



January 9 to 18, 2026

Friday January 9		
Saturday January 10	10:00 a.m. 10:00 a.m. 7:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) RUC Youth (Offsite sledding)
Sunday January 11	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	Contemplative Practices (Chapel) RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday January 12	6:00 p.m. 6:30 p.m.	Karate Class (Lower level hall) Handbell Choir Rehearsal (Sanctuary)
Tuesday January 13	2:00 p.m. 2:00 p.m. 5:00 p.m. 6:30 p.m. 7:00 p.m.	Reflective Crafting (Chapel) E2 Academy (Kitchen) Elite Dance (Lower level hall) All Point West Choir Rehearsal (Sanctuary) RUC Board meeting (Boardroom)
Wednesday January 14	11:00 a.m. 11:00 a.m. 5:00 p.m.	Walkers & Talkers (Gathering area) Yoga class (Lower level hall) Elite Dance (Lower level hall)
Thursday January 15	7:30 p.m.	RUC Choir rehearsal (Sanctuary)
Friday January 16	9:00 p.m.	Ghana Methodist Church (Sanctuary)
Saturday January 17	10:00 a.m. 10:00 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary)
Sunday January 18	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	Contemplative Practices (Chapel) RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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Website: www.riverbendunited.org

X:
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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

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.

RUC Youth event Saturday, **January 10th**. This Saturday from 7:00 to 10:00 p.m. RUC Youth will be sledding at Ramsay Park. We will meet at the church at 7:00 p.m. to start. We will be having hot chocolate + playing some games outside/inside afterwards and may watch a movie. Youth should dress warm and bring all their snow gear (especially snow pants). Please bring a toboggan if you have one!

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!)

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.

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 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, 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.

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.

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. Financial donations can be made at the office or to Holly Ruryk or Erin James.

Lost & Found We found a single "Sleep Earplugs with 50dB Noise Reduction" in the Narthex. If this belongs to you, please contact the office.

