

# Young at Heart- Strong in Faith



## SENIORS MINISTRY

Let's check out what we have planned!

## Thanksgiving — Counting Our Blessings

With Rev. Maria Lallouet



There is something very special about Thanksgiving. Perhaps it is the beautiful colours of autumn, the familiar smell of a Thanksgiving dinner, or the joy of gathering around a table with family and friends. But as we grow older, Thanksgiving can take on an even deeper meaning. It becomes a time to look back, remember, and truly appreciate how richly God has blessed our lives.

Many of us have wonderful memories of Thanksgivings past—family gatherings, children running through the house, special recipes passed down through the generations, laughter around the dinner table, and perhaps a few stories that have been told so many times that we know every word!

Yet Thanksgiving also reminds us that some of our greatest blessings are not things we can put on a table. They are the people God has placed in our lives: family members, lifelong friends, neighbours, church family, and those who have offered a helping hand or a listening ear when we needed it most.

As seniors, we have experienced many seasons of life—times of joy and celebration, as well as times of loss, uncertainty, and change. Through them all, God has remained faithful. We can look back and say with grateful hearts, "The Lord has been good to us." Psalm 107:1 reminds us: "Give thanks to the Lord, for He is good; His love endures forever."

## MONTHLY CALENDAR

Check out the upcoming events in September. There is something for everyone

This Thanksgiving, let us count not only the blessings we have today, but also the blessings of yesterday and the hope we have for tomorrow. May we treasure our memories, cherish our relationships, and continue to find reasons to be thankful—even in the ordinary moments of everyday life.

May God bless you and your loved ones this Thanksgiving, and may your hearts and homes be filled with gratitude, love, laughter, and His peace. Happy Thanksgiving!

Rev. Maria Lallouet  
Coordinator of Senior's Ministry



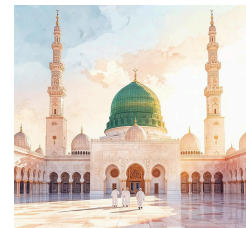


## ♥ National Seniors Day- October 1

October 1 is National Seniors' Day in Canada. It is an opportunity to recognize and celebrate the contributions of older adults to their families, churches, workplaces, and communities. Seniors carry with them something that cannot be bought or taught overnight: experience, wisdom, memories, faith, and stories. It is also a wonderful reminder that every stage of life has purpose and that seniors continue to have much to offer.

## 🌍 Canadian Islamic History Month

October is Canadian Islamic History Month, which recognizes the history, heritage, and contributions of Muslim Canadians. It provides an opportunity to learn about the many ways Muslim Canadians have contributed to Canadian society and to encourage understanding and respect among Canada's diverse religious and cultural communities.



## 🎃 Halloween- October 31

Halloween has become a significant Canadian tradition, particularly for children and families. Although its origins are complicated and go back to ancient and Christian traditions, today it is largely associated with costumes, decorations, community gatherings, and children going door-to-door for treats. For churches, it can also be an opportunity to think about community hospitality, kindness, and welcoming our neighbours.



## Breast Cancer Awareness Month

October is widely recognized as Breast Cancer Awareness Month. It encourages people to become informed about breast cancer, pay attention to their health, participate in appropriate screening, and support those affected by the disease. It is also an opportunity to remember survivors and those whose lives have been touched by cancer, while offering compassion and encouragement to families facing difficult journeys.



## Mental Health Awareness

October includes several mental-health-related initiatives and observances. As we grow older, emotional well-being and social connection remain extremely important. Loneliness, grief, isolation, and major life changes can affect seniors in particular. A church community can play an important role by checking on one another, listening without judgment, praying together, and making sure no one feels forgotten.





## An Update from Chair Chat

Chair Chat continues until November 20 on Fridays at 10:30. Come and participate in topics like, "Hearing God", "New wine in old wineskin", "Jesus' life on the map", "Jealous God?", World religions on the same topic, just to mention a few...

Also, if you have any topics to bring before the group, please let us know. See you on Fridays.

## A FAITH WORTH PASSING ON

October 31 is remembered by many Christians as Reformation Day, a day that calls us to remember an important chapter in the history of the Christian faith. More than 500 years ago, men and women began calling the Church back to the importance of Scripture, God's grace, and faith in Jesus Christ.

But perhaps Reformation Day can mean something personal to us as well. As seniors, we have each travelled a long road of faith. We have experienced seasons of joy and seasons of sorrow, answering prayers and prayers that seemed unanswered. We have seen our families grow, faced changes we never expected, and discovered that God's presence can remain steady even when everything around us changes.

That is part of the heritage of faith we have been given—and it is also a heritage we have the privilege of passing on. Our children and grandchildren may not remember every word we say, but they may remember the way we prayed, the way we treated others, the way we trusted God during difficult times, and the way our faith gave us hope.

Reformation Day therefore reminds us that faith is not simply something to be preserved in a history book. Faith is something to be lived, renewed, and shared. As we look back with gratitude, may we also look forward with hope. May we continue to grow in God's Word, remain open to His renewing work in our lives, and faithfully pass the treasure of our faith to those who come after us.



Our greatest legacy may not be what we leave behind, but the faith we leave within the hearts of others.

"Be transformed by the renewing of your mind." — Romans 12:2

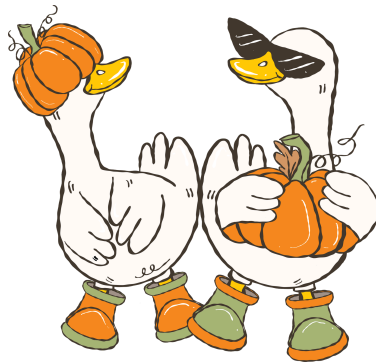


# HAPPY Thanksgiving



# October

## Calendar 2026



### DATES TO KNOW

- **Friday October 2, 2026:** CHAIR CHAT at 10:30 AM in Memory Hall
- **Sunday October 4, 2026:** Worship Service at 10:30 AM. Celebration of Worldwide Communion
- **Monday October 5, 2026:** IT'S A PARTY Play Practice: 4:30PM-6:00PM in Memory Hall
- **Friday October 9, 2026:** CHAIR CHAT at 10:30AM in Memory Hall
- **Sunday October 11, 2026:** Worship Service at 10:30AM. Thanksgiving Service
- **Monday October 12, 2026:** HAPPY THANKSGIVING
- **Friday October 16, 2026:** CHAIR CHAT at 10:30AM in Memory Hall
- **Sunday October 18, 2026:** Worship Service at 10:30AM. Please join us following the service for a Soup Luncheon.
- **Monday October 19, 2026:** IT'S A PARTY Play Practice: 4:30PM-6:00PM in Memory Hall
- **Tuesday October 20, 2026:** Session Meeting at 1:00PM in the Fellowship Room
- **Friday October 23, 2026:** CHAIR CHAT at 10:30AM in Memory Hall
- **Sunday October 25, 2026:** Worship Service at 10:30AM.
- **Sunday October 25, 2026:** FAMILIES TOGETHER HALLOWEEN PARTY from 4:00PM to 6:00PM in Memory Hall
- **Friday October 30, 2026:** CHAIR CHAT at 10:30AM in Memory Hall

### CONTACT INFO



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