



Knox United Church

March 8, 2026

News & Notes

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

2026 KNOX ANNUAL CONGREGATIONAL MEETING



Sunday, March 8th
at 11:30am
Following the Worship Service.

A light lunch will be served
before the meeting begins.



DAYLIGHT SAVINGS

SPRING AHEAD

AT 2:00am on

SUNDAY MORNING!

(March 8th)

***Don't forget to set your clocks AHEAD one
hour before going to bed on Saturday night !***

Daily Meditations

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

UPCOMING SERVICES AT KNOX

March 8

Lent 3

John 4:5–42

"She Left the Jar"

March 15

Lent 23

John 9:1–41

"When Healing Disrupts"



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 Appeal

This year, donations to the Lenten Appeal will go to support our Refugee Families.

Please use the special envelopes in the pews, online through the Knox Donation page, or e-transfer to knox5600@telus.net with a note in the message box.



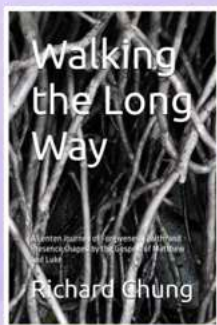
LENTEN VODCAST SERIES WITH REV RICHARD "Real Time"

Episode 3: March 11

"Drinking from the Same Well"



Feeling like you don't fully belong can follow you into every room, yet beneath our differences we are all drawing from the same deep human longings.



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.



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

EPISODE 3:
Chickpeas with Aaron

EPISODE 4:
Apple Pie with Sharon

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

Mar 9 1:00 pm Monday Afternoon Social
 7:00 pm Rental: Alanon

Mar 10 10:00 am Lenten Book Study w/Rev. Richard
 1:00 pm Healing Touch *(by appointment)*
 5:00 pm Rental: Chant Encounter

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

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

Mar 14 11:00 am Celebration of Life for Dr. Elliott Burnell *(Reception to Follow)*

Mar 15 10:00 am Sunday Worship Service
 11:00 am Fellowship Time

Knox Weekly Calendar



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.

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.

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

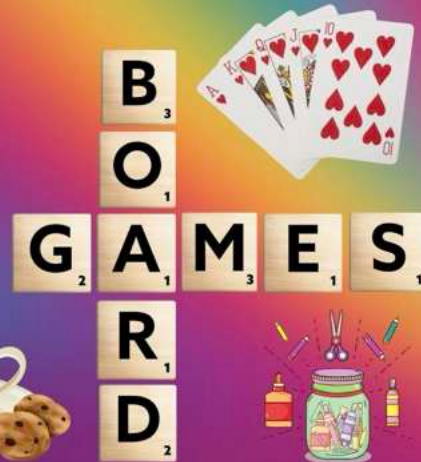
MONDAY AFTERNOON SOCIALS!

1:00pm-4:00pm

at Knox



**EVERYONE
IS
WELCOME!**



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"**





Upcoming Concerts At Knox

LA FIAMMATA

1 1 4
PIANO HOUR HANDS



LINDA RUAN
CHARISSA VANDIKAS

Experience an hour of profound
Romantic piano music composed for 4 hands:
Rachmaninov, Schubert, Chaminade & Saint-Saëns
5590 BALACLAVA ST, VANCOUVER
DOORS 2:30 PM PERFORMANCE 3:00 PM

TICKETS BY DONATION AT THE DOOR

SATURDAY, APRIL 12, 2026

