



Knox United Church

February 15, 2026

News & Notes

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

LENT – EASTER SUNDAY

(February 22 to April 5)

Following Jesus in Real Time

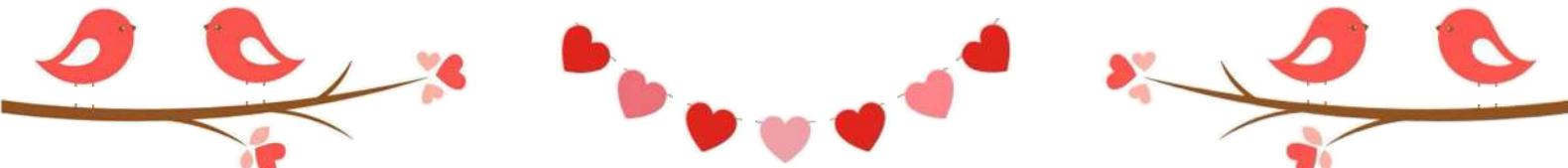
Lent is not about becoming more religious. It's about noticing what actually happens when people encounter Jesus. These stories aren't neat. People argue with him. Misunderstand him.

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.



NOTICE OF ANNUAL CONGREGATIONAL MEETING

THE 2026 KNOX ACM WILL BE HELD ON
SUNDAY, MARCH 8TH
FOLLOWING THE WORSHIP SERVICE.



UPCOMING SERVICES AT KNOX

February 15

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

February 22

Lent 1
Matthew 4:1-11
"Schemed"



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.

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.

Daily Meditations

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

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.

NOTE: This is also the first day of Daylight Savings. Set your clocks forward by 1 hour before you go to bed on March 7 so you won't miss the meeting.

Knox Weekly Calendar



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

Feb 16 **ALL DAY** **OFFICE CLOSED - Family Day**
7:00 pm **Rental: Alanon**

Feb 17 7:00 pm **Rental: BC Therapeutic Touch Society**

Feb 18 10:00 am **Coffee & Chat with Rev Richard (Vestry)**
3:00 pm **Rental: Acting UP! Musical Theatre**

Feb 19 1:45 pm **Stretch & Strength Seniors Fitness Class**
7:00 pm **Knox Choir Practice**

Feb 22 10:00 am **Sunday Worship Service**
11:00 am **Fellowship Time & Special Congregational Meeting**

SUNDAY LUNCH!



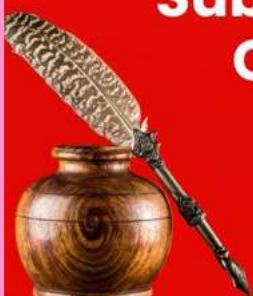
Following the Worship Service on Sunday, February 15th, join us for lunch and a congregational conversation about the music survey, our organ and organists.



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.





ASK Friendship Society

ASK IS PLEASED TO HOST CAREGIVERS FIRST: SUPPORT THE SUPPORTERS RESOURCE FAIR

When: Saturday, February 21st, 2026 at 10:00 am

Where: Dogwood Centre, 7405 Paulson Street

RSVP: caring@askcentre.ca

Connect with community organizations, discover caregiver supports and services, and enjoy light entertainment, presentations and engaging activities throughout the day.

Concurrent senior activities will be offered on-site, allowing caregivers to attend the resource fair with peace of mind.

Kitchen Conversations with the Moderator

**MORE
INFORMATION**

**WEEKLY
VIDEO**

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.



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

Knox United Church



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**Website: knoxvan.com
E: knox5600@telus.net
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**