



Knox United Church

August 9, 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



SUMMER SPIRIT 2026
SUNDAYS AT 10:00 AM

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

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

AUGUST 9th
at Shaughnessy Heights United Church



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 12)
Red Bean Buns, Chapter 6: Richard

DAILY MEDITATIONS

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



Slow Wisdom - A Weekly Newsletter from Rev. Richard

[CLICK HERE TO READ &
SUBSCRIBE](#)

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.

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.

Aug 7 9:00 am Piano/ Solo Practice

Aug 9 10:00 am SummerSpirit at Shaughnessy Heights United Church

Aug 10 11:00 am Carpet work
1:00 pm Monday Afternoon Social
7:00 pm Rental: Alanon

Aug 11 1:00 pm Healing Touch *(by appointment)*

Aug 12 9:00 am Rental: Brock House Big Band
10:00 am Coffee & Chat with Rev Richard *(Vestry)*
6:00 pm Rental: LAB Choir

Aug 13 1:45 pm Senior's Fitness Class

Aug 14 9:00 am Sanctuary Cleaning

Aug 9 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

In what year did a fire destroy
the Old Fellowship Building?

Last Week's Answer:

Helen Kincade, Reine Wood & Cathy Yingling all worked in the Knox Office
before Sharon & Josie (1960's - 1980's).



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*

FREE

POP-UP RECYCLING EVENT



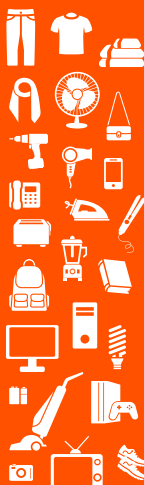
When: Saturday, August 22, 2026
10 am – 1 pm

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.

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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.

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