

Denomination	Organization	Service Description	Contact information	Website	Notes
Buddhist	Fo Guang Shan Temple (Waterloo)	Main Temple: Fo Guang Shan Temple of Toronto, in Mississauga Main Temple provides lay-members (including Toronto, Peel Region and Waterloo Region) with: instructions to pray to Avalokitesvara Bodhisattva for Safety from the COVOD-19 Outbreak, and on-line Dharma Chanting Services, Resources for attending Buddhism classes (iBuddha), on-line Reading Club, and Spiritual Support Talk (Fo Guang Morning), Speech from the Most Venerable Hsin Bou, Head Abbot of Fo Guang Shan Monastery of Headquarter (Taiwan), Spiritual care support and encouragement from Venerable Chueh Fan, the Abbess of the main temple, Venerable (Waterloo) provides spiritual/mental care support to lay-members by inviting them to call if needed.	Stephanie Hong email: waterloobl@gmail.com	<a href="http://www.fgs.ca">www.fgs.ca</a>	
Buddhist	Waterloo Region Dharma Centre	Setting up a technology platform for being together for meditation practice and support during this time of isolation. Currently, the 2 evening sessions (Tuesday and Thursday) that we are offering are for those who have been connected with and participating in our centre's programs.	Susan Child <a href="mailto:info@wrdharmcentre.com">info@wrdharmcentre.com</a> available by e-mail or phone to connect with, and provide personal support for, those who may be seeking connection with someone with Buddhist training, the Dharma, mindfulness.	<a href="http://www.wrdharmacentre.com">www.wrdharmacentre.com</a>	
Christian, Anglican	St. James' Anglican Church	Under these unusual circumstances of COVID19 our services are cancelled as well as all of our groups that meet here. We pray for our community to be well and safe. Services are being video taped and emailed to those interested. Please email us to let us know you would like to be on our email list. There is also regular email communication of worship resources, Bishop's letters and video, and other messages. Please watch our webpage for updates.	The Reverend Canon Linda Nixon <a href="mailto:rector@stjamesang.ca">rector@stjamesang.ca</a> Administrator <a href="mailto:office@stjamesang.ca">office@stjamesang.ca</a> 519-658-4547	<a href="https://www.stjamesang.ca/">https://www.stjamesang.ca/</a>	
Christian, Anglican	The Church of St John the Evangelist	Live streaming Sunday morning worship regularly phoning all parishioners who do not have email. Weekly updates from the rector 'errand buddies' for those who need assistance. Our licensed kitchen is being used	rector, Preston Parsons <a href="mailto:Rector@stjohn316.com">Rector@stjohn316.com</a> (519) 743-0228 <a href="mailto:church@stjohn316.com">church@stjohn316.com</a>	<a href="http://www.stjohn316.com/">http://www.stjohn316.com/</a> <a href="https://www.facebook.com/stjohntheevangelist_unite">https://www.facebook.com/stjohntheevangelist_unite</a>	

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		to prepare food with the 'Food Not Bombs' program.			
Christian, Anglican	Trinity Anglican Church	visits seniors at Stirling Heights Monday/Wed/Friday	fcsquires@gmail.com (519) 277-4705 Bill McMullin popmczero@gmail.com (519) 658-4985 Warden		
Christian, Baptist	Avenue Road Baptist		avenueroad@rogers.com 519-621-4391 Contact Pastor Lucas at pastorlucas@rogers.com Questions about Children's Ministry? Contact Emily at childrensmin@rogers.com Want info about worship or discipleship? Contact Pastor Zack at worshippastor@rogers.com	<a href="https://www.instagram.com/arbchurch">https://www.instagram.com/arbchurch</a> <a href="https://arbchurch.com/">https://arbchurch.com/</a>	
Christian, Baptist	Hespeler Baptist	In light of recent developments, with respect to COVID-19, we are officially replacing our Sunday morning worship services with service recordings, until further notice. We are moving in this direction in order to protect the vulnerable in our midst, love our neighbour and in deference to the current State of Emergency in Ontario.	admin@hespelerbaptist.ca	<a href="https://hespelerbaptist.ca/">https://hespelerbaptist.ca/</a> <a href="https://www.facebook.com/HespelerBaptist/">https://www.facebook.com/HespelerBaptist/</a> <a href="https://www.instagram.com/hespelerbaptist/">https://www.instagram.com/hespelerbaptist/</a>	
Christian, Baptist	Highland Baptist Church	Keeping in touch via phone and email with those who attend our community dinners connecting individuals in need of emergency food with appropriate organizations pastoral care to those within our congregation and to those who attend our community dinner online worship service	Amanda McCulloch: amcculloch@highlandbaptist.ca / 519-745-9461 x 222 Das Sydney: dsydney@highlandbaptist.ca / 519-745-9461 x 224	Website: www.highlandbaptistchurch.ca Facebook Page: Highland Baptist Church	
Christian, Baptist	King St Baptist	The secretary and I will both continue to be in the church office twice a week, to sort through the mail, retrieve the voicemails, do other necessary duties, and to check the building to comply with the requirements of our church's insurance policy. Otherwise, we will be working from home. Should you or a loved one require pastoral care, be assured that your deacons and I will be available to you, and you may contact us by phone or email with your needs and concerns.	office@ksbchurch.org	<a href="https://www.ksbchurch.org/">https://www.ksbchurch.org/</a>	
Christian, Baptist	Temple Baptist	In an effort to curb the spread of COVID-19 in Canada, government officials have recommended the immediate suspension of all public gatherings. In light of this development,	info@templebaptistchurch.ca	<a href="https://www.templebaptistchurch.ca/">https://www.templebaptistchurch.ca/</a>	

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		we invite you to join us as we celebrate church together online. Let's continue to pray, take care of one another, and joyfully demonstrate the love and peace of Jesus to the world during this challenging season.			
Christian, Lutheran	Christ Lutheran, Waterloo	Pre-recorded live-stream Sunday services on Facebook (Christ Church - Waterloo), including Holy Thursday, Good Friday and Easter morning. Regular email communication to members (at least weekly) of worship resources, announcements, church officials' letters, messages of encouragement, etc. Increased telephone reach-out efforts to members by pastor and members to each other.	David Malina (Pastor) or Henriette Thompson (Secretary of Church Council) office@christwaterloo.ca	<a href="http://christwaterloo.ca">christwaterloo.ca</a> Facebook (Christ Church - Waterloo), Two Rivers Ministry Area (Eastern Synod of the Evangelical Lutheran Church in Canada) Website: <a href="http://trmalutherans.ca">trmalutherans.ca</a> & <a href="http://elcic.ca">elcic.ca</a>	
Christian, Lutheran	St Peter's Lutheran		secretary@st-peters-cambridge.org	<a href="http://stpeterscambridge.com/">http://stpeterscambridge.com/</a> link: <a href="https://youtu.be/6e4ZAKzc8YE">https://youtu.be/6e4ZAKzc8YE</a>  SundaysandSeasons.com)	
Christian, Lutheran	St. Matthews Lutheran Church	Golden Hour Radio Broadcast FaithFM 93.7 Sunday @11am Bulletins with hymns and sermons are posted with on our website (stmattskw.com) Many Facebook posts with prayers. We have two pastors on staff at St. Matthews.	Pastor Carey Meadows-Helmer email: pastorcarey@stmattskw.com	Golden Hour Radio Broadcast on FaithFM 93.7 Sunday @11am Stmattskw.com Facebook	
Christian, Lutheran	St. Pauls Lutheran		stpauls@stpaulslutherancambridge.org	<a href="https://stpaulscambridge.org/">https://stpaulscambridge.org/</a>	
Christian, Lutheran	St. Stephen Lutheran Church	Food Hampers	Phone 519-744-2521 and make an appt for pick up ststephens@live.ca	<a href="http://www.ststephenchurch.ca/">http://www.ststephenchurch.ca/</a>	
Christian, Lutheran	Thirdspace at Martin Luther University College	online worship weekly meeting needs as they arise for our community, for example one of our members has created an online music class for our children	Anne Anderson, Community Pastor ananderson@luther.wlu.ca	Facebook: thirdspace community Martin Luther University college <a href="https://luther.wlu.ca/worship-and-music/thirdspace.html">https://luther.wlu.ca/worship-and-music/thirdspace.html</a>	Connecting people with volunteers who might be able to do grocery pick up/delivery, connecting people on line to share with one another. One of our families has volunteered to make communion bread for our families and deliver it to them for Sunday mornings.
Christian, Lutheran	Trillium Lutheran Church Waterloo ON	Twice weekly email newsletter of information and resources the Friday email includes an order of home worship for the coming Sunday. Pastoral care by phone and email rather than in person. 28 person volunteer phone call team to phone every member of the	Website <a href="http://www.trilliumwaterloo.ca">www.trilliumwaterloo.ca</a> Phone 519 886 1880 Email <a href="mailto:office@trilliumwaterloo.ca">office@trilliumwaterloo.ca</a>	Website <a href="http://www.trilliumwaterloo.ca">www.trilliumwaterloo.ca</a>	One of our members is a psychotherapist -- Hope for Families <a href="http://www.hopeforfamilies.net">http://www.hopeforfamilies.net</a> / 519 513 9216 <a href="mailto:holly@hopeforfamilies.net">holly@hopeforfamilies.net</a>

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		congregation with a Holy Week / Easter greeting and to check in on how they are doing.			
Christian, Mennonite	Rockway Mennonite Church	Online worship. Sharing of community initiatives and announcements.	Pastor Scott Brubaker-Zehr (pastor@rockwaymc.ca)		
Christian, Mennonite	Steinmann Mennonite Church	livestreaming - Good Friday worship and communion service, 10:00 a.m. Easter Sunday worship service, 9:45 a.m.		smchurch.ca	
Christian, Mennonite	Wilmot Mennonite Church	A Sunday morning service - combination of live stream and pre-recorded. A joint effort of the Mennonite Churches of the Wilmot Cluster. Using Zoom, email and phone to connect with members. Sending out meditations several times a week via email. Am using post office services especially to our seniors who do not have access to internet.	Pastor Susan Allison-Johnes email: wilmotpastor@gmail.com Pastor's phone numbers 226 808 4353	For worship service: <a href="https://smchurch.ca/live-stream/">https://smchurch.ca/live-stream/</a> Our Website <a href="http://www.wilmotmennonite.ca/">http://www.wilmotmennonite.ca/</a>	
Christian, Mennonite	Waterloo North Mennonite	Homemade educational videos for children A spiritual Direction zoom time, website information. Access to church library (curb pick up). Zoom Care groups. Parishioner contact, Streaming Sunday and holy week services	519-888-6113 office@waterlooonorthmc.org	waterlooonorthmc.org	LGBTQ safe space
Christian, Orthodox	Christ the Saviour Antiochian Orthodox Church	Church is closed at this time. Services for the public are currently cancelled. Some services will be live streamed. Please do not come to the Church at this time.	Fr. Christopher at 519-807-2986 or email father@xcsaviour.com.	<a href="http://www.xcsaviour.com/">http://www.xcsaviour.com/</a>	
Christian, Orthodox	Debre Sina Kidanemihiret Ethiopian Orthodox Church	Sunday virtual Masses in addition there is a group created on one of the apps dedicated specifically for the pandemic unclear matters and or constant updates and preciousness.	Marta Worku	<a href="https://youtu.be/5IoJk9z0bAo">https://youtu.be/5IoJk9z0bAo</a> <a href="https://youtu.be/DNG7A0vG1xQ">https://youtu.be/DNG7A0vG1xQ</a>	
Christian, other	C3KW	We have: Online Sunday Service - 10:30 AM, Digital Prayer Tuesday/Thursdays, Online Connect Groups,	c3kw.ca, Instagram: @c3.kw Abigail Mills, abby.mills17@gmail.com	c3kw.ca instagram: @c3.kw	
Christian, other	Community Ministry	Emotional and spiritual support via phone, text, email also networking, distribution of information and resources as they are made available	Rev. Susan Cole Phone, call/text 226.747.6932 email, communitymin15@gmail.com	Facebook page. Search: Community Ministry, Kitchener ON	
Christian, other	Creekside Church	Weekly Online Sunday Worship Services streamed at 9:45a, 11:15a and 1p, also including online content for Kids and Youth and a daily 5-minute devotional video for everyone. We are also asking our congregation to indicate if they can help in any	Rob Gast, Pastor of Outreach and Welcome. rob.gast@creeksidechurch.ca	www.creeksidechurch.ca, we are also on Facebook @CreeksideChurchCa and Instagram creeksidechurch.ca.	Our Small Group ministry (what we call Lifegroups) has been a strategic means for our congregation to care for one another. In our large-church context it is easy to slip through

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		way during the crisis, and we are connecting those who volunteer to people in need within our church, or affiliated with our church. We are also in touch with our local outreach partners to see how we can support them.			the cracks, but for those who have joined a Lifegroup, they have a group of families around them to provide not only practical care but social interaction, moral support, and spiritual care one to another.
Christian, other	Elevation Church	We are live-streaming our services on Sunday mornings, including break-out groups for weekly check-ins using Google Hangouts. We have created a 'Stay Connected' page on our website to share opportunities for engagement with our church community and opportunities to serve and offer support in the broader community. Our Staff team is reaching out personally to every household in our church. We have Neighbours groups that are providing check-ins and care for one another. We have increased our weekly email communication to twice-weekly.	Helen Kroeker: info@elevationwaterloo.org	www.elevationwaterloo.org www.facebook.com/ElevationWaterloo	We will be encouraging the use of online Stations of the Cross this week, as well as streaming Good Friday events for both children/families and for the community as a whole.
Christian, other	Forward Church	Financial help, delivery of groceries, spiritual and emotional support, online church services, support for parents, groups for teenagers and pre-teens to connect online, groups for adults to connect online, online financial classes, marriage supports	519-621-6566 Krista Brown. kristab@forwardchurch.ca	forwardinline.ca, forwardchurch.ca, Forward Church Kitchener and Cambridge on Facebook and Instagram,	
Christian, other	Grace Bible Church	Sunday messages as well as weekly devotional podcasts are available online. Connection groups and a Friday prayer group are meeting online each week as well. We are sharing volunteer opportunities in the community with our congregation and maintaining contact with everyone connected with GBC. Email communications go out regularly to keep people informed.	Associate Pastor Byron Burton: <a href="mailto:GBCByronB@gmail.com">GBCByronB@gmail.com</a> 519.623.7911	<a href="http://gbccambridge.com/">http://gbccambridge.com/</a>	
Christian, other	Kitchener-Waterloo Chinese Alliance Church	Due to the COVID-19 pandemic situation, Sunday Service and Wednesday night prayer meeting will be held online until further notice. We worship the Lord in Cantonese, Mandarin and English (3 services) every Sunday	<a href="mailto:info@kwcac.ca">info@kwcac.ca</a>	<a href="https://www.kwcac.ca/">https://www.kwcac.ca/</a>	Mandarin, Cantonese, English Services English Worship Sunday Service: 9:30am-10:45am Cantonese Worship Sunday Service: 9:30am-10:45am Sunday School:

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					11:15am-12:15pm Mandarin Worship Sunday Service: 11:00am-12:15pm Sunday School: 9:30am-10:30am
Christian, other	Koinonia Christian Fellowship	Christian church – online Sunday Worship	(519) 744-7447	Kcf.org	Church online Sundays 9 am and 11 am live.kcf.org
Christian, other	Rivercity		Darrel Bierman Pastor at River City d.bierman@on.aibn.com 519-624-9480	<a href="https://www.rivercitychurch.org/staff">https://www.rivercitychurch.org/staff</a> <a href="https://t.co/F4q2G4YGRQ">https://t.co/F4q2G4YGRQ</a>	
Christian, other	Salvation Army Cambridge Citadel		office@tsacambridgeon.org	<a href="https://www.tsacambridgeon.org/">https://www.tsacambridgeon.org/</a>	
Christian, other	The Salvation Army	Kitchener community church Sunday School and KCC Teen Class offered on FB	rick_sheasby@can.salvationarmy.org	<a href="https://www.sakw.ca/">https://www.sakw.ca/</a> Facebook <a href="https://www.facebook.com/sakitchenercc/">https://www.facebook.com/sakitchenercc/</a> <a href="https://youtu.be/9rERE2143IA">https://youtu.be/9rERE2143IA</a> - for Church at home Facebook groups: Kitchener Community Church Sunday School and KCC Teen Class.	<a href="https://irp-cdn.multiscreensite.com/f5979917/files/uploaded/March%2029.pdf">https://irp-cdn.multiscreensite.com/f5979917/files/uploaded/March%2029.pdf</a> for preparation for Easter including videos and preparation
Christian, other	Trinity Evangelical Missionary Church	We started a daily blog to help people find perspective and hope. We post a weekly video that provides music and a message of encouragement for all, and that helps our church family to remain connected. We also regularly publish stories and fun activities for kids	<a href="https://trinityemc.com/contact-us">https://trinityemc.com/contact-us</a>	<a href="https://trinityemc.com/blog">https://trinityemc.com/blog</a> <a href="https://trinityemc.com/trinity-kids-online">https://trinityemc.com/trinity-kids-online</a> <a href="https://trinityemc.com/sundays-online">https://trinityemc.com/sundays-online</a>	
Christian, other	Westheights Community Church	Mostly we have moved our services/programs online. Perhaps the most responsive thing is calling all of our parishioners.	Josh Mutter Email: office@westheights.org Office Phone: (519) 741-1986	<a href="http://connect.westheights.org/">http://connect.westheights.org/</a> Facebook: Westheights Twitter @Westheights	
Christian, Pentecostal	Calvary Pentecostal Assembly		info@mycalvary.life	<a href="https://mycalvary.life/online/">https://mycalvary.life/online/</a>	Several Youth resources
Christian, Presbyterian	Central Presbyterian Church Cambridge	Streaming online Sunday services plus special services for Maundy Thursday and Good Friday. Prayer ministry. Children's and Youth resources being sent to families with children and youth. Regular emails to entire congregation. Personal phone calls to everyone in the congregation on a regular basis. Volunteer team helping with groceries, medication pick-ups for homebound and those in isolation. Some teams continuing with Facebook groups and online meetings.	office@cpcmail.ca	website: centralchurchcambridge.ca	

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Christian, Presbyterian	St Andrew's Hespeler	Daily video devotions: Devotions for People at a Social Distance reflecting on the new relevance of Scripture to our circumstances. Weekly zoom worship with streaming sermons and resources.	St. Andrew's Presbyterian in Hespeler is happy to receive prayer requests at the following e-mail prayerchain@standrewshespeler.ca	Website: <a href="https://www.standrewshespeler.ca/">https://www.standrewshespeler.ca/</a> Facebook: <a href="https://www.facebook.com/standrewshespeler/">https://www.facebook.com/standrewshespeler/</a> YouTube channel: <a href="https://www.youtube.com/channel/UCB3Jjv8o6Gky9bBdczTj6jQ/">https://www.youtube.com/channel/UCB3Jjv8o6Gky9bBdczTj6jQ/</a>	
Christian, Presbyterian	Kitchener Waterloo Korean Presbyterian Church	Online worship services	<a href="mailto:revvyd@yahoo.com">revvyd@yahoo.com</a> 1-519-742-2929	<a href="https://kwchurch.com/">https://kwchurch.com/</a>	Korean
Christian, Roman Catholic	Catholic Youth Organization			<a href="http://cyo.on.ca/">http://cyo.on.ca/</a>	
Christian, Roman Catholic	Diocese of Hamilton		Bishop Most Reverend Douglas Crosby, O.M.I., D.D. (905) 528-7988 x2222 Send Email  Chancellor Very Reverend Monsignor Murray J. Kroetsch, PH, VG (905) 528-7988 x2225 Send Email  Carol Daly Administrative Assistant (905) 528-7988 x2222 Send Email	<a href="https://hamiltondiocese.com/coronavirus-updates">https://hamiltondiocese.com/coronavirus-updates</a>	
Christian, Roman Catholic	Parroquia Nuestra Senora de Guadalupe (Our Lady of Guadalupe)	In this time that challenges us and asks us for personal and social responsibility, our community wants to be a spiritual support for all. We are the Spanish Catholic Church present in Kitchener - Waterloo. Here you will find information and connections to face the challenges that the pandemic imposes on us.	office@stjohnskitchener.ca	<a href="https://parroquiaguadalupe.ca/">https://parroquiaguadalupe.ca/</a>	Spanish services and resources.
Christian, Roman Catholic	St John's Roman Catholic Church – Our Lady of Guadalupe Parish Community	Spanish and English services	office@stjohnskitchener.ca	<a href="http://www.stjohnskitchener.ca">www.stjohnskitchener.ca</a>  <a href="https://www.youtube.com/channel/UCRxULva0ztA-UXP_Snd5A">https://www.youtube.com/channel/UCRxULva0ztA-UXP_Snd5A</a>	English and Spanish
Christian, Roman Catholic	St. Clements Parish	Daily Mass is offered by Father Peter here at St. Clement Parish and is broadcast via this website. Please click / visit HOME or LINKS. Masses will be uploaded by 8:00 a.m. every day.	Phone: (519) 653-6123 stclements@rogers.com	<a href="http://www.stclementsparish.ca/">http://www.stclementsparish.ca/</a> <a href="http://www.stclementsparish.ca/from-the-pastors-desk.html">http://www.stclementsparish.ca/from-the-pastors-desk.html</a> Online Daily Mass <a href="https://www.youtube.com/channel/UC7FqAyL5ZdHv2F14y1yFC9A?view_as=subscriber">https://www.youtube.com/channel/UC7FqAyL5ZdHv2F14y1yFC9A?view_as=subscriber</a>	

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		Please also visit FROM the PASTOR'S DESK for messages from Father.			
Christian, Roman Catholic	St. Gregory's Church	Our parish office will be closed until further notice in accordance with directives from the Province of Ontario. Telephone and email messages will be checked occasionally during this time.	office@saintgregoryparish.com (519) 623-3111	<a href="http://www.saintgregoryparish.com/">http://www.saintgregoryparish.com/</a>	
Christian, Roman Catholic	St. Mary Our Lady of the Seven Sorrows Roman Catholic Parish	Virtual time in the church with an opportunity to message a priest live and get a response (Monday- Saturday) Sunday Live Catholic Mass	<a href="https://www.facebook.com/StMarysKitchener">https://www.facebook.com/StMarysKitchener</a> St. Mary Our Lady of the Seven Sorrows Roman Catholic Church <a href="http://www.stmarysrcchurch.ca">www.stmarysrcchurch.ca</a> stmarys@rogers.com	<a href="https://www.facebook.com/StMarysKitchener">https://www.facebook.com/StMarysKitchener</a>	April 10, 10 am Good Friday April 12, 10 am Easter Sunday Mass 1) Monday - Saturday 11am - 12noon virtual time in the church with an opportunity to message a priest live and get a response 2) Sunday 10am live Catholic mass from St Mary's church
Christian, Roman Catholic	St. Michael Catholic Church	Daily Mass and Holy week supports	Phone: 519-884-9311 Fax: 519-888-6042 Email: parish@stmichaelw.ca	<a href="https://www.stmichaelw.ca/coronavirus">https://www.stmichaelw.ca/coronavirus</a> The Canadian Catholic Broadcasting Council has daily Mass  EWTN offers video of Mass every day	
Christian, United	Knox United Church	Daily inspirational messages are sent to all our members/adherents, and are then posted to our website for everyone. In addition, we are videoing and posting Sunday services. Phone calls are also being made to everyone at least twice a week. The Minister is also available for one on one counselling via video link. We also continue to co-ordinate a Food Bank pick up	Tel: 519 703-1954 Volunteers can be mobilized through the Minister, Gail Fricker at <a href="mailto:gfricker@rogers.com">gfricker@rogers.com</a>	<a href="http://Knoxayr.wordpress.com">Knoxayr.wordpress.com</a>	
Christian, United	Parkminster United Church	Distribution point for the Sustainable Market, individuals willing to do sewing, online support groups for adults, youth and children, online worship, connecting volunteers to those who need assistance with groceries, etc.	<a href="mailto:parkuc@golden.net">parkuc@golden.net</a> Rev. Joe Gaspar (revjoegaspar.parkminster@gmail.com) SteinRev. Heather Power (revheather.parkminster@gmail.com)	parkuc.ca	
Christian, United	Trillium United Church	Worship services, spiritual study groups, personal support networks	Pastor Mark Rutledge at 519-841-8333	trilliumchurch.ca Trillium United Church Facebook page	
Christian, United	Wesley United	Effective immediately the office and building of Wesley United Church is closed until further notice.	information@wesleyunited.ca calling 519-621-6060	<a href="https://www.wesleyunited.ca/">https://www.wesleyunited.ca/</a>	



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		Church business and future rental requests may still be conducted electronically			
First Nation, Metis, Inuit	Indigenous Healing and Wellness Program Wellington-Waterloo	Guelph and Wellington-Waterloo First Nations, Metis, and Inuit Health centre. Elder consultation, traditional healing and Therapies, traditional medicines The program is grounded in the holistic Physical, Mental, Emotional and Spiritual (PMES) model of wellbeing and seeks to provide culturally safe access to health and wellness services.	519-821-6638 ext. 301 ihwp@guelphchc.ca ihwphelp@guelphchc.ca Facebook @indigenouthealingandwellness Instagram @indigenous_Healing WW Twitter @redbundle	<a href="http://guelphchc.ca/indigenous-healing-wellness/">http://guelphchc.ca/indigenous-healing-wellness/</a>	Available virtually
First Nation, Metis, Inuit	White Owl Native Ancestry	Wholistic Practitioners	<a href="mailto:Info@wonaa.ca">Info@wonaa.ca</a> 519-772-4399	<a href="http://www.wonaa.ca">www.wonaa.ca</a>	
First Nation, Metis, Inuit	Healing of the Seven Generations	Indigenous spiritual support. Every day we are helping our community members with food for meals, by appointment only. Hoping to do Online groups but the community does not have technology at this point	Phone: (519) 570-9118 Donna Dubie donnadubie@healingofthesevengenerations.ca Administration H7G <assist.h7g@gmail.com>	<a href="http://www.healingofthesevengenerations.ca">www.healingofthesevengenerations.ca</a>	
First Nation, Spiritual	Frantastichealth	The goal of our organization is to build healthy, strong and happy, individuals, relationships, families, communities and nations through spiritual insight, guidance and empowerment.	Kelly Fran Davis kellyfrandavis@hotmail.com 519-742-2515	<a href="http://www.frantastichealth.com">www.frantastichealth.com</a>	Seven Spiritual Days ebook for free
First Nations, Metis and Inuit	Hope for Wellness - Mental health and wellness in First Nations and Inuit communities	Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree, Ojibway and Inuktitut.	1-855-242-3310	<a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a>	Cree, Ojibway and Inuktitut languages
Hindu	Brahmarishi Mission of Canada	We do spiritual meetings on Zoom, such as breathing exercises and meditation. We provide cooked food to students and seniors twice a week. We talk to people on phone for any spiritual, religious or social consulting. Zoom meetings	<a href="http://www.brahmrishimission.org">www.brahmrishimission.org</a> Swami Chaitanya Jyoti 519-579-1486, Dr. Vijay Solanki 519-404-9455 <a href="https://the.ismaili/contact-us">https://the.ismaili/contact-us</a>	<a href="http://www.brahmrishimission.org">www.brahmrishimission.org</a>	English/Hindi
Hindu	Mandir, Radha Krishna	Panditji will broadcast Sunday Morning Services and other activities live on Facebook.	president@radhakrishnamandir.net	<a href="https://www.radhakrishnamandir.net/">https://www.radhakrishnamandir.net/</a> <a href="https://www.facebook.com/RadhaKrisnaMandir">https://www.facebook.com/RadhaKrisnaMandir</a>	
Jewish	Beth Jacob Synagogue	During this time, we will be making appropriate arrangements to ensure that our Shul building will be maintained. Reduced office hours, working Mondays to Thursdays in isolation. Our board and many members of our community want to ensure that we maintain our sense of community. Our office will ensure that we can ask for a volunteer to assist.	<a href="mailto:bethjacob@on.aibn.com">bethjacob@on.aibn.com</a> 519 743-8422	<a href="https://www.bethjacobkw.ca/">https://www.bethjacobkw.ca/</a> <a href="https://twitter.com/BethJacobKW">https://twitter.com/BethJacobKW</a>	Urgent Burial assistance If you require urgent burial assistance for a loved one, please contact Jeff Budd at 416-579-0056.

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Jewish	The Rohr Chabad Centre for Jewish Life	Online resource and Ask the Rabbi available. How to Celebrate Passover	rmg@jewishwaterloo.com 519-725-4289	<a href="https://www.jewishwaterloo.com/">https://www.jewishwaterloo.com/</a> <a href="https://facebook.com/chabadwaterloo/">https://facebook.com/chabadwaterloo/</a>	
Jewish	Temple Shalom Reform Synagogue/ the Cedars	A multifaith prayer line has been set up outside The Cedars. Weekly newsletters to Temple Members and other interested community members are continuing. Services are being held via Zoom-email for info. Cedars prayer line is open to the public	<a href="mailto:info@templeshalom.ca">info@templeshalom.ca</a> <a href="mailto:president@templeshalom.ca">president@templeshalom.ca</a>	<a href="http://www.templeshalom.ca">www.templeshalom.ca</a> Temple Shalom (private Facebook page)	
Metis	Grand River Métis Council	president@grandrivermetiscouncil.com	<a href="mailto:metisofgrandriver@hotmail.com">metisofgrandriver@hotmail.com</a> Facebook	<a href="http://www.grandrivermetiscouncil.com/">http://www.grandrivermetiscouncil.com/</a>	
Muslim	Canadian Rohingya Development Initiative	Video message in Rohingya language - Information sharing, helping with Canada Emergency Response Benefit (CERB), helping new refugees with shopping and transportation	Saifullah Muhammad crdi@rohingya.ca Phone +1 519 588 7747	Facebook Page @crdirohingya <a href="https://www.rohingya.ca/">https://www.rohingya.ca/</a>	Rohingya Language
Muslim	Islamic Centre of Cambridge	The mission of ICC is to provide a place for Muslims to get together for religious and social events and to provide religious education for children. We hope to promote building and strengthening of communities, and providing opportunities and chances to grow and succeed, by involving children, youth and families.	info@iccambridge.com Imam Kabbar 519-740-6855	<a href="https://www.iccambridge.com/">https://www.iccambridge.com/</a>	
Muslim	Ismaili Community Centre and Jamatkhana Muslim	Ismaili community launched a massive campaign as soon congregational prayers ended three weeks ago. There is a national online Voluntary registration with all of one's contact info along with details on special medical needs, income stability and any logistical needs. This is managed by volunteers who try to coordinate help for those who need it. Biweekly phone calls from local leadership checking in	<a href="https://the.ismaili/contact-us">https://the.ismaili/contact-us</a>	Regular webinars to prevent boredom and to provide Covid information <a href="https://twitter.com/theismaili">https://twitter.com/theismaili</a> <a href="https://www.facebook.com/theismaili">https://www.facebook.com/theismaili</a> <a href="https://iicanada.org/coronavirus/news">https://iicanada.org/coronavirus/news</a>	
Muslim	Anoor Mosque	Prayer times noted on website, Quran text and audio on website Jumu'a Prayers and Iqamah Times Suspended Until Further Advised	farooqmasjid@outlook.com	<a href="https://masjidannoor.ca/">https://masjidannoor.ca/</a>	
Muslim	The Kitchener-Waterloo Unity Mosque.	The Kitchener-Waterloo Unity Mosque is an inclusive and progressive mosque with members who are both Muslim and spiritual seekers. We are a gender equal and LGBTQ+ affirmative mosque, and we warmly welcome	franpappertshannon@gmail.com		Zoom meetings

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		newcomers. Online ZOOM meetups on a regular basis. Peace and welcome!			
Muslim	Waterloo Masjid Muslim Society of Waterloo &Wellington Counties	Please stay at home, and go out only if absolutely necessary. Please keep in phone-contact with neighbors, family, and friends, and for those who really need assistance, deliver (at the door-keeping distance) food and/or medication. And inshaAllah this will be a door to Jannah.	Masjid Administration at admin@waterloomasjid.com For questions related to Islam, please contact the Imam at imam@waterloomasjid.com.	<a href="http://waterloomasjid.com/main/">http://waterloomasjid.com/main/</a>	
Muslim	Zawiya Fellowship	Annoor Jami Mosque. Muslim Community Learning Centre	sr.besmeh@zawiyafellowship.com (519) 267-8551	<a href="https://zawiyafellowship.com/">https://zawiyafellowship.com/</a>	Arabic classes,
Sikh	Golden Triangle Sikh Association	2. Vegetarian uncooked food (Flour, lentil, rice etc.) is being distributed to Indian Students and any one who needs it and can be picked outside of the Temple 2070 Snyders Road East, Petersburg by calling 519-634-5681 or 519-502-0914	President@TheGTSA.com	<a href="http://www.thegtasa.com/">http://www.thegtasa.com/</a> Facebook. Gurdwara (Temple)	Sikh
Spiritual	Kitchener Waterloo Spiritual Experiences Group	Meet with people of all different backgrounds who share a passion for spirituality—who seek to have actual spiritual experiences, such as lucid or significant dreams, out-of-body travel, past-life recall, and encounters with spiritual beings—and to grow from these experiences to bring more meaning, purpose and joy to daily life		<a href="https://www.meetup.com/Kitchener-Waterloo-Spiritual-Experiences-Group/">https://www.meetup.com/Kitchener-Waterloo-Spiritual-Experiences-Group/</a> <a href="https://www.youtube.com/watch?v=zvecTKM_-wk">https://www.youtube.com/watch?v=zvecTKM_-wk</a>	Available on YouTube anytime. New events every Sunday - virtually
Spiritual	Spiritual Heritage education Network (SHEN)	Our organization uses Zoom to offer free workshops in strategic use of breath to elicit a measure of control over fear, anxiety, depression, stress and uncertainty to prevent them from crippling us.	Phone: 226 240-0364, info@spiritualeducation.org	<a href="http://spiritualeducation.org">http://spiritualeducation.org</a> , <a href="https://youtu.be/Uvli7NBUfY4">https://youtu.be/Uvli7NBUfY4</a> , <a href="https://youtu.be/2vRXiMc28Tw">https://youtu.be/2vRXiMc28Tw</a> , <a href="https://youtu.be/iDDk-V3ryQU">https://youtu.be/iDDk-V3ryQU</a> , <a href="https://youtu.be/Yh_XCN0dKu0">https://youtu.be/Yh_XCN0dKu0</a>	
Spiritual care	Grandvalley Institute for women	pastoral care at the women's prison, connected to others in a few different areas especially faith area	ChaplaincyG@csc-scc.gc.ca		
Unitarian	Grand River Unitarian Congregation	Sunday service offered as a Facebook 'Watch Party,' after service coffee hour (Zoom meeting) Virtual Coffee House, Grand River Unitarian Discussion Page (Facebook), Tea with the Minister (zoom meeting) and other online activities	Rev. Jessica Rodela, Grand River Unitarian Congregation	Grand River Unitarian Discussion Page (Facebook), Grand River Unitarian People (Facebook)	Members and friends without internet access get phone calls from the minister and the administrator and weekly mail outs.