

## Appointment of Ministry Manager

The Lutheran Urban Ministry wishes to announce the hiring of Rhonda Gorham as the new Ministry Manager of the Lutheran Urban Ministry Corp. Blessings and Congratulations to Rhonda, a very capable and skilled person who has already proven her abilities in wonderful organizational success and new directions for our precious Urban!!  
Bob Jacob, LUM Chair

**Lutheran Urban Ministry Corporation AGM:** 7:00 p.m., Sunday, October 23, 2016. All are welcome to attend. Please join us at 560 Arlington St., (basement of Lutheran Church of the Cross) to learn more about the Urban and meet the board. We have room for two additional board members for those who might be interested in joining the LUM board.

## Continuing Thanks

On behalf of the Board of Directors we wish to give a huge thank you to those who keep us going:  
from the monetary support of individuals through donations in the offering plates; congregation commitments and fund-raisers; and to the MNO Synod who fund 20% of our operating budget.

We also want to give continuing thanks for all the prayers for the Urban and for the people who attend. We are so very appreciative of the meal teams, those who drop off groceries to give out as emergency food, and the volunteers who help with programs, cooking and conversations with our Urban community.

## What's New

Women's Sharing Circle/Crock Pot Cooking Classes are beginning on September 26th. Eight women have registered and are ready to learn some exciting new cooking techniques to take home and share with their families! Another class will be held in the spring. This program is made possible by a grant to the Urban by the ELCIC Women in Faith.

This fall the Urban is beginning 32 weeks of presentation/discussion circles on the topics of Trauma, Grief and Loss. Facilitators will lead this program for our Urban community which will be held on Thursdays for one hour before the evening meal and every other Wednesday for Men's Group. This program is made possible for the Urban by the ACTS of the MNO Synod.

Available Dates Open for Meal Teams: **October** [6, 12, 13, 19](#); **November** [3, 9, 10, 17, 24, 30](#); **December** [1, 8, 14, 15, 21, 22](#), 29

Need for Emergency Food at the Urban: Pasta (macaroni, spaghetti, egg noodles, Side Kicks, rice); canned meat (salmon, tuna, ham, Klik or Spam, ravioli, zoodles); instant

noodles (beef, chicken, mama noodles); cereal; soups (tomato, vegetable, chicken noodle, mushroom, Campbell's chunky soups); Kraft Dinner; peanut butter; jams; crackers; cookies; jarred baby food; baby formula; diapers (sizes 4 & 5); baby wipes; shampoos; socks (men's, women's & children's); toilet paper; sanitary pads/tampons, and tooth brushes.

**Also needed:** empty margarine/yogurt containers; plastic grocery bags; small assorted coffee mugs (used); and colouring books (can be partially used, we tear out the pages for Urban kids to colour here). Also, used backpacks (especially for adults - any condition as long as the zippers work) are always welcomed.

Please contact [rhonda@theurban.ca](mailto:rhonda@theurban.ca) for drop off times. Thanks so much.