



Avon Congregational Church's Electronic Weekly Newsletter

August 26, 2026

www.avon-church.org

Worship and Hospitality Volunteers for Sunday, August 30

Lay Reader – Judy McNally, Trustee – Bob Linderman,
Usher – Kate Rickson-McNally, Videographer – Donna Lynn Young
Summertime Coffee Hour Helpers – Jane Keeney and Margaret Abbott



Beginning in September, Coffee with the Pastor will take place the 2nd through 4th (or 5th) Wednesdays each month. Please note that there is no longer CWTP on the 1st Wednesday of each month, often when we are cooking for 1st Friday Dinners. Join us on Wednesday, Sept. 9 at 10 am at the Coffee Trade (21 West Main St.) Come by for conversation and fellowship. Pop in or stay for the hour. See you there!

Rehearsals Begin – Calling all singers and ringers!

Choir rehearsals are beginning soon! There will be a Hand Bell & Choir Pizza Dinner in Fellowship Hall on **Wednesday, September 9 at 6 pm** in Hall & Kitchen. Our Gallery Singers begin with rehearsals right after that, in the music room, and then every Wednesday at 6:30 pm. Celebration Ringers begin rehearsals on Wednesday, September 16 at 5:30 PM. Interested in joining? Contact Karen Levan, our Music Director, at music@avon-church.org



We are pleased to announce Sunday School is officially starting on September 13.



If you have a child between 3 - 12 years old, we would LOVE to have you join us! Pastor Chris is pleased to announce we continue with Lauren Lett (Coordinator), Rachel Steiber and Jane Keeney. We will continue with a one-room schoolhouse model with adaptive educational opportunities to meet the needs of all our students. Questions? Email Pastor@Avon-Church.org

Safe Church Training on Sunday, September 13th, 11:15 AM in the library – This is required training for all volunteers who will be teaching Sunday School and/or covering the Church Nursery this year. Contact Pastor Chris at pastor@avon-church.org to sign up if interested.



Have you ever wanted to make music with your hands and be part of a close-knit team? Our handbell choir is welcoming new members—no prior experience required!



The Low-Commitment Option: Not sure if you can make a year-long commitment? Join us for a short, seasonal project leading up to our special performance.

The Focus on Fun: If you can count to four and tap your foot, you can ring a bell! Come try out a fun, joyful, and welcoming group where everyone plays a crucial part. The first rehearsal “ Wednesday, September 16th at 5:30 pm, in the bell room.

Help Fill Backpacks at Hands On Hartford - We will be returning to Hands On Hartford to help fill food bags for Hartford students in need. If you are interested in joining us, we have a rotating schedule of volunteers for a Wednesday morning time slot. We are flexible and slots are monthly or twice monthly. We carpool in to Hartford and sometimes stay for lunch at the Gather55 cafe. If interested, please contact Beth Ferrari at bethferrari@comcast.net or Kathy Hine at kathyhine@me.com





Interested in Helping with Coffee Hour?

The new calendar for coffee hour is being scheduled now. Our goal is to spread the task to **all** members, so no one person is overburdened. We have a committee in place to set up and take down the coffee pots, but we are looking for members to

provide the food each Sunday. Please contact Beth Ferrari bethferrari@comcast.net to schedule your date. Thank you!

Seeking Worship Helpers - As we look to assemble the Worship Helper Calendar for autumn through next summer, you are asked to discern if you would like to be added. Whether interested in occasionally reading a Call to Worship and Scripture text or greeting people with a bulletin as an usher or helping to set up Communion or be responsible to open up the church and get the lights on, we would LOVE to have as many helpers as possible. Easy details are sent to all helpers along with a long list of other helpers should you need to switch out any assigned date during the year. Interested? Want more info? Please contact the office at 860-678-0488 or reach out to Worship Co-Leaders, Alex Harris or Kent May.



Help a Student of Ethel Walker Help Others. Halloween Costume Drive to ensure every child in our community can enjoy Halloween this year! We are collecting gently used or new Halloween costumes. If you have any costumes to donate, please drop them in the collection bin here at the church from now until August 31st. Thank you for your generosity!

Halloween Costume Drive

Do you have gently used Halloween costumes gathering dust in your closets?

Let's pass the magic on!

We are collecting clean, gently used youth costumes to give to Covenant to Care for Children, ensuring every child gets to dress up this year.

Dates: Now through August 30th

Contact: Amelia (860) 836-6141

Thank you for bringing smiles to kids in need this season!





Quilt Show and Craft Fair at Avon Congregational Church, October 17 & 18

Do you want to display your quilt to the show?

Please register your quilt by completing the registration form using the link

https://docs.google.com/forms/d/e/1FAIpQLSd2BezBTq9Qwt0-QeAhY3kUOFuSm6OQAKUIU6_7KTJLXwEUg/viewform?usp=header

Please contact Susan Elliott at shseliott@sbcglobal.net or 860-748-1775 with any questions. Quilt entries are due by September 15th.



Calling all artists, crafters and bakers! There will be a special ACC vendor booth dedicated to our members to donate handmade items to sell at the fall quilt show. If you are interested, there's a form near the office with more details. If questions, please contact Beth Ferrari or Donna Young.

WANTED/NEEDED: Volunteers for our Hidden Treasures Shop.

Looking to fill 4-hour shifts (from 10 AM til 2 PM) or 2-hour shifts, Thursdays and Saturdays during July. Most Saturdays are wide open for volunteers. Without you we will be closed! No prior experience needed. The shop is in our budget to raise \$4k. Bring a book to read, rearrange the merchandise, do some 'house cleaning', in good weather sit outside (bring a chair) or just listen to music. Call Sandy Lytle to sign up 860-810-9048 and volunteer for one or more days.



Back-to-School: What Parents/Guardians Should Know

About Supporting Their Child's Well-Being

As the back-to-school season begins, children face a wave of changes — new routines, academic pressures, and social adjustments. For parents, it's the perfect time to focus not just on school supplies, but also on the essential pillars that support a child's mental and physical health: anxiety, sleep, nutrition, connection, and exercise.

1. Anxiety is Normal—But Watch the Signs It's common for kids to feel nervous about returning to school, especially if they're starting a new grade or school. A little anxiety can be motivating, but persistent worry, irritability, or physical symptoms like headaches or stomachaches may indicate deeper concerns. Stay curious, ask open-ended questions, and seek support if needed.

2. Prioritize Sleep Routines A well-rested brain is better at managing stress, focusing, and learning. Children and teens often shift into summer sleep patterns that don't match school schedules. Begin resetting bedtime and wake-up times at least a week before school starts, aiming for 9–11 hours of sleep for younger kids and 8–10 for teens.

3. Fuel Learning with Nutrition What children eat impacts their energy, concentration, and mood. A balanced breakfast that includes protein and whole grains can set the tone for a productive day. Encourage fruits, vegetables, and water, and minimize sugary snacks that can lead to energy crashes.

4. Connection is Key Strong relationships—at home and at school—help children feel secure and ready to learn. Carve out time each day to connect: a short chat during breakfast, a walk after dinner, or simply listening without distractions. Encouraging friendships and teacher relationships also builds a vital support network.

5. Movement Boosts Body and Mind Regular physical activity helps reduce stress, sharpen focus, and improve sleep. Whether it's sports, dance, biking, or just playing outside, aim for at least 60 minutes of movement a day. It's not about competition, it's about fun and well-being.

Final Thought The return to school is more than academics; it's a full-body, whole-child experience. By focusing on anxiety, sleep, nutrition, connection, and exercise, parents can help lay the groundwork for a healthy, confident, and successful school year. Don't forget to visit Farmington Valley's Mental Health website – CredibleMind for more back-to-school tips for you and your family!

<https://fvhd.crediblemind.com/resources?query=back%20to%20school&presentation=separate>

AVON BOY SCOUT TROOP 274 CAN AND BOTTLE DRIVE

WE **NEED** YOUR
BOTTLES & CANS!



**SATURDAY, August 29
FROM 8 A.M. TO NOON**

**WEST AVON CONGREGATIONAL CHURCH
280 Country Club Rd, Avon, CT**

**Friendly and courteous Scouts will unload all your redeemable
bottles and cans from your vehicle, sort them, and get them
recycled.**

**No more waiting in line to return them or dealing with full or
broken machines. Scouts will do all that for you!**

**All proceeds go toward supporting Scouts attending
High Adventure trips this summer.**



Yoga To Rebuild for Bones and Gut Health

On Saturdays -Regular Yoga practice benefits-

- Yoga for Bones (Arthritis) 26 Sept-11:00 am
For mobility, strength, relieves pain and stiffness
- Yoga for Gut health 3 Oct -11:00 am

Improves digestion, relive constipation and acidity, core strength

Please bring your yoga mat. Class is free. Sign up and Reserve a spot 🖱

<https://docs.google.com/forms/d/10-E12-vSP7xDm0hS78lrX4nQKS2czzkJV247x6WpXrg/edit?usp=drivesdk>



Yoga To Rebuild

Joint and Gut health

With Prabha

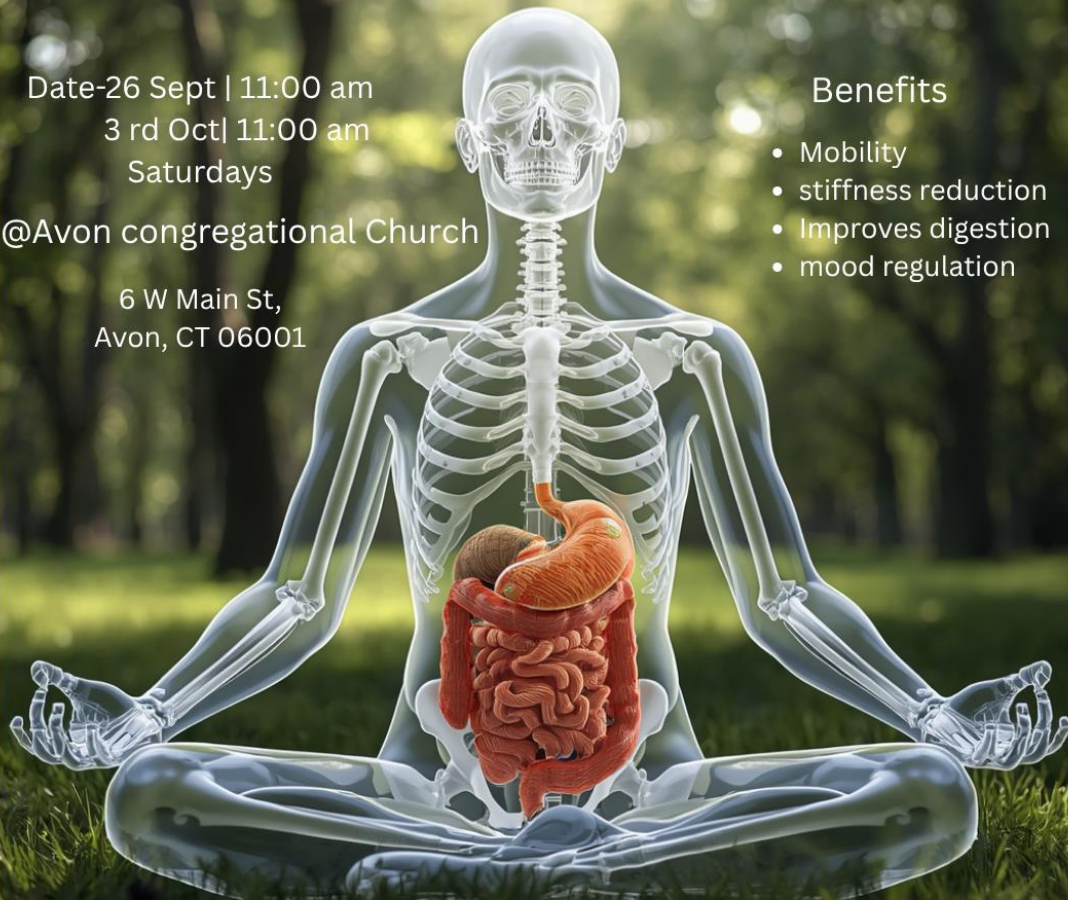
Date-26 Sept | 11:00 am
3 rd Oct | 11:00 am
Saturdays

@Avon congregational Church

6 W Main St,
Avon, CT 06001

Benefits

- Mobility
- stiffness reduction
- Improves digestion
- mood regulation



shwaasyoga.ayurved@gmail.com

shwaasyoga.com

Livestreaming Services and Accessing Church Social Media

Sunday services are accessible on the Avon Congregational Church Facebook page and our YouTube channel. The links for those are below:

<https://www.facebook.com/avoncongregational> or
<https://www.youtube.com/channel/UC9C9s7fZ28HKpSllaoeGZfQ>

For information about Avon Congregational Church, click on the following link:

The Avon Congregational Church Website

www.avon-church.org

Most events and lots of pictures are often posted to our ACC Facebook Page

Statement of Inclusion

In keeping with the life and teaching of Christ Jesus, we joyfully and unconditionally welcome all people of any age, gender, sexual orientation, race, culture, ability or social or economic status into our community of faith. We affirm the humanity of all people as unique individuals made in God's image. We also affirm the special gifts that each person has to offer. We invite all to participate in the full life of the church and covenant of our Christian community.

Staff Contact List – Online Church Information

Rev. Chris Solimene, Pastor

pastor@avon-church.org

Karen Levan, Dir. of Music Ministries/Organist

music@avon-church.org

Jolene Tefoe, Dir. of Avon Nursery School

ans@avon-church.org

Charry Salmon, Office Manager

office@avon-church.org

John Carlson, Finance Administrator

administrator@avon-church.org

Lenny Lebatique, Sexton



Church Address: 6 West Main Street, Avon, CT 06001

Church Phone Number 860-678-0488

Church Website www.avon-church.org

Church Wi-Fi: avonchurch

Scan to Donate

Steering Circle 2026 – 2027

Moderator – Jerry Humble; Treasurer – Bob Linderman; Clerk – Candace Doersch;
Worship – Alex Harris and Kent May; Nurturing – Lee Egan and Joan Miller;
Outreach – Lynn Del Cegno and Leslie Desmangles; Support – Kate Allen and
Betsy Van Loon; Members – at - Large – Fran Festa and Kate Rickson - McNally