



**Welcome to Riverbend United Church.** If you're new with us, we would love to meet you. Feel free to introduce yourself to your neighbour in the pew, and/or fill out a Welcome Card in the pews if you wish to be updated on upcoming activities or receive a call from our minister.

**Thank you** to all who rolled out in the snowstorm Tuesday night to help with or attend the Pancake Supper, and to Doug Spaner and our musicians who provided a rich Service of Ashes. The service can be found on our YouTube channel.

**Please see all the Lenten opportunities** and see what calls to you to make this Lent a meaningful for your spiritual journey.

**Rise** by John Pavlovitz - books (\$10) are available in the office today for the Sunday morning Lenten Study at 9:30 a.m. each week.



**Riverbend United Church**  
**The First Sunday in Lent**  
**February 22, 2026**





## RUC Lenten Journey 2026

*Seeking: Honest Questions for Deeper Faith*

Worship during Lent will follow the *Seeking* theme from A Sanctified Art (a group of artists and theologians), shaped around a focus question each week.

Our Lenten journey began on **Shrove Tuesday**, February 17, with Pancakes at 5:30 p.m. followed by a Service of Ashes at 6:30 p.m. The service can be viewed on our YouTube channel.

Throughout the season, we will explore these questions of faith:

- How do you find the quiet centre?
- How do we begin again?
- How do we find the living water?
- How were your eyes opened?
- Can these bones live?

On **Palm Sunday**, March 29, the Riverbend United Church Choir and musicians will offer a special service of music through a Cantata called *Once Upon a Tree*. See Paula Robert's article in the spring edition of [The Front Pew](#) for more details.

On **Good Friday**, April 3 at 10:30 a.m. (also livestreamed), we gather for a service that joins Jesus at the cross. This deeply moving service is distinct from Sunday worship and is always valued.

**Easter Sunday** is April 5. Let the trumpets resound! *He is risen! He is risen indeed!*



## RUC Lenten Journey 2026

*Seeking: Honest Questions for Deeper Faith*

The 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. For more details check our [2026 Lenten Journey](#) online.

### **Lenten Daily Cards**

These daily devotional cards, created by A Sanctified Art, align with our *Seeking* theme and include a daily reflection question. Printed packets are available in the narthex.

### **Lenten Daily Companion**

Carolyn Miller has written an online daily companion to guide us along Jesus' journey: *Go where he goes*. Thank you to Carolyn for providing this thoughtful resource for Lent. There are a few copies in the narthex, or [Click here](#) to access it online.

### **Sunday Morning Lenten Study**

Beginning **February 22**, we will meet Sundays at **9:30 a.m.** to discuss *Rise: An Authentic Lenten Devotional* by John Pavlovitz. Books are available in the office for **\$10**.

### **Lenten Daily Steps**

Set a personal daily step goal for Lent. If you'd like to join a WhatsApp group for shared accountability, let Valerie know. These "steps" can also be done seated, with arm movements, or through minutes of meditation — walking is optional.

### **Children's Lenten Packets** (Available in the Narthex / Foyer)

### **Lenten Whiteboard**

Each Sunday, a question will greet you on a whiteboard in the narthex. You're invited to ponder it quietly — or add a written response if you wish.