

August 2017 News from your Ministry Manager

The Urban will be participating as a registered charity in the Ride for Refuge here in Winnipeg on September 30th! <https://rideforrefuge.org/charity/theurban>. This is a fundraiser for the Urban and additional information and answers to “frequently asked questions” can be found at <https://rideforrefuge.org/faq>

Start/Finish Location / additional information: <https://rideforrefuge.org/location/winnipeg>

We are hoping to have at least 7 team captains to lead teams on a walk or ride to support the Urban:

5 km **walk** - 45 min to 1 hour 15 min

10 km **ride** - 45 min to 1 hour

25 km **ride** - 1.5 hours to 2 hours

50 km **ride** - 2.5 hours to 3 hours 15 min

The 5 km walk and 10 km ride are designed to be family friendly but kids 12 and under must remain with a parent or guardian at all times.

Please contact rhonda@theurban.ca for more information.

Sign-up as a team captain, a walker/bike rider, or to sponsor someone on a team – it’s easy on the Ride for Refuge website listed above.

An Urgent Need - Additional Meal Teams: We could not be the Urban without the meals provided by the meal teams who are so dedicated in ensuring that no one leaves the Urban hungry.

- Most of the meal teams consist of members of Lutheran churches within the MNO Synod; there are also a number of meal teams that have formed by groups of friends or groups of family members who heard about the Urban and those who struggle in the West End and inner city with poverty, addictions, mental illness, and physical disabilities. Many of our Urban community are residential school survivors, part of the 60s Scoop or grew up in foster care.
- **We always have empty meal team dates on the calendar – and we would really welcome additional meal teams.** *The Urban would also welcome ice cream pails of soup or casseroles in foil pans (examples) for our freezer for these times of need when we don’t have a meal team scheduled.*
- Our website calendar shows available dates for meal teams: <http://www.theurban.ca/calendar.php>
Please contact me: rhonda@theurban.ca for additional information or to add your meal team to the calendar.

The Urban was closed for holidays from July 28 – August 15 and there were big smiles from our Urban community as they came through the door again this past Wednesday! Ninety people sat down at 7:00 p.m. for supper on Wednesday and 110 on Thursday. Often 100 attend the Sunday worship service. This is truly a community of people who value the Urban for friendship, the sharing of laughter, sorrows and worries, breaking bread together and receiving spiritual care.

Our co-ed sharing circles continue on Thursdays, 5:45 – 6:45 p.m.; the Men’s Group sharing circle at 1:30 p.m. every other Wednesday; and a women’s sharing circle begins on September 6th, every Wednesday, from 4:30 – 5:30 p.m.



The Urban Garden is growing like crazy behind St. Luke’s-Zion Lutheran Church! This garden for the Urban has been made possible by a donation of plants, seeds and manure from Schriemer’s Nursery; and the enthusiastic planting and tending by Roy from St. Luke’s-Zion.

Kind regards,
Rhonda Gorham
Ministry Manager
Lutheran Urban Ministry