



The Lutheran Urban Ministry
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July 2017 News from your Ministry Manager

The Urban will be closed for holidays from July 28 to August 15.

An Urban Garden has been planted in a garden area behind St. Luke's-Zion Lutheran Church; 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. We're expecting some tasty tomatoes, potatoes, carrots, etc.! Some of these veggies will find their way into the backpacks of some in the Urban community and at least one Urban pot of soup also I'm sure.

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.

Our short documentary film footage is almost completed. Rick Scherger, our documentary film maker, has shot many hours of film and he's almost at the editing and post-production stage. The completed film will be 12 – 14 minutes in length and will be ready in the fall! This film is made possible by a grant from the ACTS of the MNO grant program.

Sharing circles have continued weekly since the conclusion of the Trauma, Grief and Loss Circles every Thursday before the evening meal and every other Wednesday at the Men's Group. This eight month program was made possible through the ACTS of the MNO Synod and allowed the Urban to pay facilitators to lead the sessions. The environment of the circle allows sharing, fellowship, listening and responding to give voice to those who often don't speak about their own lives and struggles. As we continue with sharing circles, I am leading them now but I definitely welcome volunteers to come with a topic and lead the group! Just let me know! We are also encouraging the Urban community to suggest topics and take leadership roles within the group.

The Women's Sharing/Crockpot Cooking Classes concluded in June. Two sets of classes (fall 2016 and spring 2017) were made possible by a grant from the ELCIC Women of Faith. A lot of talking, laughing and sharing of feelings and opinions occurred in the middle of all that chopping, dicing and learning new cooking skills!

Words can't express our appreciation to the meal teams and all those who support the Urban in so many ways.

Kind regards,

Rhonda Gorham
Ministry Manager
Lutheran Urban Ministry