



March 13 to 22, 2026

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)
Monday March 16	6:00 p.m. 6:30 p.m.	Karate class (Lower level hall) Handbell Choir rehearsal (Sanctuary)
Tuesday March 17	11:00 a.m. 2:00 p.m. 5:30 p.m. 6:30 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) Elite Dance (Lower level hall) All Points West Choir Rehearsal (Sanctuary)
Wednesday March 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 March 19	10:00 a.m. 7:30 p.m.	Not Falling for You (Lower level hall) RUC Choir Rehearsal (Sanctuary)
Friday March 20	9:00 a.m. 9:00 p.m.	Nutrition Health class (Kitchen & lower level hall) Ghana Methodist Church (Sanctuary)
Saturday March 21	10:00 a.m. 10:30 a.m.	Men's Discussion Group (Chapel) Ghana Methodist Church (Sanctuary)
Lent V Sunday March 22	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) Annual Congregational meeting (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

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

IMPORTANT DATES

- March 29, 2026
10:30 a.m. **Palm Sunday**
worship
- April 3, 2026
10:30 a.m. **Good Friday**
worship
- April 5, 2026
10:30 a.m. **Easter Sunday**
worship

Riverbend United Church ~ News & events

Lenten Café The RUC care team will be hosting a second Conversation Café on Sunday, **March 15** following worship from 11:30 a.m. to 12:30 p.m. in the Chapel. We invite you to join us for fellowship, meaningful conversation and of course, refreshments and goodies. We are looking forward to spending time together.

Annual Congregational Meeting next Sunday, **March 22** immediately following 10:30 a.m. worship service. The 2025 Annual Report along with Financial Statements and the 2026 Budget is available online [here](#) & a few printed copies are available in the narthex.

Northern Spirit Region news

- **We celebrate with St. David's United** in Leduc, Alberta are they celebrate their church becoming officially Affirming! They will be celebrating this designation on **March 15th** at 10:30 a.m.
- **National Affirming PIE Day** Every year on **March 14**, The United Church of Canada celebrates National Affirming PIE Day. PIE stands for **Public, Intentional, Explicit** Inclusion of 2SLGBTQIA+ People. As an Affirming Ministry, Riverbend United Church uses this P.I.E lens to guide our decisions.
- **Edmonton area Lenten Prayer Service** on Sunday, **March 15th** at 4:00 p.m. at Highlands United Church (11305 64 Street NW). On March 22, the gathering is at St. David's United in Leduc at 4:00 p.m. and on March 29 it is at Grace United at 4:00 p.m. [Click here](#) to join on Zoom.

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". If you would like to learn more or are interested in joining the Library Team, please contact the office at 780.430.7275 to leave a message for Graham Gaine.

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.

"Spill The T: Readings from the 2SLGBTQIA Human Library" event being held at Robertson-Wesley United Church Friday, **March 13**, from 6:30 to 9:00 p.m. The topic will be gender creative parenting. The goal of this

series is to provide a container for the public to ask questions on a particular topic within the queer experience, questions that would otherwise be awkward or uncomfortable to ask friends or family or just not accessible. For more information reach out to Peter Graham at 780.482.1587 extension 225.

Care Team chair stretches you can do at home; you can incorporate arm movements as well. Make sure your feet are flat on the ground sitting up as straight as you can. Let's keep moving!!

- Move leg stepping to the right, then back to the middle; repeat with left leg – 10 times each
- Move leg out in front, then back (toe tapping) 10 times then same with left leg
- Lift right knee up and down, repeat with left 10 times
- Move legs out and in (like jumping jacks), count to 10,
- Speed up as if running for 10-20 times

Try it out and let us know how it went! - Holly Ruryk

Edmonton Epilepsy Association Step up for epilepsy on Saturday, **March 21st** at West Edmonton Mall. *"Epilepsy affects us all. Hope starts when we step up together."* Join the Walkathon Fundraising Team and support someone walking for epilepsy:

- Visit the mall on Saturday, March 21st
- Join the walkathon and help raise funds for the Edmonton Epilepsy Association
- Free performance from 12:30 to 3:30 p.m. by the LEGO stage including Kids on the Block puppet show and interactive seizure first aid demonstrations

More information at edmontonepilepsy.org.

Men's Shed Open house & BBQ on Wednesday **March 25th** from 6:30 to 8:00 p.m. at the Westend Seniors Activity Centre (9629—176 Street NW). A Men's Shed is a place for men to get together and give them an opportunity to socialize, play pool or cards, hang out in a workshop and learn something new. It is a place where men can be themselves. Register by calling 780.483.1209, cost is \$5.00 and includes a hamburger, salad and a beverage. For more information call the office to leave a message for David James.