Riverbend United Church

Exploring Faith, Engaging Community

February 13 to 22, 2026

Friday February 13		
Saturday February 14	10:00 a.m. 10:30 a.m.	**Men's Discussion Group** (Chapel) Ghana Methodist Church (Sanctuary)
Sunday February 15	10:30 a.m. 12:30 p.m. 3:00 p.m.	**RUC Worship** (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday February 16		**Family day** (Office closed)
Shrove Tuesday February 17	10:00 a.m. 11:00 a.m. 2:00 p.m. 5:30 p.m. 6:30 p.m.	Private rental (Boardroom) **Transitions Group** (Gathering area) **Reflective Crafting** (Chapel) **Pancake dinner** (Lower level hall) **Service of Ashes** (Sanctuary)
Ash Wednesday February 18	10:00 a.m. 11:00 a.m. 2:00 p.m. 5:00 p.m.	**Walkers & Talkers** (Gathering area) **Yoga class** (Lower level hall) E2 Academy (Kitchen) Elite Dance (Lower level hall)
Thursday February 19	7:30 p.m.	**RUC Choir Rehearsal** (Sanctuary)
Friday February 20	9:00 p.m.	Ghana Methodist Church (Sanctuary)
Saturday February 21	10:00 a.m. 10:30 a.m. 7:00 p.m.	**Men's Discussion Group** (Chapel) Ghana Methodist Church (Sanctuary) **RUC Youth** (Offsite)
Lent I Sunday February 22	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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www.facebook.com/riverbendunited

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

Save the Date

"Pancakes & Ashes"
Shrove Tuesday, February 17

5:30 p.m. Pancake dinner
6:30 p.m. Service of Ashes

Riverbend United Church ~ News & events

Pancakes and Ashes To acknowledge the beginning of Lent, please join us on Tuesday **February 17th** for a pancake supper followed by a Service of Ashes. In collaboration with the youth group, the Turkey Team will serve a family friendly pancake meal, and immediately following, Reverend Valerie and Doug Spaner will lead a brief service to commence our Lenten journey. No dinner tickets are required - a freewill offering opportunity will be provided at the door.

- Pancakes at 5:30 p.m. in lower level hall
- Service of Ashes at 6:30 p.m. in Sanctuary

Spring edition of The Front Pew The spring edition of our quarterly newsletter *The Front Pew* is now available. Please **click here** to view it online or pick up a hard copy in the Narthex.

Sacrilegious Sock toss is back! Bring your socks to toss on Sunday, **February 22** and support those in need. New, warm socks for men, women and children and let the fun begin. The Outreach Team will continue collecting new socks until March 8th.

Sing with Love on **February 14th** at 2:30 p.m. is a big, noisy, songful show of love and solidarity for Alberta's 2SLGBTQ+ community. This event at Robertson-Wesley United Church (10209—123 Street NW, Edmonton) is a collaborative performance from Edmonton's choral groups. The concert is a warm blanket of love and trans solidarity. Dress code will be casual, colourful clothing, pride gear and drag encouraged. Proceeds from this event support the life saving programs offered by the Fyrefly Institute for Gender & Sexual Diversity, housed within the University of Alberta. For information and tickets please check: Sing with Love.

Handel's Hercules at Convocation Hall on Saturday, **February 28th** at 7:30 p.m. Presented by Riverbend United congregation member Arnold Rumbold, this special event at the University of Alberta's Convocation Hall features an incredible cast including tenor John Tessier as Hyllus. Tickets are available starting at $10 at www.showpass.com/hercules/.

Cosmopolitan Music Society is offering 6 one-hour classes beginning Wednesday, **March 4th** to learn the basics of handbell ringing and music reading. For more information contact their office at: info@cosmopolitanmusic.org.

Your 2026 Lenten journey The Riverbend United Church Spiritual Formation Committee has prepared a rich Lenten journey this year, offering a variety of ways to engage your spiritual life. There truly is something for everyone — follow whatever calls to you. Check out more details **here**:

- Lenten whiteboard
- Lenten Daily Companion
- Sunday morning Lenten Study
- Lenten daily steps
- Lenten Daily cards

NOT Falling for You: Preventing Falls with Balance and Buddies is a physical activity class aimed at reducing the risk of falling for adults who are 50 years and older. This free 12-week class at Riverbend United Church in the lower level hall begins Thursday, **March 5th** at 10:00 a.m. The class consists of the following:

- One hour of guided movements to improve balance and build strength in a friendly and welcoming environment, and
- Fifteen minutes of discussion about a topic related to preventing falls in your home and community.

It is suitable for participants who can walk independently with or without a mobility device such as a walker or cane. Comfortable indoor shoes and a bottle of water are recommended. Please register by calling the Church office at 780.430.7275 or email contactus@riverbendunited.org. There is space for a maximum of 15 participants. The class will be led by trained volunteers and offered in partnership with the Primary Care Alberta: Population Health Promotion Team.

Imagine Children's Retreat 2026 There is an exciting opportunity coming up for children ages 8 to 11 to attend a United Church–sponsored event called Imagine Children's Retreat 2026.

- Vision: Participants form a multi-age, intercultural community that shares play, meals, worship, music, drama, storytelling, and faith exploration in a safe and welcoming space.
- Date: **April 17 – 19**, 2026
- Location: Kasota East Camp, Sylvan Lake
- Chaperone: Our Children's Ministry Coordinator will attend the weekend as a chaperone if children from Riverbend United are attending.
- Cost: $300.00 includes transportation, meals, and all supplies. Discounts and bursaries available. Click here for more details.