



The Lutheran Urban Ministry  
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## September 2017 News from your Ministry Manager

The Lutheran Urban Ministry (the Urban) is a community of many marginalized and vulnerable in the West End of Winnipeg, many who live in extreme poverty. The Urban strives to feed the body and the spirit of those who attend. Strength and brokenness, faith and despair, resilience and hopelessness are within many of the stories shared. It is an incredible group of staff and volunteers and Urban community members who come through the door - sharing a lot of laughter, life stories, some tears at times and hope.

**The Urban will be participating as a registered charity in the Ride for Refuge here in Winnipeg on September 30<sup>th</sup>!**  
<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](mailto: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.**

Two members of our Urban community have lost adult children in the past few weeks. The struggles we regularly see are sometimes the visible but often only really known through the trust developed in conversation. I am in awe of the strength and resilience of so many who attend our sharing circles, worship service, meals and fellowship times. Many have endured trials and sorrows that I can't imagine. The real challenge in spiritual care is in truly hearing the hurt, despair, anger and loss of hope, and to adequately respond to those cries.

*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](mailto:rhonda@theurban.ca) for additional information or to add your meal team to the calendar.

*Thank you* to the congregations who donate food items to fill our pantry with emergency food for our Urban community members who at times experience extra hardships.

*Thank you* to Jac and Ben from Steinbach who bring bread and pastries from the Steinbach Helping Hands Food Bank and to those who bake cookies and loaves for coffee.

*Thank you* to all of the individuals who support the Urban to keep us operating, and to the MNO Synod who supports us with 20% of our operating expenses.

*Thank you* to all of the individuals who drop off bedding, towels, coats and boots and items for prizes for our monthly no-charge family bingo.

I could keep going but I try to keep this newsletter to one page!

Kind regards,  
Rhonda Gorham  
Ministry Manager  
Lutheran Urban Ministry