



# Riverbend United Church Announcements

March 16<sup>th</sup> to March 25<sup>th</sup>, 2018



Friday, March 16 <sup>th</sup>	8:30 am 7:00 pm 7:00 pm	E2 Academy (Boardroom & Meeting Room) Ghana Methodist Church (Chapel) <b>RUC Bridge Night (Lower level hall)</b>
 March 17	9:00 am 10:00 am 1:00 pm 7:00 pm	Little Kickers Soccer class (Lower level hall) Ghana Methodist Church (Boardroom) MacGregor Tutoring Services (Boardroom) <b>RUC Youth "Biblical Cake Decorating" (Lower level)</b>
Sunday, March 18 <sup>th</sup>	<b>10:30 am</b> <b>11:45 am</b> 12:30 pm	<b>Service</b> <b>Young Family Event (Lower level hall)</b> Ghana Methodist Church (Sanctuary)
Monday, March 19 <sup>th</sup>	8:30 am 10:30 am 3:30 pm 4:00 pm 6:30 pm 7:00 pm 7:00 pm	E2 Academy (Boardroom & Meeting Room) Southside Duplicate Bridge (Lower level hall) MacGregor Tutoring Services (Meeting Room) Discover Zone Coding (Boardroom) <b>Bell Choir rehearsal (Sanctuary)</b> 32nd Girl Guides (Lower level hall) Adult Literacy Group (Meeting Room)
Tuesday, March 20 <sup>th</sup>	8:30 am 1:30 pm 3:00 pm 3:30 pm 4:00 pm 7:00 pm 7:00 pm	E2 Academy (Boardroom & Meeting Room) <b>Spiritual Formation "Prayer blanket" (Chapel)</b> E2 Academy (Kitchen) McGregor Tutoring Services (Meeting Room) Elite Kids Dance (Lower level hall) Refugee Committee (Boardroom) <b>Spiritual Formation "Prayer blanket" (Chapel)</b>
Wednesday, March 21 <sup>st</sup>	8:30 am 10:00 am 10:30 am 3:30 pm 4:00 pm 6:00 pm 7:00 pm 7:00 pm	E2 Academy (Boardroom & Meeting Room) <b>Wednesday Walkers (Gathering Area)</b> E2 Academy (Kitchen) McGregor Tutoring Services (Meeting Room) Elite Kids Dance (Lower level hall) Tourette's Support group (Meeting room) Pathfinders (Boardroom) <b>Lenten Book Study (Chapel)</b>
Thursday, March 22 <sup>nd</sup>	8:30 am 10:30 am 12:30 pm 1:30 pm 3:30 pm 5:00 pm 7:00 pm 7:30 pm	E2 Academy (Boardroom & Meeting Room) <b>Devonshire Service (Offsite)</b> E2 Academy (Kitchen) <b>Spiritual Formation "Prayer blanket" (Chapel)</b> McGregor Tutoring Services (Meeting Room) Elite Kids Dance (Lower level hall) <b>Spiritual Formation "Prayer blanket" (Chapel)</b> <b>Choir rehearsal (Sanctuary)</b>
Friday, March 23 <sup>rd</sup>	8:30 am 10:00 am 4:00 pm 4:30 pm 7:00 pm	E2 Academy (Boardroom & Meeting Room) WeCan Food Basket pick-up (Kitchen) Make Tax Time Pay (Boardroom, Meeting Room & Library) WeCan Food Basket pick-up (Kitchen) Ghana Methodist Church (Chapel)
Saturday, March 24 <sup>th</sup>	9:00 am 9:00 am	Little Kickers Soccer class (Lower level hall) Make Tax Time Pay (Boardroom, Meeting Room & Library)
<b>Palm Sunday,</b> March 25 <sup>th</sup>	<b>10:30 am</b> 12:30 pm 4:30 pm	<b>Service &amp; Annual General Meeting</b> Ghana Methodist Church (Sanctuary) Art of Living Foundation yoga (Lower level hall)

**Riverbend United Church**  
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*Holy Week, Easter Services*

**Palm Sunday**  
March 25<sup>th</sup> 10:30 a.m.

**Seder Dinner**  
March 28<sup>th</sup> 7:00 p.m.

**Good Friday**  
March 30<sup>th</sup> 10:30 a.m.

**Easter Sunday**  
April 1<sup>st</sup> 10:30 a.m.



**Riverbend United Church Annual General Meeting**  
Palm Sunday, **March 25<sup>th</sup>** following the 10:30 a.m. service

## Riverbend United Church Community

**RUC Bridge night:** the next RUC bridge night is Friday, **March 16th**. Set up is at 6:30 and play starts at 7:00 p.m. If you wish to play, kindly email Kay Quon at [quonline@shaw.ca](mailto:quonline@shaw.ca).

**Seder Dinner: March 28th** Passover is the great Jewish feast of redemption and liberation, the memorial of the Israelites' deliverance from their bondage in Egypt. The word Passover means "deliverance," since in the story of the Exodus Yahweh "*passed over the houses of the children of Israel in Egypt*" (Ex. 12:27). Passover is a festival of great rejoicing, which reveals how God "*led us from captivity to freedom, from sadness to joy, from mourning to feasting, from servitude to redemption, from darkness to brilliant light.*" In the Christian tradition the Passover Seder is also believed to be when Jesus instituted the Eucharist. Gathered around the supper table with his disciples, Jesus told them, "*I have longed to eat this Passover with you before I suffer; because, I tell you, I shall not eat it again until it is fulfilled in the kingdom of God.*" Join us on Wednesday **March 28 at 6:00 p.m.** as Dr. Doug Spaner leads us through the traditional ritual of the Seder meal. This will be followed by a full meal that would be typically enjoyed in a Jewish home complete with Matzo ball soup, gefilte fish as well as beef brisket and dessert. Tickets are available in the office or after church: \$20/person, \$50/family, children 12 and under free. Please call Christine [780.435.0302](tel:780.435.0302) or [ens.christine@gmail.com](mailto:ens.christine@gmail.com) for questions.

**Gentle Yoga at Riverbend United:** Beginning **April 3rd**, Riverbend United Church will be hosting an 8-week "Gentle Yoga" class on Tuesday afternoons from 1:30 to 2:30 p.m. in the lower level hall. Registration deadline is March 30th, cost \$50.00, payable to Riverbend United Church. This class is geared to those who have no or limited yoga experience and/or may have experienced injuries or health problems. Our instructor, Carole Angeles, began her yoga journey over 18 years ago and teaches "in a way that makes it accessible to everyone, regardless of age, experience, or level of mobility." Her classes offer students a safe and supportive environment. Carole teaches full-time including Hatha, beginner yoga, all-levels yoga, chair yoga, and children's yoga, with experience as well in mindfulness, meditation and restorative-type practices. Please call the office at 780.430.7275 to register & bring a yoga mat.

**Refugee Life Jacket Project:** The Refugee Settlement Committee, with the approval of the Official Board, is committed to a new refugee project. We are endeavoring to supply 20 infant and 20 youth life jackets to Doctors Without Borders. This group has a rescue ship named Aquarius whose home port is Sicily, Italy. The ship's sole purpose is to rescue refugees on the high seas. It does so by identifying vessels carrying refugees and then sending zodiac boats out from the ship with a supply of life jackets that are immediately placed on those in

distress. Once safe with flotation devices, the zodiacs deliver the refugees to Aquarius where their medical needs are met. These life jackets are then reused to rescue other refugees. The Fundraising Committee for Doctors Without Borders would welcome the donation of **40 safety-approved life jackets** from Riverbend United Church. Although Doctors Without Borders has an adequate supply of adult life jackets, infant and youth life jackets are desperately needed. Questions? Please email David James at [dthej@hotmail.com](mailto:dthej@hotmail.com) or approach him after Sunday service. Life jacket donations can be placed in the baby crib in the narthex. Cash donations are also appreciated and can be left in the church office. Thank you!

**Calling all knitters or crocheters!** The Spiritual Formation Committee is knitting or crocheting 'prayer squares' or prayer shawls for Lent. Join us Tuesdays and Thursdays throughout Lent at 1:30 and / or 7:00 p.m. Interested? Please email Joanne Little at [littlejl@telus.net](mailto:littlejl@telus.net), Carolyn Miller at [carolynwmmiller@gmail.com](mailto:carolynwmmiller@gmail.com).

## Our broader community

**Retrouvaille Program** offers a lifeline for troubled marriages! Is your marriage in crisis? Communications problems? You are not alone. The next Edmonton Retrouvaille Program starts **March 16th, 2018**. Please email [info@helpourmarriage.ca](mailto:info@helpourmarriage.ca), call 587.598.4357 or click on [www.helpourmarriage.ca](http://www.helpourmarriage.ca) for additional information.

**Little Kickers Soccer Program** "*Planting the seeds for grassroots soccer*". Little Kickers offers soccer programmes that engage children through fun and creative play, and promotes the development of a wide range of early learning skills. The focus is very much on fun and offers informal professionally-run training classes for children ages 18 months to seven years of age. Check out [www.LittleKickers.ca](http://www.LittleKickers.ca) for more information or visit their Facebook group at: [www.facebook.com/littlekickersedmonton](https://www.facebook.com/littlekickersedmonton)

**Make Tax Time Pay** E4C is offering confidential tax preparation on **March 23rd & 24th** and **April 20th & 21st** at Riverbend United Church. Families must meet maximum income and other criteria. Please call 780.439.9394 for additional information, to make appointments, and to obtain a list of documents you will need to bring with you.