



Knox United Church

October 4, 2026

News & Notes

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

Upcoming Services at Knox

October 4, 2026

World Communion Sunday & Sunday Lunch

Exodus 20:1-21; Psalm 19

"When God Comes Too Close"

Presider & Preacher: Rev Richard Chung

October 11, 2026

Thanksgiving Sunday

Exodus 32:1-14; Psalm 106:1-6, 19-23

"When Gratitude Turns to Gold"

Presider & Preacher: Rev Richard Chung



New United Church General Secretary Appointed

The United Church of Canada is pleased to announce that Rev. Éric Hébert-Daly has been appointed the new General Secretary, General Council beginning January 1, 2027.

This is a permanent role, working in close collaboration with the Moderator, providing leadership in the direction, management and coordination of the Church.

[CLICK HERE FOR THE NEWS STORY](#)

Sunday Lunch

**Join us for a light lunch following the Worship Service on
Sunday, October 4th**



Knox and Friends Reach Out to UBC Campus Ministry



Food insecurity is an ongoing challenge for many students at UBC. Campus United UBC (*United Church Campus Ministry*) is collecting non-perishable food items to help support students who may be struggling to access enough food throughout the semester.

We are looking for items such as canned foods, granola bars, canned soups, snacks, and other shelf-stable foods. Fresh fruit and vegetables are also accepted but preferably those with a longer shelf life (*apples, carrots, potatoes etc*).

Donations will be distributed directly to students at UBC throughout the semester.

We would be extremely thankful for any contributions. Every donation helps us provide extra support to students and families who may be struggling with the rising cost of food, are away from their families and are struggling to make ends meet as they make their way through their education.

Before the items are taken to UBC for distribution, we will create our traditional Thanksgiving Display on Sunday morning, October 11th, using all of your donations.

Food items may be brought to Knox on Thanksgiving Sunday or if you wish to drop them off beforehand, the office will be open on Thursday, Oct 8th from 11:00am-1:00pm to receive your donations. For other drop off times, please email the Knox office to make arrangements.

Thank you for your support to the UBC community!

THE LONG WAY OUT A six-week study in Exodus with Rev Richard



Tuesdays
September 15 -
October 20
10:30 - 11:45 am
at Knox

Six weeks with the people God led the long way round. Each week we look at the passage before it is preached the following Sunday. Drop in any week. Nothing to read in advance. Bring your questions — including the ones you have never quite felt able to ask out loud. In this group you are allowed to say you do not like something in the Bible. Can't make Tuesday mornings? There's a version you can work through on your own — just ask.

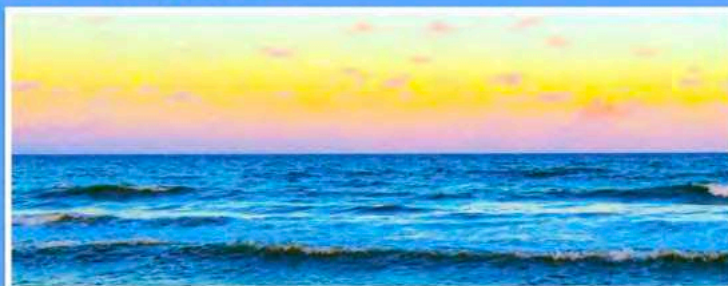
This Week: October 6th
"The golden calf" (*Exodus 32*)

FALL SERMON SERIES WITH REV. RICHARD

Is the LORD Among Us?
Finding God between the sea and the promise

From the night at the sea to Moses' final view of the promised land, Israel discovers that freedom does not end fear, hunger, doubt, or failure.

Again and again, the deeper question is whether God is truly among them. We will follow these stories without avoiding their difficult parts, learning a faith that can question, grieve, wrestle and --- still remain.



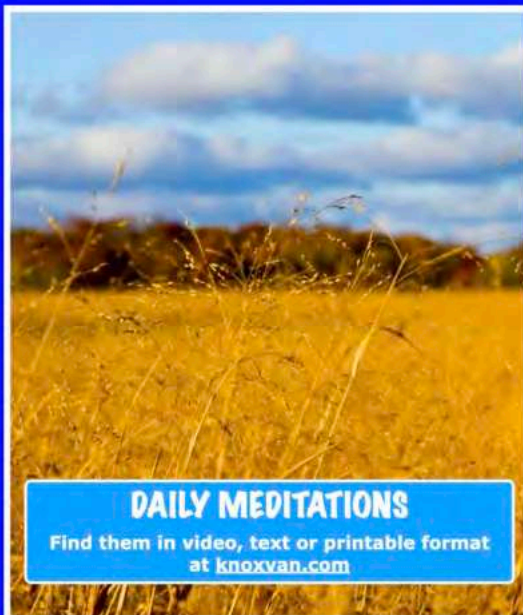
COFFEE AND CHAT WITH REV RICHARD

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.



DAILY MEDITATIONS

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

Red Bean Buns

by
Richard
Cass

Red Bean Buns Reading Series

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
(October 7)

"What's Behind the Door?"



Mini Job Descriptions

At the September 20th congregational meeting, I promised to provide mini job descriptions for anyone considering joining Knox's Board or Trustees. Here you go! If anyone has questions, please let me know, or chat with Rev. Richard.

Susan



BOARD MEMBERS

In the United Church of Canada, the Board serves as the primary administrative and strategic decision-making authority for a local community of faith. Core areas of focus include:

- Strategic vision
- Fiduciary oversight & due diligence
- Spiritual leadership
- Daily operations
- Staff and volunteer support
- Representing Knox in structures and decisions of the broader church

Knox's Board meets on the last Thursday of each month for about 2 hours, and convenes for special meetings as needed.

Would you be a good Board member for Knox? Ideally, you're future-focused and excited about what Knox is doing. You're always thinking about the bigger picture. You have an authentic commitment to Knox's spiritual life. You're patient, adaptable, and open to change. You're a focused and active listener. You're decisive, and comfortable holding responsibility.



TRUSTEES

In the United Church of Canada, the Board of Trustees holds a fiduciary and legal role. The Trustees act as the legal owners and custodians of the congregation's property / assets for the use and benefit of the community of faith. Core areas of responsibility include:

- Property Stewardship
- Financial Management
- Legal and Policy Compliance

Knox's Trustees meet quarterly, and occasionally attend special meetings with the Board.

Would you be a good Trustee for Knox? You are faithful and collaborative. You're principled, reliable, objective and wise. Ideally, you have some level of comfort with budgets, investments, insurance policies, &/or legal contracts – but if you're willing to learn, that works, too.

Oct 4-9 ALL WEEK OFFICE CLOSED - Sharon Away
(Phone & Emails will be checked regularly)

Oct 4 10:00 am Sunday Worship Service- World Communion Sunday
11:00 am Sunday Lunch & Fellowship Time

Oct 5 7:00 pm Rental: Alanon

Oct 6 10:30 am Bible Study w/Rev. Richard (Vestry)
1:00 pm Healing Touch (by appointment)

Oct 7 10:00 am Coffee & Chat w/Rev. Richard (Vestry)
5:00 pm Rental: Acting UP! Musical Theatre

Oct 8 11:00 am Office Open to receive Food Donations (until 1:00pm)
1:45 pm Stretch & Strength Senior's Exercise Group
7:00 pm Knox Choir Practice

Oct 11 10:00 am Sunday Worship Service- Thanksgiving Sunday
11:00 am Fellowship Time

KNOX WEEKLY CALENDAR

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 WEEKLY ACTIVITIES



MONDAY AFTERNOON SOCIALS

1:00pm-4:00pm
at Knox

Puzzles



Painting



No Afternoon Social on
October 5th & 12th

GAMES
COFFEE, TEA & TREATS

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

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

Submissions for the weekly Knox News & notes are due by Wednesday at noon.



KNOX TRIVIA



Who Built the Wooden Riser we use for our Thanksgiving Display?

Last Week's Answer:

**The Bulletin Board in the Narthex was donated in Novemeber, 2001
by Ruth Schafer in memory of her mother, Sadie Schafer.**

 **vancouver
cantata
singers**
Paula Kremer, Artistic Director

The first half of the 26/7 season is announced:

MUSIC FOR THE MASSES

BEATITUDE
October 24th, 2026

CHRISTMAS REPRISE XXIII
December 19th, 2026

Subscriptions and tickets on sale now. For more information:
vancouvercantatasingers.com