



March 20 to 29, 2026

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	11:00 a.m.	Margaret Johansen Memorial service & luncheon (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)
Monday March 23	6:00 p.m. 6:30 p.m.	Karate class (Lower level hall) Handbell Choir rehearsal (Sanctuary)
Tuesday March 24	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 25	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 26	10:00 a.m. 11:00 a.m. 7:30 p.m.	Not Falling for You (Lower level hall) Devonshire service (Offsite) RUC Choir Rehearsal (Sanctuary)
Friday March 27		
Saturday March 28	10:00 a.m. 12:00 p.m.	Men's Discussion Group (Chapel) RUC Board retreat (Chapel)
Palm Sunday March 29	10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Worship & Cantata (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

Website: www.riverbendunited.org

Facebook:
www.facebook.com/riverbendunited

Instagram:
@riverbendunitedchurch





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



- March 29, 2026
10:30 a.m. **Palm Sunday** worship
& Cantata "Once Upon a Tree"
- 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

Annual Congregational Meeting this 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.

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.

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

Save the date AND your stuff!! Spring cleaning is in the air!!! Our annual Garage Sale is fast approaching, and we are very interested in leftover items you may no longer need. Donations for the garage sale can be brought to the Church beginning **Sunday, May 3rd** following worship. The sale will take place on May 7th to 9th and many volunteers are needed to make this another great success. Watch for volunteer sign-up sheets available April 12th.

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.

Aid for the Middle East: a call from the Canadian Foodgrains Bank, a United Church partner. If you are moved to offer food aid for the millions in need across the Middle East, see [details here](#). The Canadian FoodGrains Bank is a longtime and respected partner of the United Church who also works through a wider Canadian aid coalition. Together, we have trusted partners on the ground, working with communities deeply impacted by war and displacement.



Holy Week worship at
Riverbend United Church

March 29 10:30 a.m.
Palm Sunday & Cantata
April 3 10:30 a.m.
Good Friday
April 5 10:30 a.m.
Easter Sunday