



## February 20 to March 1, 2026

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.	<b>Men's Discussion Group</b> (Chapel) Ghana Methodist Church (Sanctuary) <b>RUC Youth</b> (Terwillegar Recreation Centre)
<b>Lent I</b> Sunday February 22	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>Lenten Study</b> (Chapel) <b>RUC Worship</b> (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday February 23	6:00 p.m. 6:00 p.m. 6:30 p.m.	<b>Spiritual Formation</b> (Chapel) Karate class (Lower level hall) <b>Handbell Choir rehearsal</b> (Sanctuary)
Tuesday February 24	11:00 a.m. 2:00 p.m. 5:30 p.m. 6:30 p.m.	<b>Transitions Group</b> (Gathering area) <b>Reflective Crafting</b> (Chapel) Elite Dance (Lower level hall) All Points West Choir Sanctuary
Wednesday February 25	10:00 a.m. 11:00 a.m. 2:00 p.m. 5:00 p.m. 5:30 p.m.	<b>Walkers &amp; Talkers</b> (Gathering area) <b>Yoga class</b> (Lower level hall) E2 Academy (Kitchen) Elite Dance (Lower level hall) <b>Men's Shed meeting</b> (Boardroom)
Thursday February 26	7:30 p.m.	<b>RUC Choir Rehearsal</b> (Sanctuary)
Friday February 27		
Saturday February 28	10:00 a.m. 10:30 a.m. 7:00 p.m.	<b>Men's Discussion Group</b> (Chapel) Ghana Methodist Church (Sanctuary) <b>RUC Youth</b> (Offsite)
<b>Lent II</b> Sunday March 1	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	<b>Lenten Study</b> (Chapel) <b>RUC Worship</b> (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

**Riverbend United Church**  
14907— 45 Avenue NW  
Edmonton, Alberta  
T6H 5K8

**Email:**  
[contactus@riverbendunited.org](mailto:contactus@riverbendunited.org)

**Website:** [www.riverbendunited.org](http://www.riverbendunited.org)

**X:**  
[@riverbendunited](https://twitter.com/riverbendunited)



**Facebook:**  
[www.facebook.com/riverbendunited](https://www.facebook.com/riverbendunited)



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



# Riverbend United Church ~ News & events

**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.

**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](#) regarding:

- Lenten whiteboard
- Lenten Daily Companion
- Sunday morning Lenten Study
- Lenten daily steps
- Lenten Daily cards
- Children's Lenten packets

**RUC Youth event** This Saturday the Riverbend United Youth will gather for a swimming event. They will meet at 7:00 p.m. by the front desk of the Terwillegger Recreation Centre (close to the basketball nets, opposite side of the hockey rinks). They will wrap up about 9:00 p.m. Make sure to bring your swim suit and a towel. Contact Nathan Schoenhardt if you have any questions.

**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/](http://www.showpass.com/hercules/).

**Low cost Counselling** The counselling clinic at St. Stephen's offers support for stress, anxiety, life transitions, relationships and more. Counselling sessions are provided at the Providence Renewal Centre by student counsellors, supervised by registered professionals. Individual sessions for adults are by appointment only. Contact them at [clinic@ualberta.ca](mailto:clinic@ualberta.ca) or call them at 587.205.7340 for more information.

**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 the office at: [info@cosmopolitanmusic.org](mailto:info@cosmopolitanmusic.org).

**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 us at [contactus@riverbendunited.org](mailto: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.