



Knox United Church

August 16, 2026

News & Notes

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

SUMMER SPIRIT SERVICES

I HAVE A QUESTION



July 5th - September 6th
at 10:00am

Next Service:

Sunday, August 16th
at Knox United Church

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



[Click Here
for More Information](#)

Caring Cards

Sunday, August 16th

(After Worship Service at Knox United Church)

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



Knox Needs You!

As we look ahead to the coming ministry year, the Board is working to strengthen some of the structures that support the life and ministry of Knox.

We're currently seeking members who may be willing to serve on a Ministry & Personnel Committee (M&P), as well as people who would consider joining the Board.

As we lean into transitions in leadership, and as we work at building congregational growth and capacity, these roles will be rewarding ones. A commitment of even just a year could make a big difference for Knox at this time.

These are significant ways of supporting our staff, strengthening communication, and helping Knox prepare well for the future. If you would like to learn more about either opportunity, please speak with Susan or another member of the Board.

Thank you!



"The Knox Board"

The **Board** provides overall governance, spiritual discernment, and strategic leadership for the church, meeting (generally) once monthly for up to 2 hours by Zoom or in person. Informational emails are shared regularly.

Our ideal folks are willing to serve for at least 1 year, and no experience is needed. Ideally, you bring gifts of faith, collaboration, confidentiality, and innovative / high-level thinking skills.



"MINISTRY & PERSONNEL" (M&P)

A role on **M&P** includes getting to know our staff on a deeper level, acting as a confidential resource for human resources matters (no prior experience needed, training is provided).

The team works to build healthy relationships and resolve concerns between the congregation and staff. M&P also guides performance reviews, job descriptions, and staff evaluations. The workload will fluctuate, but the role is an important and meaningful one. We're hoping to find at least 2 people who can commit to at least 1 year on the team.

SUMMER OFFICE HOURS AT KNOX

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

Drivers Available

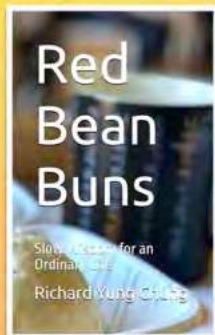


If you need a ride to any
of the SummerSpirit
Services, please contact
Richard Dusterville or
Dave Cass.



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 (August 19)
Red Bean Buns, Chapter 7: Child of God

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.



[CLICK HERE TO READ &
SUBSCRIBE](#)

Slow Wisdom - A Weekly Newsletter from Rev. Richard

Short reflective pieces drawn from his own story: family, faith, immigration, the ordinary moments where meaning hides. Honest, often funny, never preachy. It's free to subscribe.

Aug 16 10:00 am SummerSpirit at Knox United Church

Aug 17 1:00 pm Monday Afternoon Social

7:00 pm Rental: Alanon

Aug 18 7:00 pm Rental: BC Therapeutic Touch Society

Aug 19 9:00 am Rental: Brock House Big Band

10:00 am Coffee & Chat with Rev Richard (Vestry)

6:00 pm Rental: LAB Choir

Aug 20 1:45 pm Senior's Fitness Class

Aug 23 10:00 am SummerSpirit at Knox United Church



KNOX WEEKLY CALENDAR

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

How many stained glass windows does Knox have?

Last Week's Answer:

A fire destroyed the old Fellowship Hall in 1975.
It stood where our current parking lot is today!



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 pedalling 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.

**Final ride for the summer is on
Wednesday, August 26th**



POP-UP RECYCLING EVENT



When: Saturday, August 22, 2026
10 am - 1 pm

Where: Magee Secondary School,
6360 Maple Street
(in parking lot)

Questions: reduce.waste@vancouver.ca

For accepted items and event details, visit:
vancouver.ca/recycling-pop-up

DROP OFF THESE
ITEMS FOR REUSE
OR RECYCLING



Flexible plastics are also
accepted at this event.

Knox United Church



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

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"*

Website: knoxvan.com
E: knox5600@telus.net
Web Admin: web@knoxvan.com

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



Submissions for the Knox News & Notes

If you wish to submit a notice to appear in the
Knox News & Notes,
please email the Knox Office at knox5600@telus.net.

The weekly deadline for submissions is
Wednesday at Noon.

