



**INLET
UNITED CHURCH**

Inlet United Newsletter for May 10 to May 16, 2026



What's Happening at Inlet United

May 10 to May 16, 2026

HIGHLIGHT OF THE WEEK:

NO CHAIR YOGA MAY 13, 20 & 27 – We will resume to our regular schedule on June 3.

UPCOMING THIS WEEK:

Sunday Worship Service, May 10, 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 - Who Can Withhold: Break Forth. Worship Leader Rev. Jenn Swanson presiding along with Music Director, Scott Gould.

Monday, May 11 at 10:30am - Centering Prayer - In person at Inlet United at The Springs meeting room.

Monday, May 11 - Healing Pathway - Sessions are booked in advance for 1:15pm or 2pm. To book a session, please email healingpathway@inletunited.ca or contact the office at 604-939-5513.

Monday, May 11 at 7pm - Book Study: Exploring Faith via Zoom.



Prayer:

Holy One, Justice-Seeker, Lover of Creation –
Let us be open to learn from the dances of others.
Open us to new steps for a new day.
Come and dance with us, engage with us, as we seek you –
so that we can be risen with Christ and in Christ.
Be with us now, we pray. Amen.



Stewardship Message

Inlet United Church Planned Giving program:

Give to the future by planning in the present. That's what planned giving is all about.

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



I FOUND Inlet! (And Why I'm So Glad I Did)

Dear IUC Congregation,

You may have noticed we have been working on a social media campaign of late to help people find Inlet. It's NOT an easy place to find and so we need your help! On Sunday morning before the service, Rev. Jenn will be in the foyer with the #Find Inlet sign, and is asking anyone willing to be on camera to be filmed finishing this sentence: "I found Inlet and I'm glad I did because....."



OPPORTUNITIES TO SERVE AT INLET UNITED

Do you want to learn more about all the Opportunities to Serve at Inlet United? If yes, click below for further information on how to get involved.

For more information visit:

<https://www.inletunited.ca/about/opportunities-to-serve>



Next Drop in: Monday, May 18 (Victoria Day)

Enter from the Office Level

SENIORS' WELLNESS WORKSHOP SERIES - SESSION 2

CHAIR YOGA & BREATHING TECHNIQUES Workshop

23 May 100 PM - 2:30 PM

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

- ✓ Safe, gentle chair yoga suitable for seniors
- ✓ Simple breathing techniques to support lung health and relaxation
- ✓ Easy stretches to reduce stiffness and improve flexibility
- ✓ Mobility exercises to support balance and prevent falls
- ✓ Relaxation practices to ease stress and promote better sleep
- ✓ Light mindfulness exercises to improve focus and overall wellbeing

To Register, email office@inletunited.ca or scan

Santoshi Mitra Mustafi
Certified Yoga Instructor

Mindful Moves with Santoshi

The Session is Organised by Comfort Keepers Tri-Cities
672-888-9957 www.comfortkeepers.ca/tricitie tricitie@comfortkeepers.ca

You are invited!

Session 2: Chair Yoga & Breathing Techniques Workshop

Join us for this **free, practical workshop** designed to support safer, healthier aging!

For more information visit:

<https://forms.gle/RrgPKT86Gg2S5MTC8>

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>

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 or scan barcode

Conference Sponsors:
Kinsight

Inlet United Church
2315 Spring Street, Port Moody
604-939-5532 | office@inletunited.ca
inletunited.ca

REGISTRATION NOW OPEN!

For more information visit:

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

Morning Drop in Coffee

Next Event: Thursday, June 4, 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



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



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!

Marketing for Hippies 101

★★★★★

"By FAR the best workshop I've ever done. I totally feel the weird pressure off of me and ideas are pouring in." - Tricia

WHAT: A day-long, PWYC workshop on how marketing can feel good to all involved.
WHO: Coaches, healers, pemies, crafters, service providers etc. **WHEN:** June 13th **WHERE:** Inlet United at The Springs **PRICE:** \$25 Deposit + PWYC at the end.

In This Workshop, You'll Learn...


- strategies on how to market your business in a way that's genuinely good-sibes, deeply respectful, trauma-informed, consent-based, courteous, and that honours the dignity of everyone involved (including you).
- How to get more word-of-mouth and market your beautiful work beautifully (in a way that makes the world better).
- How to do it all with no scripts. No pitching. No inauthentic self-promotion. No high-pressure sales tactics. **No manipulating anyone.** This is marketing you'll actually do. You don't have to choose between ethics and effectiveness.

"I learned more practical and useful marketing strategies in Tai's one-day workshop that I did in my five-year business degree." - Garrett

"This is the first type of marketing that has felt good to me. I have so much more from so many courses that were NOT a fit for me." - Anonymous

About Tai:
Tai Hargrove is the founder of Marketing for Hippies which he began in 2003. He is a hippy who developed a knack for marketing (and then learned to be a hippy again). He is the author of 10 ebooks on the topic of and a recognized leader in the field of ethical marketing for small businesses. Since 2003, he has been sharing his marketing workshops around Canada, the United States, Europe, and online, bringing refreshing and non-toxic sales to conscious entrepreneurs and green businesses that help them grow their organizations and businesses (without setting their souls).

marketingforhippies.com/events



At Inlet United at The Springs

For more information visit:

<https://www.eventbrite.ca/e/port-moody-marketing-for-hippies-101-daylong-workshop-tickets-1984163906657?aff=oddtcreator>



BEZ Gospel Choir

For more information visit:

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



Choral Connections at Terry Fox Theatre



Moving Forward Forum 2026

Tuesday, June 2nd, 2026 from 9am to 3:30 pm

St. Clare of Assisi Parish Hall, 2888 Delahaye Dr., Coquitlam

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

Topics covered by the 4 speakers include:

- Falls Prevention: Healthy Aging & Lifestyle Interventions
- Get Moving! Chair Exercises, Tai Chi Movement & More
- Impacts of Ageism and How to Disrupt it
- Navigating the Fraser Health Care System

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.

Registration is limited to 200 attendees. Register now, don't miss out!

For more information visit:

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



Tri-Cities Rock!
A Casual Rock Choir

GATHERING PLACE
at Leigh Square

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

The Gathering Place
2283 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

Tri-Cities Rock! is led by singer-songwriter and music director, Scott Gould, 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 or [@monicakrake](https://www.instagram.com/monicakrake)

Community Breathwork at Inlet United

For further information and to register, contact Monica Krake at monica@headplusheart.com



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

Robotics
Minecraft
Science Experiments


Engineering Builds
3D Printers and more!

Camp STEAM Canada

Summer Camps at Inlet United July 6 to August 28

For more information visit:

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



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

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

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

Office Administrator – Kelly Doyle | office@inletunited.ca

AV Technician - Robbie Munro | AVTech@inletunited.ca

Music Director - Scott Gould | 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



Newsletter Submissions

Your submissions are welcome!

HOW TO SUBMIT YOUR POST

Please submit posts to 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!