



Knox United Church

October 5, 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 5 – "Your Spark's Still There. Let's Find It."

Ever feel like you used to be passionate, creative, alive—and now you're just... tired? Same.

In this one, we talk about how to recover what's been buried by fear, failure, or fatigue. Your spark didn't vanish—it just needs kindling. Let's start there.

SUNDAY LUNCH!



Join us on
Sunday, October 5th
for Lunch and Fellowship Time
following the Worship Service

DAILY MEDITATIONS

Easily catch up on, review or share
the Daily Meditations any time.
Find them in video, text or printable
format at knoxvan.com



THANKSGIVING NEWS!!

Will you be on your own on Thanksgiving this year?

Would you appreciate having a special turkey dinner prepared for you?

Traditional, single serving meals will be available for pickup on **Sunday, October 12th**, immediately following the Worship Service. These meals are being specially prepared by a local caterer and will be delivered to Knox for your convenience.

If you are interested in receiving a "Care Meal" this Thanksgiving, please fill out a "Care Meal" Card, which can be found in the Narthex. Alternatively, you can call the office directly at 604-261-3747 to place your order.

Please ensure we receive your request by **Oct. 8th** so we can finalize the order with the caterer.



Thanksgiving Food Donations

This Year's Thanksgiving food donations will go to:

Sch'eyk Housing Society

*540 Hastings St. E.
in downtown Vancouver.*

**Bring your donations with you on
Sunday, October 12th.**

**If you are unable to attend the service, please
contact the Office to arrange a delivery time during
the week.**

*Tax-receiptable donation envelopes are now available
in the Narthex.*



**Sch'eyk Housing Society helps directly support up to 50 households each month.
Many of the recipients are single seniors or single-parent households.**

Submissions for the Knox News & Notes

**If you wish to submit a notice to appear in the Knox News & Notes,
please email the Knox Office at knox5600@telus.net.**

The weekly deadline for submissions is Wednesday at Noon.

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

Complete the 3 to 4 minute survey
(Available during Coffee Hour)

ANY SUNDAY

leave a quick comment at the listening table.

NOV 16th

come to the congregational conversation (60–75 min)
to help set Keep / Try / Tweak priorities.



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 23rd to the Board & Worship Team with Keep / Try / Tweak recommendations.

How do I give feedback?

Fill out the Sept 21st / 28th survey, stop by the listening table, use the email, and join the Nov 16th conversation.

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



What's Happening at Knox

Knox Weekly Calendar

Oct 5	10:00 am	Sunday Worship Service (World Communion Sunday)
	11:00 am	Sunday Lunch and Fellowship Time
Oct 6	1:00 pm	Monday Afternoon Social
	7:00 pm	Rental: Alanon
Oct 7	1:00 pm	Healing Touch (by appointment)
Oct 8	10:00 am	Coffee & Chat with Rev Richard
	3:00 pm	Rental: Acting UP! Musical Theatre
Oct 9	ALL DAY	PARKING LOT UNAVAILABLE FOR FILM COMPANY RENTAL
	1:45 pm	Stretch & Strength - Senior's Fitness Class
	7:00 pm	Knox Choir Practice
Oct 12	10:00 am	Thanksgiving Sunday Worship Service
	11:00 am	Fellowship Time

Upcoming Services at Knox

October 5

(World Communion Sunday)

2 Timothy 1:1-14

You've Got a Spark. Don't Let It Die Out.

October 12

(Thanksgiving Sunday)

Philippians 4:4-9

Gratitude Isn't a Feeling. It's a Practice.

A colorful graphic for 'Monday Afternoon Socials at Knox'. The background is a gradient of purple, blue, and yellow. The title 'Monday Afternoon Socials at Knox' is written in a large, white, serif font, with 'at Knox' in a smaller font. Below the title, the text 'Mondays, 1:00pm-4:00 pm' is written in a white, sans-serif font. Several overlapping bubbles of various colors (purple, blue, green, yellow) contain text in different colors. The bubbles contain the following text: 'It's Fun!' (purple bubble), 'Bring Friends!' (yellow bubble), 'Canasta' (purple bubble), 'Arts & Crafts' (blue bubble), 'Bridge' (green bubble), 'Puzzles' (yellow bubble), 'Everyone is Welcome!' (blue bubble), 'Painting' (red bubble), 'Board Games' (red bubble), and 'Coffee, Tea & treats' (blue bubble).

Monday Afternoon Socials
Mondays, 1:00pm-4:00 pm

It's Fun! Bring Friends!

Canasta Arts & Crafts Bridge Puzzles

Everyone is Welcome! Painting Board Games Coffee, Tea & treats

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

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

For more information
contact Knox at 604-261-3747
or email: knox5600@telus.net



Community Events

St James' Anglican Church Music Series

Experience the unforgettable musical brilliance of

Manuel Piazza

the 2023 Sir Ernest MacMillan
Memorial Foundation Prize winner.

Wednesday, October 15, 2025

Event: 7:00 pm - 8:15 pm

Doors Open at 6:15 pm

303 East Cordova Street, Vancouver



CLICK HERE

for tickets
and
more information



Knox United Church

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Web Admin: 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"*