



Knox United Church

July 19, 2026

News & Notes

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

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

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.





Caring Cards

Sunday, July 26

(After Worship Service at Shaughnessy Heights United)

Join us after the service to write/create cards for isolated Vancouver residents who may be in a care facility or homebound (VPL uses the wording 'isolated seniors').

There will be some blank greeting cards, craft supplies ie. pens, markers, paper available, but if you have extra supplies at home (*no glitter please*) feel free to bring them along. You can also bring photos of beautiful places, spaces, or art to turn into cards.

This is a program administered/run by the Vancouver Public Library

[Click Here
for More Information](#)

Carpet Installation Update



The remaining sections of carpet will be installed on Monday July 20th & Tuesday July 21st!

That means there are still quite a few tripping hazards around the Sanctuary until the work gets completed. So if you are at Knox, please enter carefully!

We'll be sharing a collection of photos in the News & Notes next week once the job is complete!

Then it's on to electrical upgrades and organ repairs...a busy summer!

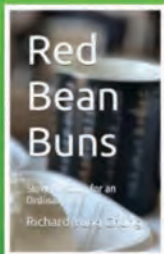
KNOX WEEKLY CALENDAR

July 19	10:00	am	SummerSpirit at Pacific Spirit United Church
July 20	ALL DAY		Carpet Installation
	7:00	pm	Rental: Alanon
July 21	ALL DAY		Carpet Installation
	7:00	pm	Rental: BC Therapeutic Touch Society
July 22	9:00	am	Rental: Brock House Big Band
	10:00	am	Coffee & Chat with Rev Richard
	6:00	pm	Rental: LAB Choir
July 23	1:45	pm	Senior's Fitness Class
July 26	10:00	am	SummerSpirit at Shaughnessy Heights United Church





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 22)
Red Bean Buns,
Chapter 3:
Pain Is Everything.

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.

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

Do you know the history of the shelves and benches
in the Narthex?



Last Week's Answer:

The plaque on the back wall of of the Sanctuary is dedicated...

"To The Glory of God and in Grateful Memory of Thomas David Thompson who worked unceasingly for the Sunday School for this Church and the Welfare of the Community". Erected December, 1940



Trivia Ideas Wanted!



If you know any interesting facts or history about Knox,
please contact Sharon or Anne in the Knox Office so we can
share it with the congregation in our weekly Trivia Segment!





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



CYCLING
WITHOUT AGE



Better
at Home



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.

We had a great group come out for the bike ride on July 15th!

The next one is scheduled for Wednesday, July 29th so come out and enjoy the ride!



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"