



March 6 to 15, 2026

Friday March 6		
Saturday March 7	10:00 a.m. 10:30 a.m. 7:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) RUC Youth (Lower level hall)
Lent III Sunday March 8	9:30 a.m. 9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	Lenten Study (Chapel) Care Team meeting (Boardroom) RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday March 9	6:00 p.m. 6:30 p.m.	Karate class (Lower level hall) Handbell Choir rehearsal (Sanctuary)
Tuesday March 10	11:00 a.m. 2:00 p.m. 5:30 p.m. 6:30 p.m. 7:00 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) Elite Dance (Lower level hall) All Points West Choir Rehearsal (Sanctuary) RUC Board Meeting (Boardroom)
Wednesday March 11	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 March 12	10:00 a.m. 7:30 p.m.	Not Falling for You (Lower level hall) RUC Choir Rehearsal (Sanctuary)
Friday March 13	7:00 p.m.	RUC Youth (St. Paul's United Church)
Saturday March 14	10:00 a.m. 10:30 a.m. 2:00 p.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary) Lenten Café set-up (Chapel)
Lent IV Sunday March 15	9:30 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m. 3:00 p.m.	Lenten Study (Chapel) RUC Worship (Sanctuary) Lenten Café (Chapel) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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

Email:
contactus@riverbendunited.org

Website: www.riverbendunited.org

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



Facebook:
www.facebook.com/riverbendunited



Riverbend United Church ~ News & events

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

Sacrilegious Sock toss was a tremendous success, thank you to everyone who contributed! Don't forget we will continue to collect new socks for those in need until March 8th.

RUC Care Team The care team will be hosting our second Conversation Café. The Lenten Café will be open Sunday, **March 15**, 2026 after service in the chapel from 11:30 a.m. to 12:30 p.m. We invite you to join us for fellowship, meaningful conversation and of course, refreshments and goodies. Looking forward to spending time together.

St. David's United in Leduc, Alberta is celebrating their church becoming officially Affirming! They will be celebrating this designation on **March 15th** at 10:30 a.m. Join them at 4614—48 Street, Leduc.

RUC library renewal Following Lent, our church will begin a library renewal initiative. We are calling for RUC bookworms to join our new "Library Team". Together, the Library Team will make a plan for improving the library, which may include:

- Reviewing and refining the current catalogue of books
- Leading a "spiritual book drive" at RUC
- Identifying new books for purchase with the Board-approved library budget as a gift from the Memorial Fund
- Exploring the use of technology and apps to increase the library's usability
- Creating a "feature shelf" that highlights books relevant to RUC's current activities

If you would like to learn more or are interested in joining the Library Team, please email Graham Gaine at graham.gaine@gmail.com or contact the office at 780.430.7275.

Save the date for our Annual Congregational Meeting on Sunday, **March 22** immediately following our worship service. The 2025 Annual Report along with Financial Statements and the 2026 Budget is available [here](#) & a few copies are in the narthex.

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 is on Thursday mornings 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.

World Day of Prayer special service on Saturday, **March 14th** at 1:00 p.m. at Dayspring Presbyterian Church (11445—40 Avenue NW, Edmonton). Everyone is welcome to join in this special time of prayer and reflection written by the World Day of Prayer Committee of Nigeria.

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 or call them at 587.205.7340 for more information.

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 in Sylvan Lake from **April 17 to 19**. [Click here](#) for more details or speak with Alec Gallant, our Children's Ministry Coordinator.