



February 23 to March 3, 2024

Friday February 23	9:00 p.m. 10:00 a.m.	Ghana Methodist Church (Sanctuary) WeCan Food Basket pick-up (Narthex)
Saturday February 24	10:00 a.m. 10:00 a.m. 7:00 p.m.	Men's Walking Group (Chapel) Ghana Methodist Church (Sanctuary) RUC Youth Group (Lower level hall)
Sunday, February 25	9:30 a.m. 10:30 a.m. 11:30 a.m. 3:00 p.m.	RUC Lenten Book Study (Chapel) RUC Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday February 26	8:30 a.m. 5:45 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) 32nd Girl Guides (Lower hall) Handbell Choir rehearsal (Sanctuary)
Tuesday February 27	8:30 a.m. 10:00 a.m. 2:00 p.m. 4:30 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) Transitions Group (Gathering area) Reflective Crafting (Chapel) Elite Dance (Lower level hall) RUC Book Club (Chapel)
Wednesday February 28	8:30 a.m. 10:00 a.m. 11:00 a.m. 3:30 p.m. 5:00 p.m.	E2 Academy (Boardroom & Meeting room) Wednesday Walkers (Gathering area) Restorative Yoga (Lower level hall) Private rental (Sanctuary) Elite Dance (Lower level hall)
Thursday February 29	8:30 a.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) RUC Choir rehearsal
Friday March 1	9:00 p.m. 12:00 p.m.	E2 Academy (Boardroom & Meeting room) Riverbend ROCKS (Lower level hall)
Saturday March 2	9:00 a.m. 10:00 a.m.	Riverbend ROCKS (Lower level hall) Ghana Methodist Church (Sanctuary)
Sunday, March 3	9:30 a.m. 9:30 a.m. 10:30 a.m. 11:30 a.m. 3:00 p.m.	RUC Care Team Meeting (Boardroom) RUC Lenten Book Study (Chapel) RUC Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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Lenten Prayer Space

Visit the Chapel during Lent to sit quietly, read from the books there, write in the Prayer Book and read what others wrote.



Scan this QR code to access our quarterly newsletter, *The Front Pew*.

Save the date

- Palm Sunday, March 24
- Good Friday, March 29
10:30 a.m. service
- Easter Sunday, March 31
10:30 a.m. service

Riverbend United Church ~ News & events

Lenten Book Study *How Do YOU Pray? Inspiring Responses from Religious Leaders, Spiritual Guides, Healers, Activists and Other Lovers of Humanity*, edited by Celeste Yacononi. Join us for a 5-week discussion, held on Sunday mornings at 9:30 a.m. in the Chapel. Contact Valerie or the Church office for additional information.

Sing with the choir on Easter Sunday! The RUC choir will present "From Silence to Song," a new Easter Cantata written by one of the choir's favourite composers, Joseph Martin. Additional singers from the congregation are encouraged to join the choir for this event. If you enjoy choral singing, but don't have the time to make a weekly commitment, this is your chance to enjoy some singing and help to create a big sound for this celebratory service. Printed music as well as a recording will be provided for all voice parts, soprano, alto, tenor, and bass. Add your name to the sign-up sheet or let the office know you are interested and Paula will contact you with details. A rehearsal schedule will be posted soon!

Men's Walking Group The Men's Coffee and Walking group meets most Saturdays at 10:00 a.m. in the Chapel at Riverbend United Church but is NOT meeting March 2nd or 9th. We look forward to resuming on March 16th. To add your name to the email list for the men's group events, please contact the Church office.

Easter Sunrise service Would you like to help plan an Easter Sunrise service with other United Church folk from around Edmonton? Contact Valerie for additional information.

RUC Care Team will meet on Sunday, **March 3** at 9:30 a.m. in the Boardroom at Riverbend United Church. Please contact the Church office to leave a message for Holly Ruryk, Care Coordinator if you are interested in being part of this initiative.

2024 Church Directory We are updating our Church Directory and would like to include your current contact information to share with other members of the Congregation. If you and/or your family would like to be included please fill out one of the cards in the Church or [click here](#) to submit a form to return to the office. Everyone who shares their contact information will receive a printed copy of the directory. The Directory will not include pictures and will not be posted online.

Riverbend United Church Handbell Choir Looking to add some jingle-jangle to your life? Come and join the Riverbend United Handbell Choir. If you know nothing about ringing, now is a great time to join as more than half of us are new or nearly new to handbells. We practice on Monday evenings, 7:00 – 8:30 p.m., from the beginning of September until the end of April. Can't read music? No problem, we can help. Can't count to six? Well, OK, but the ability to count to four is a big asset. Interested? Contact Fiona at foddle@shaw.ca.

World Day of Prayer The plight of the people of the Middle East is in the news and on people's minds. Join Spirit of Hope United Church (7909—82 Avenue NW, Edmonton) on Friday, **March 1st** at 1:30 p.m. for a special service of story, song and prayer which has been created by the Women's Inter-Church Council of Canada and was written by Women of Palestine. There will be a chance for visiting and refreshments afterwards.

Celebration of Leisure Sale Spirit of Hope United Church (7909—82 Avenue, Edmonton) is holding their second Annual "Celebration of Leisure" sale on Saturday, **March 2nd** from 11:00 a.m. to 2:00 p.m. The sale will feature a wide array of items including books, jigsaw puzzles, DVDs, CDs, board games, and electronic games.