



INLET UNITED CHURCH

Inlet United Newsletter for May 17 to May 23, 2026



What's Happening at Inlet United

May 17 to May 23, 2026

HIGHLIGHT OF THE WEEK:

OFFICE CLOSED MONDAY, MAY 18 - Please note the office will be closed on Monday, May 18 for the Victoria Day holiday. The office will open in the evening for the Trans Family Support Group from 6:30pm to 8pm.

NO CENTERING PRAYER OR HEALING PATHWAY MONDAY, MAY 18 - We will resume to our regular schedule on Monday, May 25 in person at Inlet United at The Springs meeting room.

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

UPCOMING THIS WEEK:

Sunday Worship Service, May 17, 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 - Gone Up With A Shout: Clap Your Hands. Worship Leader Rev. Jenn Swanson presiding along with Music Director, Scott Gould.

Monday, May 18 (Victoria Day) from 6:30pm to 8pm - Trans Kids/Trans Families Drop in Support & Information Group - 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.

Saturday, May 23 from 1pm to 2:30pm - Free Seniors' Wellness Workshop Series: Chair Yoga & Breathing Techniques at Inlet United Church at The Springs. More details in this newsletter.



Prayer:

Holy One, Justice-Seeker, Lover of Creation –
Help us to put on our dancing shoes
so that we can be the hands and feet of Jesus.
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:

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.



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

REGISTER NOW!

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, permies, 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-vibes, 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).

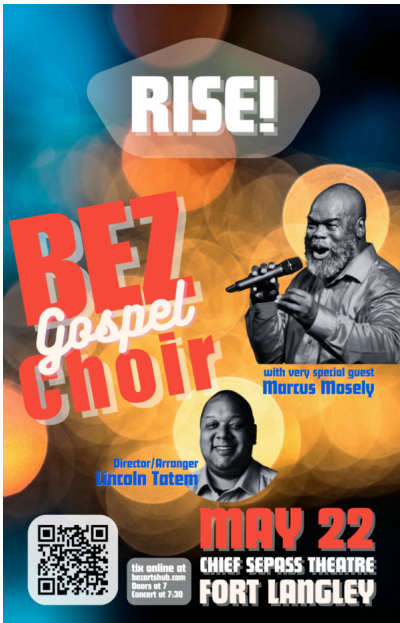
marketingforhippies.com/events



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 Gathered 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 Road!

CITY OF PORT COQUITLAM

Tri Cities Rock!



**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

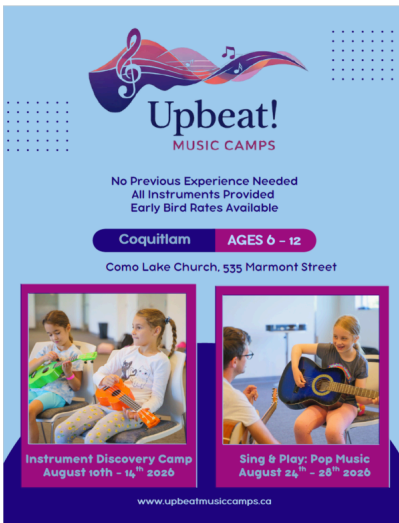
- Robotics
- Minecraft
- Science Experiments
- Engineering Builds
- 3D Printers and more!

Camp STEAM Canada

Summer Camps at Inlet United July 6 to August 28

For more information visit:

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



Summer Camp at Como Lake United

For more information visit:

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



Our Region and Across the Globe



The Right Reverend Dr. Kimberly Heath calls for a Guaranteed Livable Income

The Right Rev. Dr. Kimberley Heath, Moderator of The United Church of Canada, shares an inspiring message about the vision for a Guaranteed Livable Income a way of ensuring that no one in our communities is left without the supports needed to live with stability and hope.

We encourage you to watch this short video from our Moderator.

Learn more - [Click here!](#)

For more information visit:

<https://www.youtube.com/watch?v=fKYqmR8SZjo>

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!