



The Lutheran Urban Ministry  
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## April 2019 News from your Ministry Manager

### A Safe Place

The Lutheran Urban Ministry is committed to ensuring that all who attend are entering into a place of safety, physical and emotional nourishment, spiritual care and fellowship.

Approximately 190 people attend the Urban; some every Sunday, Wednesday and Thursday, and some attend once a week or once a month or so. Many children attend with a parent, parents or grandparents.

Besides a Wednesday and Thursday evening meal, lunch is provided after the Urban worship service every Sunday. The tables are set up in two long rows just like a big family dinner!

Meal Teams fill most of each calendar month of Sundays, Wednesdays and Thursdays. On the days that we don't have a meal team, a wonderful volunteer cooks for 100 with food from the Urban freezer.

### Sharing Circles

Every Wednesday, 15 – 20 men meet and eat lunch at our Men's Group from 1:30 – 3:30 p.m. The Men's Group includes a sharing circle twice a month. Every Wednesday, 15 – 20 women meet for coffee/tea, dessert and a Women's Sharing Circle from 4:30 – 5:30 p.m.. Every Thursday from 5:45 – 6:45 p.m., 18 – 24 men and women gather together in a circle to share their stories, the weekly happenings in life, their worries, fears, concerns, successes and hopes. Sometimes we have a topic that starts off our conversation and other times we begin with "what's on your mind right now".

These sharing circles have brought us together in friendship and understanding. In every walk of life, rich and poor, we all understand the emotions of worry, doubt, grief, anger, hopelessness, loss, longing, anxiety, hope, joy, love and contentment. When stories and feelings are shared we might not have ever experienced the same situation but we understand the feeling. Those who listen give a gift to the speaker. To feel truly heard is soothing to the soul.

### On the Subject of Reconciliation

On March 25, I attended a presentation at U. of W. called *Lighting the Way Forward: The Calls to Action in Action with Senator Murray Sinclair*. One of Senator Sinclair's comments resonated really strongly with me about our commitment to reconciliation. He said that reconciliation comes down to "I want to be your friend and I want you to be my friend. I want you to treat me like you would treat a true friend, talk to me and about me like you would talk to a friend in a true and respectful way. Reach out and help me as I would help you. Think of me when I need help as I will help you when you need help".

**Please visit our newly designed website!** The website address is the same ([www.theurban.ca](http://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](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.