



Knox United Church

February 8, 2026

News & Notes

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

SACRAMENT OF BAPTISM



On February 8th, our congregation will expand by one, as Asher Merle Mindess, the son of Katherine Mindess and grandson of Joanne Melville and Sidney Mindess is baptized and welcomed into our community of faith.

Join the family for cake following the service.

**Floral Arrangement
placed in remembrance of
Lorraine and Ross McCarlie**

Forever in our hearts,

Daughter Heather McCarlie, son-in-law Jack Touhey,
Lorraine's God-daughter Anne Wigfield,
dear friend and husband to Anne, Don Wigfield.

Until we meet again.



UPCOMING SERVICES AT KNOX

February 8

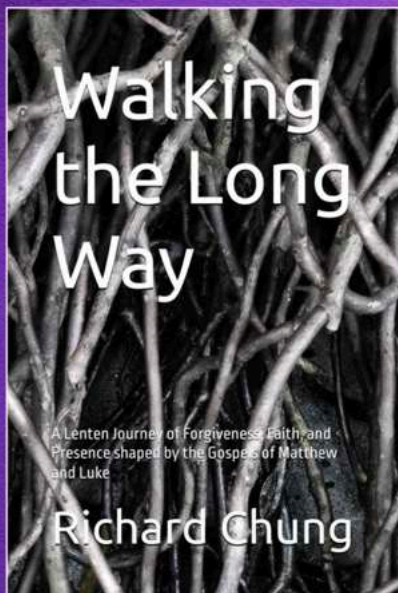
Matthew 5:13–20
"You Already Are"

February 15

Transfiguration Sunday
Matthew 17:1–9
"Interrupted by Glory"



Lenten Book Study



Rev. Richard Chung invites you to join him for a six-week Lenten Study.

“Walking the Long Way” is written for adult groups seeking a faith that is honest, unhurried, and grounded in lived experience.

This study invites participants into a slow journey of forgiveness, faith and presence, creating space for inward reflection and communal discernment – preparing the ground for Easter without rushing towards it.

Come and join Rev. Richard at 10am on Tuesday mornings, from February 24th to March 31st, in the Knox Vestry.

Books will be available for all participants at no cost. Kindle Editions are accessible for those who prefer a digital format, available through Amazon Canada.

Daily Meditations

Find them in video, text or printable format at knoxvan.com

LENT – EASTER SUNDAY

(February 22 to April 5)

Following Jesus in Real Time

Lent is not about becoming more religious. It's about noticing what actually happens when people encounter Jesus. These stories aren't neat. People argue with him. Misunderstand him.

Push back. Linger longer than expected. Sometimes they walk away changed—and sometimes everyone else gets more uncomfortable. This Lent, we slow down and pay attention to the details we usually rush past.



Kitchen Conversations with the Moderator



Join the Right Rev. Dr. Kimberly Heath for a six-part Lenten series exploring food, faith, and the power of invitation.

The series begins Shrove Tuesday, February 17th.

MORE
INFORMATION

WEEKLY
VIDEO

COFFEE AND CHAT WITH REV RICHARD

WEDNESDAYS 10:00AM-2:00PM

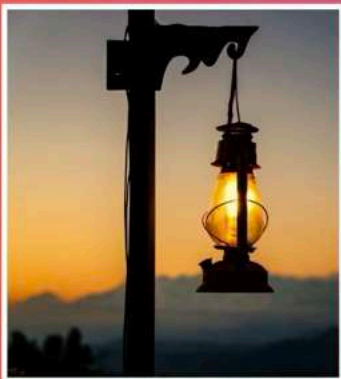
FEEL FREE TO DROP IN OR CALL HIM AT

250-215-0703

TO SCHEDULE A TIME.



VODCAST SERIES WITH REV. RICHARD **“Noticing the Light”**



For people who are thoughtful, tired, or quietly searching.

This series offers a gentle reflection on how clarity and meaning often arrive slowly—through ordinary moments, honest waiting, and paying attention to what’s already here.

Available on the Knox Website

2025 ANNUAL REPORT SUBMISSIONS

**Submissions are needed from all Committee
Chairs and Program Facilitators for the
2025 Annual Report.**

**Please email your report
to the Knox Office before Feb. 28th.**

**PLEASE NOTE,
THE 2026 ACM DATE IS MARCH 8TH.**



Knox Weekly Calendar



Feb 8 10:00 am **Sunday Worship Service** (*Sacrament of Baptism*)
11:00 am **Fellowship Time**

Feb 9 1:00 pm **Monday Afternoon Socials**
7:00 pm **Rental: Alanon**

Feb 10 10:00 am **Museum of Anthropology Bus Pickup**
5:00 pm **Rental: Chants Encounter**
7:00 pm **Rental: National Youth Choir**

Feb 11 10:00 am **Coffee & Chat with Rev Richard** (*Vestry*)
3:00 pm **Rental: Acting UP! Musical Theatre**

Feb 12 1:45 pm **Stretch & Strength Seniors Fitness Class**
7:00 pm **Knox Choir Practice**

Feb 15 10:00 am **Sunday Worship Service**
11:00 am **Sunday Lunch & Congregational Conversation**

SUNDAY LUNCH!



Following the Worship Service on
Sunday, February 15th,
join us for lunch and a congregational
conversation about the music survey,
our organ and organists.



Mark Your Calendars for these Important Upcoming Dates at Knox

FEBRUARY 15th - Following worship, an informal congregational discussion of Music Survey results, our Organ, and Organists. Lunch will be served.

FEBRUARY 22nd - After worship, we will hold a Special Congregational Meeting to discuss and approve the new Associate Minister job description. Timbits will be served (along with coffee and tea) to sustain us!

MARCH 8th - Annual Congregational Meeting. Lunch will be served.

MONDAY AFTERNOON SOCIALS!

1:00pm-4:00pm

at Knox



EVERYONE
IS
WELCOME!



Stretch, Strength & Balance

Seniors' Fitness Classes at Knox

Thursdays

1:45pm-2:45pm

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



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 United Church

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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"*

