



Knox United Church
March 1, 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.**

**UPCOMING SERVICES
 AT KNOX**

March 1

Lent 2 (Communion)

John 3:1-17

"After Dark Questions"

March 8

Lent 3

John 4:5-42

"She Left the Jar"



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.

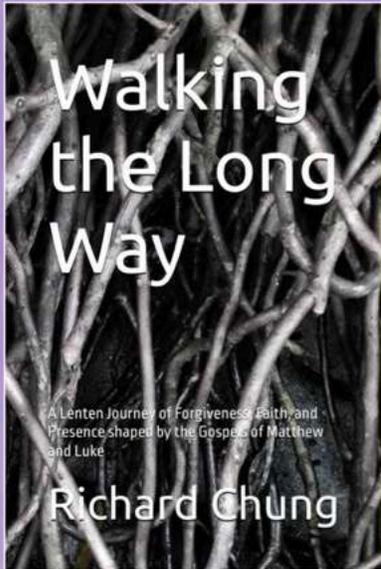
These stories aren't neat. People argue with him. Misunderstand him.

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 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

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.

Episode 2: March 4

"Questions That Don't Go Away"

Some questions are not meant to be answered quickly but lived with patiently, because clarity often grows through staying rather than resolving.



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.

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.

EPISODE 1:
Pancakes with Anna and Hanah

EPISODE 2:
Frittata with Julez

Knox Weekly Calendar

Mar 1	10:00 am	Sunday Worship Service
	11:00 am	Fellowship Time
	3:00 pm	Celebration of Life Service for Florence Humphries
Mar 2	1:00 pm	Monday Afternoon Social
	7:00 pm	Rental: Alanon
Mar 3	10:00 am	Lenten Book Study w/Rev. Richard
	1:00 pm	Healing Touch <i>(by appointment)</i>
Mar 4	10:00 am	Coffee & Chat with Rev Richard <i>(Vestry)</i>
	3:00 pm	Rental: Acting UP! Musical Theatre
Mar 5	1:45 pm	Stretch & Strength Seniors Fitness Class
	7:00 pm	Knox Choir Practice
Mar 8	2:00 am	DAYLIGHT SAVINGS - Spring Ahead One Hour
	10:00 am	Sunday Worship Service
	11:00 am	Fellowship Time
	11:30 am	ANNUAL CONGREGATIONAL MEETING

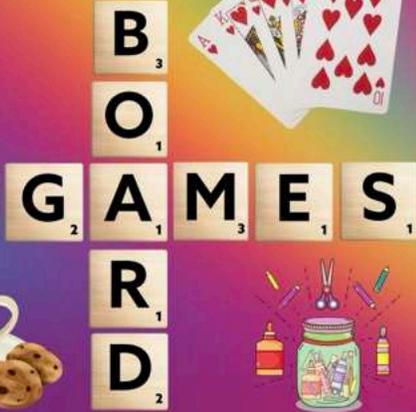
MONDAY AFTERNOON SOCIALS!

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



BEAUTIFUL CLASSICS FOR A SUNDAY AFTERNOON

Chaconne in G major, HWV 435
G. F. Handel

Impromptu in C minor, Op. 90 No. 1, D. 899
Franz Schubert

Chaconne from Partita No. 2 in D minor, BWV 1004
J. S. Bach / F. Busoni

Clair de lune
Claude Debussy

Concert Etude No. 3 "Un Sospiro"
Franz Liszt

Etude in F minor, Op. 10 No. 9
Etude in A-flat Major Op. 25 No. 1
Boléro, Op. 19
Frédéric Chopin

SUN | MAR 15 | 2pm

Pacific Spirit
United Church



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if you can't speak for
yourself



Kerrisdale Seniors
Centre, 5851 W BLVD
Date: Friday March 6
Time: 1 PM-3 PM

To Register

call: 604-558-5710

email: habrahamof@jfsvancouver.ca





Knox United Church

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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"*