



January 23 to February 1, 2026

Friday January 23		
Saturday January 24	10:00 a.m. 10:30 a.m. 7:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) RUC Youth Event (Offsite)
Sunday January 25	9:30 a.m. 9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	Care Team (Boardroom) Contemplative Practices (Chapel) RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday January 26	6:00 p.m. 6:30 p.m.	Karate Class (Lower level hall) Handbell Choir Rehearsal (Sanctuary)
Tuesday January 27	11:00 a.m. 2:00 p.m. 2:00 p.m. 5:00 p.m. 6:30 p.m. 7:00 p.m. 7:00 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) E2 Academy (Kitchen) Elite Dance (Lower level hall) All Point West Choir Rehearsal (Sanctuary) RUC Board meeting (Boardroom) RUC Men's Shed (Chapel)
Wednesday January 28	11:00 a.m. 11:00 a.m. 12:30 p.m. 5:00 p.m.	Walkers & Talkers (Gathering area) Yoga class (Lower level hall) Nutrition Health Tours (Lower level hall) Elite Dance (Lower level hall)
Thursday January 29	6:00 p.m. 7:30 p.m.	Private rental (Lower level hall) RUC Choir Rehearsal (Sanctuary)
Friday January 30		
Saturday January 31	10:00 a.m. 10:30 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary)
Sunday February 1	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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Facebook:
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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

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 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. The last contemplative practice session will be held this Sunday, **January 25th** in the Chapel from 9:30 - 10:20 a.m. This Sunday will focus on "Cultivating contemplative practices at RUC". The meeting may 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 us if interested.

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.

Kirk Centre cooking classes on Saturday afternoons from 1:00 to 4:00 p.m. Join them for:

- Mediterranean on February 7
- Gnocchi on February 28

To register call 780.438.6619.