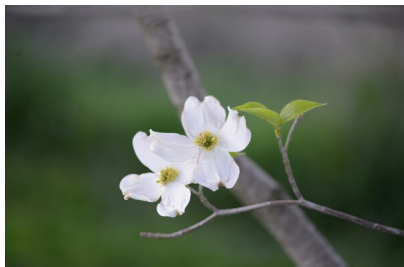




## INLET UNITED CHURCH

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**Inlet United Newsletter for April 26 to May 2 2026**



### What's Happening at Inlet United

April 26 to May 2, 2026

#### **HIGHLIGHT OF THE WEEK:**

**REGISTRATION OPEN - EMPOWERING VOICES:** Visit the event page for Workshop details and Registration - [Click Here!](#)

#### **UPCOMING THIS WEEK:**

**Sunday Worship Service, April 26, 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 - By This We Will Know: The Dance of Love . Worship Leader Rev. Jenn Swanson presiding along with Music Director, Scott Gould.

**Monday, April 27 at 10:30am - Centering Prayer** - In person at Inlet United at The Springs meeting room.

**Monday, April 27 - 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 29 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 29 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:

Holy One,  
 in ordinary days and hidden places,  
 teach us to notice resurrection rising all around us.  
 Open our eyes to small victories, quiet kindness, and stubborn hope.  
 Let our lives become a gentle, joyful dance of gratitude,  
 trusting that nothing in you is ever lost.  
 Amen.



## Stewardship Message

### Inlet United Church Planned Giving program:

Bring the love of Jesus to future generations of our church. 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.**

**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 12-3:00PM)
  - Balance & mobility habits to lower fall risk
  - Incontinence basics, common triggers, and when to talk to a doctor
- Chair Yoga + Breathing Techniques** (May 23rd 1-2:30PM)
  - Easy chair-based stretches and mobility moves
  - Breathing techniques to support relaxation and focus
- Transportation Options + Digital Frauds** (June 20th 1-2:30PM)
  - Local transportation options for seniors
  - Common digital scams targeting seniors

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

**CONTACT US**  
 Inlet United Church, 535 Marmont St, Coquitlam, BC V3K 5H1  
 672-888-9957 | [tricities@comfortkeepers.ca](mailto:tricities@comfortkeepers.ca) | [www.comfortkeepers.ca/tricities](http://www.comfortkeepers.ca/tricities)

## You are invited!

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

**Upcoming Workshops:** May 23, & June 20 from 1pm 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)

## Space Still Available - 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>

## Exploring Faith:

A 7-Week Conversation Series  
(Online) with Inlet United Church



Monday evenings starting May 4th

### Who it's for?

- Newcomers to Inlet United or to church life
- People with questions, doubts, or mixed experiences of religion
- Long-time church folks wanting a fresh look at faith and community

No previous church experience is expected. Come as you are.

This series uses the book *Building God's Beloved Community*, with a bit of reading between sessions and lots of time to talk about what connects, what challenges, and what raises questions for you.

### What to expect? Over 7 weeks we will:

- Explore how we understand God, Jesus, the Bible, and spiritual community
- Talk honestly about what we do believe and what we don't
- Use readings from *Building God's Beloved Community* as a springboard for real conversation

You can share or simply listen –  
no one is put on the spot or pressured to "have it all figured out."

### Practical details

Day & Time: Monday evenings, 7pm-8:15-ish  
Dates: May 4, 11, June 1, 15, 22, 29 and July 6 (no sessions May 18, 25 or June 8)  
Location: online via Zoom  
Cost: Free (book provided for you to borrow, or you can purchase your own)

Exploring together. No assumptions. No pressure.  
Lots of room for questions.



To register and to get the reading list & book, contact: [revjenn@inletunited.ca](mailto:revjenn@inletunited.ca)

## Book Study: Exploring Faith

Starting May 4th via Zoom

To Register, email [revjenn@inletunited.ca](mailto:revjenn@inletunited.ca)



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](mailto:office@inletunited.ca) | 604-939-5513  
[inletunited.ca](http://inletunited.ca)

## Morning Drop in Coffee

Next Event: Thursday, May 7, 2026

Free Community Gathering - Everyone Welcome!



### 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](mailto:office@inletunited.ca)  
[inletunited.ca](http://inletunited.ca)



## REGISTRATION NOW OPEN!

For more information visit:

<https://www.inletunited.ca/pages/empowering-voices-conference>

# Your Name



## 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, May 18 (Victoria Day)

Enter from the Office Level



# Taizé

Contemplative Worship

Inlet United Church Ioco Site  
Heritage Building  
1790 Ioco 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.

## TAIZÉ CONTEMPLATIVE WORSHIP

**Next Experience:** Thursday, May 28 at 7pm - Rev. Jenn Swanson presiding and along with Guest Musician, Dr. Bruce Harding.

For more information visit:

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



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

[inletunited.ca](http://inletunited.ca)  
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!

**RISE!**

**BEZ Gospel Choir**

with very special guest  
**Marcus Mosely**

Director/Arranger  
**Lincoln Tatem**

**MAY 22**  
CHIEF SEPASS THEATRE  
FORT LANGLEY

live online at  
www.beztrichurch.com  
doors at 7  
concert at 7:30

QR code

## BEZ Gospel Choir

For more information visit:

<https://www.simplenetix.com/e/rise-bez-gospel-choir-concert-with-very-sp-tickets-257634>

**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

QR code

BC Gaming License #171335 | Sponsored by PMSS PAC

## PMSS 80's Night - After Grad Fundraiser

THE LABYRINTH AT OUR SAVIOUR, RICHMOND & THE CENACLE CENTERING PRAYER GROUP  
WITH CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

We invite you to A Taste of Silence Retreat Day  
6340 Number 4 Road, Richmond, BC, V6Y 2S9  
Map: <https://oursaviour.ca/contact/>  
Saturday, May 2nd, 2026

The Labyrinth @ Our Saviour

Come! Set apart a day to refresh, re-create, and recommit to God-centred living in an atmosphere that encourages inner solitude and inner silence. The opportunity for centering prayer in community is a gift in itself. We often experience more profound silence, within which the Spirit connects us in love.

**Registration: 9:30 a.m. Refreshments and Connecting in Community.**  
**Retreat/Silence: 10:00 am - 2:30 pm**

Lunch: A simple lunch will be provided

Program: Centering Prayer in community, Lectio Divina, and Personal retreat time with enough space for you to enjoy the Labyrinth.

The focus of the day will be on our individual and personal relationship with God. We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you, such as Daily Meditations, Psalms for Praying, other Scripture, and sacred works, beads, etc.

Layered clothing works best as room temperatures can vary.

**Suggested Donation: \$30**

A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility, snacks and refreshments, and the work of COOV.

To register your intention to attend: email or call Margaret Huggan: [mhuggan@tobis.net](mailto:mhuggan@tobis.net) or 778-838-8855

Donations: may be made on the day with cash or cheque or prior by e-transfer to: [mhuggan@tobis.net](mailto:mhuggan@tobis.net)

For further information Contact: Christine Kesano: [chris.kesano@gmail.com](mailto:chris.kesano@gmail.com)

Contemplative Outreach of Greater Vancouver is a chapter of Contemplative Outreach Ltd., which supports the practice of Centering Prayer Worldwide. We identify with the Christian contemplative heritage and recognize this to be the common ground of Christian unity. For more information, please visit our website at <http://www.coo.ca>

## A Taste of Silence Retreat Day

You are Invited

For more information visit:

<https://cogv.org/>

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 2<sup>nd</sup>, 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>



**Tri-Cities Rock!**  
 A Great Rock Choir

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

Scan QR code to register  
 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 Gauld, director of Moody Rock!

**CITY OF PORT COQUITLAM**

## Tri Cities Rock!



**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)

## Community Breathwork at Inlet United

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

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

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

Robotics  
Minecraft  
Science Experiments

Engineering Builds  
3D Printers and more!




**Upbeat!**  
MUSIC CAMPS

No Previous Experience Needed  
All Instruments Provided  
Early Bird Rates Available

**Coquitlam AGES 6 - 12**

Como Lake Church, 535 Marmont Street



Instrument Discovery Camp  
August 10th - 14th 2026



Sing & Play: Pop Music  
August 24th - 28th 2026

[www.upbeatmusiccamps.ca](http://www.upbeatmusiccamps.ca)

## Summer Camp at Como Lake United

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



**The Wider Church**  
Spreading God's Love

## Our Region and Across the Globe

### Policy on Creating Safe and Respectful Environments



**What the United Church says about safety and respect**  
A safe environment is one that fosters healthy relationships free from harassment of any kind. Harassment is any unwanted conduct that is known, or ought reasonably to be known, to be unwanted and is a form of discrimination. The United Church of Canada will not tolerate harassment or sexual misconduct of any kind.  
The policy below defines harassment and misconduct.  
Find the **Creating Safe and Respectful Environments Policy** at [united-church.ca/handbooks-and-guidelines](http://united-church.ca/handbooks-and-guidelines)

**If you need assistance**  
If you are at risk and in need of immediate assistance to ensure your personal safety, call **911** for police services.  
If you are aware of behaviour that is inappropriate, but you are not in immediate danger, please call **1-800-268-3781** and select **option 7** or e-mail [complaintresponse@united-church.ca](mailto:complaintresponse@united-church.ca) for information about how to file a complaint.

## United Church of Canada

Questions or concerns, please contact any church leader at Inlet United Church or our Regional Minister, Marc Coulombe.

## You are invited!

For more information visit:  
<https://pacificmountain.ca/connect/clusters-and-networks/ucw-pm/>



## Blanket Exercise Workshop

**Cecelia Reekie** is a proud member of the Haisla First Nation. She believes deeply in the power of personal storytelling to raise awareness and foster understanding of Indigenous cultures and the history of Indigenous Peoples in Canada. Speaking from the heart, Cecelia thoughtfully weaves together her diverse life experiences to create meaningful and engaging cultural workshops. She currently serves as a Cultural Presenter with the Langley School District, where she shares her knowledge and perspectives with students, educators, and the wider community.

**Join us for this special Blanket Exercise Workshop with facilitator, Cecelia Reekie.**

**Como Lake United Church**  
535 Marmont Street, Coquitlam

**May 3, 2026 at 1 pm**  
**\$10 Registration Fee to [finance@comolakeunited.ca](mailto:finance@comolakeunited.ca)**  
(For fee assist please contact us)

Seating is limited so please RSVP as soon as possible.  
**[office@comolakeunited.ca](mailto:office@comolakeunited.ca)**  
**604-931-8555**

When seats are full, you will be added to a waitlist for future dates.

## 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

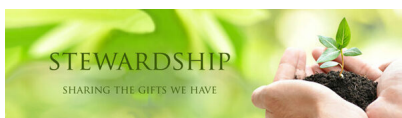
For current events and news, please visit the **Pacific Mountain Region** website.

### 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!