



October 03 to 12, 2025

Friday October 03	6:00 p.m.	RUC Youth Event - Corn Maze (Offsite)
Saturday October 04	10:00 a.m. 10:00 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church Rehearsal (Sanctuary)
Sunday October 05	9:30 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Book Study (Chapel) RUC Worship (RUC Sanctuary) RU in Action (Lower level hall) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday October 06	6:00 p.m. 6:30 p.m.	Karate class (Lower level hall) RUC Handbell Choir (Sanctuary)
Tuesday October 07	11:00 a.m. 2:00 p.m. 2:00 p.m. 5:00 p.m. 6:00 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) E2 Academy (Kitchen) Elite Dance (Lower level hall) Country Gardens Condo Meeting (Sanctuary)
Wednesday October 08	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 October 09	7:30 p.m.	RUC Choir Rehearsal (Sanctuary)
Friday October 10	7:00 p.m.	RUC Youth Event (Lower level hall)
Saturday October 11	10:00 a.m. 10:00 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church Rehearsal (Sanctuary)
Sunday October 12	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Book Study (Chapel) RUC Worship (RUC Sanctuary) 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

RU in Action - Sunday October 5, 11:30am

Join our 7th **RU in Action** - an extended coffee time after the service to share the wide variety of activities and involvement opportunities at RUC. And to sweeten the pot, this will also be a Muffin Sunday! Committees, teams, musical groups and other activities have been invited.

Each group can represent themselves as they choose with a display, photos, sign-up, or handouts they might like to share. Please stay for a coffee, muffin and a visit while you explore all that RUC has to offer. Questions? See Christine Ens or contact the office.

Fall Book Study *Living Buddha, Living Christ* by Thich Nhat Hanh on Sunday mornings at 9:30 a.m. from **This Sunday - 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.

WILLS & ESTATES 101 The Edmonton Community Foundation (ecf.ca) is partnering with wills and estate lawyers to offer a week of **FREE** sessions to help you plan your future. Wills week occurs **October 6-10, 2025**. No registration is required. Webinar requires register through Eventbrite. Other sessions related to wills/estates are available, check the website for this info.

Having a valid will ensures you decide who receives your assets, who will administer your estate and who will care for dependent children (even furry ones). Also covers basics of estate planning in clear, simple terms and that your plan reflects your wishes.

Monday, October 6/ 10:00-11:30 am

Central Lions Seniors Association (small auditorium) 11113-113 St NW Edmonton

Monday October 6/ 6:30-8:00 pm Webinar

Tuesday, October 7/ 2:00-3:30 pm

Mill Woods Senior & Multicultural Centre (Rm 231) 2610 Hewes Way NW Edmonton

Wednesday October 8/ 6:30-8:00 pm

South East Edmonton Seniors Association 9350-82 St NW Edmonton

Thursday October 9/ 6:30-8:00 pm

Central Lions Seniors Association (large auditorium)

RUC Library - Come Explore! Did you know our church has a library? It is located next to the chapel in the gathering area. The library offers a variety of books, including inspiring non-fiction to fiction and children's books. You are welcome to stop by anytime, browse and borrow a book. We simply ask that you return them when you are finished so others may enjoy them as well.

Internment of Ashes for Grace Rumbold

The internment of ashes for our late sister, Grace Rumbold, beloved wife of Arnold Rumbold, will take place on **Tuesday, October 8th, at 1:30 p.m.** at the Northern Lights Cemetery (15203 Campbell Rd NW). We continue to keep Arnold and his family in our thoughts and prayers during this time.

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!

Paint It Purple: A Pumpkin Neighbourhood Party

Brought to you by the Edmonton Epilepsy Association. **Saturday, October 25, 2025**, at St. Andrew's United Church 12pm – 4pm. Family Fun, Crafts, Snacks, EEA gift bag and learn about epilepsy. Tickets \$10 or \$5 for members. Go to edmontonepilepsy.org for more info and to get your tickets.