



The Lutheran Urban Ministry
Rm 25, 560 Arlington Street
Winnipeg, Manitoba R3G 1Z5
rhonda@theurban.ca
204-774-3143
www.theurban.ca

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

August 2025 News from your Ministry Manager

August is always a busy month! The Urban is always closed for holidays in July, and we were open again this past Sunday for our Urban worship service on August 3rd. Even though it was a long weekend, there were thirty in the service including six children/youth.

Summer goes so quickly and the talk is already about school starting! I had a chance to catch up on some news of life events from some people who attended last Sunday. Our topic this week in all three sharing circles will be “how is your week going / what’s on your mind”? Lots to catch up on and so many things in life can happen from one month to the next!

I was thinking today about the word **resilience**. The American Psychological Association defines resilience as *the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional and behavioural flexibility and adjustment to external and internal demands*.

We all go through so many things in life. Most of which we never would have expected when we were 18 years old and life was ahead of us. It’s a good thing in many ways that we don’t know all that when we’re 18 – we’d panic and assume we could never get through it. Somehow, we do it the best we can with the tools we were given and learning through trial and error and hopefully people walking with us along the way. That old expression we have after the age of 50, “if only I knew then what I know now”!

I’m always in awe of the resilience of our Urban community. I constantly see the inner strength and hear so much wisdom about living. Those who struggle on the margins, living with poverty, illness, disability, food and housing insecurity, racial bias, etc. survive through an incredible amount of inner strength and persistence: in other words - resilience.

To our MNO Congregation Members and Clergy: *Please join us anytime in Sunday worship at 1:30 and pray with us – and join us anytime in fellowship in our sharing circles:*

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