



January 2 to 11, 2026

Friday January 2		Office Closed
Saturday January 3	10:00 a.m. 10:00 a.m. 2:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) Private rental (Lower level hall & kitchen)
Sunday January 4	10:30 a.m. 12:30 p.m.	RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary)
Monday January 5	6:00 p.m. 6:30 p.m.	Karate Class (Lower level hall) Handbell Choir Rehearsal (Sanctuary)
Tuesday January 6	2:00 p.m. 6:30 p.m.	E2 Academy (Kitchen) All West Point Choir Rehearsal (Sanctuary)
Wednesday January 7		
Thursday January 8		
Friday January 9		
Saturday January 10	10:00 a.m. 10:00 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary)
Sunday January 11	10:30 a.m. 12:30 p.m.	RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary)

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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

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.

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

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.