



The Lutheran Urban Ministry
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November 2019 News from your Ministry Manager

- **Winter Items** are needed. The Urban is very grateful for donations of:
 - socks (new and used in good condition for adults and children),
 - scarves,
 - toques,
 - gloves and mitts,
 - shoes and boots with good grips,
 - warm jackets in good condition (note the Urban no longer accepts clothing donations other than seasonal jackets),
 - clean, folded, used bedding (blankets, sheets, pillowcases, Afghans, quilts and towels).
- Note: Some of the mitts, gloves, toques and scarves are needed to immediately give out and some will be earmarked for our Christmas gift bags (men's, women's & children/youth) for Sunday, December 22nd.
- Last winter we gave excess donated toques to Greenway School and Pinkham School, both inner city schools. Children often lose their hats and both schools were very grateful for the toques.

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 are having a great time working with many art mediums! 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.

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.*

Five facilitators to date have led us through some great discussions such as: sharing our gifts and what we are proud of; relationship with self; good communicating; handling stress in a good way; the buffalo symbol of respect in the seven sacred grandfather teachings; autonomy and choices; and speaking your truth. The goal of this program is to foster greater inner strength within individuals and families to build stronger community.

Please note: The Urban is closed for holidays on Wednesday, December 25, Thursday, December 26, 2019 and Wednesday, January 1, 2020.

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 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.

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.