



May 22 to 31, 2026

Friday May 22	8:00 a.m. 5:00 p.m.	Private rental (Kitchen) Wedding rehearsal (Sanctuary)
Saturday May 23	6:00 a.m. 10:00 a.m. 1:00 p.m. 2:00 p.m.	Private rental (Kitchen) Men's Discussion Group (Chapel) Emily Windjack & Cameron Ness wedding (Sanctuary) Private rental (Kitchen)
Sunday May 24	9:30 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m. 6:30 p.m.	Sunday Morning Contemplation (Chapel) RUC Worship (Sanctuary) Young Families Lunch (Chapel) Ghana Methodist Church (Sanctuary) RUC Contemplation Lectio Divina (Chapel)
Monday May 25	6:00 p.m.	Karate class (Lower level hall)
Tuesday May 26	10:30 a.m. 11:00 a.m. 2:00 p.m. 5:00 p.m.	RUC Staff meeting (Chapel) Transitions Group (Gathering Area) Reflective Crafting (Lower level hall) Elite Dance (Lower level hall)
Wednesday May 27	9:00 a.m. 9:00 a.m. 10:00 a.m. 5:00 p.m.	Nutrition Health Tours (Kitchen) Walkers & Talkers: Walking (Offsite) Walkers & Talkers: Coffee (Gathering Area) Elite Dance (Lower level hall)
Thursday May 28	10:00 a.m. 11:00 a.m. 2:00 p.m. 7:30 p.m.	Not Falling for You (Lower level hall) Devonshire service (Offsite) MacGregor Tutoring (Boardroom) RUC Choir Rehearsal (Sanctuary)
Friday May 29	5:30 p.m.	Wedding rehearsal (Sanctuary)
Saturday May 30	10:00 a.m. 3:00 p.m. 6:00 p.m.	Men's Discussion Group (Chapel) Kaylee Emslie & Braeden Van Huisstede wedding (Sanctuary) RUC Youth group (Lower level hall)
Sunday May 31	9:30 a.m. 10:30 a.m. 12:30 p.m.	Sunday Morning Contemplation (Chapel) RUC Worship (Sanctuary) Ghana Methodist Church (Sanctuary)

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



- May 24** - Young Families event
- May 24** - Video Divina Movie
- June 7** - Congregational Meeting
- June 14** - Holy Humour Sunday
- June 24** - Scam & Fraud Prevention Workshop

Riverbend United Church - News & Events

Young Families Event Young families are invited to join us on Sunday, **May 24** directly after church for an afternoon of food, fellowship, and fun. Stay after service for a pizza lunch, followed by swimming at Booster Juice Recreation Centre in Terwillegar (2051 Leger Rd NW, Edmonton). Please register with Alec Gallant or email the Church office.

Guest Preacher, Sunday, May 31st we welcome Kevin Guenther Trautwein as our Guest Preacher. Kevin serves as the First Third Ministry Animator for the Northern Spirit Region of the United Church. "First Third" refers to people who are in the first third of life — children, youth, young adults. We hope you can come hear his perspective on where we are in the United Church regarding young people, and welcome him warmly!

Congregational Meeting on Sunday, **June 7** following worship to elect our Official Board. Join us for this short and sweet meeting. We are grateful to all our leaders and volunteers who keep RUC healthy, positive and vital.

Holy Humour Sunday – Sunday, June 14! "We come before God with laughter," says Psalm 100. If you have a tasteful joke, story, or funny meme or cartoon or short video, sign up in the narthex by Sunday, June 7 if you want to share. You have 1 minute to share - only 1 minute, leaving the longer stories for after worship. We need you to **SIGN UP** in advance so we can organize content. Come ready to LAUGH before God!

Rev. Valerie will be taking a Leave of Absence from June 15 to September 7 to spend time with her elder mom in Colorado. Quality worship is being arranged by the Spiritual Formation Committee, who have secured a great line-up of worship leaders.

Outreach The abundance of Mother's Day donations have been distributed to those in need. Thank you for your support of this initiative. With Father's Day fast approaching on **June 21st** the Outreach Committee will once again be supporting the Bissell Centre Sunday service with bagged lunches. Monetary donations can be made to the church office. The Church supports 200 Bissell guests each year.

Ladies Walking Group and Coffee Don't forget to join us for a walk on Wednesday mornings at 9:00 a.m. and/or coffee at 10:00 a.m. All ladies are welcome to drop in for this social time.

Sunday Morning Contemplation in the Chapel on **Sunday** mornings from 9:30 to 10:00 a.m. All are welcome!

RUC Video Divina Night! As a new contemplative practice, we will together practice video divina (or sacred movie watching), which involves listening and seeing heartfully, to receive God's message to us. We will be watching "The Tree of Life," directed by Terrence Malick, starring Brad Pitt, Sean Penn, and Jessica Chastain. It is a deeply moving and spiritual film that explores themes such as love, loss, nature, and grace. We will meet in the Chapel on Sunday, **May 24**, from 6:00 to 9:00 p.m. We will take a break midway through the film for discussion and refreshments. The practice of video divina will be facilitated by inviting participants to notice certain symbols in the film and how God may be speaking to us through those motifs. All are welcome! Note: This meeting will not involve meditation.

July Worship is at St. Paul's United Church, 11526 - 76 Avenue NW. In August, they join us here at Riverbend. This summer partnership has worked well for both congregations over the past several years.



🎵 **Thinking About Joining the RUC Choir?** We'd love to have you! Speak to Paula or Sherry if you're interested or would like more information!

Riverbend United Church Community Garden Fiona and Steve Bamforth have been looking after the Church Community Garden (raised beds on the east side of the church) since 2019 and would like to pass the hoe and spade on to other gardeners this year. Anyone is welcome to harvest and Riverbend Rocks also receives some of the produce. We have learned what works well and what people like to see (everyone loves carrots, no one likes kale, rabbits aren't fussy). Call or email the office to leave a message for Fiona or Steve.

Scam & Fraud Prevention Workshop on Wednesday, **June 24** from 6:00 to 9:00 p.m. hosted by the Care Team. Julie Matthews, a certified fraud examiner, will lead this workshop. Cost \$15.00, sign-up sheets are available in the Narthex. More details to follow.