



Riverbend United Church Announcements

January 10th to 19th, 2020



Friday, January 10 th	8:30 am 10:00 am 4:00 pm 6:30 pm 7:00 pm 7:30 pm	E2 Academy (Boardroom) WeCan Food Basket (Library) WeCan Food Basket (Library) Youth Make-a-Movie night (St. Paul's) Ghana Methodist Church (Chapel) Edmonton Chinese Dance (Lower level)
Saturday, January 11 th	9:00 am 11:00 am 12:30 pm	Private booking (Kitchen) MacGregor Tutoring (Meeting room) Riverbend Art Group (Lower hall)
Sunday, January 12th	10:30 am 12:30 pm	Worship Service & Baptism (Sanctuary) Ghana Methodist Church (Sanctuary)
Monday, January 13 th	8:30 am 9:00 am 9:00 am 5:30 pm 6:30 pm 6:30 pm 7:00 pm 7:15 pm	E2 Academy (Boardroom) 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) Finance Committee (Boardroom)
Tuesday, January 14 th	8:30 am 1:00 pm 1:00 pm 2:00 pm 4:30 pm 7:00 pm	E2 Academy (Boardroom) Restorative Yoga (Lower level hall) Women of Riverbend United Reflective Crafting (Chapel) Elite Kids Dance (Lower level hall) Official Board Meeting (Boardroom)
Wednesday, January 15 th	8:30 am 9:00 am 10:30 am 4:00 pm 4:30 pm 7:00 pm	E2 Academy (Boardroom) Wednesday Walkers (Gathering area) Staff meeting MacGregor Tutoring (Meeting room) Elite Kids Dance (Lower level hall) Pathfinders (Boardroom)
Thursday, January 16 th	8:30 am 4:00 pm 7:30 pm	E2 Academy (Boardroom) MacGregor Tutoring (Meeting room) Choir rehearsal (Sanctuary)
Friday, January 17 th	8:30 am 7:00 pm 7:30 pm	E2 Academy (Boardroom) Ghana Methodist Church (Chapel) Edmonton Chinese Dance (Lower level)
Saturday, January 18 th	11:00 am	MacGregor Tutoring (Meeting room)
Sunday, January 19th	10:30 am 12:30 pm	Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary)

Riverbend United Church
14907— 45 Avenue NW
Edmonton, Alberta
T6H 5K8

Email:
contactus@riverbendunited.org

Website:
www.riverbendunited.org



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

Facebook:
www.facebook.com/riverbendunited



Riverbend United Church

Yoga classes Restorative yoga classes with Avery Miller resumed in the lower level hall on Tuesday, January 7th. These classes are targeted at beginners or those recovering from injury. If you are interested please sign up in the office. Cost is \$90.00 for a 10-week session, with a minimum of 10 participants.

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 a 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.

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 bgrocksone@live.com or by calling 780.884.0570.

Youth Retreat Coming in February Four United Church congregations are jointly planning a youth retreat from **February 7 to 9, 2020**. It will be held 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 us for 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." Leadership will be provided by Marg Janick-Greyson, artist, mentor, and more. The retreat will be held **March 12 to 15, 2020**, at Knox United Church, Killam AB (4930 49 Street). The registration deadline is **February 1st**. Approximate cost will be \$150 to \$200. For further information, please call 780.385.3955, or email unit-ed.dkr@gmail.com.

Waskatenau United Church: Celebrating 100 Years

The Waskatenau United Church, in the Victoria Trail Pastoral Charge, is celebrating its 100th Anniversary in 2020. The physical church was constructed in 1920, although by that time the congregation had been meeting in peoples' homes for 10 years. A Centennial Celebration will be held on Sunday, **July 5th, 2020**, and we are hoping to spread this news to anyone who, over the past 100 years, has had a connection with the church. Firstly, you are invited to the celebration, but secondly you are asked to share some of your memories of your relationship, or that of family members, with the congregation. A web page will be available for sharing these memories, but in the meantime, contact can be made through 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.