



Sunday, October 15, 2023

Join us for in-person worship on **Sunday, October 15th** at 10:30 a.m. at Riverbend United Church (14907—45 Avenue NW) or [click here](#) to join the live-streamed service on Riverbend United's You Tube channel. Previous services can also be found on our You Tube channel.

This week at Riverbend United

October 13, 2023

Dear Friends,

As mild Autumn weather lingers with grace, we pause to look at the importance of solitude in our lives. In his book *Together*, Vivek Murthy reminds us that to authentically connect with others we need to be comfortable in our own solitude.

Multiple times in our Gospel stories, Jesus goes out alone to pray. In solitude, we reconnect with our own divine roots, giving space for the Source to rise through our listening hearts. Embracing solitude is one way we convert loneliness into healthy aloneness. We'll be exploring this on Sunday in worship. I hope you can join us.

I know we are all concerned about what's happening in the Holy Lands. I find it difficult to get the "real story" through the rampant misinformation plays. I trust we will be slow to conclude and cautious about what we read and hear.

Regardless, we pray for wisdom and peace to find their way, and we pray for the thousands of innocent human beings caught in the throes of violence.

This is a time for each of us to walk in peace, wherever we are.

Warmly,

Valerie

ANNOUNCEMENTS

- Please [click here](#) for this week's Order of Service
- Click [here](#) for this week's Announcements
- Click [here](#) for the fall edition of The Front Pew, our quarterly newsletter.