



The Lutheran Urban Ministry
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October 2018 News from your Ministry Manager

Sweat Lodge Ceremony at the Sandy-Saulteaux Spiritual Centre (United Church Indigenous Seminary) – an Urban event held on September 22, 2018: The Urban received a wonderful gift from an MNO congregation's special giving project that enabled us to rent a school bus for an all-day event to take many of our Indigenous attendees to a sweat lodge ceremony at the Sandy-Saulteaux Spiritual Centre in Beausejour. This ceremony was followed there by a traditional feast of stew, bannock, strawberry crisp and ice cream and then the bus ride back to our parking lot. The feast and the fellowship that we all experienced together topped the day's experience of Indigenous cultural, traditional and spiritual customs. The sweat lodge ceremony was a wonderful, unforgettable and deeply spiritual experience for all of us who attended.

Prayers to our Creator/Great Spirit in the sweat lodge ceremony go back to time immemorial in North America. Some additional information:

<http://native-americans-online.com/native-american-sweat-lodge.html>

Urban No-Charge Family Bingo – 2nd Thursday of every month after our evening meal: This is a great evening of fun and laughter; and approximately 120 attend, including 15 - 20 children/youth (and they play bingo too). This is an opportunity for families in our Urban community to have supper and a fun evening out together and everyone gets a prize. Donated clean and gently used toys and games (intact) as prizes are greatly appreciated. Also, household items such as clean and gently used toasters, electric kettles, crockpots & coffee-makers, etc. (please contact me: rhonda@theurban.ca for drop-off times).

Thank you so much to all of the walkers and riders on the four Urban teams and the supporters of the Lutheran Urban Ministry Walk/Ride in the Ride for Refuge held on September 29, 2018. 193 charities in 27 locations across Canada participated and the event was so well organized. It was a beautiful day and a lot of fun! Donations to an Urban team can still be made online until October 31st. <https://rideforrefuge.org/charity/theurban>

Women's, Men's and Co-Ed Sharing Circles: Continue to be well attended and such an important part of the fellowship, new understandings of each other, and the emotional healing that comes through giving voice to those who wish to speak and through truly listening.

The Lutheran Urban Ministry Short Documentary Film (12 minutes) captures the heart and soul of the Urban <http://www.fatecommunications.ca/Hope.html> or through Youtube: <https://www.youtube.com/watch?v=FatPtzT9HhY>
Thank you to the meal teams who ensure that no one leaves the Urban hungry, and to all those who donate groceries for our emergency food. 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 have your meal team added to the calendar.

Kind regards,
Rhonda Gorham
Ministry Manager
Lutheran Urban Ministry

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome.