



# Knox United Church

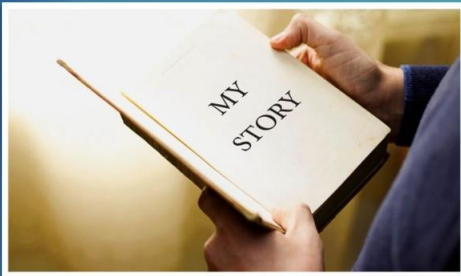
September 14, 2025

## NEWS & NOTES

**If you have a pastoral care emergency,  
please contact Rev. Richard Chung at 250-215-0703**

### Vodcast Series: "What I Wish I'd Known Earlier" (6 Episodes)

Some lessons come the hard way—but they don't have to. This series shares honest, funny, and faith-rooted truths we wish someone had handed us sooner—letters worth reading before life gets too complicated.



#### Episode 2 – "Your Past Is a Mess. That Doesn't Mean You Are."

We've all got chapters we'd rather skip. But what if the stuff you try to hide is the exact thing someone else needs to hear? This episode is about owning your story without shame, and learning how even the messy parts can lead to something honest, beautiful, and real.

### Fall Sermon Series: "Letters I Wish I'd Read Sooner"

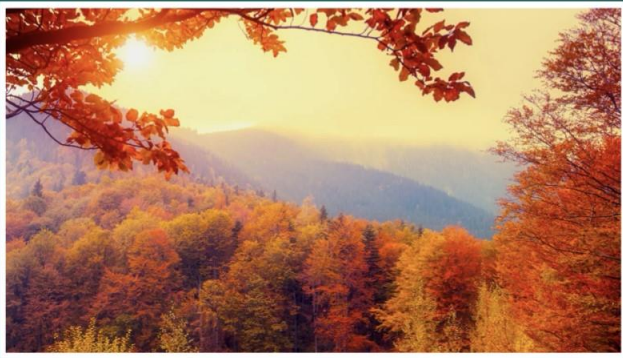
September 7 - October 12, 2025



Paul's letters aren't just ancient words—they're like notes from a mentor who's been through the fire and found God's grace. Over six weeks, we'll unpack these letters, filled with honest wisdom, encouragement, and truth about forgiveness, prayer, and keeping faith alive.

They're the kind of lessons we all wish we'd learned earlier, but they're still perfect for today. Let's open them together and see how they speak to our lives.





# DAILY MEDITATIONS

Easily catch up on, review or share the full Daily Meditations any time. Find them in video, text or printable format at [knoxvan.com](http://knoxvan.com)

## Knox Worship & Music: Try • Listen • Grow (September – November 2025)

With our organist's retirement, we're taking a thoughtful look at how music and worship serve our life together. **Each Sunday this fall**, our Minister and Worship/Music Director will **blend traditional elements with a few small, time-boxed "tries"** (e.g., a new chorus, a key/tempo adjustment, a global song, or a brief instrumental). Not every week will feature something new, and we **won't cover every style**—but across the season we'll listen, learn, and keep what helps our congregation **pray deeply and welcome widely**.

### Your part:

- **Sept 21<sup>st</sup> and 28<sup>th</sup>:** complete the 3 to 4 minute survey (paper in pews).
- **Any Sunday:** leave a quick comment at the listening table.
- **Nov 16:** come to the congregational conversation (60–75 min) to help set **Keep / Try / Tweak** priorities.

Thank you for leaning in with **patience, creativity, and outside-the-box imagination**—while honouring the traditions we cherish.

### Mini-FAQ:

#### *Are we changing everything?*

*No. We're adding small, time-limited pilots **alongside** our traditional core.*

#### *Will we test every style?*

*No. We'll sample a **representative mix**, not the whole universe. Please suggest ideas!*

#### *How do decisions get made?*

*A short-term Working Group gathers input and reports **Nov 23<sup>rd</sup>** to the Board & Worship Team with **Keep / Try / Tweak** recommendations.*

#### *How do I give feedback?*

*Fill out the **Sept 14<sup>th</sup>/21<sup>st</sup>** survey, stop by the **listening table**, use the email, and join the **Nov 16** conversation.*



## Knox United Church

5590 Balaclava St.,  
Vancouver, B.C. V6N 1L1  
P: 604-261-3747

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E: [knox5600@telus.net](mailto:knox5600@telus.net)  
Web Admin: [web@knoxvan.com](mailto:web@knoxvan.com)

Minister: Rev. Richard Chung  
Board Chairperson: Susan McAlpine  
Office Administrator: Sharon Bliss



### **Mission:**

**"We exist to love God and love our neighbours"**  
(Matthew 22: 36-40)

### **Vision:**

**"We aspire to engage our neighbours through the arts, building a community without loneliness"**





# What's Happening at Knox

## *Upcoming Services at Knox*

### September 14

**1 Timothy 1:12–17**

***"Tell the Truth About Your Past—  
Then Let Grace Do Its Thing"***

### September 21

**1 Timothy 2:1–7**

***"Pray for Everyone. Yes, Even Them"***

## Knox Weekly Calendar

Sept 14	10:00 am	Sunday Worship Service at Knox
	11:00 am	Fellowship Time
	3:00 pm	Sentimental Journey Big Band Concert <i>(Doors open at 2:30 pm)</i>
Sept 15	1:00 pm	Monday Afternoon Social
	7:00 pm	Rental: Alanon
Sept 16	7:00 pm	Rental: BC Therapeutic Touch Society
Sept 17	10:00 am	Coffee & Chat with Rev Richard
	3:00 pm	Rental: Acting UP! Musical Theatre
Sept 18	1:45 pm	Stretch & Strength - Senior's Fitness Class
	7:00 pm	Knox Choir Practice
Sept 20	9:00 am	Rental: UBC Choirs Choral Retreat <i>(All day rental)</i>
Sept 21	10:00 am	Sunday Morning Worship Service at Knox
	11:00 am	Fellowship Time



# Monday Afternoon Socials at Knox

It's  
Fun!

Everyone  
is  
Welcome!

Mondays, 1:00pm-4:00 pm

Painting

Puzzles

Bridge

Canasta

B  
O  
G  
A  
M  
E  
S  
R  
D

Coffee, Tea  
& treats

Arts &  
Crafts

## COFFEE AND CHAT WITH REV RICHARD

*In the privacy of the Knox Vestry*

Wednesdays  
10:00am-2:00pm

Feel free to drop in or call him at  
250-215-0703  
to schedule a time.

## Strength, Stretch & Balance

*Seniors' Fitness Classes at Knox*

Thursdays, 1:45 pm - 2:45 pm

For more information contact Knox at  
604-261-3747 or email: [knox5600@telus.net](mailto:knox5600@telus.net)

All Classes are Drop-in \$10 per week,  
Payable at Class (Debit, Credit, Cash)







# Upcoming Concerts

## Bob Copeman's Sentimental Journey Big Band Concert

**After 35 years, Bob Copeman's Sentimental Journey Big Band  
is hanging up their instruments with their  
Final Public Performance at Knox!**



**Sun. Sep 14th at 3:00 pm**

*Doors Open: 2:30 pm*

**Knox United Church  
5590 Balaclava Street, Vancouver**

*Parking available at rear of church*



**Suggested donation:  
\$20.00 per person**



*This is a benefit concert for Knox as a Thank You  
for the practice space during the summer.*



# Community Events



THE UNITED CHURCH OF CANADA FOUNDATION'S

## ANNUAL RECEPTION

VANCOUVER, BC

SEPTEMBER

**19<sup>th</sup>**

5:00-6:30PM

**OPUS VANCOUVER HOTEL  
MEETING ROOMS I & II  
322 Davie St, Vancouver, BC**

We look forward to the opportunity to connect with you and highlight the incredible work supported by the Foundation.

We have a great evening lined up focusing on a hopeful future for our United Church!

The event is free to attend and drinks and hors d'oeuvres will be served.

**Click [HERE](#) to RSVP today to let us know  
you're coming!**