



The Lutheran Urban Ministry
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October 2017 News from your Ministry Manager

Thank you so much to everyone who donated to riders/walkers on Urban teams in the Ride for Refuge, here in Winnipeg, on September 30!!

We are so grateful to our teams: Urban Epiphanies (Epiphany Lutheran), The Urban Team (Urban board members), Gloria Dei Lutheran Church, First Lutheran Church, West End Riders, and Crosswalkers (Church of the Cross)!!

It was a beautiful day and the event was really well organized. The Ride for Refuge took place in cities across Canada on September 30, raising money for 186 charities, of which 31 charities were in Manitoba, providing refuge and hope for displaced, vulnerable and exploited people everywhere.

This was a fundraiser for the Urban and we plan to make this an annual event - next year's ride is September 29, 2018. Donations for the Urban to Ride for Refuge (online <https://rideforrefuge.org/charity/theurban>) can still be made until October 31 for anyone wishing to do so.

Fentanyl/Opioids/Street drug education presentation was made by the Winnipeg Fire and Paramedic Service (WFPS) to the Urban community while the October 11 supper was in progress. This presentation provides critical information relating to the deadly effects of opioids, EMS response awareness, signs and symptoms of an opioid overdose and current opioid response data. This education is crucial to our vulnerable Urban community. We plan to repeat this presentation by WFPS every 6 months during a supper hour.

E.R.I.K. (Emergency Response Information Kit) was also presented by WFPS at the Urban on August 30. It was well received and very educational. So many questions were asked by our Urban community that the presenter stayed for 3 hours!

Women's Sharing Circle every Wednesday from 4:30 – 5:30: Formed at the beginning of September, this is still a fairly small group but we are getting to know each other in a different way in a small setting. We discuss issues particularly relevant to women. As with all of our sharing circles, we begin and end with prayer.

Men's Group Sharing Circle every other Wednesday: Continuation from the Trauma, Grief and Loss - Men's Group Sharing Circles (November 2016-April 2017). The Men's Group consists of 12 – 18 men who meet at the Urban every Wednesday for lunch and fellowship. We have wonderful discussions that include faith, spirituality, current events, politics, sports, and personal issues!

Co-ed Sharing Circle every Thursday from 5:45-6:45: Also a continuation from our Trauma, Grief and Loss Circles. The sharing of feelings and opinions facilitates healing, and brings all of us together. Some are too shy to speak but I always say that their presence in our circle is a gift.

Thank you to the meal teams who ensure that no one leaves the Urban hungry. 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.

Kind regards,
Rhonda Gorham
Ministry Manager
Lutheran Urban Ministry