



Knox United Church

July 12, 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

I HAVE A QUESTION

SUMMER SPIRIT 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

Drivers Available

If you need a ride to any of the SummerSpirit Services,
please contact Richard Dusterville or Dave Cass.



SUMMER OFFICE HOURS AT KNOX

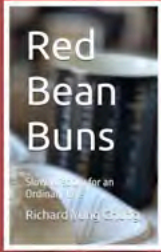
During the summer months, the Knox Office
will be open on Fridays from 10:00am-2:00pm.



The answering machine will be checked regularly but if you have a pastoral
emergency, please contact Rev Richard Chung at 250-215-0703



Listen, Read & Chat with Reverend Richard this Summer!



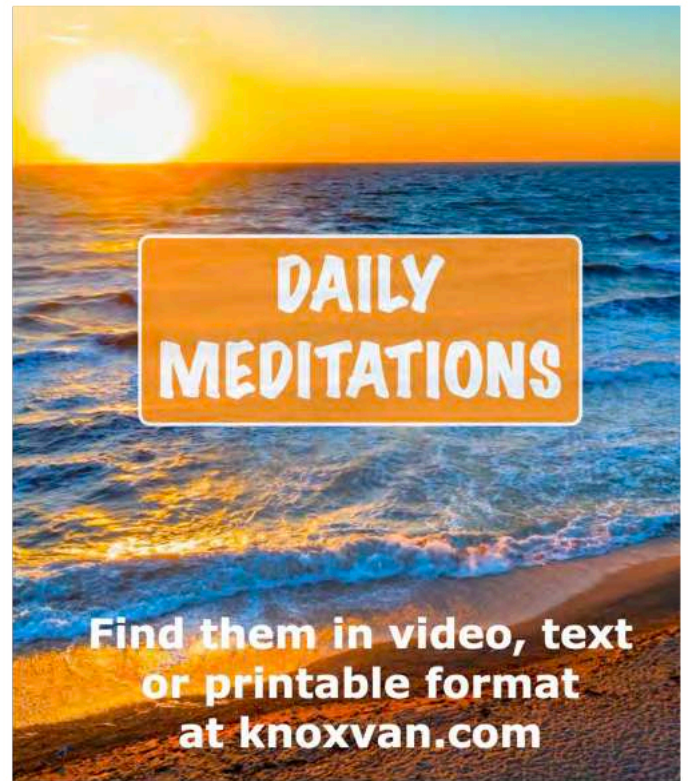
Red Bean Buns Reading Series

Beginning this summer and continuing into the fall, Richard reads his book *Red Bean Buns* aloud, one chapter at a time — sixteen short reflections on family, faith, and the ordinary moments where meaning quietly hides.

A new chapter each week; come along for the whole journey or drop in whenever you can.

This week
(July 15)

Red Bean Buns, Chapter 2: Can I Help You?



DAILY MEDITATIONS

Find them in video, text
or printable format
at 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.

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.

July 12 10:00 am SummerSpirit at Pacific Spirit United Church

July 13 1:00 pm Monday Afternoon Social
7:00 pm Rental: Alanon

July 14 1:00 pm Healing Touch *(by appointment)*

July 15 9:00 am Rental: Brock House Big Band
10:00 am Coffee & Chat with Rev Richard

July 16 1:45 pm Senior's Fitness Class

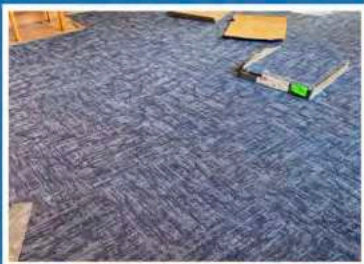
July 19 10:00 am Summer Spirit at Pacific Spirit United Church

KNOX WEEKLY CALENDAR

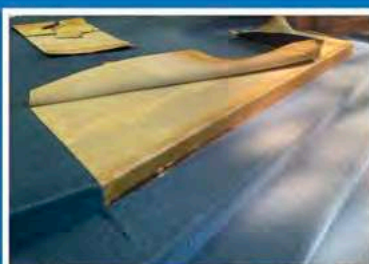
The Carpet is Getting Replaced!



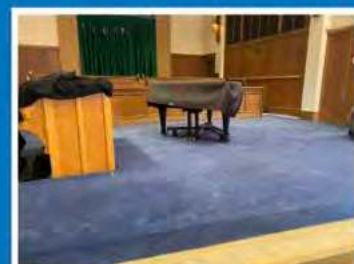
Preparing the Narthex



Looking good!



Out with the old...



...In with the new!

There's still lots of work to be done so if you're at Knox over the next few weeks, please enter carefully! We'll post full photos when the job is all complete!

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

There's a plaque on the back wall of the Sanctuary...

Last Week's Answer:
 The Stained Glass Window in the Narthex is dedicated in memory of Mary LePage (1906-1987)

The inscription reads:
 "I was a stranger and you welcomed me" Matthew 25:35



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.

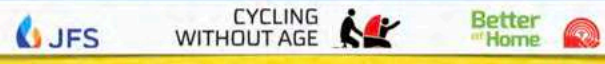
Ride Dates: June 10 & 24,
 July 15 & 29
 August 12 & 26

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



Are you looking for something different to try this summer?

Sign up for a fun trishaw bike ride!

Sit back and enjoy the scenery while volunteers do all the pedalling!

Pick up location is at Knox United Church.

See poster for dates and times.



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"