



# Knox United Church

## June 28, 2026

### News & Notes

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

## SUMMER SPIRIT SERVICES

July 5th - September 6th

At 10:00am

See Schedule Below for Worship Service Locations

### 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

## DAILY MEDITATIONS

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



# Vodcast Series with Rev. Richard

**"What Actually Lasts:  
Reflections on Ecclesiastes and Italy Trip"**

*June 3 to July 1*



## June 24: The Worn-Down City

Sicily looked nothing like the postcard — tired, peeling, half-empty. Inside an old cathedral, Richard sits with the wisdom only the hard days can teach.

# 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.

## KNOX WEEKLY CALENDAR

- June 28 10:00 am Sunday Worship Service  
11:00 am Sunday Lunch & Fellowship Time
- June 29 1:00 pm Monday Afternoon Social  
7:00 pm Rental: Alanon
- July 1 ALL DAY OFFICE CLOSED - Canada Day
- July 2 1:45 pm Senior's Fitness Class
- July 5 10:00 am Summer Spirit Service at Pacific Spirit United Church



# Sunday Lunch

Join us for lunch on  
Sunday, June 28th  
at 11:00am

*Following the Worship Service.*



## What's Happening at Knox this Summer?

A variety of maintenance work will be happening at Knox this summer including installation of a new carpet, work on the electrical system as well as work on our organ. We also have several rental groups that will be using the space so there will be lots of activity!

If you need to use the space for anything, please make sure you check with Sharon Bliss in the office so she can make sure it works with the schedule!



## KNOX TRIVIA

In anticipation of our new carpet being installed this summer...what was the original colour of the carpet in the Sanctuary?

Last Week's Answer: The Kawai Grand Piano that sits in the Chancel was donated by Judy Echols.

## 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

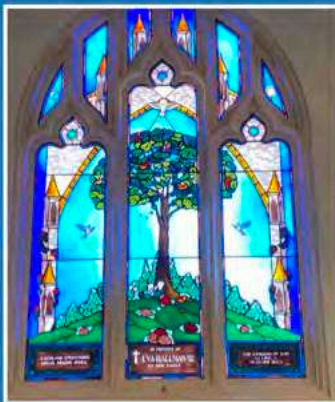


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Minister: Rev. Richard Chung  
Board Chairperson: Susan McAlpine  
Office Administrator: Sharon Bliss

## 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"