



The Lutheran Urban Ministry
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“Reconciliation is getting to know one another”, Mary Simon, Governor General: National Post, July 26, 2021

February 2024 News from your Ministry Manager

Have you ever participated in a smudging ceremony? Yesterday (February 4), our special advisor to our board of directors for the past 10 years, **Vicky Catagas, Knowledge Keeper**, led a smudging ceremony on the side step before our Sunday afternoon worship service. This has been an important spiritual component at the Urban for many years and we have been so happy to have this sacred ceremony at the Urban so many times each year. The **smudge** is a sacred ceremony of the burning of small amounts of sweetgrass, sage, cedar, or tobacco in an abalone shell. As each person cups the smoke by hand or with an eagle feather toward their eyes, ears, mouth, heart and body and inhaling the smoke as it comes their way, a silent prayer is said to the Creator and this is an example:

“I cleanse my Eyes so they will see the Truth all around me, allow my eyes to see the beauty I receive from Mother Earth and the Love I create within my family and my communities; I cleanse my Mouth for truthful speaking. In my speaking words may I elevate my community. May I speak prayers of healing to Mother Earth; I cleanse my ears so that I may Listen fully to the wisdom passed down from my ancestors, the creator, the Earth and my Spirit Guides. May I be open to hear the good and allow any negativities to slide off me; I cleanse my heart so that I may be filled with compassion and gratitude. May my heart be in truth and grow with purity, balance and joy; I cleanse my feet so they will guide us on this life’s journey as a light and truth seeker. May my feet stay grounded and remind me of how to walk in balance, love, joy and in harmony with my family, friends, earth, sky, water, plant and animal worlds. May I walk in beauty;”

“Establishing Boundaries” is the topic in our Mental Wellness Sharing Circles in this first week of February with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg. These are taking place the 1st week of each month on *Wednesdays* at our Men’s Lunch/Sharing Circle and our Women’s Sharing Circle, and also at our *Thursday Co-ed Sharing Circles* – from September 2023 to April 2024. Good information and terrific discussions in all three circles. The topic for the first week of March is **“Adapting to Change”**. Mental wellness topics are applicable for people of all walks of life. Also, great conversations and topics in the other circles during the month including *hope; what’s on our mind today; empathy; work anecdotes of our attendees; the homeless situation in Winnipeg.*

To our MNO Congregation Members and Clergy: A wonderful opportunity to have fellowship with our Urban Community - please drop by anytime to our:

Sunday Worship Service: door opens at 1:00 p.m. with coffee/tea. Worship service 1:30 – 2:15 p.m.

Men’s Lunch/Sharing Circle every Wednesday - Downstairs at Noon

Please stop by at 12:00 p.m. Noon (*ring the doorbell*) for lunch and great fellowship and conversation!

Women’s Sharing Circle every Wednesday at 2:00 p.m. (until 3:30 p.m.)

Please arrive at 2:00 p.m. (*ring the doorbell*) for coffee/tea/dessert and great fellowship and conversation!

Women’s Drop-in every Wednesday from 4:00 – 5:30 p.m.

Please drop in (*ring the doorbell*) for coffee/tea/cookies and visiting together! Kids & grandkids welcome to come with you and we have colouring and arts and crafts to keep them busy.

Co-ed Sharing Circle every Thursday at 4:30 p.m. (please arrive at 4:30 p.m.)

Please stop by at 4:30 (*ring the doorbell*) for great fellowship and conversation! And coffee/tea/dessert.

- Rhonda Gorham, Ministry Manager, Lutheran Urban Ministry Corp.

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, gender expressions, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. The Urban is committed to racial equity. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome. The Lutheran Urban Ministry Corp. is a member of Reconciling Works – Lutherans for Full Participation www.reconcilingworks.org