

Almonte United Church
October 2026
Newsletter

Date: October 15, 2026

Fall Programing

Weekly Walks
Mondays at 9am

TODAY

Bi-Weekly Book Study
"An Altar in the World"
Thursday's 3pm
Oct 15,29 - Nov 12,26- Dec 10

Journeying with the Mystics
Next Session Nov. 4
Topic: Jesus, Paul and the Story of Thomas
1st Tuesday of the month
6:45-8:30 pm

It's Time to Fill Up Meryl!

Over the next three weeks, the youth will be collecting non-perishable food items, grocery store gift cards, and cash donations to support The Hunger Stop and the Lanark County Food Bank.

Some items that are needed:

- cleaning supplies
- personal hygiene supplies
- Hamburger/Tuna Helper
- taco kits
- kids snacks... (check out the bulletin for other suggestions)

Exploring Together

Wednesdays at 10 a.m., beginning October 21
Maybe you've been part of another church and are wondering what the United Church is all about. Maybe you've never belonged to a church at all. Or maybe you're just curious.
You're welcome to join us for four conversations about
The Bible, Church History, The Story of the United Church, What We Believe (Faith Statements)
Come to one session or all four. For those who'd like to become members of Almonte United Church, this is a good place to start, but it's just as good a place to simply ask questions and explore.

Dates to Keep in Mind

October 18 - World Food Sunday ~ Focus on Food Grains
October 18 - 2PM Convenanting Service between Rev Heather Davies and Almonte United Church and EOORC Regional Council
October 25 - Reformation Sunday
November 1 - All Saints Sunday
November 8 - Remembrance Day Sunday

A Look Toward Sunday

It's Luke 4 this Sunday. Jesus is in the synagogue at Nazareth, reading from the book of Isaiah, a passage that concludes with: "to set the oppressed free, and to proclaim the year of the Lord's favour." (Luke 4:19) How do these 2,500-year-old words resonate today? This Sunday is World Food Sunday. World Food Day began in 1979 to mark the founding of the UN's Food and Agriculture Organization and to call the world's attention to hunger. Hunger holds people captive still, and every gift of food makes Isaiah's freedom a little more real. For the next three weeks our youth will be collecting donations for local food banks. Please bring what you can, and thank you in advance.

Heather's Thursday Thoughts

Friday is World Food Day. I personally have never known real hunger, but I don't take that for granted. I realize that hunger is a real thing for many people. It is interesting to note that the world grows enough food to feed everyone, which means that hunger isn't about scarcity. It's tangled up in who holds power and who doesn't: in poverty, war, patriarchy, and systems that put profit ahead of people. Hunger is a problem people made, which means people can fix it.

None of us can fix it alone, but small things add up like donating food to the Food Bank, or a monetary gift to the Foodgrains Bank or the Food Bank. Or maybe, a little less food tossed out at home or eating locally sourced produce. It could be a letter to your MP. Small things count, and change rarely starts big.

On Sunday we'll hear Jesus read Isaiah's promise of freedom and good news for the poor. Those words still matter, maybe now more than ever, especially for everyone who goes without. See you Sunday, ~Heather~

Canadian Food Grains Bank

In the fall of 1998, two Renfrew County farmers spoke at the church about the Canadian Foodgrains Bank, which is farmers working together to help end world hunger. The idea stayed with Allan Lowrey. That December the church Council approved a growing project on eight acres Allan donated for the cause, and the first soybeans went in the next spring. More than twenty-five years later, the Lowrey family's Penlow Farms still grows the crop, with local suppliers donating much of the seed and inputs. The harvest's net revenue and congregational donations go together to the Foodgrains Bank. Gifts to the Canadian Foodgrains Bank go even further, since the Government of Canada can match donations for food assistance up to four times over.
Thank you to the Lowrey family for this faithful and generous work.