

Religious Services Online

Local Grinnell Services

Calvary Baptist Church

- Recorded Services: https://www.sermonaudio.com/source_detail.asp?sourceid=cbcgrinnell
- Facebook page with service videos: <https://www.facebook.com/cbcgrinnell>

First Unitarian Church of Des Moines

- Zoom Sundays @ 10 am: <https://www.ucdsm.org/about-services/upcoming-services/>
- YouTube Channel: https://www.youtube.com/channel/UCMg_jfbwsGkodA8-mEGDIxQ

Grace Community Church

- Youtube Channel: <https://www.youtube.com/channel/UCIASZiXRTUpsej0wIYl-6dA>
- Facebook page with service videos: <https://www.facebook.com/Grace-Community-Church-Grinnell-IA-292643068877/>

Grinnell Christian Church

- Livestream Sundays @ 10 am: <https://iframe.dacast.com/b/158251/c/531479>
- Facebook page with service videos: <https://www.facebook.com/GrinnellChristianChurch>
- YouTube Channel: <https://www.youtube.com/channel/UCdVQt6dI5XKNBUZQXAihJsQ>

Grinnell Friends Church

- Livestream Sundays @ 10:30 am: <https://www.grinnellfriends.org/worship.html>
- YouTube Channel: <https://www.youtube.com/channel/UCmBpfH3idsl6M9adrgqKG1A/videos>

Grinnell United Church of Christ Congregational (Grinnell UCC)

- Recorded Services: <https://meetgrinnellucc.org/sermons/>
- YouTube Channel: <https://www.youtube.com/channel/UCjpZJZjsbynlCY1BhTLqU7w>

Grinnell United Methodist Church

- Recorded Services: <http://www.grinnellumc.org/worship-services>
- YouTube Channel: <http://www.grinnellumc.org/worship-services>

Immanuel Lutheran Church

- Listen to audio recordings: <https://anchor.fm/ImmanuelGrinnell>

Paragon Church

- Livestream Sundays @ 10:15 am: <https://paragongrinnell.online.church/>
- Facebook page with service videos: <https://www.facebook.com/paragongrinnell/>

Prairie Lakes Church

- Livestream Sundays @ 9 am, 11 am, and 8 pm: <https://prairielakes.online.church/>

St. John's Lutheran Church

- YouTube Channel:
<https://www.youtube.com/channel/UCcCvRQvxZ0w1SMRU7RVktvg>
- Facebook page with service videos:
<https://www.facebook.com/StJohnsLutheranChurchEclaGrinnellIowa/>

St. Mary Catholic Church Grinnell

- Facebook page with service videos: <https://www.facebook.com/groups/300940222297/>

St. Paul's Episcopal Church

- Facebook page with service videos: <https://www.facebook.com/saintpaulsgrinnell/>

Jewish Services

B'nai Jeshurun Congregation in Pepper Pike, OH

- Livestream Fridays @ 6:00 pm or Saturdays @ 8:00 am and 5:00 pm:
<https://www.bnaijeshurun.org/streaming>

Central Synagogue in New York, NY

- Livestream Fridays @ 5:00 pm and Saturdays @ 8:30 am:
https://www.centralsynagogue.org/worship/live_streaming
- Facebook page with service videos: <https://www.facebook.com/centralsynagogue/>

Temple B'nai Jeshurun in Des Moines, IA

- Facebook page with service videos:
https://www.facebook.com/pg/TempleBnaiJeshurun/videos/?ref=page_internal

Temple Sinai in Denver, CO

- Livestream Fridays @ 7pm and Saturdays at 10 am:
<https://www.sinaidenver.org/livestreaming>
- Facebook page with service videos: <https://www.facebook.com/SinaiDenver/>

Tifereth Israel Synagogue in Des Moines, IA

- Email their office for more information and access to zoom services office@tifereth.org

Mesianic Jewish Services

Congregation Beth Adonai in Tucker, GA

- Livestream Saturdays @ 10:00 am: <http://bethadonai.sermon.net/main/main/20893591>
- YouTube Channel: <https://www.youtube.com/user/TheMessianicHour/videos>

Islamic Services

Central Illinois Mosque & Islamic Center in Urbana, IL

- Livestream schedule: <https://www.cimic.org/worship/live-events/>
- Facebook page with service videos: https://www.facebook.com/CIMIC.org/live_videos/
- YouTube Channel:
<https://www.youtube.com/c/CIMICCentralIllinoisMosqueIslamicCenter/videos>

Islamic Center of Southern California in Los Angeles, CA

- Facebook page with service videos:
https://www.facebook.com/pg/ICSC434/videos/?ref=page_internal
- YouTube Channel:
<https://www.youtube.com/channel/UCHsF3eO7T6D-eGdR4Sk5s-w/videos>

Buddhist Services

The Blue Lotus Buddhist Temple and Meditation Center in Woodstock, IL

- Podcast Guided Meditations: <https://www.bluelotustemple.org/podcast/>
- YouTube Channel: <https://www.youtube.com/user/bluelotustemple/videos>
- Facebook page with service videos:
https://www.facebook.com/pg/bluelotustemple/videos/?ref=page_internal

The Des Moines Zen Center in Des Moines, IA

- Zoom schedule and links: <http://dmzencenter.org/virtual-practice/>

Hindu Services

Hindu Temple and Cultural Center of Iowa in Madrid, IA

- YouTube Channel: <https://www.youtube.com/channel/UCNpGfO-enpNcJzn7G-ITzlw>

Ananda Ashrama in Crescenta, CA

- Recorded services: <http://anandaashrama.org/videotalks.htm>

Guided Meditation Videos

5 minute meditation: <https://www.youtube.com/watch?v=inpok4MKVLM>

10 minute meditation for beginners: <https://www.youtube.com/watch?v=U9YKY7fdwyg>

10 minute meditation for sleep: <https://www.youtube.com/watch?v=aEl Qvc MJQ>

10 minute meditation for anxiety: <https://www.youtube.com/watch?v=O-6f5wQXSu8>

10 minute meditation to clear your mind: <https://www.youtube.com/watch?v=eZ 3G gRqh vA>

10 minute meditation for keeping positive: <https://www.youtube.com/watch?v=CunnIngHam 3GE>

15 minute meditation video for self love: <https://www.youtube.com/watch?v=itZMM5gCboo>