



December 26, 2025 to January 4, 2026

<b>Boxing Day</b> 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.	<b>RUC Worship (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday December 29		Office closed
Tuesday December 30		Office closed
Wednesday December 31		Office closed
<b>New Year's Day</b> January 1		Office closed
Friday January 2		Office closed
Saturday January 3	10:00 a.m. 10:00 a.m.	<b>Men's Discussion Group (Chapel)</b> Ghana Methodist Church (Sanctuary)
<b>Epiphany Sunday</b> January 4	10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>RUC Worship (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

## Riverbend United Church—News & events

**Sacred Thresholds** Each Sunday in January during worship at 10:30 a.m., Valerie will explore the moments of our Scripture stories and of our lives when the divine often breaks through. All services are also on our YouTube channel.

**Contemplative Practice Series** (led by Graham Gaine) Meeting in the Chapel from 9:30 to 10:20 a.m. on Sundays in January, the group will be introduced to a variety of spiritual practices (see topics below). Each meeting will include 10-15 minutes of silent group meditation, audio and video recordings introducing contemplative practices, and group discussion (choir members may wish to join from 9:30-10:00 a.m. to participate in silent meditation before choir rehearsal).

- January 4th - Christian meditation using a mantra
- January 11th - Quaker prayer and the inner light
- January 18th - Centering and welcoming prayer
- January 25th - Growth of contemplative practices at RUC

**2026 Donation envelopes** Would you like donation envelopes for 2026? If so please call the office at 780.430.7275 or email 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 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](#).

**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.