



The Lutheran Urban Ministry
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Happy New Year! January 2020 News from your Ministry Manager

On Sunday, December 22, 150 people attended our Christmas worship service and lunch. It was a wonderful day! **Christmas Photos are up on our website!!** 110 gifts bags were given to children (names and ages taken for 6 weeks prior to personalize their gift bags), also 70 for women and 70 for men. Thank you to all those who brought items for the bags! We also saved practical and lovely donated things and new toys and children's books over the past year that we felt would be great in the gift bags. So many happy faces. Also, some grandparents added names of their grandchildren and were so happy they could give them gifts!

Winter Items needed:

- The Urban is still in need of donations of clean, warm winter jackets in good condition, as well as winter boots and track shoes with good grips.
- Always needed: clean, folded, used bedding (blankets, sheets, pillowcases, Afghans, quilts and towels); and clean sleeping bags (please note: the Urban no longer accepts clothing donations other than seasonal jackets and socks).

Women's Sharing Circle "Healing through Art", September 11, 2019 – January 29, 2020 bi-weekly on Wednesdays. Between 18 and 24 women are attending and we have been working with paint, oil pastels, pencil crayons and clay! We've also had fun with movement to music! Facilitated by an art therapist, each hour allows for some individual sharing as well as lots of conversation, laughter and fellowship as we explore our feelings and recognize our own creativity. This program is made possible through a grant from MNO CECF Project Funding. **We plan to have an art exhibit as part of our worship service on Sunday, February 16 and photos will be added afterward to the website!**

Sharing Circles "Strength within Community", October 9, 2019 – January 29, 2020. This program of facilitated circles is made possible through a One-Time Community Grant from The Winnipeg Foundation. Every Thursday Co-ed Sharing Circle, bi-weekly Wednesdays for the Men's Group and once a month for the Wednesday Women's Sharing Circle. We have been fortunate to have as our facilitators, Kelly (Jonah Counselling) and Patricia (Whistling Wind Action Therapy) to guide us in perspectives on the strength of community and the strength within, introspection, fellowship and sharing stories and opinions. Rev. Vince Solomon (Epiphany Indigenous Anglican Church), Pastor Murray Still (St. Stephen and St. Bede Lutheran/Anglican Church), Pastor Leslie Poulin (Lutheran Church of the Cross, Morris) and Vicki Catagas (special advisor to the board) also each facilitated a sharing circle on topics of great interest to those participating on the topics of Spirituality; Indigenous teachings and the strength of community; Illness: strength from family, friends, faith, and community; and The buffalo symbol of respect in the seven sacred grandfather teachings

Please visit our website! The website address is the same (www.theurban.ca). Our new website supports video and will regularly feature short snippets of happenings at the Urban! Check out: The Lutheran Urban Ministry Short Documentary Film: *Hope is Never Lost* (12 minutes) captures the heart and soul of the Urban. View from our website www.theurban.ca 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. Please contact me: rhonda@theurban.ca for additional information, or to have your meal team added to the calendar.

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.