



Riverbend United Church Announcements

January 24th to February 2nd, 2020



Friday, January 24 th	8:30 am 10:00 am 4:30 pm 6:00 pm 7:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting room) WeCan Food Basket pick-up (Kitchen) WeCan Food Basket pick-up (Kitchen) Counting room meeting (Boardroom) Ghana Methodist Church (Chapel) Edmonton Chinese Dance (Lower level)
Saturday, January 25 th	7:00 pm	Ghana Methodist Church (Chapel)
Sunday, January 26th	10:30 am 12:00 noon 12:30 pm 1:00 pm	Worship Service (Sanctuary) End-of-Life Planning Seminar (Boardroom) Ghana Methodist Church (Sanctuary) Ghana Methodist Church (Lower level hall)
Monday, January 27 th	8:30 am 9:00 am 9:00 am 5:30 pm 6:30 pm 6:30 pm 7:00 pm	E2 Academy (Boardroom & Meeting room) Occupational Therapist (Family room) Southside Duplicate Bridge (Lower hall) Discover Coding Zone (Boardroom) Handbell Choir (Sanctuary) Girl Guides (Lower level hall) Adult Literacy Club (Meeting room)
Tuesday, January 28 th	8:30 am 1:00 pm 1:30 pm 4:30 pm 7:00 pm	E2 Academy (Boardroom & Meeting room) Restorative Yoga (Lower level hall) Reflective Crafting (Chapel) Elite Kids Dance (Lower level hall) Spiritual Formation (Meeting room)
Wednesday, January 29 th	8:30 am 9:00 am 4:00 pm 4:30 pm 7:00 pm	E2 Academy (Boardroom & Meeting room) Wednesday Walkers (Gathering area) MacGregor Tutoring (Meeting room) Elite Kids Dance (Lower level hall) Pathfinders (Boardroom)
Thursday, January 30 th	8:30 am 4:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting room) MacGregor Tutoring (Meeting room) Choir rehearsal (Sanctuary)
Friday, January 31 st	8:30 am 7:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting room) Ghana Methodist Church (Chapel) Edmonton Chinese Dance (Lower level)
Saturday, February 1 st		
Sunday, February 2nd	10:30 am 12:30 pm	Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary)

Riverbend United Church
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Website:
www.riverbendunited.org



Twitter:
[@riverbendunited](https://twitter.com/riverbendunited)

Facebook:
www.facebook.com/riverbendunited



Upcoming information sessions

- Sunday, **January 26** from 12:00 noon to 1:30 p.m. Sam Mann from Serenity Funeral Homes will lead an **End-of-life Planning** seminar to discuss matters to be considered at the time of a family death. She will welcome your questions. Please join us in the Church Boardroom, a light lunch will be provided.
- Saturday, **February 8** from 9:00 a.m. to 1:00 p.m. a CPR session will be provided at RUC by Second Chance CPR & First Aid. Pre-registration is required, see details on reverse.

Riverbend United Church

Upcoming Health/Caring Ministry Seminars

- Sunday, **January 26** from 12:00 noon to 1:30 p.m. Sam Mann from Serenity Funeral Homes will lead an **End-of-Life Planning** seminar to discuss matters to be considered at the time of a family death. She will welcome your questions. Please join us in the Church Boardroom, a light lunch will be provided.
- Saturday, **February 8** from 9:00 a.m. to 1:00 p.m. a CPR session will be provided by Second Chance CPR & First Aid. Pre-registration is required (\$75 + GST) by either:
 - ♦ registering and paying online https://firstaidsafetytraining.ca/register/?regevent_action=register&event_id=9533;
 - ♦ phoning Second Chance CPR & First Aid: 780.429.6757 (ask to register for Riverbend United Church class on Feb. 8, 2020); or
 - ♦ emailing Jazmine@firstaidsafetytraining.ca to ask her to register you

Please direct questions to Dr. Joanne Olson, Parish Nurse at 780.903.1482.

RUC is getting branded! Do you have communications or public relations skills? Or are you simply passionate about our connection to the community? Are you interested in helping the church for a short term project (6 months) which involves working with a team to create a new tag line and logo and overall “visual identity” in conjunction with the Official Board? If so, please let Christine Ens, Bev Sawyer or Valerie know of your interest. The first meeting will be **February 9th** after worship. Thank you!

RUC turns 40 this year! We are forming a planning team for a 40th Anniversary Celebration to be held in October. Would you like to serve in this way? Please let Valerie or the church office know. We’d love your great ideas!

Our broader community

Breaking the Cycle of Anxiety - A Step by Step Approach presented by Alberta Health Services on Tuesday, **February 4, 2020** from 6:00 to 7:30 p.m. at Riverbend Junior High (14820 - 53 Avenue NW). Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer

helpful or productive. It will help you identify signs that a child or adolescent is experiencing problems with anxiety and gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety. These free presentations are open to all adults. Please register with Sharon at Brander Gardens ROCKS at bgrockstone@live.com or by calling 780.884.0570.

Youth Retreat Four United Church congregations are jointly planning a youth retreat from **February 7 to 9, 2020** at the River Lodge Retreat near Stony Plain, Alberta. The four sponsoring congregations, Salisbury (Sherwood Park), First (Wetaskiwin), Viking & St. Paul's (Edmonton), are happy to invite interested United Church youth to join a retreat that will be fun, interactive and action-based. There will be team-building and ice-breaking exercise and activities. It will contain natural and outdoor elements as the mid-winter weather permits. We will explore spiritual practices, and talk about our spiritual journeys and social justice from a faith lens. This retreat will also provide an opportunity to look at the history of the United Church of Canada and prepare for spring confirmation. For more information, or to get registration information, please speak to Joel Fleck, Youth Ministry Coordinator at joeledwardfleck@gmail.com.

Retreat: The Art of Creating More Time for What We Love This 4 day retreat offers an opportunity to explore numerous themes through creative processes, and to experience some blocks of free time, living from a perspective of “Time Prosperity.” The retreat will be held **March 12 to 15, 2020**, at Knox United Church, Killam AB (4930 49 Street). Registration deadline is **February 1st**. Cost will be \$150 to \$200. For further information, please call 780.385.3955, or email united.dkr@gmail.com.

Waskatenau United Church: Celebrating 100 Years Waskatenau United Church is celebrating its 100th Anniversary in 2020. A Centennial Celebration will be held on Sunday, **July 5th, 2020**. Anyone who, over the past 100 years, has had a connection with the church is invited to join us. A web page will be available for sharing memories. Contact the Chairperson of the Centennial Committee, Charlotte Roch, by email to charlotteroch@mcsnet.ca, or by regular mail to Waskatenau United Church, PO Box 392, Waskatenau, AB, T0A 3P0.