



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

December 2023 News from your Ministry Manager – Merry Christmas!

Our Urban community comprises people from all walks of life, situations and circumstances:

- those with children at home, seniors and single people who struggle with food and housing insecurity - and worries;
- Grandmas and/or Grandpas who often take over child care responsibilities;
- some living in group homes and rooming houses;
- always one or two who are unhoused chronically or temporarily;
- always one or two who are couch surfing at the home of a friend or relative;
- seniors and people who live alone - experiencing loneliness and seeking fellowship, spiritual care, and the connection of conversation through both listening to others and feeling heard; and
- some who attend live just down the street and across the back lane.

“Managing Stress” was the topic in our Mental Wellness Sharing Circles in the first week of December with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg. These are taking place the 1st week of each month on *Wednesdays* at our Men’s Lunch/Sharing Circle and our Women’s Sharing Circle, and also at our *Thursday* Co-ed Sharing Circles – from September 2023 to April 2024. Good information and terrific discussions in all three circles. The topic for the first week of January is **“Self Esteem and Self Compassion”**. Mental wellness topics are applicable for people of all walks of life. Also, great conversations and topics in the other circles during the month including *how is your week going; our human heart; what’s on your mind; Christmas; memories; life anecdotes*.

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.)

Please stop by at 4:30 (*ring the doorbell*) 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