



August 2020 News from your Ministry Manager

The Lutheran Urban Ministry
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The Urban is back in full swing after our July holiday closure. The hot and humid weather is particularly difficult for struggling people in the West End as so many must always walk to their destinations, sometimes long distances. Physical disabilities add an extra effort for many in the heat.

Until further notice, the Urban is continuing the suspension of all regular programming (sit-down community meals, coffee hours, sharing circles, men's group, worship services, etc.) in the lower level of Lutheran Church of the Cross, due to the COVID-19 pandemic situation.

The Lutheran Urban Ministry is committed to enforcing 2 m social distancing on the church grounds of Lutheran Church of the Cross during bagged lunch distribution.

As of September 2, 2020: Masks (cloth or disposable) are now mandatory for everyone entering the church property (sidewalk and parking lot) to pick up bagged lunches.

During this pandemic time, we are continuing to provide physical and spiritual nourishment in the best way we can in the present circumstances:

Bagged lunches (sandwich, dessert, juice box, etc.) to take home are given outside the door in place of sit-down meals at our four regularly scheduled mealtimes. This schedule is posted on the north side door of Lutheran Church of the Cross. Our meal teams are happy to help us in this way and we are so very grateful for this. Our website calendar shows available dates for meal teams. Fellowship is happening in the parking lot!

Wednesday and Sunday devotional messages for printing are sent to me weekly from Pastor Barry Bence who has preached once a month at the Urban. This is tucked into every Wednesday and Sunday lunch bag. Spiritual care provided with the sandwich!! Pastor Barry's devotional messages are lifting spirits further in this way as well.

On Thursdays and Sundays, our board member Monica volunteers at the Urban. Monica is a social worker and on her way home she stops at **bus shelters** and gives away any bagged lunches that might be left over.

We have so much gratitude for our volunteers and the meal teams, for the prayers, and for all those who provide financial support toward our operating expenses.

Continuing: Winnipeg Harvest Foodbank at the Urban. Those registered for our 560 Arlington St. Winnipeg Harvest Foodbank will continue to pick up their hampers on foodbank days. However, each hamper is brought outside the side door to the recipient. Winnipeg Harvest has recently reduced foodbank dates to once a month for registered clients.

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

Please visit our website! (www.theurban.ca). Links to our 2020 Ride for Refuge **fundraiser for the Urban** - October 3. It's exciting this year with lots of Freestyle options besides walking or riding! Join an Urban team, form an Urban team or donate to one of our participants! This is a national fundraiser for charities and non-profits working with the vulnerable and disadvantaged.

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.