Cedar Park United is a house for Hope and a strong voice for Love in our local community and online. We're an Affirming Congregation of the United Church of Canada and seek to provide a wide, safe welcome to all.

In a world which rocks between liberating openness and stifling fear and hatred of the other, we dare to proclaim that the gospel of Jesus Christ is about radical inclusion, and hospitality, justice and compassion. Which is why it matters that we're an affirming ministry, where our questions are valued, our diversity is celebrated, and where humility about our convictions leaves ample room for apology, forgiveness and reconciliation. (Rev. Dr. Elisabeth Jones)

FIND OUT MORE ABOUT OUR WELCOME





READ ABOUT OUR VALUES







We're committed to the work of reconciliation with Canada's First Nations.

Our church building and homes are situated on ancient lands and waterways have sustained creatures for millions of years, and the human indigenous communities of the Kanienkaha:ka, Anishinaabeg and Abenaki peoples for thousands of years before the arrival of Settler peoples, and successive waves of people seeking safety, refuge, opportunity.

As a faith community, we commit ourselves to the work of unlearning the habits of privilege, to cherish the Earth as our cradling mother, and to recognize and celebrate the dignity, humanity, cultures, faith, and customs of Indigenous peoples, immigrant neighbours, settlers and sojourners, our siblings of one Earth, one Creator. (Rev. Dr. Elisabeth Jones)

FIND OUT ABOUT THE UNITED CHURCH'S COMMITMENT TO RECONCILIATION AND INDIGENOUS JUSTICE







Worship is the heartbeat of our community.

You can worship together with us live on Sundays at 10 AM (onsite or live on YouTube) or worship with the livestream recording at a time that suits you better. You'll find a weekly worship preview on our website with opportunities for participating.



You can also subscribe to receive Sunday Soul Food, a weekly e-mail with the sermon text, worship links and other inspirational content you can open when it works for you.



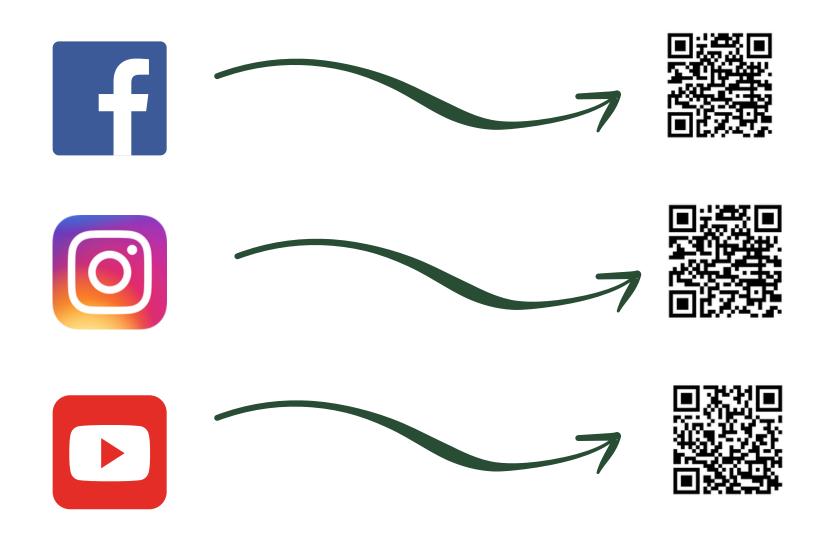
We worship jointly with the West Island and Riverside United Churches Cluster (WIRUC) during the summer and multiple times throughout the year. Find out what the WIRUC communities are up to on the joint website.





Our online spaces are a breath of fresh air.

We consider the Cedar Park United Facebook and Instagram pages, and Youtube channel, as an extension of the caring community we seek to be and create together in all our other spaces. Add us to your feed for inspiring, hope-filled content and ways to make a difference. Subscribe to our Youtube channel so you can join the live chat in worship.







and Riverside United Churches Cluster Regroupement de l'ouest de l'île et Riverside



West Island and Riverside United Churches



Regroupement de l'ouest de l'île et Riverside



WE CAN BE
COMPASSIONATE
WITH OURSELVES
- AND DEDICATED TO
COMPASSION FOR
THOSE AROUND US





















DAY 29 End your day with gratitude.

living gratefully: 30 daily practice ideas



"Stories that divide the world into <u>us</u> and <u>them</u> have the singular power to disconnect us. But stories that expand the collective <u>we</u> have the power to return us to one another."

THE REST PARTY.









Eving gratefully. He delly practice ideas

DAY 27 Feel your good fortune.



We love sharing our space with the community.

So much happens here in this building! Thanks to many grants and generous donations from our community, we've been able to renovate our building to make it an even more multi-purpose space.

If you're looking for a great space to hold an event, concert, or art exhibit or to cook a meal, hold a fundraiser, or host an off-site business workshop or town hall consultation, we'd love to hear from you.

FIND OUT ABOUT SHARING OUR PERFORMANCE SPACE





FIND OUT ABOUT SHARING OUR OTHER FACILITIES







You can find a place of belonging and purpose here.

As a community, we're here for each other and take care of one another through all stages of life. We use in-person and online means to connect and stay connected, and to provide care when it's needed.

We offer opportunities for people of all ages to come together to make new connections with others, to eat, sing, learn, pray, cook, be in Creation... And we offer regular online gatherings, too, so that no one is left out.

CHECK OUR CALENDAR FOR UPCOMING EVENTS





FIND OUT ABOUT
OPPORTUNITIES FOR
SPIRITUAL GROWTH







Social justice is in our community's DNA.

We're engaged with our denomination (the United Church of Canada) in its commitment to become an anti-racist denomination. That means that we're also committed to the work of reconciliation with Canada's First Nations. We're committed as a congregation to the work of supporting refugeed people and through our food security ministries, we're engaged in various acts to support access to healthy food, particularly among elders and families at risk.

Check by the door on your way out today—we have a Comfort Food Freezer where you can take food if you need some and leave food if you have extra to share. It's for everyone and anyone who passes through the building.

FIND OUT HOW YOU CAN GET INVOLVED







Families of all kinds will find a wide, supportive welcome here.

We foster opportunities for families, kids and teens to connect with each other and with this progressive Christian faith tradition in all kinds of ways: Children's Worship on Sunday mornings, Mini Connections Play Group on Wednesday mornings, regular youth gatherings with an annual Youth Spirit Quest programme, faith-based "Doing Differently" events for families, and private Facebook groups for parents, to name a few.

Knowing the kinds of challenges families are facing today, we seek to be a loving, supportive part of their "village."

VISIT THE FAMILIES AND YOUTH WEB PAGE





SUBSCRIBE TO OUR MAILING LIST FOR FAMILIES AND YOUTH







We seek to include seniors in a network of friendship, intergenerational community and care here.

We also offer opportunities for seniors to connect with each other and with this progressive Christian faith tradition, such as Connections 2.0 gatherings, online learning/spiritual growth opportunities, Sunday Choir, Voices for Hope, and Creation care activities in our outdoor spaces.

Staying active and connected is so important, and we seek to be one of the strong links in people's chain of community care.

CHECK OUT THE SENIORS WEB PAGE



FIND OUT ABOUT OPPORTUNITIES FOR SINGING IN COMMUNITY





