Knox United Church
March 15, 2026
News & Notes

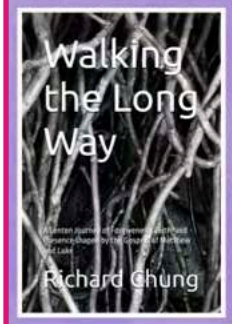
If you have a pastoral care emergency, please contact Rev. Richard Chung at 250-215-0703

Upcoming Services at Knox

March 15, 2026	March 22, 2026	March 29, 2026
Lent 4	Lent 5	Palm/ Passion Sunday
"When Healing Disrupts"	*"Jesus Weeps"*	*"The Wrong King"*
John 9:1–41	John 11:1–45	Matthew 21:1–11

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
- EPISODE 5: Cupcakes, Lemonade & Climate Faith



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.

Lenten Appeal

Lenten Appeal donations will go to support the Westside Churches Refugee Family Sponsorship Program.

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.

CLICK HERE FOR FOR MORE INFORMATION

COFFEE AND CHAT WITH REV RICHARD

In the privacy of the Knox Vestry

Feel free to drop in or call him at 250-215-0703 to schedule a time.

LENTEN VODCAST SERIES WITH REV RICHARD

"Real Time"

Episode 4: March 18
"When Seeing Changes Everything"

Moments of clarity don't always bring relief—sometimes they disrupt relationships, routines, and systems that were built on staying the same.

Knox Weekly Calendar

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
Mar 16	1:00	pm	Monday Afternoon Social
	7:00	pm	Rental: Alanon
Mar 17	10:00	am	Lenten Book Study w/Rev. Richard
	7:00	pm	Rental: BC Therapeutic Touch Society
Mar 18	10:00	am	Coffee & Chat with Rev Richard *(Vestry)*
Mar 19	7:00	pm	Knox Choir Practice
Mar 22	10:00	am	Sunday Worship Service
	11:00	am	Fellowship Time

Stretch, Strength & Balance

Seniors' Fitness Classes at Knox

NO CLASSES on MARCH 19th or 26th

Classes Resume on Thursday, April 2nd

MONDAY AFTERNOON SOCIALS!

1:00pm-4:00pm at Knox

EVEYONE IS WELCOME!

BOARD GAMES

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.

PULLING OUT ALL THE STOPS

MARCH 21, 2026 · 7.30 pm
St James' Anglican Church
303 E Cordova, Vancouver

Admission by Donation · please confirm your intention to attend by scanning the qr code below

TO CELEBRATE BACH'S BIRTHDAY

Scan the QR Code, or go online to confirm your intention to attend.

Spring Bridge Luncheon

Save the Date

the Stephen Lewis FOUNDATION

Mon May 4th, 2026
Shaughnessy Heights UC
1550 W 33rd Ave,
Vancouver

the heat will be on!

Grandmothers to Grandmothers

Now Accepting Rgistration & Payment
Cheque made out to South Van Gogos
Etransfer to Anne Earthy @ aearthy@telus.net
Anne will also accept cash.
$50.00 per person

South Van Gogos

All proceeds for the Grandmothers to Grandmothers Campaign.
grandmotherscampaign.org

LA FIAMMATA

1 PIANO | 1 HOUR | 4 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

Knox United Church

5590 Balaclava St.,
Vancouver, B.C. V6N 1L1
P: 604-261-3747

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