

# What's Happening at Inlet United

April 19 to April 25, 2026

## **HIGHLIGHTS OF THE WEEK:**

**NO CENTERING PRAYER MONDAY, APRIL 20** - We will resume to our regular schedule on Monday, April 27 in person at Inlet United at The Springs meeting room.

### **TRANS KIDS~TRANS FAMILIES DROP IN SUPPORT & INFORMATION GROUP**

- Monday, April 20 from 6:30pm to 8pm. Join us in a safe welcoming space to connect, share stories, ask questions, and find helpful resources. Enter at the office level. More details in this newsletter.

### **TAIZÉ CONTEMPLATIVE WORSHIP AT INLET UNITED IOCO SITE -**

**THURSDAY, APRIL 23 AT 7PM** 1790 Ioco Rd, Port Moody. Come as you are and experience the peace. Rev. Jenn Swanson presiding along with guest musician Sam Ellington. Further information in this newsletter.

### **SENIORS' WELLNESS WORKSHOP SERIES: Fall Prevention & Incontinence**

**Awareness.** Saturday, April 25 at Inlet United Church Sanctuary from 1pm to 2:30pm. More details in this newsletter.

## **UPCOMING THIS WEEK:**

**Sunday Worship Service, April 19, 2026 - Worship Service at 10am in person at The Springs and via YouTube LiveStream:** [Click here for Link.](#)

Worship Series: "Dare to Dance Again"; Theme - While In Their Joy: Dancing Sure. Worship Leader Rev. Jenn Swanson presiding along with Music Director, Scott Gould.

**Monday, April 20 - Healing Pathway** - Sessions are booked in advance for 1:15pm or 2pm. To book a session, please email [healingpathway@inletunited.ca](mailto:healingpathway@inletunited.ca) or contact the office at 604-939-5513.

**Wednesday, April 22 from 9:30am to 10:30am - Chair Yoga at IUC at The Springs.** This session is currently full. Please contact the church office to be placed on a waitlist.

**Wednesday, April 22 from 7pm to 8:30pm** - Inlet Sings! Choir rehearsal at Inlet United at The Springs. Childminding available upon request! More details in this newsletter.



## Prayer:

God of justice and mercy,  
draw us into the holy dance of your transforming love.  
Where voices are silenced, help us make room and listen.  
Where people are pushed to the edges, help us link arms in solidarity.  
May our community sway toward fairness, kindness, and peace,  
following the steps of Jesus.  
Amen.



## Stewardship Message

### Inlet United Church Planned Giving program:

**Give to the future.** Create a Planned gift. Remember Inlet United Church with a bequest in your will.

**For further information on remembering Inlet United Church in your will, please contact the Stewardship Ministry; Fran, Cathy A., Julie A., Marta P., Betty.**



## Do you need a name tag for Church?

If yes, please contact Kelly at the Church office

[office@inletunited.ca](mailto:office@inletunited.ca) or call 604-939-5513

2SLGBTQIA+  
Everyone is  
Welcome!

# TRANS-KIDS TRANS-FAMILIES

A drop in support and information group for  
parents, caregivers and allies!

The third Monday of each month  
6:30pm to 8pm-ish

What does it mean when your child tells you they are transgender, two-spirit,  
or that they are exploring (or wanting to explore) their gender identity?  
**You love them.**

And you have questions, concerns and things you don't understand.

Join us in a safe welcoming space to Connect, Share Stories,  
Ask Questions and find helpful resources.

Learn how to navigate the paths travelled  
by your unique rainbow kid!

For information email [lynda@inletunited.ca](mailto:lynda@inletunited.ca)

**Inlet United Church**  
2315 Spring Street, Port Moody  
604-939-5513 | [office@inletunited.ca](mailto:office@inletunited.ca)  
[inletunited.ca](http://inletunited.ca)

## Next Drop in: Monday, April 20

Enter from the Office Level

## TAIZÉ CONTEMPLATIVE WORSHIP

**Next Experience:** Thursday, April 23 at 7pm - Rev. Jenn Swanson presiding  
and along with Guest Musician, Sam Ellington.

For more information visit:

<http://inletunited.ca/events/taize-contemplative-worship--73/2026-01-22>

**Taizé**  
Contemplative Worship

Inlet United Church loco Site  
Heritage Building  
1790 loco Road, Port Moody

Join us on the Fourth Thursday of every Month at 7pm

*Taizé Contemplative Worship Experiences are comprised of silence and song, candlelight and stillness, prayer and contemplation.*

Come as you are and experience the peace – everyone welcome!

Taizé symbol: copyright © Ateliers et Presses de Taizé, 71250 Taizé, France.

**Comfort Keepers**  
Elevating the Human Spirit

**SENIORS' WELLNESS WORKSHOP SERIES**

Join us for **three free**, practical sessions designed to support safer, healthier aging—one each month

**Fall Prevention + Incontinence Awareness** April 29th 1:30PM - 2:30PM

- Balance & mobility habits to lower fall risk
- Incontinence basics, common triggers, and when to talk to a doctor

**Chair Yoga + Breathing Techniques** May 23rd 1:30PM - 2:30PM

- Easy chair-based stretches and mobility moves
- Breathing techniques to support relaxation and focus

**Transportation Options + Digital Frauds** June 20th 1:30PM - 2:30PM

- Local transportation options for seniors
- Common digital scams targeting seniors

To Register, email [office@inletunited.ca](mailto:office@inletunited.ca) or scan

**CONTACT US**

The Sessions are Organized by Comfort Keepers Tri-Cities

672-888-9957 [tricitess@comfortkeepers.ca](mailto:tricitess@comfortkeepers.ca)  
[www.comfortkeepers.ca/tricitess](http://www.comfortkeepers.ca/tricitess)

## Registration Open!

Join us for **three free, practical sessions** designed to support safer, healthier aging—one each month.

April 25, May 23, & June 20 from 1 pm to 2:30pm

For more information visit:

<https://forms.gle/RrgPKT86Gg2S5MTC8>

Como Lake and Inlet United Churches  
present

**Lift Every Voice Workshop**

*Bill Sample* *Darlene Cooper* *Marcus Moseley*

**Fri. May 8 / Saturday May 9**  
Fri 7 - 9 pm / Sat. 10 am - 4pm  
Saturday - Concert at 5pm  
Cost: \$75 (early bird \$60 until April 10)  
\*includes catered lunch; financial assistance avail.

**535 Marmont St, Coquitlam, BC**  
To register email:  
[office@inletunited.ca](mailto:office@inletunited.ca)

## REGISTER NOW!

The Workshop will take place at Como Lake United Church, 535 Marmont Street, Coquitlam.

**Registration Fee:** \$75

Catered Lunch provided with your registration fee.

Financial Assistance available, please contact the church office.

**Pre-registration required:** Email: [office@inletunited.ca](mailto:office@inletunited.ca) or call 604-939-5513.

For more information visit:

<https://www.inletunited.ca/events/lift-every-voice-workshop--135/2026-05-08>

## Morning Drop in Coffee

**Next Event:** Thursday, May 7, 2026

Free Community Gathering - Everyone Welcome!



Join us monthly for this free community gathering, meet friendly faces, relax and enjoy coffee.

Everyone Welcome!

## Morning Drop in Coffee

10:30am to Noon  
First Thursday of each month

Inlet United Church at The Springs  
2315 Spring Street, Port Moody



**Inlet United Church**  
office@inletunited.ca | 604-939-5513  
inletunited.ca



## Empowering Voices

Rooted In Community - United In Love

A one day conference empowering 2SLGBTQI+ voices and building an inclusive community united in love

**Saturday, June 27, 2026**  
9am - 5pm

Workshops for Everyone  
Youth, Adults, Caregivers, Allies  
Come as you are - Everyone is Welcome!

For Tickets & Information  
Visit [inletunited.ca](http://inletunited.ca) or scan barcode



Conference Sponsors:



**Inlet United Church**  
2315 Spring Street, Port Moody  
604-939-5513 | office@inletunited.ca  
inletunited.ca



## SAVE THE DATE

Workshop details and Registration coming soon!

For more information visit:

<https://www.inletunited.ca/events/empowering-voices-conference/2026-06-27>



## Inlet Sings!

Inlet United at The Springs

We offer a supportive and joyful environment where you can share your talent, connect with amazing people, and uplift our community through song.

**Inlet Sings! invites you to join our vibrant choir!**

No Fees & Childminding available!

Choir Rehearsal Wednesdays: 7pm - 8:30pm  
Sunday warmup: 9:15am - 9:45am

Contact office@inletunited.ca or call 604-939-5513



**Inlet United Church**  
2315 Spring Street, Port Moody, BC V3H 0L7

## Inlet Sings!

We invite you to join Music Director, Scott Gould and Inlet Sings! for regular choir rehearsals on Wednesday evenings from 7pm to 8:30pm - No matter your age or background, if you have a passion for singing, we have a place for you.

No fees & childminding available upon request.

For more information visit:

<http://inletunited.ca/events/inlet-sings/2025-10-01>



Events in our Community

## CONNECTING NEIGHBOURS THROUGH ENGAGING ACTIVITIES!

April 4, 2026

**Tri-Cities Seniors' Action Society**  
**Staying Connected**

Contact: [tcseniorsactionsociety@gmail.com](mailto:tcseniorsactionsociety@gmail.com) Ken at 604-949-0599

**Moving Forward Forum 2026**  
 Tuesday, June 2nd, 2026  
 9:00 am to 3:30 pm  
 St. Clare of Assisi Parish Hall  
 2888 Delahaye Dr., Coquitlam



Tri-Cities Seniors' Action Society announces the Moving Forward Forum. You are invited! The Forum is open to ALL.

The event is **FREE** to TCSAS members. (Annual TCSAS Membership is only \$10)  
 The link to the membership form is here: <https://bit.ly/4vf66MM>

Topics covered by the 5 speakers include:

- Falls Prevention—Healthy Aging & Lifestyle Interventions
- Cognitive & Emotional Well-Being & Tai Chi Movement
- Impacts of Ageism and how to Disrupt it
- Doctors, Hospitals, and Seniors' Services in Fraser Health
- Aging in Place Services or Choices of Retirement Residences

There will be 20 exhibitors that focus their products and services on seniors. We treat attendees with a free lunch, lots of prizes, and swag bags full of treats. There is plenty of free parking on site.

**Register Now** at this Link: <https://bit.ly/4ttNVnT>  
 Registration is limited to 200 attendees. Register & don't miss out.

This event is partially funded by the TCSAS, the Tri-Cities CRNs, and the federal New Horizons for Seniors Program.

## Moving Forward Forum 2026

**Date:** Tuesday, June 2, 2026

**Time:** 9:00am to 3:30pm

Visit us on Facebook for more information - [Click Here!](#)

For more information visit:

<https://www.eventbrite.ca/e/moving-forward-forum-2026-tickets-1986679032466>



**80's NIGHT**

**FRIDAY, MAY 1, 2026**  
**PORT MOODY SENIOR SECONDARY**  
 DOORS OPEN AT 6PM - ROUND 1 BEGINS AT 7PM

**\$25 ENTRY FEE**

- \$1,000 Grand Prize Round
- 50/50
- Silent Auction
- Best Dressed 80s Costume prize
- Much more fun to be added!

Entry Fee includes a booklet with 3 games for each of the 5 rounds!

**Early Bird**  
 Get an extra card for the final round - Save \$10  
 Early bird payments must be submitted in full by Sunday, April 19th

- Enjoy snacks, prizes... and fun
- Limited quantities available
- Entry fee per person required
- 19+ event
- Scan the QR code to get your order form

BC Gaming License #171233 | Sponsored by PMSS PAC

SCAN ME!

## PMSS 80's Night - After Grad Fundraiser

Inlet Music Series presents

**Pharis & Jason Romero**



Multi-Juno award winning Folk Duo

Sat. Apr 25/26, 7:30 pm (doors 7 pm)  
 Tickets: \$40 Online (+ GST & s/c)  
 (\$50 at door if not sold out)

Inlet Theatre  
 100 Newport Dr., Port Moody  
 (free parking)

[www.PortMoodyMusic.com](http://www.PortMoodyMusic.com)

## Inlet Theatre Music Series

For more information visit:

<https://www.portmoodymusic.com/series-concerts>

Tri Cities Rock!

**Tri-Cities Rock!**  
A Community Rock Concert

**GATHERING PLACE**  
at Leigh Square

Scan QR code to register

**The Gathering Place**  
2253 Leigh Square, PoCo  
Tuesdays 7-8:30pm  
April 21 - June 20, 2026

- Fun and welcoming group
- Singers at all levels
- Groove, feel, connection
- Sing-able rock songs
- Learn "rock skills"
- Sing harmonies

**Sing great songs!**  
with a great group of people

Free sing along concert on Saturday, March 28 at 7:30 pm. Scan QR code for info.

Tri-Cities Rock! is led by singer-songwriter and music director Scott Gould, director of Moody Rock!

CITY OF PORT COQUITLAM

## Community Breathwork at Inlet United

For further information and to register, contact Monica Krake at [monica@headplusheart.com](mailto:monica@headplusheart.com)

**Community Breathwork**

We meet monthly for an intimate gathering that combines facilitated breathwork, intentional manifesting, and a supportive community of people committed to growth. Led by Monica Krake.

Sign up: [monica@headplusheart.com](mailto:monica@headplusheart.com) or [@monickrake](https://www.instagram.com/monickrake)

## Camp STEAM Canada

Summer Camps at Inlet United July 6 to August 28

For more information visit:

<https://campsteam.ca/summer-camps/port-moody/>

**Join us for Summer Camp 2026!**

**Camp STEAM Canada**

Camp STEAM Coming **HERE** this summer!  
Fun weekly themes like Minecraft and LEGO. Learn new skillsets, mindsets and toolsets while having so much fun!

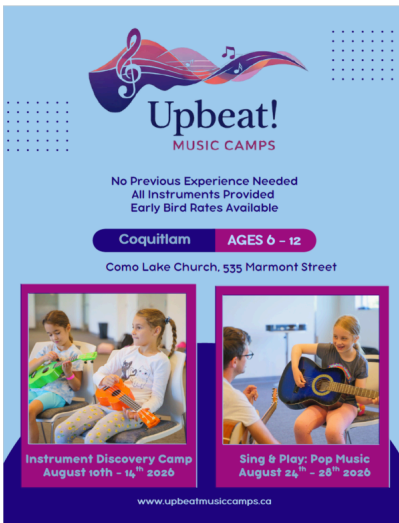
[campsteam.ca](https://campsteam.ca)

- Robotics
- Minecraft
- Science Experiments
- Engineering Builds
- 3D Printers and more!

## Summer Camp at Como Lake United

For more information visit:

<https://www.upbeatmusiccamps.ca/>



## Our Region and Across the Globe



## Earth Week Starts on Sunday

[Image credit: For the Love of Creation]

Earth Week begins with Earth Sunday, April 19. Join friends in faith across the country in prayer, learning, and action for climate justice. Your participation matters!

- **Plan and Attend:** Organize or join local events for climate action.
- **Share the Vision:** Watch and share the Earth Week video.
- **Call for Climate Leadership:** Print out letters for your community to personalize and deliver to your Member of Parliament (see downloads for letter and guide). Populate this padlet.
- **Worship Together:** Draw on Earth Sunday worship resources.
- **Learn:** Register for online events: Energy for Action hosted by GreenSpirit Chaplaincy and Environment pod of Grosvenor Park United Church (April 22 at 7:30 p.m. CST or 8:30 p.m. ET) and We are the Great Turning: Love, Courage and Connection in the Climate Crisis hosted by Green Faith Montreal (April 21 at 7:00 p.m. ET), and listen to recording of recent Succeed at Advocacy: Earth Week
- **Showcase Green Efforts:** Host/join Faithful Footprints Retrofit Tours.

Every action you take nurtures hope and strengthens our community for bold daring justice.

Follow us: social media using hashtags **#EarthWeek**, **#EarthDay**, and **#FLCPrayLearnAct2026**.

## You are invited!

For more information visit:

<https://pacificmountain.ca/connect/clusters-and-networks/ucw-pm/>



## Como Lake United - Registration Open!

Como Lake United Church is once again hosting an opportunity to share in the **Blanket Exercise Workshop on Sunday May 3, 2026 at 1:00PM.**

We highly recommend this workshop, it is very well run, educational, and a personal opportunity to understand and feel the strong need for Truth and Reconciliation in today's world.

To register, please phone the Church at 604-931-8555 or email [office@comolakeunited.ca](mailto:office@comolakeunited.ca)

**Register early to ensure a spot!** The \$10 registration fee can be sent, upon registration, by e-transfer to [finance@comolakeunited.ca](mailto:finance@comolakeunited.ca)

## The Pacific Mountain Region

And World Council of Churches

### Pacific Mountain Region

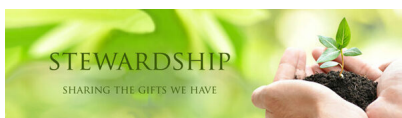
For current events and news, please visit the **Pacific Mountain Region** website.

### Pacific Mountain Region Indigenous Ministry

For current events and news, visit PMR Indigenous Ministry - **click here!**

### The World Council of Churches

Please visit the **World Council of Churches** website for the Ecumenical Prayer Cycle prayers for the current week.



# Financial Offerings

The ministry of Inlet United Church relies heavily on donations from you to keep the ministry operational. Your financial offering is a faith response and a symbol of stewardship. We use these donations to do the work of Jesus both here in this community and far beyond our own walls.

**There are 4 easy ways to donate (tax receipts issued at end of year):**

1) Interac e-transfer through your bank or credit union. Interac e-transfers should be sent to **donations@inletunited.ca**.

2) PAR (automatic monthly donations through your bank). Please reach out to Marcia Carmichael or the office via phone or email to set this up. **\*\*Note - If you would like to increase your monthly PAR offerings, please contact Marcia to arrange this.\*\***

3) Donate via credit card on our website – **www.inletunited.ca** – using the “Give” option (select "Local Offerings/General" from the "To" drop down)

4) Send a cheque made out to Inlet United Church to the office. Remember to include your envelope/donor number if you have one.

**If you are attending in person, you may donate via our wooden offering box on Sundays in the sanctuary. Please write your name, contact information and/or envelope number on the envelope if you would like your donation to be added to your annual tax receipt.**

**We thank you again for your generosity and your support!**

For more information visit:  
<https://www.inletunited.ca/give>



# Inlet United Church Contact Information

Get in Touch!

**Office Hours: Monday - Friday from 9:30am - 3:30pm**

## **EMAIL:**

Rev. Jennifer Swanson | [revjenn@inletunited.ca](mailto:revjenn@inletunited.ca)

Office Administrator – Kelly Doyle | [office@inletunited.ca](mailto:office@inletunited.ca)

AV Technician - Robbie Munro | [AVTech@inletunited.ca](mailto:AVTech@inletunited.ca)

Music Director - Scott Gould | [scott@scottgould.ca](mailto:scott@scottgould.ca)

## **PHONE:**

Main Church Number: 604-939-5513

Minister's Direct Line: 778-369-1938

## **ADDRESS:**

2315 Spring Street, Port Moody, BC V3H 0L7

Website: [www.inletunited.ca](http://www.inletunited.ca)



## Newsletter Submissions

Your submissions are welcome!

### **HOW TO SUBMIT YOUR POST**

Please submit posts to [office@inletunited.ca](mailto:office@inletunited.ca).

**Submission deadline:** End of day Wednesday each week.

The newsletter features Inlet United Church and related community posts. Please include your event or news information and a photo if you like.

*Inlet United Church retains the right to edit all submissions for brevity and clarity, to remove or not include submissions.*

Thank you!