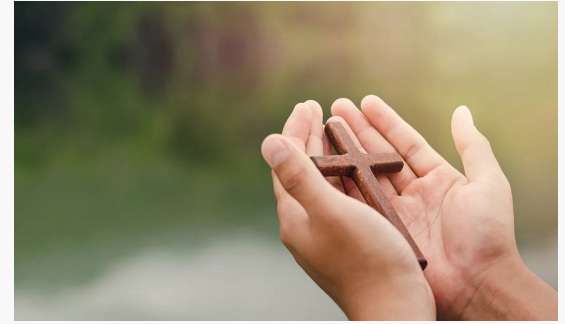




March 1 to 10, 2024



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)
<b>Sunday,</b> March 3	9:30 a.m. 9:30 a.m. 10:30 a.m. 11:30 a.m. 3:00 p.m.	<b>RUC Care Team Meeting (Boardroom)</b> <b>RUC Lenten Book Study (Chapel)</b> <b>RUC Worship Service (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday March 4	8:30 a.m. 5:45 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) 32nd Girl Guides (Lower hall) <b>Handbell Choir rehearsal (Sanctuary)</b>
Tuesday March 5	8:30 a.m. 10:00 a.m. 2:00 p.m. 4:30 p.m.	E2 Academy (Boardroom & Meeting room) <b>Transitions Group (Gathering area)</b> <b>Reflective Crafting (Chapel)</b> Elite Dance (Lower level hall)
Wednesday March 6	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) <b>Wednesday Walkers (Chapel)</b> <b>RUC Restorative Yoga (Lower hall)</b> Private rental (Sanctuary) Elite Dance (Lower level hall)
Thursday March 7	8:30 a.m. 5:00 p.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) Karate class (Lower level hall) <b>RUC Choir rehearsal</b>
Friday March 8	9:00 a.m.	E2 Academy (Boardroom & Meeting room)
Saturday March 9	10:00 a.m.	Ghana Methodist Church (Sanctuary)
<b>Sunday,</b> March 10	9:30 a.m. 10:30 a.m. 11:30 a.m. 3:00 p.m.	<b>RUC Lenten Book Study (Chapel)</b> <b>RUC Worship Service (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

**Riverbend United Church**  
14907— 45 Avenue NW  
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T6H 5K8

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



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

**Edmonton Food Insecurity** Are you interested in donating non-perishable food items for children in need? Please bring them to Church on Sunday or drop them off in the office next week, items will be delivered to children in need. We are particularly interested in cereal, juice boxes, granola bars, individually packaged cheese and crackers, muffins, fruit cups, puddings and apples. Please NO NUTS of any kind.

**RUC Care Team** will meet on Sunday, **March 3rd** 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.

**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 2<sup>nd</sup> or 9<sup>th</sup>. We look forward to resuming on March 16<sup>th</sup>. To add your name to the email list for the men's group events, please contact the Church office.

**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](mailto:foddle@shaw.ca).

**RUC Restorative Yoga classes** The next session of yoga classes with Susan Brown begins on Wednesday, March 6th at 11:00 a.m. The cost for this 8-week class is \$96.00 and can be paid via e-transfer or by dropping off a cheque at the Church.

**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 1<sup>st</sup>** 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 2<sup>nd</sup>** 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.