



Knox United Church

August 2, 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 (August 5)
Red Bean Buns, Chapter 5: Habujee.

DAILY MEDITATIONS

Find them in video, text
or printable format
at knoxvan.com



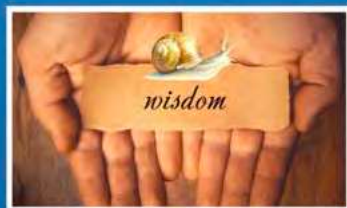
COFFEE AND CHAT WITH REV RICHARD

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.

KNOX WEEKLY CALENDAR

- Aug 2 10:00 am SummerSpirit at
Shaughnessy Heights United Church**
- Aug 3 ALL DAY OFFICE CLOSED - BC DAY
7:00 pm Rental: Alanon**
- Aug 4 1:00 pm Healing Touch *(by appointment)***
- Aug 5 9:00 am Rental: Brock House Big Band
10:00 am Coffee & Chat with Rev Richard *(Vestry)*
6:00 pm Rental: LAB Choir**
- Aug 6 1:45 pm Senior's Fitness Class**
- Aug 9 10:00 am SummerSpirit at
Shaughnessy Heights United Church**



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.

**The next ride is on
Wednesday, August 12th**



KNOX TRIVIA

Who worked in the Knox Office before Sharon & Josie?

*Many thanks again to Bill Longstaff
for this week's trivia question!*



Last Week's Answer:

The Knox Organist in the 1950's & 1960's was Jack D.B. Ellis



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!

Ideas for the News & Notes

Are there any other things you would like to see in your weekly Knox News & Notes? If you have ideas, send them to us and we'll see what we can do!



Knox United Church

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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"*