

Riverbend United Church

Exploring Faith, Engaging Community

December 19 to 28, 2025



Friday December 19	7:00 p.m. 9:00 p.m.	RUC Youth event (Lower level hall) Ghana Methodist Church (Sanctuary)
Saturday December 20	10:00 a.m. 10:00 a.m. 5:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) Private rental (Lower level hall & kitchen)
ADVENT IV—LOVE Sunday December 21	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday December 22	4:30 p.m. 6:00 p.m. 6:30 p.m.	Private Rental (Lower level hall) Karate Class (Lower level hall) Handbell Choir Rehearsal (Sanctuary)
Tuesday December 23		
Wednesday December 24	5:00 p.m. 6:30 p.m. 8:00 p.m.	RUC worship with Choir & Handbells RUC worship with Choir & soloist RUC Candlelight communion service
Christmas Day December 25	10:30 a.m.	Office Closed Ghana Methodist Church (Sanctuary)
Boxing Day Friday December 26		Office Closed
Saturday December 27	10:00 a.m.	Ghana Methodist Church (Sanctuary)
Sunday December 28	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

Riverbend United Church
14907— 45 Avenue NW
Edmonton, Alberta
T6H 5K8

Email:
contactus@riverbendunited.org

Website: www.riverbendunited.org

Twitter:
[@riverbendunited](https://twitter.com/riverbendunited)



Facebook:
www.facebook.com/riverbendunited



Christmas Eve services

5:00 p.m. Flameless service
with Choir & Handbells

6:30 p.m. Candlelight service
with Choir &
John Tessier, soloist

8:00 p.m. Candlelight
communion service

Riverbend United Church ~ News & events



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Choir & Handbells

6:30 p.m. Candlelight service with
Choir & John Tessier, soloist

8:00 p.m. Candlelight
communion service

2026 Donation envelopes Would you like donation envelopes for 2026? If so please email the office at contactus@riverbendunited.org or call 780.430.7275 to let us know how many you would like. They will be ready for pick-up in early January.

The Front Pew The winter edition of Riverbend United Church's quarterly newsletter, The Front Pew is now available. It is always full of news, events and announcements going on in our Church community and neighbourhood. A few printed copies are available in the narthex, or find it online [here](#).

Contemplative Practice Series (led by Graham Gaine)
"Contemplation is resting with God in silent devotion..." — Conor McCourt. What is 'contemplation' in the Christian tradition? Contemplative practices bring us out of our head and into our heart, where God's loving presence is always available to us. Would you like to cultivate a contemplative dimension in your life? As a spiritual community, we will be exploring the contemplative dimension together in a new Contemplative Practice Series. Meeting in the Chapel from 9:30 - 10:20 a.m. on Sundays in January, the group will be introduced to a variety of spiritual practices:

- **January 4th** - Focus: Christian meditation using a mantra
- **January 11th** - Listen: Quaker prayer and the inner light
- **January 18th** - Rest: Centering and welcoming prayers
- **January 25th** - Grow: Cultivating contemplative practices at RUC

Each meeting will include 10 to 15 minutes of silent group meditation, audio and video recordings introducing contemplative practices, and group discussion (choir members may wish to join from 9:30 to 10:00 a.m. to participate in silent meditation before choir rehearsal). Please join for any (or all!) of the meetings

December 28th Please join us on Sunday, December 28th as Carolyn Miller, Dawn Power and Sherry Steele lead us in worship.

Outreach Food Pantry suggestions are protein items such as beans, legumes, peanut butter and canned fish/meat. We are continuing to collect items for the cold weather for those in need in the inner city. This year the Outreach committee will be supporting Operation Friendship, a 55+ seniors program for those in need. Monies will be used to purchase sweatpants/joggers, long underwear and toiletries. Financial donations can be made at the office or to Holly Ruryk or Erin James.