



## January 16 to 25, 2026

Friday January 16	9:00 p.m.	Ghana Methodist Church (Sanctuary)
Saturday January 17	10:00 a.m. 10:30 a.m.	<b>Men's Discussion Group (Chapel)</b> Ghana Methodist Church (Sanctuary)
Sunday January 18	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>Contemplative Practices (Chapel)</b> <b>RUC Worship (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday January 19	4:30 p.m. 6:00 p.m. 6:30 p.m.	Private Rental (Lower level hall) Karate Class (Lower level hall) <b>Handbell Choir Rehearsal (Sanctuary)</b>
Tuesday January 20	11:00 a.m. 2:00 p.m. 2:00 p.m. 5:00 p.m. 6:30 p.m.	<b>Transition Group (Gathering area)</b> <b>Reflective Crafting (Chapel)</b> E2 Academy (Kitchen) Elite Dance (Lower level hall) All Point West Choir Rehearsal (Sanctuary)
Wednesday January 21	11:00 a.m. 11:00 a.m. 5:00 p.m.	<b>Walkers &amp; Talkers (Gathering area)</b> <b>Yoga class (Lower level hall)</b> Elite Dance (Lower level Hall)
Thursday January 22	7:30 p.m.	<b>RUC Choir Rehearsal (Sanctuary)</b>
Friday January 23		
Saturday January 24	10:00 a.m. 10:30 a.m. 7:00 p.m.	<b>Men's Discussion Group (Chapel)</b> Ghana Methodist Church (Sanctuary) <b>RUC Youth Event (Lower level hall)</b>
Sunday January 25	9:30 a.m. 9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>Care Team (Boardroom)</b> <b>Contemplative Practices (Chapel)</b> <b>RUC Worship (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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### Name tags

Please sign up for a name tag if you don't have one. It will be printed for you for next Sunday.



Have questions about the church? Look for people with the red "Ask Me" stickers on their name tags.

# Riverbend United Church ~ News & events

**Sacred Thresholds** Today is the final week of this sermon series exploring the moments of our Scripture stories and of our lives when the divine often breaks through. All services are also on our YouTube channel.

**Lay leaders** are those who help Valerie in worship by reading the scriptures and leading other parts of the service. If you would enjoy serving in this way, please sign-up in the narthex. You will receive the service and the readings in advance. Thank you!

**RUC Pop-up Choir** Yes! It's happening! Our Pop-Up Choir is back to welcome ALL RUC singers on Sunday, **February 15th**. Whether you're an experienced vocalist or simply love to sing while vacuuming, we'd love to have you join us! We'll have a short introductory rehearsal after church on Sunday, February 8th, followed by our main rehearsal on Thursday, February 12th, at 7:30 p.m. No auditions required and no long-term commitment—just show up and sing! We'll provide printed music, PDFs, and a few MP3s you can play on your computer or phone. All voice types are welcome. Please add your name, voice part (if you know it), and your email address to the sign-up sheet in the narthex. All rehearsals are in the Sanctuary on:

- Sunday, February 8 following worship
- Thursday, February 12 at 7:30 p.m. (rehearsal)
- Sunday, February 15 at 9:45 a.m. (Sunday's anthem!)

**Grocery Card** sales continue every Sunday before and after worship. Thank you Doug and Nicola for their help with this important ministry.

**2026 Donation envelopes** Would you like donation envelopes for 2026? If so please email the office at [contactus@riverbendunited.org](mailto: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 mid-January.

**Tax Receipts for 2025** If you have made financial contributions to Riverbend United Church in 2025 we will issue you a tax receipt in February. If your address has changed this year please call or email the office to ensure we send the receipt to the right address. If your contributions were made by Interac e-transfer please include a physical mailing address so we can send your tax receipt.

**Contemplative Practice Series** (led by Graham Gaine) "*Contemplation is resting with God in silent devotion...*" — Conor McCourt. As a spiritual community, we will Continue to explore the contemplative dimension together 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, including:

- **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, 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.

**Outreach Food Pantry** continues to welcome your donations for the food pantry. This month the focus is on school snacks including granola bars, cheese and cracker snack packs, fruit cups, fruit leather, oatmeal and cereal. Please feel free to drop off your donations in the cardboard Food Pantry bin near the coat racks. Thank you.

**Grace United Church - Young at Heart talk "Grandmothers of Alberta for a New Generation" (GANG)** Wednesday **January 21** @ 1:30 to 3:00 p.m. Social Room, Grace United Church (6215 104 Ave NW). Volunteers will share a slide show and video and answer all questions. GANG was launched in 2006, to support the Grandmothers Campaign of the Stephen Lewis Foundation (SLF), in response to the emerging crisis faced by grandmothers in Africa. In the face of discrimination based on gender, age, and HIV status, they are courageous advocates for their families and communities. Learn more about GANG in Edmonton, and how their fundraising helps the SLF and grandmothers in Africa. Coffee, tea and refreshments will be served. Donations of fabric are gratefully accepted. Large donations should be dropped off on Thursdays at Strathearn United Church (8510 95 Ave NW, Edmonton ) between 10:00 a.m. - 1:30 p.m.