



# Knox United Church

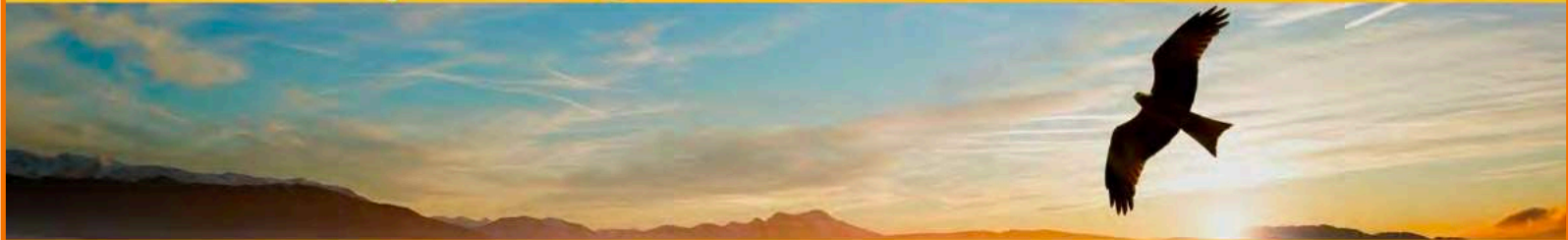
## June 21, 2026

### News & Notes



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

## *Upcoming Services at Knox*



**June 21, 2026**

**June 28, 2026**

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

**Psalm 13, Ecclesiastes 12:1-7**  
**"Before the Light Fades"**  
Presider & Preacher: Rev Richard Chung

## SUMMER SPIRIT SERVICES

July 5th - September 6th  
At 10:00am

### 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



# Slow Wisdom

A New Newsletter from Rev. Richard



Some of you know Richard published Red Bean Buns earlier this year.

He's now writing a weekly newsletter, *Slow Wisdom* — short reflective pieces drawn from his own story: family, faith, immigration, the ordinary moments where meaning hides. Honest, often funny, never preachy.

[CLICK HERE TO READ & SUBSCRIBE](#)

Free to Subscribe.

# 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

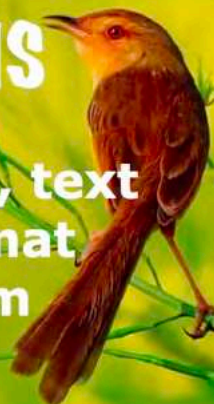
A five-part series on Ecclesiastes — drawn from a recent trip to Italy. Richard's honest, unhurried reflections on what actually lasts when nothing seems to stay.

### June 17: Twenty-Five Cruises

*A chance conversation with a couple on their twenty-fifth cruise reveals the line Ecclesiastes draws — between receiving the gift and chasing the feeling.*

# 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.

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

**June 22 1:00 pm Monday Afternoon Social**  
**7:00 pm Rental: Alanon**

**June 23 7:00 pm Rental: BC Therapeutic Touch Society**

**June 24 10:00 am Coffee and Chat with Rev. Richard**

**June 25 10:30 am Board Meeting**  
**1:45 pm Senior's Fitness Class**  
**7:00 pm Knox Choir Practice**

**June 28 10:00 am Sunday Worship Service**  
**11:00 am Sunday Lunch and 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 TRIVIA**

**Who donated the Kawai Grand Piano that sits in the Chancel?**



**Last Week's Answer: The room upstairs at Knox which currently holds worship supplies was previously used every Sunday as a counting room for the morning offerings.**



**acting UP!**  
musical theatre  
**Thank You Knox!**

A very sincere thank you to the Knox Congregation for all the support you have given to Acting UP! over the years. It was wonderful to see so many people from Knox at our performances of Shrek Jr at Metro Theatre this past weekend!

You may not see many children here on Sunday mornings, but on Wednesday afternoons and evenings, know that the Knox Sanctuary is filled with youthful enthusiasm and joyful voices!

We are so grateful to Knox for providing a safe place for these young students to grow, learn and gain confidence in themselves!



## 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)



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



## Knox United Church

**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"*