



# Knox United Church

## June 14, 2026

### News & Notes

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

## *Upcoming Services at Knox*

June 14, 2026

Psalm 100, Ecclesiastes 5:10–20  
*"When Enough Is Enough"*  
Presider & Preacher: Rev Richard Chung

June 21, 2026

Psalm 86, Ecclesiastes 7:1–14  
*"The Wisdom Hidden in Hard Days"*  
Presider & Preacher: Rev Richard Chung

## Associate Minister Search



We are seeking a vibrant, qualified person for an Associate Minister position.

**ASSOCIATE MINISTER  
JOB POSTING**

## New Sermon Series:

May 31 to June 28

### Ecclesiastes: "What Actually Lasts"

The book of Ecclesiastes speaks with rare honesty about life. It looks directly at the cycles of work, ambition, loss, wealth, and time—and asks the question many of us quietly carry: What actually lasts?

Written from the perspective of a seasoned observer of life, Ecclesiastes does not rush to easy answers.

Instead, it invites us to slow down, notice what is fleeting, and rediscover what gives life depth and meaning.





# Vodcast Series with Rev. Richard

## “What Actually Lasts: Reflections on Ecclesiastes and Italy Trip”

June 3 to July 1

A five-part series on Ecclesiastes — drawn from a recent trip to Italy. Richard’s honest, unhurried reflections on what actually lasts when nothing seems to stay.

### June 10: At the Plaza

*Sitting in a Roman plaza for two and a half hours, Richard discovers what the Italians know that the rest of us have forgotten — eternity is placed in the human heart, and it lands when we finally sit still long enough to receive it.*

## DAILY MEDITATIONS

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



## 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.



## KNOX TRIVIA

The room upstairs at Knox which currently holds worship supplies was previously used every Sunday for what other purpose?



*Last Week’s Answer: The Green Curtain, Lectern & Pulpit Hangings were donated by Paul Stagg*

June 14 10:00 am Sunday Worship Service  
11:00 am Fellowship Time

June 15 1:00 pm Monday Afternoon Social  
7:00 pm Rental: Alanon

June 17 10:00 am Coffee and Chat with Rev. Richard

June 18 1:45 pm Senior's Fitness Class  
3:00 pm Search team Meeting (Vestry)  
7:00 pm Knox Choir Practice

June 21 10:00 am Sunday Worship Service  
11:00 am Fellowship Time

## KNOX WEEKLY CALENDAR

## MONDAY AFTERNOON SOCIALS!

1:00pm-4:00pm  
at Knox

EVERYONE  
IS  
WELCOME!



## KNOX WEEKLY ACTIVITIES



## 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

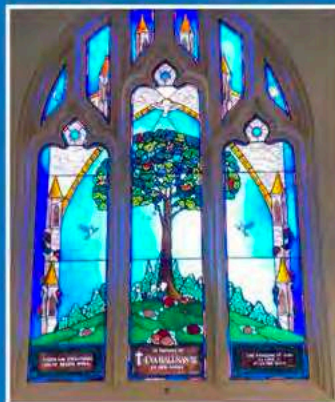


## Knox United Church

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

Website: [knoxvan.com](http://knoxvan.com)  
E: [knox5600@telus.net](mailto:knox5600@telus.net)  
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"*

If you wish to submit a notice to appear in the Knox News & Notes, please email the Knox Office at [knox5600@telus.net](mailto:knox5600@telus.net). The weekly deadline for submissions is Wednesday at Noon.



## Acting UP! Musical Theatre presents "SHREK JR" at METRO THEATRE

[CLICK HERE FOR TICKETS](#)

Friday, June 12th at 7:00pm  
and Saturday, June 13th at 2:00pm & 7:00pm

Tickets: \$27  
(price includes all fees and taxes)

Acting UP! Musical Theatre is a group of young performers in grades 6-10. They rehearse at Knox once a week from September to June, bringing music, fun and youthful energy to the Sanctuary space. The students love working at Knox and are excited to show you what they've accomplished this year! We hope you can come out and support this amazing group of young people!



## Better at Home

### Bike Rides

Join us for a relaxing and enjoyable bike ride around the beautiful UBC area with 'Vancouver Cycling Without Age'!

Enjoy fresh air, lovely scenery, and great company while friendly volunteers do the pedaling from the comfort of a special trishaw bike.

*Ride Dates: June 10 & 24,  
July 15 & 29  
August 12 & 26*

*Pick Up Location: Knox United Church, 5590  
Balaclava St.*

*Time: 10am-1pm*

entry fee  
\$10

To register  
Call: 604.637.3310  
Email: [mtehrani@jfsvancouver.ca](mailto:mtehrani@jfsvancouver.ca)



United Way helping seniors remain independent.

## First United Church 'New Building' Tours and Volunteer Opportunities

We are taking the opportunity, before we open to the public, to give donors and volunteers a look through the building. This is a 45-minute tour with coffee and discussion afterwards.

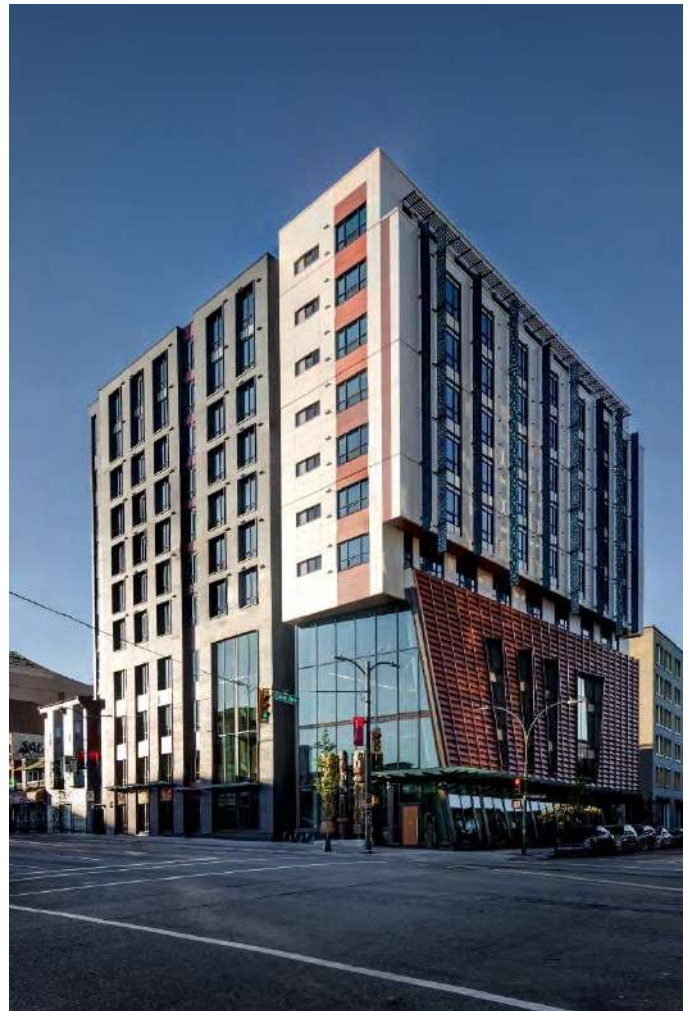
If you are interested in attending, please register online at:

<https://www.eventbrite.ca/e/first-united-site-tour-tickets-1991133361484?aff=oddtcreator>  
so we know how many people to expect.

Available tour dates:   Thursday, June 18<sup>th</sup> at 2:00 pm  
                                  Friday, June 19<sup>th</sup> at 10:00 am

We are also recruiting volunteers both as individuals and groups. If you are interested, please contact our Volunteer and Special Projects Manager, Mercedes Dunphy, at [mdunphy@firstunited.ca](mailto:mdunphy@firstunited.ca)

Thank you and your entire community for your tremendous support of our work in the Downtown Eastside.



# I HAVE A QUESTION



## SUMMERSPIRIT 2026 SUNDAYS AT 10:00 AM

**July 5, July 12 and July 19**  
at Pacific Spirit United Church  
2195 W. 45th Avenue

**July 26, August 2 and August 9**  
at Shaughnessy Heights United Church  
1550 W. 33rd Avenue

**August 16, August 23 and August 30**  
at Knox United Church  
5590 Balaclava Street

**September 6**  
at Marpole St. Stephen's United Church  
1296 W. 67th Avenue