



Knox United Church

July 5, 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

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.

Vodcast Series with Rev. Richard

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

June 3 to July 1



July 1: Vivaldi in Venice

A small theatre, music written three hundred years ago, and the Teacher's final word — remember. What lasts is what we allowed ourselves to receive while we were here.

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 8) — *Red Bean Buns*, Chapter 1: The New Shirt

Red Bean Buns

Slow Wisdom for an Ordinary Life
Richard Yung Chung

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.

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 5 10:00 am SummerSpirit at Pacific Spirit United Church

July 6 ALL DAY Carpet Removal
7:00 pm Rental: Alanon (Vestry)

July 7 ALL DAY Carpet Removal

July 8 9:00 am Rental: Brock House Big Band
10:00 am Coffee & Chat with Rev Richard
5:00 pm Rental: LAB Choir

July 9 1:45 pm Senior's Fitness Class

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

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!

**MONDAY AFTERNOON
SOCIALS!**
1:00

Cancelled this week due to
Carpet Replacement

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





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

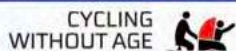
Pick Up Location: Knox United Church, 5590

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 TRIVIA

Who is the Stained Glass window in the Narthex dedicated to?

Last Week's Answer:

The original colour of the carpet in the Sanctuary was RED.
The choir gowns were red too!



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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"