



Sunday,
March 8, 2026

Join us for worship on **Sunday, March 8th at 10:30 a.m.**, or [click here](#) for the live-streamed services.

Message from Rev. Valerie

March 6, 2026

Dear friends:

This Sunday the Gospel of John offers one of my favourite stories in our scriptures: [the woman at the well](#). It's a story full of honesty, curiosity, and transformation. I hope you can join us as we continue our Lenten series, **"Seeking: Honest Questions for Deeper Faith."**

It's also **"spring ahead" Sunday**, so if a few extra yawns show up in worship, they are completely understandable!

During the service, our Care Coordinator, Holly Ruryk, will guide us in a few **chair stretches** as a Lenten practice—an invitation to embody our faith. It's something everyone can participate in, and may be especially helpful for those who don't, or can't, get out for walks.

We'll also continue our **Meditation Moment** with Graham Gaine, who will introduce a Quaker prayer practice where we "turn our minds to the light." At a time when the world can feel unsettled, simple practices like this help calm our nervous systems and keep us centred in hope—so we can move through our days attentive to the quiet presence of the sacred among us.

Have a lovely weekend,

Valerie

In our Prayers:

Please hold RUC member **Marg Crabtree** in your hearts. Marg has known for many years that her blood disease would one day turn acute, and we are sad that that day has come. She is currently receiving palliative home care for her Leukemia. Marg has been serving on our Ministry and Personnel Committee and brings her bright spirit to the weekly Transitions connection group.

Upcoming Events:

- March 15 — Lenten Cafe after worship
- March 22 — RUC Congregational Meeting after worship, [click here](#) for 2025 Annual Report & Financial statements.
- March 29 — Palm Sunday Choir Cantata at 10:30 a.m.
- April 3 — Good Friday service at 10:30 a.m.
- April 5 — Easter Sunday

ANNOUNCEMENTS

- Please click here for this week's [Order of Service](#)
- You can find this week's Announcements [here](#)
- The 2026 Lenten insert can be found [here](#)
- Riverbend United's Annual Congregational Meeting will be held on Sunday, March 22nd immediately following worship. Please click here for the [2025 Annual Report](#), including the Treasurer's Report, the 2025 Financial statements and 2026 Budget. A few printed copies are also available in the Narthex.