



The Lutheran Urban Ministry  
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## July 2018 News from your Ministry Manager

Average attendance is 60 - 80 for the Wednesday and Thursday evening meals and 75 - 90 on Sundays in this hot weather. The water jugs are constantly refilled! It's often a long walk here and so many people ask me when they arrive if I need help with anything.

**A paramedic from the Winnipeg Paramedic Fire Services (WPFS) gave a Fentanyl/Opioids/Street Drug Education presentation** during the evening meal on June 20<sup>th</sup>. Critical information was provided relating to the deadly effects of opioids, EMS response awareness, signs and symptoms of an opioid overdose and current opioid response data. He stayed for 1 ½ hours and answered many questions and had a number of conversations with Urban community people who approached him afterward to speak to him. I plan to schedule this presentation every 6 months.

**The Urban is closed in August** (except for our Worship Service on Sundays followed by a light lunch). We will not be able to accept drop-offs of groceries, etc. in August. For drop-off times please contact: [rhonda@theurban.ca](mailto:rhonda@theurban.ca)

**Ride for Refuge, September 29, 2018 – The Urban is a registered charity for this event. To form a team for the Urban or donate to an Urban team:**

Event info: <https://rideforrefuge.org/location/winnipeg>

Frequently Asked Questions: <https://rideforrefuge.org/faq>

To register "your team" to walk or ride (or both) for the Urban: <https://rideforrefuge.org/register>

To join the "Urban Board and Friends" Team or donate to a team walking or riding for the Urban:  
<https://rideforrefuge.org/charity/theurban>

The Urban is taking part in our second Ride for Refuge (a 5 km walk here in the city, or a 10, 25 or 50 km bike ride leaving from North Kildonan) on September 29, 2018. The pledges for the teams for the Urban are allocated to the Urban (minus the Blue Sea Philanthropy admin costs determined by the amount raised for the Urban). Last year these were our teams for the Urban: *Urban Epiphanies* (Epiphany Lutheran), *the Urban Team* (Urban board members), *Gloria Dei Lutheran Church*, *First Lutheran Church*, *Crosswalkers* (Church of the Cross) and *West End Riders*. It was a beautiful day and the event was really well organized!!

I'm really hoping to have 10 teams or more this year! Last September, the Ride for Refuge took place in cities across Canada raising money for 186 charities, of which 31 charities were in Manitoba, charities that provide refuge and hope for displaced, vulnerable and exploited people everywhere. The Urban is so happy to be a part of this event.

The walk is approx. 1.5 hrs with lunch at the end of the route. The ride details are on the website. The route again begins at Covenant Christian Reformed Church, 653 Knowles Ave. in North Kildonan (totally organized by Blue Sea Philanthropy - police direction on route, insurance for walkers/bike riders, snacks, lunch, t-shirts, etc.).

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