



## September 4 to 13, 2026

|                               |                                                                |                                                                                                                                                                                                            |
|-------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Friday<br>September 4         |                                                                |                                                                                                                                                                                                            |
| Saturday<br>September 5       | 10:00 a.m.<br>10:30 a.m.                                       | Private Rental (Kitchen & Hall)<br>Ghana Methodist Church Rehearsal (Sanctuary)                                                                                                                            |
| <b>Sunday</b><br>September 6  | 10:30 a.m.<br>12:30 p.m.<br>3:00 p.m.                          | <b>Sunday Worship</b> (Sanctuary)<br>Ghana Methodist Church (Sanctuary)<br>Al-Anon Family Group (Boardroom)                                                                                                |
| Monday<br>September 7         |                                                                | <b>Labour Day - Building and Office Closed</b>                                                                                                                                                             |
| Tuesday<br>September 8        | 11:00 a.m.<br>2:00 p.m.<br>5:00 p.m.<br>6:30 p.m.              | <b>Transitions Group</b> (Gathering area)<br><b>Reflective Crafting</b> (Chapel)<br>Elite Dance (Lower level hall)<br>All Points West Choir (Sanctuary)                                                    |
| Wednesday<br>September 9      | 9:00 a.m.<br>10:00 a.m.<br>2:00 p.m.<br>5:00 p.m.<br>7:00 p.m. | <b>Walkers &amp; Talkers: Walking</b><br><b>Walkers &amp; Talkers: Coffee</b> (Gathering area)<br>E2 Academy Cooking Class (Kitchen)<br>Elite Dance (Lower level hall)<br>Riverbend Men's Shed (Boardroom) |
| Thursday<br>September 10      | 10:00 a.m.<br>1:00 p.m.<br>4:00 p.m.<br>6:00 p.m.<br>7:30 p.m. | Not Falling for You (Lower level hall)<br>Not Falling for You (Lower level hall)<br><b>Wedding Rehearsal</b> (Sanctuary)<br>Men's Shed Meeting (Boardroom)<br><b>RUC Choir Rehearsal</b> (Sanctuary)       |
| Friday<br>September 11        |                                                                |                                                                                                                                                                                                            |
| Saturday<br>September 12      | 10:30 a.m.<br>3:00 p.m.                                        | Ghana Methodist Church Rehearsal (Sanctuary)<br><b>Chelsie Rita &amp; Trevor Fung wedding</b> (Sanctuary)                                                                                                  |
| <b>Sunday</b><br>September 13 | 10:30 a.m.<br>11:30 a.m.<br>12:30 p.m.<br>3:00 p.m.            | <b>Sunday Worship</b> (Sanctuary)<br><b>Welcome back Café</b> (Chapel)<br>Ghana Methodist Church (Sanctuary)<br>Al-Anon Family Group (Boardroom)                                                           |

**Riverbend United Church**  
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## SAVE THE DATE

**Free Community  
Connect Picnic**

**ALL ARE  
WELCOME!**

★ Riverbend United Church ★



Halal options available

**Sunday, September 27**  
12:00 noon to 3:00 p.m.

Ramsey Park

- come for hot dogs, snacks, bouncy castle & games
- all are welcome!
- RUC volunteers needed

# Riverbend United Church - News & Events

**Summer Worship** We are blessed with wonderful worship leadership into early September. Rev. Dr. Catherine MacLean will lead us on September 6<sup>th</sup> and Rev. Valerie will return to lead us in worship on Sunday, September 13<sup>th</sup>.

**Not Falling for You classes** start again on Thursday, **September 10<sup>th</sup>**. This year we will be offering 2 classes on Thursdays, register for either the 10:00 a.m. or 1:00 p.m. class. Please call the office at 780.430.7275 to register as the classes are also being offered to the broader community and may fill up quickly.

**RUC Care Team** The Care Team warmly welcomes you to join us for another conversation café. Join us on Sunday, **September 13<sup>th</sup>** following worship for a Welcome Back Café in the Chapel. Come and enjoy coffee, conversation and fellowship as we share our summer adventures. Take the time to reconnect and catch up with friends as we welcome one another back. All are welcome, we hope to see you there.

**Fall yoga classes** We are pleased to offer another session of Movement for Longevity (Rouleau) classes beginning Wednesday, **September 16** from 11:00 a.m. to 12:00 noon. The focus is building stability, strength and mobility through yoga poses and a variety of challenges. It's also an opportunity to build a better connection and understanding of your body. The classes will run until December 9 except for October 14<sup>th</sup> and November 11<sup>th</sup>. Please call the office at 780.430.7275 to register, the \$120.00 fee can be paid by cheque or by e-transfer. Please mention your payment is for the yoga class and note that registration fills up quickly.

**Men's Discussion and Walking Group** will meet again on Saturday **September 12** at 10:00 a.m. Hosted by David James and Dennis Nolan the group has transitioned from a walking group to more of a discussion group. The walk is optional following the 30-60 minute discussion where topics range widely and may include board games or cards. Meetings are currently scheduled weekly, but may switch to every 2 weeks. Interested? contact the office to join the email list to be notified if meetings change.

**Learn about YouthTREK**, a youth retreat for junior-high age students, happening in Camrose, AB from **October 23-25, 2026**. Led by Kevin Trautwein, Northern Spirit Region, this retreat is targeted at junior youth, senior youth are welcome as volunteer leaders. Cost: \$100/person (transportation not included), further subsidies may be available. Additional information or register at:

<https://app.amilia.com/store/en/chinook-pacific-uccan/shop/activities/6986436>



**Community Connect picnic** Mark your calendars and save Sunday, September 27<sup>th</sup> for a fun FREE family and community event. Join us in Ramsey Park from 12:00 noon to 3:00 p.m. for hot dogs (including vegan & halal and vegetarian), snacks, juice and water and a whole bunch of entertainment. Join the 3-legged race, participate in the potato sack contest or watch children enjoying the bouncy castle, face painting and balloon making. Join us and meet your neighbours. Many volunteers are needed to help make this a terrific success - please see the sign-up sheets in the narthex.

**Jazz & Reflections** Join Spirit of Hope United Church (7909 - 82 Avenue NW, Edmonton) on Sunday afternoons from 3:30 to 5:00 p.m. for a afternoon of great jazz, reflection and community. This fall's concerts feature:

- September 13 the Aretha Tillotson Quartet
- September 20 the Don Berner Quartet
- October 4 the PJ Perry Quintet
- October 18 the Alex Moxon Quartet
- October 25 the Shelley Jones Quartet

Admission is by donation at the door, refreshments will be served.