



The Lutheran Urban Ministry
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August 2019 News from your Ministry Manager

On June 24, 2019 the Urban rented a school bus for a farm tour of Zinn Farms! The owner of the farm and her son also provided a lovely BBQ lunch for all of us. It was a wonderful day and everyone had fun and a farm education too. We held little newborn piglets and baby rabbits, learned about goats, saw chickens sitting on eggs and the chickens destined for meals! Thirty people including four children enjoyed the bus ride into the country and we all said that it was like a mini-vacation!

Our sharing circles (men's, women's and co-ed) have resumed and continue to be a much needed time for conversation, speaking from the heart and a time to feel heard.

“Healing through Art” Program - Women’s Sharing Circle: The Urban is fortunate to have received a grant from the MNO Synod CECF Project Funding to offer a program of Healing through Art. This program will begin on September 11, 2019 on alternate Wednesday circles for 10 sessions with expected completion date of January 29, 2020. The women who attend our circle are really excited!

“Strength within Community” Facilitated Circles: The Urban is also fortunate to be the recipient of The Winnipeg Foundation One-Time Community Grant. The starting date is October 17, 2019 and estimated date for completion is January 8, 2020 for every Thursday co-ed circle, bi-monthly men's sharing circles and once per month for the women's circles.

We will utilize the guidance and direction of individuals trained in various fields of expertise to foster stronger resilience, inner strength and new coping strategies benefitting many struggling and marginalized individuals. These facilitators will lead discussions on worry, poverty, addictions, abuse, stress, anger, vulnerability, personal safety, mental health, self-esteem, finding our voices, recognizing inner strength, forgiveness, spirituality, resilience, communicating effectively, and developing coping strategies. The goal is to foster greater inner strength within individuals and families. Stronger community begins at the individual level.

Ride for Refuge, October 5, 2019 – save the date if you'd like to ride or walk for the Urban – our third year for participation!! We're hoping for more teams this year and it's sure a lot of fun!! <https://rideforrefuge.org>

The links to the Ride for Refuge website are also on our website www.theurban.ca for joining a team, starting a team or donating to a walker/rider for the Urban. The proceeds of this Urban fundraiser are used toward operating expenses such as program expenses, security costs, etc. Security is a necessity for the safety of vulnerable children and adults and our security is at the door during all of our open hours.

Please visit our newly designed website! The website address is the same (www.theurban.ca). Our new website supports video and will regularly feature short snippets of happenings at the Urban! 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 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.