbours.



How you can help promote Avon United online



You can help us reach more people by engaging with our posts! When you see an update from Avon United on Facebook or Instagram, take a second to like, comment, or share it. Social media algorithms favour posts with activity. Your simple click helps ensure your neighbours see our community news and event updates.

Give thanks for all the blessings that touch our lives!

Your Generosity in Action: Every gift to Avon United helps us bring people together—from the laughter of the Acting Out Seniors Theatre to the warmth of our Sunday Session concerts. As we celebrate this season of gratitude, please consider a donation to help our ministries flourish.

Ways to Give:

- **E-Transfer:** Send to **hantsportpc@ns.aliantzinc.ca**
- (Please note "September Gift" in the memo).
- **PAR & Envelopes:** Available through the church office.

Your support makes our community work possible!

PO Box 414, 17 Prince Street Hantsport B0P1P0