

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

February 2025 News from your Ministry Manager

Vulnerable: (adjective) *easy to hurt or attack physically or emotionally*

Everyone reading this has experienced and knows the sensation of feeling vulnerable. This feeling has no boundaries of status, race, or wealth. Within our lives we can experience vulnerability within relationships, during times of national economic instability, or in workplace, school, social, or health situations. For many of us it’s an anecdotal memory, *“I remember whenhappened”* or *“I remember feeling....”* – and maybe not experienced often.

But we might remember that our own feeling at the time might have created a paralysis of action, or a feeling of foreboding, or fear, or of defeat, or the awful feeling of the need to have our guard up. Loneliness can also increase the sense of vulnerability. Sometimes a topic in our sharing circles will touch on a subject that includes the factors that can cause the feelings of vulnerability in various situations in life.

For people who live with housing and/or food insecurity, or job insecurity, or experience racial bias, or who live with mental and/or physical health challenges - that feeling of vulnerability, of not knowing what is ahead in life (or the next day) - that vulnerable feeling can feel like it’s constant. It can be compounded by past or current trauma, grief or loss.

In the Christian faith we are reminded that Jesus spoke of - and focused on - the vulnerable and those living in the margins of society. He often picked them out of the crowd and got up close and personal. The scribes and priests stayed in the synagogues and focused on the law. **On January 21 at the National Cathedral, Bishop Mariann Edgar Budde** spoke truth to power to the newly inaugurated president. Her words of appeal for mercy, care, and compassion to the vulnerable created the anger, unease, vitriol and retaliation that has occurred throughout history when truth is spoken to the powerful with agendas not aligned with fair and equitable treatment toward others.

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.)

(*ring the doorbell*) Join us 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