



# Knox United Church

## August 30, 2026

### News & Notes

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

## SUMMER SPIRIT SERVICES



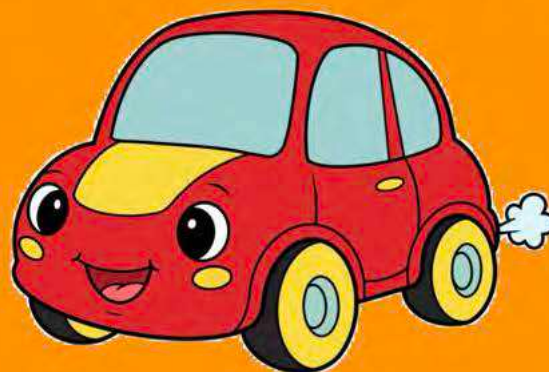
**SUMMER SPIRIT 2026  
SUNDAYS AT 10:00 AM**

**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

**Next Service: Sunday August 30th  
at Knox United Church**

## Drivers Available



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

## KNOX CHOIR PRACTICE RESUMES

Choir Practice gets underway, on Thursday, September 10, from 7:00 to 8:00 pm.

We meet in the Knox chancel space and then again on Sunday mornings at 9:15 am before the 10:00 am Sunday service.

We are always pleased to welcome new singers to the group. If you are not sure what vocal part you would be we can figure that out along the way! Speak to Colleen if you are interested!



# Welcome Back Sunday

Join us as Knox resumes our regular Sunday services on  
Sunday, September 13th.



*Lunch will be served  
Following the Worship Service.*



## 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.



### "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.

# Listen, Read & Chat with Reverend Richard



## 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**  
(September 2)

**Chapter 9:**  
**Enough to Carry**



## 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.

[CLICK HERE TO READ & SUBSCRIBE](#)

## 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

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

- Aug 30 10:00 am SummerSpirit at Knox United Church**
- Aug 31 1:00 pm Monday Afternoon Social**  
**7:00 pm Rental: Alanon**
- Sept 1 1:00 pm Healing Touch (by appointment)**
- Sept 2 10:00 am Coffee & Chat with Rev Richard (Vestry)**  
**6:00 pm Rental: LAB Choir**
- Sept 5 11:00 am Rental: Knox LAB Choir Rehearsal**  
**4:00 pm Knox LAB Choir Concert (doors open at 3:30)**
- Sept 6 10:00 am SummerSpirit at Marpole United**

**MONDAY AFTERNOON  
SOCIALS!**  
**1:00pm-4:00pm**  
**at Knox**

**EVERYONE  
IS  
WELCOME!**

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## KNOX WEEKLY ACTIVITIES



## Stretch, Strength & Balance

Seniors' Fitness Classes at Knox

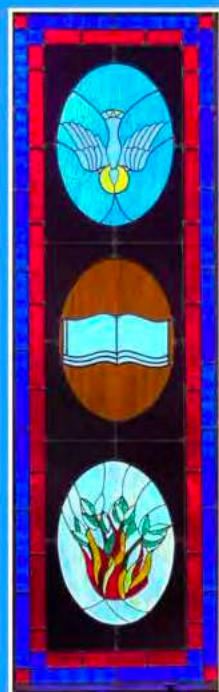
**NO CLASSES**

**on August 27<sup>th</sup> or September 3<sup>rd</sup>.**

**Classes resume on  
September 10th**



For more information  
contact Knox at 604-261-3747  
or email: [knox5600@telus.net](mailto:knox5600@telus.net)



## KNOX TRIVIA

Knox Trivia will be taking a break this week but will return for our Welcome Back News & Notes on September 13th.

In the meantime, if you have trivia ideas or other interesting stories about Knox's history, please share them with Anne or Sharon in the Knox Office!

## Last Week's Answer

With the Chapel currently serving as the Knox Office, many of you don't get a chance to see the beautiful Stained Glass Windows in there.

They represent a variety of stories from the Bible but instead of us telling you which ones, we've posted photos so you can see them for yourselves. Enjoy!

# Upcoming Concerts at Knox

knox lab choir



## SHELTER

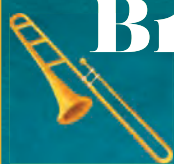
4 PM • SEPTEMBER 5 • KNOX UNITED CHURCH

GENEROUSLY SUPPORTED BY:



KITSILANO  
Neighbourhood House





# Brock House Big Band Concert



Enjoy an afternoon of jazz and popular music from this 18 piece Ensemble with tunes from Count Basie, Duke Ellington, and more!

**September 19, 2026**

**at 2:00pm**

(doors open at 1:30pm)



**Knox United Church**

**5590 Balaclava Street**

(Parking available at rear of Sanctuary)



**Suggested Donation: \$20 per person**

Proceeds donated to Knox United Church in appreciation of our summer rehearsal space.



## Knox United Church

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

Website: [knoxvan.com](http://knoxvan.com)  
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"**