



**INLET  
UNITED CHURCH**

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**Inlet United Newsletter for May 31 to June 6, 2026**



## What's Happening at Inlet United

May 31 to June 6, 2026

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

**NO INLET SINGS CHOIR - WEDNESDAY, JUNE 3** - We will resume to our regular schedule on June 10.

**MORNING DROP IN COFFEE AT INLET UNITED CHURCH AT THE SPRINGS** - Thursday, June 4 from 10:30am to 12pm in the foyer, everyone welcome! Drop in - No need to register. Refreshments will be provided.

### **UPCOMING THIS WEEK:**

**Sunday Worship Service, May 31, 2026 - Worship Service at 10am in person at The Springs and via YouTube LiveStream:** [Click here for Link.](#) Theme - Discipleship and Relationship (Holy Trinity). Guest Worship Leader Rev. Cari Copeman-Haynes presiding along with Music Director, Scott Gould.

**Monday, June 1 at 10:30am - Centering Prayer** - In person at Inlet United at The Springs meeting room.

**Monday, June 1 - 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, June 3 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.



## Prayer:

God of the journey,  
you do not call us to certainty, but to trust.  
Give us courage for the next faithful step,  
compassion for one another,  
and hope enough to keep walking together.  
May we be guided by your love in all we do.  
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.**



## Morning Drop in Coffee

**Next Event:** Thursday, June 4, 2026

Free Community Gathering - Everyone Welcome!



## Next Drop in: Monday, June 15


Enter from the Office Level




## 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, 1-2:30PM)
  - Balance & mobility habits to lower fall risk
  - Incontinence basics, common triggers, and when to talk to a doctor
- Chair Yoga + Breathing Techniques** (May 23rd, 1-2:30PM)
  - 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**  
 672-888-9957  
 Inlet United Church  
 1790 Loco Road, Port Moody, BC V3H 0C1  
 www.comfortkeepers.ca/tricities

## Registration Open!

Saturday, June 20, 2026

Join us for the final workshop session designed to support safer, healthier aging—one each month.

**Upcoming Workshop Session:** Saturday, June 20 from 1pm to 2:30pm

For more information visit:

<https://docs.google.com/forms/d/e/1FAIpQLSdOIO8Uhq5vwwRyhVxXZ064UjqfCm9QZTSAZS19IJWZixZQWg/viewform>




**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, June 25 at 7pm - Rev. Jenn presiding and along with Guest Musician, Dr. Bruce Harding.

For more information visit:

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

## REGISTER NOW!

For more information visit:

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



**Empowering Voices**  
 Rooted in Community - United in Love

A one day conference empowering 2SLGBTQIA+ 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:  
 Kinsight

Inlet United Church  
 2315 Spring Street, Port Moody  
 604-939-5653 | [office@inletunited.ca](mailto:office@inletunited.ca)  
[inletunited.ca](http://inletunited.ca)



**Empowering Voices**  
 Rooted in Community - United in Love

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

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

**Request for Volunteers!**

## Opportunities to Get Involved!

For more information or to volunteer, please contact Kelly at the church office at [office@inletunited.ca](mailto:office@inletunited.ca)

For more information visit:

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



Events in our Community

## CONNECTING NEIGHBOURS THROUGH ENGAGING ACTIVITIES!



**CELEBRATE SENIORS WEEK**  
**JUNE 1-4**

## City of Port Moody - Seniors Week

Seniors Week, June 1 to 4, is our way of saying thank you to the seniors who bring so much to our community.

Sign up for free programs like drawing, bocce, and a meet and greet with the Inlet Rowing Club, all designed for connection, creativity and fun.

For more information visit:

<https://f.mtr.cool/odbkqzvsrb>



**MOVING FORWARD**

# 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>

**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, permies, crafters, service providers etc. **WHEN:** June 13<sup>th</sup> **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-vibes**, deeply **respectful**, **trauma-informed**, **consent-based**, **courteous**, and that honours the **digity** 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.

**About Tad:**  
Tad Hargrave 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 16 books on the topic of and a recognized leader in the field of ethical marketing for small businesses. Since 2001, he has been touring his marketing workshops around Canada, the United States, Europe, and online, bringing refreshing and unorthodox ideas to conscious entrepreneurs and green businesses that help them grow their organizations and businesses (without selling their souls).

*"I learned more practical and useful marketing strategies in Tad'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 debt from so many courses that were NOT a fit for me." - Anonymous*

[marketingforhippies.com/events](https://marketingforhippies.com/events)

## June 13 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>

**Tri-Cities Rock!**  
A Classic 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 Gault, director of Moody Rock!

**CITY OF PORT COQUITLAM**

## Tri Cities Rock!

**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!



## 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](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



GOLDEN EARS THE SANCTUARY presents  
**SHARI ULRICH**  
with  
Cindy Fairbank - piano & accordion  
Quinn Etheridge-Pedden - violin

Sunday June 7th  
7pm (doors 6:30pm)  
Golden Ears United Church  
22165 Dewdney Trunk Road  
Maple Ridge

Tickets \$30  
\$20 Youth (16 and under)  
Plus Fees

[Sanctuary-ShariUlrich.eventbrite.ca](http://Sanctuary-ShariUlrich.eventbrite.ca)



## Golden Ears United

Celebrated West Coast singer-songwriter Shari Ulrich and accompanists grace the Sanctuary stage for an unforgettable musical evening.

### Tickets:

Adults: \$30 | Youth (16 years old and under): \$20

To purchase tickets in person, please drop by the GEUC Office. (Tuesday to Friday, 9:30 am - 1:30 pm).

For more information visit:

<https://www.eventbrite.ca/e/shari-ulrich-friends-in-concert-tickets-1988021051481?aff=ebdssbdestsearch>



## Camp Spirit at Golden Ears UC

To register, please click tab below.

For bursaries, please contact Rev. Leenane Shiels or the church office at [office@goldenearsunited.ca](mailto:office@goldenearsunited.ca)

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



## Trinity United Church

## The Pacific Mountain Region

And World Council of Churches

### Pacific Mountain Region

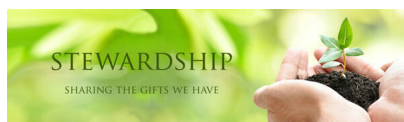
For current events and news, please visit the **Pacific Mountain Region** website.

### 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!