



The Lutheran Urban Ministry  
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### March 2020 News from your Ministry Manager

To keep our Urban community as healthy as possible during this time of the national spread of the COVID-19 virus please note the following changes to schedule:

**Regular Programming and Meals:** Suspended as of March 23 and hopefully will resume on April 15 unless schools, etc. continue to be closed. This temporary suspension includes:

- Regular coffee/tea/dessert hours before Wednesday/Thursday suppers and Sunday lunch,
- The Sunday Worship Services including the Easter Sunday worship service,
- The Once a Month No-Charge Family Bingo,
- Wednesday Men's Group Lunch and Sharing Circles,
- Wednesday Women's Sharing Circles,
- Thursday Co-ed Sharing Circles, and
- Wednesday and Thursday Community Suppers.
- Please Note: the remaining Thursday *Get Better Together* workshops facilitated by the Wellness Institute (with lunch included) will be postponed, and the remaining *Mental Wellness Facilitated Co-ed Sharing Circles* (grant from WRHA, facilitated by the Canadian Mental Health Assoc.) will also be postponed.

### ***In the meantime* for Wednesday Men's Group Lunches, Wednesday & Thursday Community Suppers, and Sunday Lunches:**

- Bagged lunches/suppers (sandwiches, etc.) to take home will be given out at the door to those who ring the doorbell during our regular meal times so that we continue to provide food – not a hot meal but we know that it will be helpful to those in need.
- Scheduled meal teams will be contacted and asked if it is possible to drop off bagged lunches instead of bringing meals and we will give them out as people come to the door.
- The sixteen people registered for Winnipeg Harvest Foodbank will continue to pick up their hampers on foodbank days. However, the hampers will be brought up to the side door to be distributed to the recipients.

### **Please keep our vulnerable Lutheran Urban Ministry community in your prayers.**

**Please visit our website!** The website address is the same ([www.theurban.ca](http://www.theurban.ca)). Christmas 2019 photos and the photos from our Healing through Art program are up on the website. Also, 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](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.