



The Lutheran Urban Ministry  
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## January 2019 News from your Ministry Manager

We've had a lot of discussions in our sharing circles in the past few weeks about looking forward. For many of us the beginning of a year seems to trigger introspective thoughts of past events in life and thoughts of the year ahead.

The Urban wouldn't exist without the support of countless individuals. Paying our operating expenses is made possible because of monetary donations.

But just as important - our doors stay open (only some examples) because of:

- meal teams who bring meals to feed a large roomful at the Wednesday and Thursday suppers and Sunday lunches;
- volunteers who help with organizing and help in the kitchen, our wonderful volunteer who cooks when we don't have a meal team and our talented soup maker (the list goes on);
- donations of groceries for the pantry to give to people in need and use in our meal preparations, fantastic cookies from a rural congregation and coffee loaves from a woman who loves to bake;
- the two drivers who pick up at Winnipeg Harvest for our bi-monthly food bank (18 people registered);
- the volunteers who pick up leftover bread (donated by SaveOn Foods in St. Vital) every Sunday, and drop it off at the Urban, so that we are able to offer a loaf of bread or buns to people who are going home after the Urban lunch;
- the volunteer drivers from the Helping Hands Food Bank in Steinbach who, every two weeks, stop by in a van with bread, pastries (and sometimes cheese!). The pastries are used with coffee/tea when the doors open;
- our Urban community who regularly ask me if they can help with anything: moving tables, setting out chairs, carrying boxes, lifting heavy things for me, sitting and listening to others at the tables and offering comfort and understanding;
- the board of directors of the Lutheran Urban Ministry Corp. who are passionate about the Urban; and
- our landlord, Lutheran Church of the Cross, who has welcomed our Lutheran outreach ministry to the marginalized in the West End.

Our Urban community of elders, families and individuals have many different struggles in life. Some examples are homelessness (on the street or couch surfing), struggling with poverty, inadequate and unsafe housing, mental health issues or physical disabilities (sometimes both), addiction, chronic illness, a paycheque that doesn't stretch far enough, memories of trauma, and some living with abuse in the present. Many have grown up in foster care or have children in care. Many have lived through residential schools or had been taken in the 60s Scoop. Some are the children of residential school survivors.

The February newsletter will profile some examples of the sharing and compassion for others that I regularly observe among those who attend the Urban.

**Please visit our newly designed website!** The website address is the same ([www.theurban.ca](http://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: <http://www.theurban.ca/calendar.php>  
Please contact me: [rhonda@theurban.ca](mailto: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.