



August 1 to 10, 2025

Friday August 1	5:00 p.m.	Wedding rehearsal (Sanctuary)
Saturday August 2	10:00 a.m. 4:00 p.m.	Ghana Methodist Church (Sanctuary) Wedding—Jennie Shen & Paolo Tuason
Sunday August 3	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC & St. Paul's Worship (RUC Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday August 4		Office & building closed (Civic holiday)
Tuesday August 5	11:00 a.m. 2:00 p.m. 5:00 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) Elite Dance (Lower level hall)
Wednesday August 6	10:00 a.m. 5:00 p.m.	Walkers & Talkers (Gathering area) Memorial luncheon set-up (Lower hall)
Thursday August 7	1:00 p.m. 7:30 p.m.	Mary Neden—Memorial Service (Sanctuary) RUC Choir Rehearsal (Sanctuary)
Friday August 8	6:00 p.m.	Zumba class (Lower level hall)
Saturday August 9	9:00 a.m. 10:00 a.m.	Made by Maud (Kitchen) Ghana Methodist Church (Sanctuary)
Sunday August 10	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC & St. Paul's Worship (RUC Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

Riverbend United Church
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Have questions
about
the church?
Look for people
with the red
“Ask Me”
stickers on their
Name tags.

Riverbend United Church ~ News & events

Grocery card sales will resume on Sunday, August 17th. Thank you for supporting the church in this way! These Sobey's gift cards can be used at Safeway, IGA, FreshCo, and Sobey's.

RUC Church Directory The 2025 Church Directory will be available for pick-up on Sunday, **August 10th** following worship. Please stop by the table in the Narthex for your copy or stop by the office during office hours.

Not Falling for You: Preventing Falls with Balance and Buddies is a physical activity class at the Riverbend Branch of the Edmonton Public Library. This class is aimed at reducing the risk of falling for adults who are 50 years and older and is led by trained volunteers. It is offered in partnership with Alberta Health Services, Edmonton Zone - Population Health Promotion. The class consists of the following:

- One hour of guided movements to improve balance and build strength in a friendly and welcoming environment, and
- Fifteen minutes of discussion about a topic related to preventing falls in your home and community.

It is suitable for participants who can walk independently with or without a mobility device such as a walker or cane. Comfortable indoor shoes and a bottle of water are recommended. There is a maximum of 12 participants for this class. Registration is required, and opens at 12:00 a.m. on August 17, 2025. Click for more information and additional dates through September and October. [NOT Falling for You: Preventing Falls with Balance and Buddies | Events | Edmonton Public Library](#)



United Church Apology to Two Spirit and LGBTQIA+ people

Spirit of Hope United Church invites you to attend a viewing of the *United Church's Apology to Two Spirit and LGBTQIA+ people* within a warm, caring Circle of support, on August 8, 2025. Join us at 7909 82 Avenue NW, Edmonton to participate online in worship and the formal Apology from the United Church of Canada. This is open to all. You do not need to be part of the United Church to join the circle.

Schedule:

- 8:30 a.m. MDT- Gathering
- 9:00 a.m. MDT- The Apology: Witness the Apology via livestream.

After the Apology, we will gently hold space together for as long as needed. Refreshments will be supplied.

YET (Youth Empowered Together) invites all queer and allied youth to "*Monday hangouts for Youth*" at Spirit of Hope United Church (7909 Whyte Avenue NW) on Monday, September 8 from 4:00 to 8:00 p.m. All queer and allied youth are invited to this free, sensory-friendly, and fun event! Enjoy food, games, open gym, crafts, Wi-Fi, and meet new friends in a welcoming space.