




Riverbend United Church Announcements

February 14th to 23rd, 2020



Friday, February 14 th		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 15 th			
Sunday, February 16th		10:30 am 12:30 pm	Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary)
Monday, February 17 th			Family Day - Building & office closed
Tuesday, February 18 th		8:30 am 1:00 pm 1:30 pm 4:30 pm	E2 Academy (Boardroom & Meeting room) Restorative Yoga (Lower level hall) Reflective Crafting (Chapel) Elite Kids Dance (Lower level hall)
Wednesday, February 19 th		8:30 am 9:00 am 4:00 pm 4:30 pm 7:00 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) Reconciliation group (Chapel)
Thursday, February 20 th		8:30 am 11:00 am 4:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting room) Lifestyle Options service (Offsite) MacGregor Tutoring (Meeting room) Choir rehearsal (Sanctuary)
Friday, February 21 st		8:30 am 10:00 am & 4:00 pm 7:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting room) WeCan Food Basket pick-up (Kitchen) Ghana Methodist Church (Chapel) Edmonton Chinese Dance (Lower level)
Saturday, February 22 nd		1:00 pm 7:00 pm	MacGregor Tutoring (Meeting room) Ghana Methodist Church (Chapel)
Sunday, February 23rd		9:00 am 10:30 am 11:30 am 12:30 pm	Care Team Meeting (Family room) Worship Service (Sanctuary) Welcome reception (Gathering area) 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



Save the Date!

- ◆ Sunday, **February 23rd**
Welcome reception for Krystal Manuel, Children's Coordinator
- ◆ Wednesday, **February 26th**
Lent begins "Steps to the Cross"
- ◆ "Tuesday, **February 25th**
Shrove Tuesday pancake dinner & Service of Ashes
- ◆ Sunday, **March 1st**
Annual General Meeting
- ◆ Saturday, **March 14th**
Celtic concert & dessert buffet



Riverbend United Church

Welcome reception On Sunday, **February 23rd** immediately following the 10:30 a.m. worship service please join us in officially welcoming Krystal Manuel, our new Children's Ministry Coordinator. We will meet in the Gathering area for coffee & cake, please come by to say hello to Krystal.

Pancakes & Ashes!!! On Tuesday, **February 25th**, RUC's Youth Group invites you to share a pancake supper at 6:00 p.m. in the lower level hall. Free will donations will be accepted at the door. At 7:00 p.m. join us upstairs for a "Service of Ashes" to mark Ash Wednesday, the beginning of Lent.

Annual General Meeting Join us for our next AGM on Sunday, **March 1st** immediately following the 10:30 a.m. worship service. At this meeting we will elect the church's Official Board, and review the 2019 Financial Statements and the proposed 2020 Budget. Please join us for this short meeting and a chance to discuss the financial health and future plans for the church.

RUC Lenten Study: *The Naked Now* by Fr. Richard Rohr, held Wednesdays at 7:00 p.m., from March 4th to April 1st in the Chapel. Rohr is the founder of the Center for Action and Contemplation and a global leader in spiritual awakening. This book explores how to let our ego come to rest and how to enhance our spiritual awareness without sacrificing reason. Dr. Doug Spaner and Rev. Valerie Oden will co-facilitate this 5-week journey. Books will be available in the church office for \$23.00 beginning March 20. Please sign up in the foyer if you would like us to order one for you.

Grief Support: Join Valerie and others in a small group journey through the wilderness of grief during Lent. We will meet on Tuesdays at 10:30 a.m. for 5 weeks, from March 3rd to March 31st. Loss comes to us in different ways. We will give space for the different forms of grief in a supportive and positive environment.

Our broader community

TAX TIME Riverbend United Church is partnering with E4C to help low-income families get their taxes done. Volunteers are needed to greet and help fami-

lies with their taxes. Your help is needed on March 27, 28 and April 24 and 25. For more information, please contact Sharon, bgrocksone@live.com or call her at 780.884.0570.

The WAY, the TRUTH, and the LIFE - A Lenten Retreat
Bishop Emeritus Fred Henry The Message of Christ talks to every stage of the life process. The old hear the call to integrity and wisdom, the middle-aged to generativity and responsibility, the young to identity and intimacy. To find Christ at every stage in our lives is to find ourselves! This retreat, led by Bishop Emeritus Fred Henry, will take place Friday, **February 28**, 7:00 p.m. to Sunday, March 1, 1:00 p.m., at Providence Renewal Centre, Edmonton (3005 119 Street NW). For more information, contact the Centre, 780-701-1854.



World Day of Prayer 2020 on Friday, **March 6th** at 1:00 p.m. St. Thomas More Catholic Church (210 Haddow Close NW) is hosting this year's World Day of Prayer Service. The service was written by the women of Zimbabwe and the theme is "Rise! Take your mat and walk". Join them for this ecumenical service which is celebrated in 170 countries around the world and more than 2,000 communities in Canada. A reception and opportunity for fellowship will follow. If you would like to assist with the service or need more information, please contact Jean Ashdown at 780.435.1861 or email her at ashdownj@telus.net.

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 unit-ed.dkr@gmail.com.

Waskatenau United Church: Celebrating 100 Years
Waskatenau United Church is celebrating its 100th Anniversary on Sunday, **July 5th**, 2020. Anyone who has had a connection with the church is invited to join us. Contact Charlotte Roch, by email to charlotteroch@mcsnet.ca, or by mail to Waskatenau United Church, PO Box 392, Waskatenau, AB, T0A 3P0.