



September 19 to 28, 2025

Friday September 19	7:00 p.m. 9:00 p.m.	RUC Youth event (Lower level hall) Ghana Methodist Church (Sanctuary)
Saturday September 20	10:00 a.m.	Ghana Methodist Church (Sanctuary)
Sunday September 21	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	Care Team Meeting (Boardroom) RUC Worship (RUC Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday September 22	6:00 p.m. 6:30 p.m.	Karate class (Lower level hall) RUC Handbell Choir (Sanctuary)
Tuesday September 23	11:00 a.m. 2:00 p.m. 2:00 p.m. 5:00 p.m. 6:30 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) E2 Academy (Kitchen) Elite Dance (Lower level hall) All Points West Choir Rehearsal (Sanctuary)
Wednesday September 24	10:00 a.m. 11:00 a.m. 5:00 p.m.	Walkers & Talkers (Gathering area) Restorative Yoga (Lower level hall) Elite Dance (Lower level hall)
Thursday September 25	11:00 a.m. 5:30 p.m. 7:30 p.m.	Devonshire Service (Offsite) Wellness Junkies (Lower level hall) RUC Choir Rehearsal (Sanctuary)
Friday September 26	9:00 a.m. 7:00 p.m.	Made by Maud (Kitchen) RUC Youth event (Lower level hall)
Saturday September 27	9:00 a.m.	Catilon Choir (Sanctuary)
Sunday September 28	10:30 a.m. 11:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Worship (RUC Sanctuary) Young Family Event (Lower level hall) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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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

Young Family Event Calling all young families! Join us after worship on **September 28** for a gathering of children, youth and adults. We'll share in a simple lunch together, then the children and youth will have activities with Alec and Nathan while the parents meet with Valerie and get to know each other. This event will run 11:45 – 1:15. **RSVP** by September 21! We want to be able to plan appropriately. Call the church office: 780-430-7375 or email valerie@riverbendunited.org

Fall Book Study *Living Buddha, Living Christ* by Thich Nhat Hanh on Sunday mornings at 9:30 a.m. from **October 5** to November 2. Join us for lively discussion using this classic book of wisdom for our springboard. You're welcome to come even if you aren't reading the book. Books are available in the church office for \$25.00.

Muffins needed for Muffin Sunday RU in Action will be held on October 5th - this is a post-church social time where groups and committees will promote their activities. If you are willing to share one or two dozen muffins for this day please inform the office or Christine Ens. Thank you in advance!

Handbell Choir needs your help! Anyone handy with a sewing machine and some time to spare? The RUC Handbell Choir would love your help! We have new foams and tables for our handbells, but the foams need some covers. There are four 6' foams and one 3' foam. No zippers required (phew!) but they will need handles to make them easier to move around. We also need two more green corduroy covers for Sundays when we play in church - one 6' and one 3'. Any expert advice will be welcome (we can ring but we can't sew!). All materials will be supplied. Please contact Fiona at fuddle@shaw.ca or call her at 780.430.7963.

Men's Discussion & Walking Group will start meeting again on **September 13** at 10:00 a.m. The group is hosted by David James and Dennis Nolan. Since the start of the group in November 2023, the group has slowly become more of a discussion group than a walking group. Now the walk is optional after the 30 to 60 minute discussion. We

talk about almost anything including how our lives are going, world affairs, health, local events, sports, etc. We meet weekly for now, but may switch to every 2 weeks. If you are interested in attending, drop in or contact the office to join the email list.

Lay leaders needed Lay leaders in worship are the people who lead some parts of the service and read the Scriptures for the morning. Would you like to do this? No experience is necessary! You'll receive the readings before Sunday. Please sign up in the Narthex and thank you for serving your church in this way.

Invitation Initiative Would you like to be part of a minister's task team to explore how the church can be more invitational to the community? How do we let people know there is a church who welcomes all, no matter what? Please let Valerie know if you are interested in this short-term project.

Edmonton Food Bank bins are in the narthex. The most needed list includes these non-perishable items: canned fish or meat, baby formula, diapers, peanut butter, healthy school snacks, soup, canned fruit or vegetables, pasta and sauce, hot and cold cereal, beans without pork. Thank you for sharing!

Jazz and Reflections Spirit of Hope United Church (7909 82 Avenue NW, Edmonton) is pleased to offer another season of music this fall on:

- **September 14 & 28**
- **October 5, 19, & 26**

from 3:30 p.m. to 5:00 p.m. Join them for an afternoon of music and reflection in a relaxed and welcoming setting. There is no charge to attend, and all are welcome. Admission is by donation, with refreshments served following the program. Come and enjoy the beauty of jazz, the gift of community, and the chance to pause and reflect.