

## September 15 to 24, 2023

Friday September 15	8:30 a.m. 9:00 p.m.	E2 Academy (Boardroom and Meeting Room) Ghana Methodist Church (Sanctuary)
Saturday September 16	9:00 a.m. to 5:00 p.m.	Cantlon Choir (Sanctuary, Music room & Chapel)
<b>Sunday</b> September 17	10:30 a.m. 11:30 a.m. 12:30 p.m. 3:00 p.m.	<b>RUC Service (Sanctuary)</b> <b>RUC Youth Group (Whitemud Park)</b> Ghana Methodist Church (RUC) Al-Anon Family group (RUC)
Monday September 18	8:30 a.m. 11:00 a.m.  5:45 p.m. 7:00 p.m.	E2 Academy (Boardroom and Meeting Room) Canadian Federation of University Women (Hall & kitchen) 32nd Girl Guides (Lower level hall) RUC Handbell Choir (Sanctuary)
Tuesday September 19	8:30 a.m. 11:00 a.m. 2:30 p.m. 4:30 p.m.	E2 Academy (Boardroom and Meeting Room) <b>Transitions Group (Chapel)</b> <b>Reflective crafting (Chapel)</b> Elite Dance Studio (Lower level hall)
Wednesday September 20	8:30 a.m. 10:00 a.m. 3:30 p.m. 5:00 p.m.	E2 Academy (Boardroom and Meeting Room) <b>Wednesday Walkers (Chapel)</b> Private rental (Sanctuary) Elite Dance Studio (Lower level hall)
Thursday September 21	8:30 a.m. 2:00 p.m. 6:00 p.m. 7:30 p.m.	E2 Academy (Boardroom and Meeting Room) <b>Lifestyle Options service (Offsite)</b> Wellness Junkies (Lower level hall) <b>RUC Choir rehearsal</b>
Friday September 22	8:30 a.m.	E2 Academy (Boardroom and Meeting Room)
Saturday September 23	10:00 a.m.	Ghana Methodist Church (Sanctuary)
<b>Sunday</b> September 24	10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>RUC Service (Sanctuary)</b> Ghana Methodist Church (RUC) Al-Anon Family group (RUC)

Riverbend United Church  
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Facebook:

[www.facebook.com/riverbendunited](https://www.facebook.com/riverbendunited)



Have questions about the church?  
Look for people with the red "Ask Me" stickers on their Name tags.

### Save the Date!

- Fall Turkey Dinner  
Sunday, October 22  
@ 6:00 p.m.
- An evening of  
Marvelous Music  
Saturday, November 4  
@ 7:00 p.m.

## Riverbend United Church News & events

**The Front Pew** The fall edition of The Front Pew is now available. Please [click here](#), check your email or pick up a copy in the narthex.

**Children & Youth programs** have resumed. Please register by completing the online form available [here](#) or picking up a hardcopy in the Narthex.

**Riverbend United Bell Choir** The Bell Choir at Riverbend United church will resume their rehearsals on **Monday, September 18th** at 7:00 p.m. Lois Samis Lund, the Bell Choir Director is always looking for experienced or new bell ringers to join. Interested? Please call the Church office at 780.430.7275 for more details.

**RUC Study group / Book discussion** join us during the month of October to discuss *Together: the Healing Power of Human Connection in a Sometimes Lonely World* by Vivek Murthy. There are two options for meeting times, either:

- Sunday mornings at 9:00 a.m. in person at Riverbend United (October 1, 8, 15 and 22)
- OR**
- Wednesday evenings at 7:00 p.m. via Zoom (October 4, 11, 18 and 25)

Please purchase your own book or call the church office to order one for \$25.00 and sign up in the Narthex if interested.

**Restorative YOGA** We have received sufficient registrations to run a yoga class this fall but are having some challenges confirming a teacher. Please stay tuned for more news.

**St. Paul's United Church Sacred Walk** Sunday, **September 24th** at 12:00 noon join in a walk from St. Paul's United Church to kihcihkaw aski Sacred Earth Ceremonial Site. We will meet at St. Paul's at 12:00 noon, and Lewis Cardinal will give a brief introduction and lead the river-valley to the site. The walk will take approximately one hour. Anyone not walking can meet us there, parking is

available at 14141 Fox Drive NW. BYO lunch, people can eat during the introductory talk, during the walk or afterwards on the site. Coffee, tea and some refreshments will be available on site. Rides back to St. Paul's can be arranged, contact Shirley Perry 825.439.7960 or [stbperry@shaw.ca](mailto:stbperry@shaw.ca) if you are interested. All are welcome!

**Isaac's honey sales** Do you like fresh, local, organic honey? Isaac and Nathan will once again be selling "Isaac's Honey" at a recommended donation of \$15 for a 500 ml. jar (approx. 1.5 lbs.) for at least the next two weeks in the Narthex (or until supplies run out!). 100% of the revenue goes to Riverbend United Church. If you have purchased in prior years you know how good this stuff is and if you haven't, please find out! PS If you have prior year's "empties" they are mason jars and we do sanitize and reuse them.

**Name Badges** As a reminder, name badges are located on the wall as you enter the Narthex. We encourage you to wear a name badge as this helps all of us put a face to a name. If you need a name badge add your name to the sign-up sheet in the Narthex and a name badge will be made up for you for next Sunday.

**Lay Reader Sign Up** Are you interested in being a Lay Reader at one of our Sunday Services? Perhaps the Spirit has moved you to give it a try. If so, you will find a sign-up sheet in the Narthex where you can add your name for a Sunday service in the next few months. Still not sure? Then chat with any of our current lay readers or Valerie any of whom would be happy to answer any questions.

**Children's Choir** We are excited to announce the formation of our brand new RUC Children's Choir! RUC youngsters who love to sing, and would enjoy preparing some special music for our services and celebrations are all welcome to join. Please sign up, we plan to begin short (20-minute) rehearsals immediately after church on September 17. Our new ensemble's "debut" will be announced once we are underway!