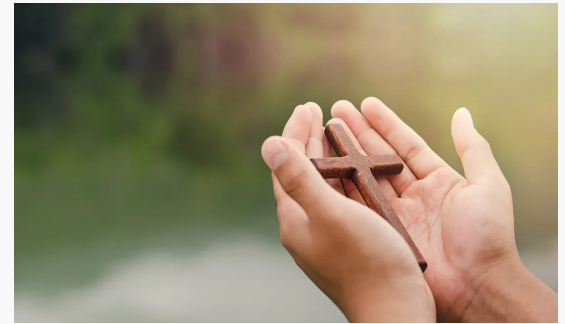




March 8 to 17, 2024



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)
Monday March 11	8:30 a.m. 5:45 p.m. 7:00 p.m.	E2 Academy (PD day—no students) 32nd Girl Guides (Lower hall) <b>Handbell Choir rehearsal (Sanctuary)</b>
Tuesday March 12	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) <b>Transitions Group (Gathering area)</b> <b>Reflective Crafting (Chapel)</b> Elite Dance (Lower level hall) <b>RUC Official Board meeting (Boardroom)</b>
Wednesday March 13	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>Restorative Yoga (Lower level hall)</b> Private rental (Sanctuary) Elite Dance (Lower level hall)
Thursday March 14	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) <b>RUC Choir rehearsal</b>
Friday March 15	9:00 a.m. 9:00 p.m.	E2 Academy (Boardroom & Meeting room) Ghana Methodist Church (Sanctuary)
Saturday March 16	10:00 a.m. 10:00 a.m.	<b>RUC Men's Walking Group (Chapel)</b> Ghana Methodist Church (Sanctuary)
<b>Sunday,</b> March 17	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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[@riverbendunited](https://twitter.com/riverbendunited)



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

### 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.



### 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

**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 on March 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).

**Riverbend United Church Care Team** Join us in welcoming members of the newly formed Riverbend United Church Care team:



- Holly Ruryk, Care Coordinator
- Jamie Bain
- Sheila Basford
- Judy Brotto
- Sandy LaPointe
- Georgianna McDavid
- Maureen Miller
- Mary Neden
- Janet Pattison
- Daina Sparling

Care Team members will have the heart symbol (see above) on their name tags to easily identify them. Members of the Care team will make phone calls or visits, send cards and generally assist with care and keeping in touch with members of the Congregation as needed.

## Daylight Savings Time

Don’t forget to to move your clocks ahead one hour Saturday night, March 9th for daylight savings time.

