Riverbend United Church

Exploring Faith, Engaging Community

May 10 to 20, 2024

Friday May 10	8:30 a.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) **RUC Youth Collaborative Games Night** (held at St. Paul's United Church)
Saturday May 11	10:00 a.m. 10:00 a.m.	**RUC Men's Walking Group (Chapel)** Ghana Methodist Church (Sanctuary)
Mother's Day, Sunday May 12	9:30 a.m. 10:30 a.m. 1:00 p.m. 3:00 p.m.	**RUC Book Study (Chapel)** **RUC Worship Service (Sanctuary)** Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday May 13	8:30 a.m.	E2 Academy (Boardroom & Meeting room)
Tuesday May 14	8:30 a.m. 10:00 a.m. 2:00 p.m. 4:30 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) E2 Academy (Boardroom) **RUC Official Board meeting (Boardroom)**
Wednesday May 15	8:30 a.m. 10:00 a.m. 2:30 p.m. 5:00 p.m.	E2 Academy (Boardroom & Meeting room) **Wednesday Walkers (Chapel)** Private rental (Sanctuary) Elite Dance (Lower level hall)
Thursday May 16	8:30 a.m. 6:00 p.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) Wellness Junkies (Lower level hall) **RUC Choir rehearsal**
Friday May 17	8:30 a.m. 9:00 a.m. 9:00 p.m.	E2 Academy (Boardroom & Meeting room) **WeCan Food Baskets (Narthex)** Ghana Methodist Church (Sanctuary)
Saturday May 18	10:00 a.m. 10:00 a.m.	**RUC Men's Walking Group (Chapel)** Ghana Methodist Church (Sanctuary)
Sunday May 19	9:30 a.m. 10:30 a.m. 1:00 p.m. 3:00 p.m.	**RUC Book Study (Chapel)** **RUC Worship Service (Sanctuary)** Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Victoria Day, Monday, May 20		**Office & building closed**

Riverbend United Church
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Email:
contactus@riverbendunited.org

Website: www.riverbendunited.org

Twitter:
@riverbendunited

Facebook:
www.facebook.com/riverbendunited

Have questions about the church?
Look for people with the red "Ask Me" stickers on their Name tags.

Save the date

RUC picnic
Sunday, June 9th
following worship

Riverbend United Church ~ News & events

Community of Faith profile Every United Church is required to complete a Community of Faith profile and we are currently working on the Congregational survey which forms part of it. Please take a moment to complete the card in your Bulletin or fill in this online form. Thanks for your input!

Outreach Committee With Mothers Day this Sunday, **May 12**, the Outreach Committee is collecting items for mothers and young children in need. Items for mothers include toiletries, feminine products, socks etc. Young children and baby items needed include diapers, formula, baby wipes, diaper cream, new sleepers, clothes, toys, etc. We will be collecting until **May 12th**. Please drop your donations in the playpen in the narthex.

Landscape painting The Men's group of Riverbend United Church is offering a watercolour painting course in June open to all. The 10-hour class will run 5 Saturday mornings from June 1st to 29th in the Church Boardroom. The cost is $50.00, all material will be provided, no tax receipts will be issued. The maximum number of participants is limited to 12. Please call or email the office to sign up and make your payment. Any questions? Contact David James at 587.488.0657. Closing date for registrations is May 29th.

Congregational Picnic The Spiritual Formation Committee invites you to a year end picnic and celebration of our faith community on Sunday, **June 9th** after the service. We will gather outside to enjoy fellowship, food (provided) and fun! So we can be sure there is enough for everyone to eat, please RSVP by signing up in the Narthex or registering here by **Sunday June 2**. If the weather is uncooperative we will meet downstairs in the lower level hall.

New members Have you been thinking about becoming an official member of Riverbend United Church? Please see Rev. Valerie or Jackie in the office. New members will be welcomed during an upcoming Worship Service, date to be determined.

Spring Craft Market **May 11th** 10:00 a.m. to 4:00 p.m. at Mill Woods United Church (15 Grand Meadow Cres, Edmonton). Vendors in attendance primarily produce handmade, artisan products such as decorative and silver jewelry, bath and body products, jams and salsas, wood and metal products, sewists, stitchery items, home decor and craft items. A local greenhouse will supply beautiful garden ready patio pots or plants in hanging baskets. Bring friends and family and stay for a snack and beverage at the cafe. Gluten free/dairy free snacks will be available as well. Children will be kept busy planting their own seeds in their own activity area!

High Tea on Saturday, **May 11th** from 1:00 to 3:00 p.m. at Pilgrim United Church (9008—135 Avenue NW, Edmonton) for an early Mother's Day celebration. Enjoy a variety of teas, sandwiches, and sweets while spending a lovely afternoon together with your mother, grandmother, aunt, or someone else who is special in your life. Gluten free and vegetarian options available. Tickets ($15/adult, $2/children under 12) can be purchased in advance or at the door.

Peaceful Parenting Marcia Buhler, an Edmonton based Registered Psychologist, certified Peaceful Parenting Coach, clinical educator and presenter is offering an online series of Parent/Caregiver workshops:

- **Emotion Regulation**: **The Ins and Outs** — How to build a more collaborative, connected, and calmer relationship with your child with strategies backed by research that actually work. Offered on June 13th or June 17th.
- **Oh the Pressure**: **Understanding your Child's Anxiety** — Understand anxiety, its many faces, and how we can be a steady anchor to help our children build resilience as they navigate the growing pressures of our modern world. Offered September 19th or September 23rd.

For additional information, questions and pricing please visit www.marciabuhler.com.