



Announcements — January 20th to 29th, 2023

Friday, January 20 th	8:30 a.m. 10:00 a.m. 10:00 a.m. 9:00 p.m.	E2 Academy (Boardroom & Meeting room) WECAN Food basket pick-up (Narthex) E2 Academy (Lower Hall) Ghana Methodist Church (Sanctuary)
Saturday, January 21 st	9:00 a.m. 10:00 a.m. 2:30 p.m.	Ghana Methodist Church (Sanctuary) Elite Kids Dance (Lower level hall) Private rental (Sanctuary)
Sunday, January 22nd	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Service (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday, January 23 rd	8:30 a.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) Handbell choir rehearsal (Sanctuary)
Tuesday, January 24 th	8:30 a.m. 10:00 a.m. 2:30 p.m. 4:30 p.m.	E2 Academy (Boardroom & Meeting room) Transitions Group (Chapel) Reflective Crafting (Chapel) Elite Dance (Lower hall)
Wednesday, January 25 th	8:30 a.m. 10:00 a.m. 10:00 a.m. 3:30 p.m. 4:00 p.m.	E2 Academy (Boardroom & Meeting room) Wednesday Walkers (Chapel) ESL class (Offsite) Private rental (Sanctuary) Elite Dance (Lower hall)
Thursday, January 26 th	8:30 a.m. 11:00 a.m. 5:00 p.m. 7:00 p.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) Devonshire worship service (Offsite) Wellness Junkies (Lower hall) Set-up for Memorial luncheon (Lower hall) Choir rehearsal (Sanctuary)
Friday, January 27 th	11:00 a.m. 12:00 noon	Janice Johnston Memorial Service (Sanctuary) Memorial luncheon (Lower Hall)
Saturday, January 28 th	10:00 a.m. 7:00 p.m.	Elite Kids Dance (Lower level hall) RUC Youth skating event (Offsite)
Sunday, January 29th	10:30 a.m. 12:00 noon 12:30 p.m. 3:00 p.m.	RUC Service (Sanctuary) Staff Ethics Training Session (Chapel) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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Save the date
RUC Youth Spaghetti
Dinner
Join us for a Valentine's
fund-raising dinner on
Sunday, February 12th



RUC Youth Valentine's Spaghetti dinner

Join us on Sunday,
February 12th for a
fund-raising dinner
for RUC's Youth

Group. Tickets will be on sale following the Sunday worship services on January 22, January 29th and February 5th, and available in the Church office. Price is \$20.00 per person. Contact Luke Nelson or Madison Prairie for additional information.

Donation envelopes – Do you usually use numbered donation envelopes for your contributions? Would you like to receive envelopes again in 2023? If so, please contact the Church office at 780.430.7275.

Youth Confirmation coming soon: Are you a youth grade 8 – 12 or a parent of the same? Please let Valerie or the church office know if you or your youth would like to be part of a Spring Youth Confirmation class.

Grief Support group begins Wednesday, **February 1** at 11:00 a.m. and runs for five weeks, through to March 1. Grief comes for many different reasons in many different forms and we all move through it differently. You will recognize through this group that you are not alone in your unique grief. This group will be led by Rev. Valerie. Please speak with her if you are interested in being part of this journey through the wilderness of grief. We'll honour you wherever you are.

RUC Pod-Talk – Join us on Wednesdays, February 1st, 8th, and 15th, from 7:00 to 8:15 p.m. for enlivening dialogue and connection. Listen on your own to [this conversation](#) between Brené Brown and Fr. Richard Rohr then come and discuss with others. A transcript is also available if you prefer to read. This podcast, called

“Spirituality, Certitude and Infinite Love,” offers much fodder for our growth as whole people of God. The group will be led by Rev. Valerie. Brené Brown says, *“In this magical two-part conversation, Father Richard graciously expands on just a few of the quotes that have turned my world upside down, sharing his thoughts on what it means to be humbled by the mysteries of faith... This truly unforgettable conversation left me speechless – and filled me to the brim with love and connection.”* [Click here for link to Part 1.](#) [Click here for link to Part 2.](#)

New Members Have you been considering joining RUC officially? Please let Valerie know as we will be receiving new members soon. You are always welcome to participate fully without being an official member, but joining the church helps the congregation get to know you.

Lay Readers Are you interested in serving as a Lay Reader for our Sunday worship? No experience necessary! It means you assist leading the service by reading the Scripture and other various parts of the service. Please see the sign-up sheet in the narthex or speak to Valerie if you have any questions.

Living & Dying workshops The Art of Living and Dying workshops and Circles of Trust study series draw from the wisdom of our ancestors that quality of life is enhanced when we do not live in fear or denial of suffering or our mortality. The first workshop will be taking place **Friday, March 3 and Saturday, March 4 from 10:00 am to 5:30 pm.** Special UCC member discount is available, as well as group discounts for groups of 5 or more. For registration & more information, please contact karin@sacredartofliving.org, or call 888-383-4171.

Bridges to Contemplative Living: Travelling Your Road to Joy – Join this 9-week contemplative dialogue group at Star of the North facilitated by Anita Allsopp as they engage the teaching and practice of Thomas Merton toward spiritual transformation. Starting Wednesday, February 1 from 1:00 to 3:00 p.m. Registration is \$180, for additional information please check online at www.starofthenorth.ca/bridges.