



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

## **January 2024 News from your Ministry Manager – Happy New Year!**

**Our January 17<sup>th</sup> Christmas Carol Worship Service was led by Pastor Don Engel was wonderful!** The room was filled with familiar faces along with some new ones. The Urban Christmas tree, the Advent candles, and the poinsettia really gave the feeling of Christmas in the air. Coffee and tea were served from 1:00 – 1:30 p.m., followed by the carol service including communion from 1:30 – 2:15 p.m. All of our 125 chairs were filled with people adding their voices to the old familiar Christmas carols. A take-home Christmas lunch and presents rounded it off.

**The Lutheran Urban Ministry is so grateful** to all those who make the Urban possible – for those instrumental in the formation of it so many years ago - and for all who contribute to the ongoing viability of this outreach ministry in the west end. Thank you to the meal teams, the knitters and quilt makers, the cookie bakers, to all those who contribute toward the Urban’s operating expenses, for the prayers, and unending thanks to the volunteers who help in countless ways. *But most of all I’m grateful to our Urban community who strengthen my spirit with their spirit of care and genuine compassion for others, fellowship, laughter and sometimes tears, and who continually demonstrate such strength in the midst of adversity.*

**“Self Esteem and Self Compassion” was the topic in our Mental Wellness Sharing Circles** in the first week of January with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg. These are taking place the 1<sup>st</sup> 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 February is **“Establishing Boundaries”**. 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 *how is our week going; what’s on our mind today; new year beginnings; what is our first childhood memory; life anecdotes.*

**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](http://www.reconcilingworks.org)