



**Knox United Church**  
**February 22, 2026**  
**News & Notes**

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

**NOTICE OF ANNUAL CONGREGATIONAL MEETING**



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

**SUNDAY, FEBRUARY 22nd**

Join us after worship for a  
**Special Congregational Meeting**  
 to discuss and approve the new  
**Associate Minister job description.**

*Timbits (along with coffee and tea)*  
 will be served to sustain us!



**UPCOMING SERVICES  
 AT KNOX**

**February 22**

Lent 1

Matthew 4:1-11

"Schemed"

**March 1**

Lent 2 (*Communion*)

John 3:1-17

"After Dark Questions"



# 2025 ANNUAL REPORT SUBMISSIONS



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

**\*PLEASE NOTE NEW DEADLINE\***

Please email your report  
to the Knox Office by

**FEBRUARY 24<sup>TH</sup>**  
*or earlier if possible!*  
*Thank You!*

## 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.

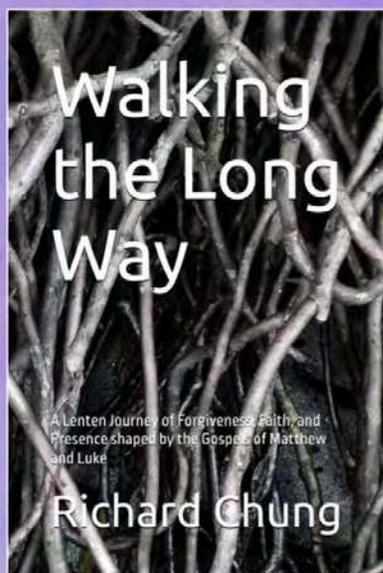
These stories aren't neat. People argue with him. Misunderstand him.

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.



## 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 24<sup>th</sup> to March 31<sup>st</sup>, 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.

# LENTEN VODCAST SERIES WITH REV RICHARD

## "Real Time"

7 episodes

Life rarely changes through clear answers or dramatic breakthroughs. This series explores what happens in real time—through interruption, awkward encounters, hard questions, moments of belonging and exclusion, grief, and unexpected connection that slowly reshape who we are.

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### Episode 1: February 25 "Too Good to Be True"

Not all temptation looks evil—some comes dressed as convenience, relevance, and quick fixes, asking us to trade trust for control without noticing what we're giving up.



## Daily Meditations

Find them in video, text  
or printable format at  
[knoxvan.com](http://knoxvan.com)

## Knox Weekly Calendar

- |        |          |   |
|--------|----------|---|
| Feb 22 | 10:00 am | Sunday Worship Service                              |
|        | 11:00 am | Fellowship Time<br>& Special Congregational Meeting |
| Feb 23 | 1:00 pm  | MondayAfternoon Social                              |
|        | 7:00 pm  | Rental: Alanon                                      |
| Feb 24 | 10:00 am | Lenten Book Study w/Rev. Richard                    |
|        | 5:00 pm  | Rental: Chants Encounter                            |
| Feb 25 | 10:00 am | Coffee & Chat with Rev Richard ( <i>Vestry</i> )    |
|        | 3:00 pm  | Rental: Acting UP! Musical Theatre                  |
| Feb 26 | 1:45 pm  | Stretch & Strength Seniors Fitness Class            |
|        | 7:00 pm  | Knox Choir Practice                                 |
| Mar 1  | 10:00 am | Sunday Worship Service                              |
|        | 11:00 am | Fellowship Time                                     |
|        | 3:00 pm  | Celebration of Life Service for Florence Humphries  |

# MONDAY AFTERNOON SOCIALS

It's  
Fun!

1:00pm-4:00pm

at Knox

Puzzles



Card  
Games



Painting



Arts &  
Crafts



Coffee, Tea  
& treats

# 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](mailto:knox5600@telus.net)



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](mailto: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.



## Knox United Church

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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"*