

## Growth Ideas 101: The Power of a Picnic Table — One Hundred Tables Returns for Year Two

One Hundred Tables is back this spring, and communities of faith across the region are once again invited to discover how something as simple as a picnic table can open the door to connection. If you took part last year, share your stories with neighbouring churches. If you missed out, this is a wonderful moment to join in.

A picnic table is a visible sign of welcome in your neighbourhood. Whether painted or portable, accessible or child sized, placed in a busy spot or moved from event to event, it can create space for conversation, curiosity, rest, creativity, food sharing, or simply being present with those around you. Your community of faith decides what it can become in your context.

Explore inspiring examples on the [interactive map](#) at and imagine what might take shape where you are. If you'd like support, reach out to Sharon, your growth animator, to learn how your community of faith can receive \$225 toward a picnic table and begin meeting neighbours in new ways. Last year, Atlantic Canada had 34 tables. Let's grow that number and deepen our connections in 2026.

Please contact me, Sharon Ballantyne, growth animator, at 506-306-0500 or by email at [sballantyne@united-church.ca](mailto:sballantyne@united-church.ca) You are also invited to a virtual 30-minute drop-in conversation each Wednesday morning, beginning at 9:45 a.m. Atlantic (10:15 a.m. Newfoundland and Labrador). Contact Sharon for the Zoom link.