



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

## November 2021 News from your Ministry Manager

There are so many kinds of struggles that we, or a friend, or family member, might have to navigate going through life. *Sometimes the toils of life are visible to others - and often they're not - especially the worries and struggles not poverty related and can touch Manitobans in all walks of life. These are examples of resources available for various concerns:*

**Open Counseling** - Free National Counseling Hotlines in Canada: <https://www.opencounseling.com/hotlines-ca>

**ShelterSafe** (a national list of women's shelters and transition houses): [sheltersafe.ca](http://sheltersafe.ca)

**Palliative Manitoba: to sign up for Telephone Bereavement Support**: 204-889-8525 ext. 225

**Eating Disorders Manitoba**: 1-866-947-1517 ext 137

**Manitoba Suicide Prevention & Support Line** (24/7) Toll free: 1-877-435-7170

**Klinik Crisis Line (24/7) Phone**: (204) 786-8686 Toll free: 1-888-322-3019

**Mobile Crisis Unit**: Mobile Crisis Staff are available to assist you 24 hours, 7 days per week. 204-940-1781

**Sexual Assault Crisis Line (24/7)** Phone: (204) 786-8631 Toll free: 1-888-292-7565

**Trafficking Hotline**: (24/7) "Call the Line" Toll Free: 1-844-333-2211

**Seniors Abuse Support Line**: (9 am – 5 pm) Toll free: 1-888-896-7183

**Canadian Resource Centre for Victims of Crime**: Call 1-877-208-0747 or Text: 1-613-208-0747

**Addictions Foundation of Manitoba**: [www.afm.ca](http://www.afm.ca) Manitoba Addictions Helpline 1-855-662-6605;

24-Hour Problem Gambling Helpline Toll-Free 1-800-463-1554

**Hope for Men**: [hopeformen.ca](http://hopeformen.ca)    **Men & Healing**: [menandhealing.ca](http://menandhealing.ca)

**Willow Place**: Family Violence Prevention Support Line Toll-free in Manitoba: 1-877-9777-0007 Winnipeg local: 204-615-0311  
For male victims of family violence and abuse: 1-877-977-0007 or 204-615-0311

**Trans Lifeline**: 1-877-330-6366    **LGBT National Youth Talkline**: 1-800-246 PRIDE (7743)

**National Residential School Crisis Line**: 1-866-925-4419

**Hope for Wellness Helpline**: (English, French, Cree, Ojibway and Inuktitut): 1-855-242-3310

### **Pandemic Notes: Pandemic worries are not yet over in Winnipeg and the Urban continues with the following:**

**Until Further Notice**: the Urban is continuing the suspension of all regular programming (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.

*Struggling and vulnerable single people and families (in the same numbers as pre-pandemic times when we were open downstairs) are continuing to come to the Urban - bagged lunches 4x/week are distributed outside (Wednesday men's lunch, Wednesday & Thursday supper times and Sunday lunch).*

*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 briefly in the parking lot as long as weather permits! Worship services and sharing circles will resume when the pandemic is over.*

- We have changed our pre-pandemic emergency food bags to an equitable "one food item" (if enough in our pantry) per person (two items if a family) once or twice each week during the distribution of bagged lunches. Gloves, socks, seasonal jackets etc. (and weekly bread/pastries) are also distributed outside.
- **Masks and 2 m social distancing continue to be mandatory on the church sidewalk and parking lot.** The line sometimes overflows to the city sidewalk if necessary and all current gathering sizes are enforced as per provincial regulations. The Urban provides a disposable mask if needed.

**The Lutheran Urban Ministry has so much gratitude** for our volunteers and the meal teams; for the pantry donations, for the prayers; and for all those who donate financial support toward our operating expenses.

**Our website**: [www.theurban.ca](http://www.theurban.ca). Please keep our vulnerable Lutheran Urban Ministry community in your prayers.

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 Corp.

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. The Urban is committed to racial equality. 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)