



**Sunday, November 12, 2023**

Join us for Sunday worship in person at 10:30 am or online. [Click here](#) for the live-streamed service.

## **This week at Riverbend United**

November 10, 2023

Dear Friends:

Thank you to Doug Spaner for offering us a gently poking and profoundly thought-provoking reflection last Sunday, preparing us to move through this year's Remembrance Day with heightened awareness.

Tomorrow, "at the 11th hour of the 11th day of the 11th month," we are asked to pause and turn our hearts and thoughts to those who have served and those who have died in war. We might also in those moments offer a prayer for peace. I am one among many who believe it is possible that a critical mass of people simultaneously offering a prayer for peace ripples in unseen ways through the universe.

Even if that isn't your belief, perhaps it's true that when we stop and breathe and remember and centre our hearts in peace, our own hearts change for the better and our bodies are healthier for those moments, and such goodness ripples.

This Sunday, we will share in a traditional **Remembrance Day** ceremony, and then we'll explore Jesus' [parable of the ten bridesmaids](#). In it, Jesus admonishes us to keep the oil in our lamps burning, ready for the holy to enter our lives at any moment. What is the fuel that keeps our lamps burning? How do we replenish it? Are we "awake," ready for the holy at all times?

May unexpected blessings come our way on this Day of Remembrance.

Peace to all,

*Valerie*

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## **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.