



# Knox United Church

## July 26, 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.



[Click Here  
for More Information](#)

## 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

# Carpet Update

We had promised more photos this week but it turns out there's still a bit more work to do before the carpet installation is complete. But it's looking great so far! We'll keep you updated and will post more photos when everything is done!

Until then, please be careful if you're entering the Sanctuary as there are still a few hazards around.



## Listen, Read & Chat with Reverend Richard this Summer!

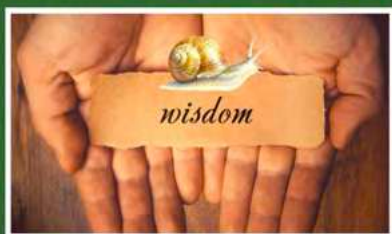
### DAILY MEDITATIONS

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



### 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.

### Red Bean Buns

Some reflections for an  
Ordinary Year  
Richard L. Lenz

### 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 29)

**Red Bean Buns,  
Chapter 4:  
Be A Good Boy**

# 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



## KNOX WEEKLY CALENDAR

July 26 10:00 am SummerSpirit at Shaughnessy Heights United Church

July 27 1:00 pm Monday Afternoon Social  
7:00 pm Rental: Alanon

July 29 9:00 am Rental: Brock House Big Band  
6:00 pm Rental: LAB Choir

July 30 1:45 pm Senior's Fitness Class

Aug 2 10:00 am SummerSpirit at Shaughnessy Heights United Church



## 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 was the Organist at Knox in the 1950's & 1960's?  
*Many thanks to Bill Longstaff for this week's trivia question!*



## Last Week's Answer:

*The shelves and benches in the Narthex were built by John Bird Designs, from salvaged material. They were funded from the "Ruth Schafer Fund".  
Ruth was a long time member of Knox.*



### 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)



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.*



## Knox United Church

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

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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"**