

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Buddhist	Fo Guang Shan Temple (Waterloo)	Stephanie Hong email: waterlooblbc@gmail.com	www.fgs.ca	
Buddhist	Lao Dhammaram Buddhist Temple	1-519-650-1922 12 Old Mill Rd Cambridge ON N3H 4R8	https://www.facebook.com/pages/Wat-Lao-Dhammaram/619433914770218	
Buddhist	Waterloo Region Dharma Centre	Susan Child info@wrldharmcentre.com 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.	www.wrldharmcentre.com	
Buddhist	Waterloo Wellington Buddhist Cultural Association - Sri Lankan	info@wwbca.ca		
Christian, Anglican	Church of the Holy Saviour	33 Allen St E, Waterloo 519-743-8772, infoholysaviour@gmail.com	HolySaviourWaterloo on Facebook, holysaviour.ca	
Christian, Anglican	St. Andrew's Memorial Anglican Church	standrewskitchener@gmail.com 519-743-0911	facebook.com/StAndrewsKitchener / standrewsmemorial.ca	
Christian, Anglican	St. Columba Anglican Church	info@saintcolumbachurch.com 519-748-8750	https://saintcolumbachurch.weebly.com/	
Christian, Anglican	St. George's Anglican Church	519-662-3450 sgacnewhamburg@gmail.com 3 Byron Street New Hamburg ON N3A 1P1	http://www.stgeorgesnewhamburg.com/ https://www.facebook.com/StGeorgesNewHamburg	
Christian, Anglican	St George's of Forest Hill Anglican Church	321 Fischer-Hallman Road Kitchener, Ontario N2M 4X9 519.744.4751 email: stgeorgefh@golden.net	www.stgeorgesofforesthill.com and Facebook	
Christian, Anglican	St. James' Anglican Church	The Reverend Canon Linda Nixon rector@stjamesang.ca Administrator office@stjamesang.ca 519-658-4547 520 Ellis Road, Cambridge	https://www.stjamesang.ca/	
Christian, Anglican	St. Luke's	St. Luke's: Rev. Steve Greene (226-755-0903 or stevegreene@diohuron.org)	"St. Luke's Faithful News" Facebook page.	St. Luke's and St. Thomas the Apostle Anglican Church have the same Reverend.
Christian, Anglican	St. Thomas the Apostle	Rev. Steve Greene (226-755-0903 or stevegreene@diohuron.org)	"St. Luke's Faithful News" Facebook page.	St. Luke's and St. Thomas the Apostle Anglican Church have the same Reverend.

Religious and Spiritual Supports

Docs # 3256692

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Christian, Anglican	The Church of St John the Evangelist	rector, Preston Parsons Rector@stjohn316.com (519) 743-0228 church@stjohn316.com	http://www.stjohn316.com/ https://www.facebook.com/stjohntheevangelist unite	
Christian, Anglican	Trinity Anglican Church	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 worshippingpastor@rogers.com	https://www.instagram.com/arbchurch https://arbchurch.com/	
Christian, Baptist	Hespeler Baptist (FEBC)	admin@hespelerbaptist.ca Phone: 519-658-4220 76 Adam Street, Cambridge, ON N3C 2K5	Website - https://hespelerbaptist.ca/ Facebook – HespelerBaptist Instagram - hespelerbaptist YouTube Channel – Hespeler Baptist	
Christian, Baptist	Highland Baptist Church	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	office@ksbchurch.org	https://www.ksbchurch.org/	
Christian, Baptist	Temple Baptist	info@templebaptistchurch.ca	https://www.templebaptistchurch.ca/	
Christian, Evangelical Missionary	Bethany Evangelical Missionary Church	519-745-0151 info@bethanyemc.ca	https://bethanyemc.ca/ https://www.bethellindsay.com/	
Christian, Evangelical Lutheran	Christ Evangelical Lutheran Church, Waterloo	David Malina (Pastor) Contact dmalinachurch@gmail.com 455 Anndale Road, Waterloo	Website: christwaterloo.ca Facebook for weekly services, events: Christ Church - Waterloo YouTube for weekly service videos, hymns, bulletin: https://www.youtube.com/channel/UCjCHs7t1PtMmhp6p6NuAMBw	We respond to invitations for support from vulnerable communities and organizations. For example, Anishnabeg Outreach's request for support for its Spirit Bundle Offering to families in need.
Christian, Lutheran	St. Luke's Evangelical Lutheran Church	Pastor Heike Toeller 519.893.3826	stlukeslutheran.ca	
Christian, Lutheran	St Peter's Lutheran	secretary@st-peters-cambridge.org	http://stpeterscambridge.com/ link: https://youtu.be/6e4ZAKzc8YE SundaysandSeasons.com)	

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, Lutheran	St. Matthews Lutheran Church	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	https://stpaulscambridge.org/	
Christian, Lutheran	St. Stephen Lutheran Church	Phone 519-744-2521 and make an appt for pick up ststephens@live.ca	http://www.ststephenchurch.ca/	
Christian, Lutheran	thirdspace at Martin Luther University College	Anne Anderson, Community Pastor ananderson@luther.wlu.ca Keffer Chapel at Martin Luther University College 75 University Ave. Waterloo, N2V3C5	Facebook: thirdspace community Martin Luther University college https://luther.wlu.ca/worship-and-music/thirdspace.html	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 (ELC)	Trillium Lutheran Church Waterloo ON	Website www.trilliumwaterloo.ca Phone 519 886 1880 Email office@trilliumwaterloo.ca 22 Willow Street, Waterloo, ON N2J 1V5	www.trilliumwaterloo.ca	One of our members is a psychotherapist -- Hope for Families http://www.hopeforfamilies.net/ 519 513 9216 holly@hopeforfamilies.net We expect to hold off on in-person worship and gatherings as we monitor the continuing health situation.
Christian, Lutheran (ELC)	Trinity Evangelical Lutheran Church, New Hamburg	23 Church Street, New Hamburg, ON N3A 1J1	www.telc.ca	
Christian, Mennonite	Breslau Mennonite Church	519-648-2501 office@breslaumc.ca Pastor Eleanor Epp-Stobbe eleanor@breslaumc.ca	www.breslaumc.ca	
Christian, Mennonite Brethren	Glencairn Church	churchincommunity@glencairn.ca office@glencairn.ca 725 Erinbrook Drive, Kitchener	www.glencairn.ca www.facebook.com/glencairnchurch glencairn.ca/gathering-back-together glencairn.ca/covid-19	
Christian, Mennonite	Pioneer Park Christian Fellowship	ppcf.cares@gmail.com 68 Biehn Dr. Kitchener N2R 1M3	Christian, Mennonite	
Christian, Mennonite	Poole Mennonite Church	poolemen@perth.net 519-595-4622 fred.redekop@gmail.com	http://www.poolechurch.ca/	we have a needs fund to distribute
Christian, Mennonite	Preston Mennonite Church	519 653 5171		
Christian, Mennonite	Rockway Mennonite Church	Pastor Scott Brubaker-Zehr (pastor@rockwaymc.ca)		

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, Mennonite	Steinmann Mennonite Church		smchurch.ca	
Christian, Mennonite	The Gathering Church Mennonite Church Eastern Canada		www.gatheringchurch.ca, https://www.facebook.com/gatheringchurch.ca/	
Christian, Mennonite	Wilmot Mennonite Church	Pastor Susan Allison-Jones email: wilmotpastor@gmail.com Pastor's phone numbers 226 808 4353	http://www.wilmotmennonite.ca/	
Christian, Mennonite	Waterloo North Mennonite	519-888-6113 office@waterloonorthmc.org 100 Benjamin Rd Waterloo	waterloonorthmc.org	LGBTQ safe space
Christian, Mennonite	WMB Church	Contact information: Main Office: 519.885.5330, office@wmbchurch.ca	Website: https://wmbchurch.ca/ Facebook: https://www.facebook.com/WaterlooMB/ Instagram: https://www.instagram.com/wmb_church/ YouTube Channel: http://youtube.com/user/waterlooMB	
Christian, Mennonite	Wellesley Mennonite Church	Pastor Kara's cell: 519-749-5008 email kara@wellesleymennonite.ca	Website: wellesleymennonite.ca	
Christian, Orthodox	Christ the Saviour Antiochian Orthodox Church	Fr. Christopher at 519-807-2986 or email father@xcsaviour.com.	http://www.xcsaviour.com/	
Christian, Orthodox	Debre Sina Kidanemihiret Ethiopian Orthodox Church	Marta Worku	https://youtu.be/5l0Jk9z0bAo https://youtu.be/DNG7A0vG1xQ	
Christian, other	C3KW	c3kw.ca, Instagram: @c3.kw Abigail Mills, abby.mills17@gmail.com	c3kw.ca instagram: @c3.kw	
Christian	Chinese Alliance Church			
Christian, other	Community Ministry	Rev. Susan Cole Phone, call/text 226.747.6932 email, communitymin15@gmail.com	Facebook page. Search: Community Ministry, Kitchener ON	
Christian, other	Creekside Church	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 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.

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, Other	Country Hills Church	Stephanie Shuart: office@countryhillschurch.ca tel:519-578-7275	https://www.countryhillschurch.ca https://www.countryhillschurch.ca/about/sunday-services/	
Christian, other	Elevation Church	Helen Kroeker: info@elevationwaterloo.org	www.elevationwaterloo.org www.facebook.com/ElevationWaterloo	
Christian, other	Forward Church	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	Associate Pastor Byron Burton: GBCByronB@gmail.com 519.623.7911	http://gbccambridge.com/	
Christian, other	Kitchener-Waterloo Chinese Alliance Church	info@kwcac.ca	https://www.kwcac.ca/	
Christian, Other	Kitchener-Waterloo Seventh-day Adventist Church	235 Williamsburg Rd. Kitchener, ON N2E 1K8 Email: info@kwsda.org Phone: 519 742 9757	https://kwsda.org/	
Christian, other	Koinonia Christian Fellowship	(519) 744-7447	Kcf.org	Church online Sundays 9 am and 11 am live.kcf.org
Christian, other	New Apostolic Church		https://www.naccanada.org/imis_prod/NAC/eChurch.aspx?WebsiteKey=65cbd31f-7574-42cb-8077-a16c964582ef	
Christian, other	Nexus Church	Sarah.Holmes@NexusChurchKW.com (General Inquiries) Steph.Lambert@NexusChurchKW.com (Family Ministries) Melissa.Bowman@NexusChurchKW.com (Local Outreach)	https://www.facebook.com/NexusChurchKitchener/ https://twitter.com/NexusChurchKW https://www.youtube.com/channel/UCgwj6jv7lvJWfVcknjPRujg	
Christian, other	Rivercity	Darrel Bierman Pastor at River City d.bierman@on.aibn.com 519-624-9480	https://www.rivercitychurch.org/staff https://t.co/F4q2G4YGRQ	
Christian, Other	Radiant City Church	Gord Brock (Pastor) gord@radiantcitychurch.com or 226 750-9504	http://radiantcitychurch.com/ Facebook -	
Christian, other	Salvation Army Cambridge Citdel	office@tsacambridgeon.org	https://www.tsacambridgeon.org/	
Christian, other	The Salvation Army Kitchener Community Church	Cory_Pinksen@can.salvationarmy.org Pamela_Pinksen@can.salvationarmy.org	Website: https://www.sakw.ca Facebook: https://www.facebook.com/sakitchenercc Facebook groups: Kitchener Community Church; Sunday School; and KCC Teen Class	
Christian, other	Trinity Evangelical Missionary Church	https://trinityemc.com/contact-us	https://trinityemc.com/blog https://trinityemc.com/trinity-kids-online https://trinityemc.com/sundays-online	

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, other	Wallenstein Bible Chapel	info@wbconline.ca 519 669 2319	www.wbconline.ca	
Christian, other	Westheights Community Church	Josh Mutter Email: office@westheights.org Office Phone: (519) 741-1986	http://connect.westheights.org/ Facebook: Westheights Twitter @Westheights	
Christian, other	Woodside Bible Fellowship	200 Barnswallow Drive, Elmira 519-669-1296 info@woodsidechurch.ca	woodsidechurch.ca facebook.com/WoodsideElmira/	
Christian, Pentecostal	Calvary Pentecostal Assembly	info@mycalvary.life	https://mycalvary.life/online/	Several Youth resources
Christian, Pentecostal	Waterloo Pentecostal Assembly	395 King Street North 519.884.0530, office@wpa.church	www.wpa.church, www.facebook.com/watpen/live	
Christian, Presbyterian	Calvin Presbyterian Church	Telephone: 519-744-4061 248 Westmount Road E Kitchener, Ontario	http://www.calvinchurch.ca/ https://www.facebook.com/CalvinKitchener/ https://twitter.com/CalvinKitchener	
Christian, Presbyterian	Central Presbyterian Church Cambridge	office@cpcmail.ca	website: centralchurchcambridge.ca	
Christian, Presbyterian	St Andrew's Hespeler	St. Andrew's Presbyterian in Hespeler is happy to receive prayer requests at the following e-mail prayerchain@standrewshespeler.ca	Website: https://www.standrewshespeler.ca/ Facebook: https://www.facebook.com/standrewshespeler/ YouTube channel: https://www.youtube.com/channel/UCB3Jjv8o6Gky9bBdczTj6jQ/	
Christian, Presbyterian	Kitchener Waterloo Korean Presbyterian Church	revyyd@yahoo.com 1-519-742-2929	https://kwchurch.com/	Korean
Christian, Roman Catholic	Catholic Youth Organization		http://cyo.on.ca/	
Christian, Roman Catholic	Diocese of Hamilton	Bishop Most Reverend Douglas Crosby, O.M.I., D.D. (905) 528-7988 x2222 à Send Email Chancellor Very Reverend Monsignor Murray J. Kroetsch, PH, VG (905) 528-7988 x2225 à Send Email Carol Daly Administrative Assistant (905) 528-7988 x2222 à Send Email	https://hamiltondiocese.com/coronavirus-updates	

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, Roman Catholic	Parroquia Nuestra Senora de Guadalupe (Our Lady of Guadalupe)	office@stjohnskitchener.ca	https://parroquiaguadalupe.ca/	Spanish services and resources.
Christian, Roman Catholic	St John’s Roman Catholic Church – Our Lady of Guadalupe Parish Community	office@stjohnskitchener.ca	www.stjohnskitchener.ca https://www.youtube.com/channel/UCRxULva0ztA-UXP__Snd5A	English and Spanish
Christian, Roman Catholic	St. Clements Parish	Phone: (519) 653-6123 stclements@rogers.com	http://www.stclementsparish.ca/ http://www.stclementsparish.ca/from-the-pastors-desk.html Online Daily Mass https://www.youtube.com/channel/UC7FqAyL5ZdHv2F14y1yFC9A?view_as=subscriber	
Christian, Roman Catholic	St. Gregory the Great, Roman Catholic Church	office@saintgregoryparish.com (519) 623-3111	http://www.saintgregoryparish.com/	
Christian, Roman Catholic	St. Mary Our Lady of the Seven Sorrows Roman Catholic Parish	https://www.facebook.com/StMarysKitchener St. Mary Our Lady of the Seven Sorrows Roman Catholic Church www.stmarysrcchurch.ca stmarys@rogers.com	https://www.facebook.com/StMarysKitchener	
Christian, Roman Catholic	St. Michael Catholic Church	Phone: 519-884-9311 Fax: 519-888-6042 Email: parish@stmichaelw.ca	https://www.stmichaelw.ca/coronavirus The Canadian Catholic Broadcasting Council has daily Mass EWTN offers video of Mass every day	
Christian, united	Erin United Church	115 Main Street, Erin, Ontario	Facebook and website	
Christian, United	Emmanuel United Church Waterloo	22 Bridgeport Rd W, Waterloo, ON N2L 2Y3	www.emmanueluc.ca	
Christian, United	Knox United Church	Tel: 519 703-1954 Volunteers can be mobilized through the Minister, Gail Fricker at gfricker@rogers.com	Knoxayr.wordpress.com	
Christian, United	Parkminster United Church	parkuc@golden.net Rev. Joe Gaspar (revjoegaspar.parkminster@gmail.com) Stein Rev. Heather Power (revheather.parkminster@gmail.com) 275 Erb St. E Waterloo	parkuc.ca	
Christian, United	St. James Rosemount United	171 Sherwood Ave, Kitchener		
Christian, United	Trinity United Church Kitchener	54 Benton St., Kitchener	website	
Christian, United	Trillium United Church	Pastor Mark Rutledge at 519-841-8333	trilliumchurch.ca Trillium United Church Facebook page	

Religious and Spiritual Supports

Docs # 3256692

Denomination	Organization	Contact information	Website	Notes
Christian, United	Wesley United	Minister: Rev. Keith Hagerman keithhagerman@gmail.com Church Office 519-621-6060 information@wesleyunited.ca	https://www.facebook.com/Wesley-United-Church-109784999092539/ https://www.wesleyunited.ca/ https://www.youtube.com/watch?v=tG7fZ_scdOU&t=298s	
Christian, United	Zion United Reformed Church of Sheffield	Alicia Veldman 519.624.9416 or cell 905.628.8701	zurch.ca	
First Nation, Metis, Inuit	Anishnabeg Outreach	To register, select one of the following: ➤ Phone: (519) 742 – 0300 ➤ Email: info@aocan.org ➤ Website: aocan.org	FB – anishnabegoutreach https://www.facebook.com/anishnabegoutreach/ Twitter - @anishnabeg https://twitter.com/anishnabeg Instagram – Anishnabegoutreach https://www.instagram.com/anishnabegoutreach/	
First Nation, Metis, Inuit	Indigenous Healing and Wellness Program Wellington-Waterloo	519-821-6638 ext. 301 ihwp@guelphchc.ca ihwphelp@guelphchc.ca Facebook @indigenoushealingandwellness Instagram @indigenous_Healing WW Twitter @redbundle	http://guelphchc.ca/indigenous-healing-wellness/	Available virtually
First Nation, Metis, Inuit	White Owl Native Ancestry	Info@wonaa.ca 519-772-4399	www.wonaa.ca	
First Nation, Metis, Inuit	Healing of the Seven Generations	Phone: (519) 570-9118 Administration assist.h7g@gmail.com Programs: programming.h7g@gmail.com	www.healingofthesevengenerations.ca www.facebook.com/healingofthesevengenerations	
First Nation, Spiritual	Frantasticealth	Kelly Fran Davis kellyfrandavis@hotmail.com 519-742-2515	www.frantasticealth.com	Seven Spiritual Days ebook for free
First Nations, Metis and Inuit	Hope for Wellness - Mental health and wellness in First Nations and Inuit communities	1-855-242-3310	www.hopeforwellness.ca	Cree, Ojibway and Inuktitut languages
Hindu	BAPS Shri Swaminarayan Mandir			
Hindu	Brahmarishi Mission of Canada	www.brahmrishimission.org Swami Chaitanya Jyoti 519-579-1486, Dr. Vijay Solanki 519-404-9455 https://the.ismaili/contact-us	www.brahmrishimission.org	English/Hindi
Hindu	Dharmic Cultural Centre & Mandir			

Religious and Spiritual Supports

Docs # 3256692

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Hindu	Dayalbagh Radhasoami Satsang Association of North America			
Hindu	Mandir, Radha Krishna	president@radhakrishnamandir.net	https://www.radhakrishnamandir.net/ https://www.facebook.com/RadhaKrishnaMandir	
Hindu	Sri Guru Singh Sabha Cambridge	(519) 658-1070	http://www.cambridgegurdwara.ca/ https://www.facebook.com/CambridgeSGSS/	
Muslim	Bai'tul Kareem Mosque, Ahmadiyya Muslim Community	(519) 623-2786	https://www.ahmadiyya.ca/mosques/baitul-karim	
Muslim	MAC Hespeler Masjid		https://hespelermasjid.ca/	
Muslim	Zawiya Fellowship - Annoor Jami Mosque	https://zawiyafellowship.com/contact/ (519) 267-8551	https://zawiyafellowship.com/ http://zawiyafellowship.com/prayers-schedule/	
Jewish	Beth Jacob Synagogue & Jewish Community Centre	bethjacob@on.aibn.com 519 743-8422	https://www.bethjacobkw.ca/ https://twitter.com/BethJacobKW	Urgent Burial assistance If you require urgent burial assistance for a loved one, please contact Jeff Budd at 416-579-0056.
Jewish	The Rohr Chabad Centre for Jewish Life	rmg@jewishwaterloo.com 519-725-4289	https://www.jewishwaterloo.com/ https://facebook.com/chabadwaterloo/	
Jewish	Temple Shalom Reform Synagogue/ the Cedars	info@templeshalom.ca president@templeshalom.ca	www.templeshalom.ca Temple Shalom (private Facebook page)	
Metis	Grand River Métis Council	metisofgrandriver@hotmail.com Facebook	http://www.grandrivermetiscouncil.com/	
Muslim	Canadian Rohingya Development Initiative	Saifullah Muhammad crdi@rohingya.ca Phone +1 519 588 7747	Facebook Page @crdirohingya https://www.rohingya.ca/	Rohingya Language
Muslim	Islamic Centre of Cambridge Jami Mosque	info@iccambridge.com Imam Kabbar 519-740-6855	https://www.iccambridge.com/	
Muslim, Shia	Islamic Humanitarian Service	Shafiq Hudda	www.al-haqq.net	
Muslim	Ismaili Community Centre and Jamatkhana Muslim	https://the.ismaili/contact-us	Regular webinars to prevent boredom and to provide Covid information https://twitter.com/theismaili https://www.facebook.com/theismaili https://iicanada.org/coronavirus/news	

Religious and Spiritual Supports

Docs # 3256692

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Muslim	Anoor Mosque	farooqmasjid@outlook.com	https://masjidannoor.ca/	
Muslim	Muslim association of Canada	Asif Manzoor, chapter head, 519-760-3475	macnet.ca/foodshare/#kitchener	Our mosque's gym can be used by the region for any needs during COVID-19
Muslim	The Kitchener-Waterloo Unity Mosque.	franpappertshannon@gmail.com		Zoom meetings
Muslim	Waterloo Masjid Muslim Society of Waterloo & Wellington Counties	Masjid Administration at admin@waterloomasjid.com For questions related to Islam, please contact the Imam at imam@waterloomasjid.com .	http://waterloomasjid.com/main/	
Muslim	Zawiya Fellowship	sr.besmeh@zawiyafellowship.com (519) 267-8551	https://zawiyafellowship.com/	Arabic classes,
Sikh	Golden Triangle Sikh Association	President@TheGTSA.com	http://www.thegtasa.com/ Facebook. Gurdwara (Temple)	Sikh
Secular Humanist	Society of Freethinkers	secretary@sofree.ca Box 42036, 555 King Street N., Waterloo ON, N2L 6K5	www.sofree.ca	
Spiritual	Kitchener Waterloo Spiritual Experiences Group		https://www.meetup.com/Kitchener-Waterloo-Spiritual-Experiences-Group/ https://www.youtube.com/watch?v=zvecTKM_-wk	Available on YouTube anytime. New events every Sunday - virtually
Spiritual	Spiritual Heritage education Network (SHEN)	Phone: 226 240-0364, info@spiritualeducation.org	http://spiritualeducation.org , https://youtu.be/Uvli7NBUfY4 , https://youtu.be/2vRXiMc28Tw , https://youtu.be/iDDk-V3ryQU , https://youtu.be/Yh_XCN0dKu0	
Spiritual care	Grandvalley Institute for women	ChaplaincyG@csc-scc.gc.ca		
Unitarian, Universalist	Grand River Unitarian Congregation	Phone: 519-742-0432 299 Sydney Street S, Kitchener ON manager@grandriverunitarian.ca	https://www.grandriverunitarian.ca/ Grand River Unitarian People (Facebook) https://www.facebook.com/groups/1782537458550101/ (GRU Discussion Page) https://www.facebook.com/groups/136026090478986/ (GRU People page)	Members and friends without internet access get phone calls from the minister and the administrator and weekly mail outs.