




February 9 to February 18 , 2024

Friday February 9	8:30 a.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) RUC Youth Sleepover (St. Paul's United)
Saturday February 10	10:00 a.m. 10:00 a.m.	Men's Walking Group (Chapel) Ghana Methodist Church (Sanctuary)
Sunday, February 11	10:30 a.m. 11:30 a.m. 3:00 p.m.	RUC Worship Service (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday February 12	8:30 a.m. 11:00 a.m. 5:45 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) Canadian Federation of University Women (Lower level Hall) 32nd Girl Guides (Lower hall) Handbell Choir rehearsal (Sanctuary)
Shrove Tuesday February 13	8:30 a.m. 10:00 a.m. 2:00 p.m. 5:30 p.m. 6:30 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) Transitions Group (Gathering area) Reflective Crafting (Chapel) Pancake dinner (Lower level hall) Service of Ashes (Sanctuary) Official Board meeting (Boardroom)
Ash Wednesday February 14 	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 15	8:30 a.m. 5:00 p.m. 6:00 p.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) Karate class (Lower level hall) Wellness Junkies (Lower level hall) RUC Choir rehearsal
Friday February 16	9:00 p.m.	Ghana Methodist Church (Sanctuary)
Saturday February 17	10:00 a.m. 10:00 a.m.	Men's Walking Group (Chapel) Ghana Methodist Church (Sanctuary)
Sunday, February 18	10:30 a.m. 11:30 a.m. 3:00 p.m.	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 The Front Pew — Spring edition.

Save the date

- Shrove Tuesday, February 13
5:30 p.m. **Pancake dinner**
6:30 p.m. **Worship service**
- Ash Wednesday, February 14
 - Palm Sunday, March 24
 - Good Friday, March 29
 - Easter Sunday, March 31

Riverbend United Church ~ News & events



Somewhat Sacrilegious Sacramental Sock Toss The Outreach Committee is again having a drive for new socks for adults and children. Please practice your hook shots, lay-ups, and dunks and bring lots of pairs of warm,

new socks to church to toss February 11 or February 18. If you cannot be there, please drop socks off when the church office is open or call 780.430.7275 and someone from the committee will happily pick them up. All socks will be taken to The Mustard Seed who will ensure that they get to needy people living in the inner city.

RUC Youth Sleepover is planned for Friday night, **February 9th** at St. Paul's United Church (11526 — 76 Avenue NW, Edmonton). Youth will meet at the Church on Friday the 9th at 7:00 p.m., and pickup will be Saturday at 10:00 a.m. Bring a sleeping bag, a sleeping mat, a change of clothes, and a toothbrush/toothpaste. Extras are available if needed. Be sure to eat dinner before coming Friday evening, but snacks and breakfast will be provided in the morning. Lots of fun activities are planned and as always, youth are welcome to bring a friend to the event. Please contact Luke Nelson if you need additional information.

Pancakes and Ashes Lent begins mid-February, so please join us on Tuesday, **February 13th** for a pancake supper followed by a Service of Ashes. The Youth group will collaborate with the Turkey Team to serve a pancake meal, and then Reverend Valerie, Dr. Doug Spaner and Sherry Steele will lead a brief service to commence our Lenten journey. No dinner tickets are required — a freewill offering will be collected. Pancakes at 5:30 p.m. in the lower level hall, Service of Ashes at 6:30 p.m. in the Sanctuary.

Lenten Book Study *How Do YOU Pray? Inspiring Responses from Religious Leaders, Spiritual Guides,*

Healers, Activists and Other Lovers of Humanity, edited by Celeste Yacoboni. Join us for a 5-week discussion, held on Tuesdays in person at RUC from 11:30 a.m. to 12:30 p.m. beginning **February 20th** and Wednesday evenings at 7:00 p.m. on Zoom beginning **February 21st**. Sign up in the Narthex or contact the Church office to obtain a book (\$29) or to join the Zoom group. E-books are also available from Amazon and Indigo.

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. We will start with coffee and conversation, and end with an optional walk. There may be some days when we don't meet, or we plan to meet at another location, so please get your name on the email list or contact the Church office to make that there will be a Saturday event. To add your name to the email list for the men's group events, please contact the Church office. You can also check the Church calendar on our website under "News and Events".

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!

Easter Sunrise service Would you like to help plan an Easter Sunrise service with other United Church folk from around Edmonton? A Zoom conversation will be held about it on February 21 at 10:00 a.m. Contact Valerie for the Zoom link.